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**Sacred Journeys Newsletter -  
NOVEMBER 2018!!!!**

*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*

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***Greetings from Shari-***

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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

**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.

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**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*

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**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."**

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**INSPIRATIONS**

**Tighten**  
*by Hadewijch II*

**PURCHASE SHARI'S SACRED ART:**

[https://www.etsy.com/shop/SacredArtbyShari?](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)  
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 neuropsychology 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

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**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)

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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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