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**SPECIAL EVENTS**

2-2-19: Portal Day  
 2-10-19:  
**Joy Ceremony**  
**10am-1pm** must  
 RSVP  
 2-14-19: Happy Heart  
 Day!

Sacred Journeys Newsletter -  
FEBRUARY 2019!!!!

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-

Winter and Death, it's a theme. In embodiment we are forever connected to death and rebirth, and in the wintertime I am always more keenly aware of it's presence. More conscious of the "bare bones" of life. I look around at the trees and see their woody skeletons. I can see further into the distance, as the landscape is less obscured from the fall and winter sloughing. For me, winter offers a time of clarity, of pristine seeing, and a wonderful invitation to face things head on. There is great beauty and opportunity in unobscured vision.

In our last training with Sadhguru death was constantly present, it was a lens we looked through, and a process we experienced. Intense and subtle letting go allows us to be

2-19-19: Full Moon & Portal Day!

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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](mailto:drjonathancohen@gmail.com).

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### IDEA OF THE MONTH



#### **Incubation:**

Tune in to what seeds are wintering over in you. What new life are you gestating which will be birthed in the coming Spring? Nurture these creation babies, add love, gentleness, and tenderness, to this new life growing within you. Bless them with your Presence.

reborn again and again, to be refreshed and renewed. Our ego/personality will cling to everything it believes makes us safe and feels comfortable. It is truly not easy to let go, to surrender to the latest unfolding of our being, to embrace evolution moment by moment, breath by breath.

Since our retreat I found myself losing touch with death and its urgent invitation to be fully present. There have been moments when I found myself being a bit complacent, a bit dulled and lulled into routine. The ecstatic and vibrant energy generated in the retreat had quieted down, and I had to generate this on my own.

It has been in these moments of complacency that death comes forward in my awareness and says: "What if this is your last 24 hrs on Earth?!!! What if these are your final hours with Jonathan, with your beloved child, with the land and this extraordinary planet?!!!" Each time I heard death's voice I snapped out of the sleep state and re-engaged reality with curiosity and passion.

I am grateful to winter, to the power of a death awareness to wake me up, and to Sadhguru's wisdom:

"Be fully and actively involved in life, give yourself to life, participate 100 percent!

Love-  
Shari

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**INSPIRATIONS**

**The World I Live In**

by Mary Oliver

I have refused to live locked in the orderly house of reasons and proofs. The world I live in and believe in is wider than that. And anyway, what's wrong with Maybe? You wouldn't believe what once or twice I have seen. I'll just tell you this: only if there are angels in your head will you ever, possibly, see one.

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**RECOMMENDATIONS**

- 1. Joy Painting Video (To see how my encaustic art unfolded): <https://www.youtube.com/watch?v=oYYyiBTp5FQ>
- 2. Marianne Williamson (On the evolution of our country): <http://www.marianneforamerica.com>



**TO PURCHASE A PRINT OF "JOY"**

go here:

[https://www.etsy.com/listing/669393797/art-print-joy-visionary-art-encaustic?ref=shop\\_home\\_active\\_1&frs=1\\_](https://www.etsy.com/listing/669393797/art-print-joy-visionary-art-encaustic?ref=shop_home_active_1&frs=1_)

**SHARI'S SACRED ART ON FACEBOOK:**

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

**PURCHASE SHARI'S SACRED ART:**

[https://www.etsy.com/shop/SacredArtbyShari?ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)

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**Reflections from Jonathan-**

So community, I awoke on this Sunday morning knowing that my plate was very full. Friday and Sundays are our days off and at this time of year taxes and a number of other things are due directly as well as my part of this newsletter. On Friday my mother-in-law had two stints successfully placed in

**3. The Law of the Circle (Vlog 99)**  
<https://eraofpeace.org>

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her heart. We were there beautifully holding space for this heart opening. I was glad to be with beloved Shari to do this.

Yesterday was a full clinical day and another celebration of life as we took my 36 year old son to dinner to celebrate his life which this year includes a wife. Yesterday in the morning my computer hit a glitch so I was not able to control the trackpad or mouse. When I awoke this morning I felt very frustrated as so much of my work is to be done on computer and i have another family commitment. I was feeling agitated and not feeling like I could possibly get everything done.

I kept vacillating between knowing that I have choice about what I wish to create everyday and simultaneously feeling deep frustration as my body was on full alarm as there was adrenaline coursing through my system connected with fear of getting "behind" as my week is very full.

Shari awoke and re minded me very directly that I had a choice to act like a "behind" or to be present. Our training in Tennessee at the ashram founded with Sadhguru asked us how we would live if this were our last day. So I choose love and joy.

Will you?

Love-  
Jonathan

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