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### **SPECIAL EVENTS**

11-1-18: Portal day 11-4-18: **11am-1pm Ceremony for Divine Govt.** *Must RSVP* 11-6-18: Election

## <u>Sacred Journeys Newsletter -</u> <u>NOVEMBER 2018!!!!</u>

Our intention is to share with you each month upcoming community events, resources and inspirations, to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality. We share this to awaken, expand, and strengthen this Divine Consciousness in you, in all of humanity, and our planet.

Love- Jonathan & Shari

## Greetings from Shari-

I Came to Love You Too Late

by Saint Augustine

I came to love you too late, Oh Beauty,
so ancient and so new. Yes,
I came to love you too late. What did I know?
You were inside me, and I was
out of my body and mind looking
for you.

I drove like an ugly madman against the beautiful things and beings you made.

You were inside me, but I was not inside you...
You called to me, you cried to me; you broke
the bowl

of my deafness; you uncovered my beams and threw them at me; you rejected my blindness; you blew fragrant day 11-11-18: Portal day 11-22-18: Happy Thanksgiving! 11-23-18: Full Moon

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### **PRAYER NETWORK**

You are able to submit prayers to our prayer circle of 100+ people, as well as have the opportunity to pray for others. To join, simply email: drjonathancohen@gmail.com.

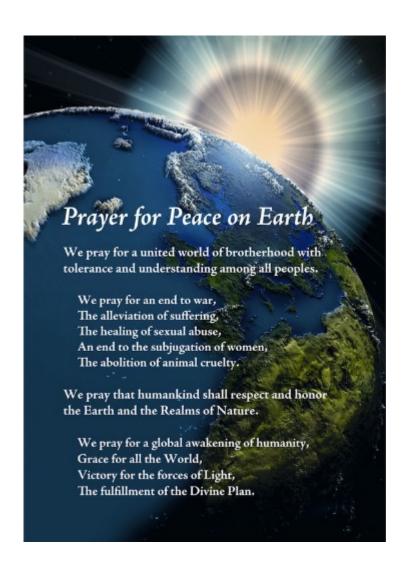
#### **IDEA OF THE MONTH**

Decree for Unity:
Beloved Kuthumi,
who was embodied
as Saint Francis,
wrote a decree for
brotherhood. It
is offered by Him as
a gift of love for the
healing of the scars
and the wounds that
have been caused by
racial strife in this
nation and every
nation.

"Out of the One, Thou, God, hast spun All of the races of humans.

By thy great Law Do thou now draw All to their God Source again.

Take away hate; By love abate wind
on me, and
I sucked in my breath and wanted you;
I tasted you
and now I want you as I want food and water;
you touched me,
and I have been burning ever since to
have your peace.



## PEACE TO ALL, LOVE TO ALL, LIGHT TO ALL

Love-Shari

### SHARI'S SACRED ART ON FACEBOOK:

https://www.facebook.com/SacredArtbyShari/

# All humankind's vicious intent.

Show thy great pow'r Every hour Of love and compassion God sent.

I AM, I AM, I AM
Divine love
sending forth
The wonderful
feeling of true
divine healing,
Unguents of light
now sealing
All of the schisms
of humans.

Stop all division! By God-precision Love is the hallowed law-key.

Ultimate peace, Make all war cease, Let the children of humans now go free!

Stop humankind's friction, All their predictions Tearing bless'd heart from heart.

By God-direction Produce now perfection In thy great family —one heart."

### **INSPIRATIONS**

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**Tighten** by Hadewijch II

### **PURCHASE SHARI'S SACRED ART:**

https://www.etsy.com/shop/SacredArtbyShari? ref=hdr\_shop\_menu

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### Reflections from Jonathan-

I write today feeling very inspired! I am deeply grateful that my life has been a series of inspirational moments which have been incorporated into my being and reflected in my work. Later in this writing I will talk about my most recent inspiration.

I have experienced too many inspirations to enumerate them all in this writing....and I will mention a few. In adolescence I read about doors of perception through the work of Aldous Huxley and Edgar Cayce. That set the stage for metaphysical interest and study as well as my fascination and dedication to indigenous spirituality and practice.

My study in psychology was deepened by my introduction to Carl Jung. While finishing my doctorate I was introduced to neurorpsychology which opened up 20 years of study and practice in working with brain injury and learning disability. Later, my studies of Robert Bly and mens' initiation led me to 20+ years of helping lead mens' weekends. I found the work of Alberto Villoldo which opened the door to shamanism and advanced study including our unconventional honeymoon to the jungles and mountains of Peru. The last year has been dedicated to the work of Sadhguru and a daily yoga and meditation practice.

Tighten
to nothing
the circle
that is
the world's things.

Then the Naked circle can grow wide, enlarging, embracing all

### **RECOMMENDATIONS:**

1. Book: Freedom from Pain by Peter Levine

(Spiritually based trauma release work)

2. DVD: Healing Justice by Shakti Butler

(Powerful movie about the meaning of justice and how to heal the justice system in America) Each inspiration has built upon the last. Most recently I found the work of Peter Levine, a trauma specialist. I must say that I have been uninspired by much of the work of modern psychology, as it has lacked the mind-body-spirit connection.

In finding Peter Levine's work I have found the mother lode. I have known that trauma resides in the body. I have also conjectured that deeper brain structures are influential in the release of trauma and that there needs to be breath work to release this trauma which cannot be done merely by talk therapy. I knew that some of the shamanic work that I did which incorporated breath work and deeper brain release was the most potent therapy I have ever done for the release of my own trauma and that of my clients. Peter Levine's work has been time tested and he presents a framework to help folks release trauma in a grounded titrated safe manner. Over the last month I have been incorporating this into my therapy practice and the results have been wonderful. Whether it be the trauma of war, the trauma of early childhood, the trauma of a car accident/injury the releases have come powerfully and efficiently. From my own experience as well as that of my clients, the release of trauma opens the door to a more meaningful daily existence, gives us access to Joy, and a deeper felt sense of spiritual connection. I am so grateful!

Love-Jonathan

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