



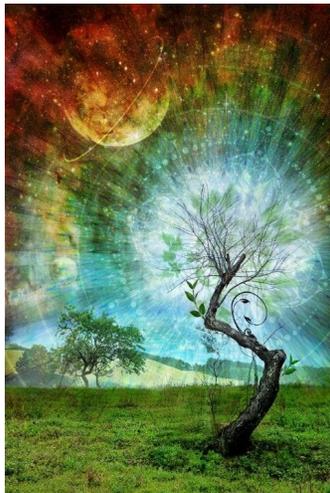
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[Sacred Journeys Newsletter - MARCH 2019!](#)  
 Our intention is to share with you each month upcoming community events, resources and inspirations, to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality. We share this 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-**

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**SPECIAL EVENTS**

- 3-3-19: Portal Day
- 3-20-19: Full Moon
- 3-20-19: Happy Spring Equinox!

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**PRAYER NETWORK**

Jonathan and I just came back from a 4 day advanced yogic program at the Isha Institute in Tennessee. One of our great teachers is Sadhguru and this is his USA ashram. We have been taking his trainings now for about two years. The program we just completed is called Shoonya. The word Shoonya means emptiness or no-thing. It was another rigorous and extraordinary experience.

If you want to shift your life in a positive direction or accelerate your personal growth I suggest you take the first step with Sadhguru. A potent first step is taking Inner Engineering online course. Then there is a phenomenal opportunity in April, when he comes to Philadelphia to offer the completion program for Inner Engineering (you have to complete the online class first).

I am so very deeply grateful for all we are

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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### **INSPIRATIONS**

The breeze at dawn  
has secrets to tell  
you.

Don't go back to  
sleep.

You must ask for  
what you really  
want.

Don't go back to  
sleep.

People are going  
back and forth  
across the doorsill

where the two  
worlds touch.

The door is round  
and open.

Don't go back to  
sleep.

Rumi

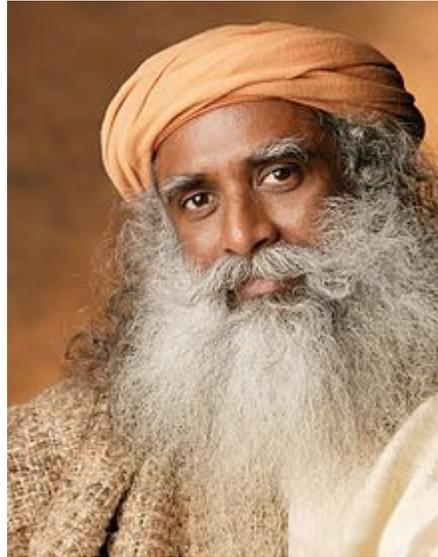
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### **RECOMMENDATIONS**

**1. Book:**  
If Women Rose  
Rooted

learning and for the profound technologies he and the Isha Foundation are sharing with the world. Below is a sample of Sadhguru's voice on the subject of Shoonya, or Emptiness.

Love- Shari



### **Shi-Va (No-Thing) Practice**

written by Sadhguru

“The fundamental of a spiritual process is that you don’t assume anything. When you say “Shiva”, it is not that you believe Shiva is sitting up there. You are just using a sound as a device. This sound was not given without basis. We observed and realized what different types of sounds will do with you. Shi-va is a way of burning it out, so that life begins fresh every moment. Your psychological space will become like a plain mirror. It will just show you what is there, nothing more. That is how your mind should be. This is a useful mind. Right now, too many things are sticking to it. Just imagine if your house mirror became like this: whoever comes in front of it, it retains

by Sharon Blackie

Magical mythical  
inspiring support  
for our journey into  
Authenticity  
and Belonging.

**2. Class:**

Inner Engineering  
Online  
with Sadhguru  
April 27-28  
<https://www.innerengineering.com/SadhguruLive/>

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ten percent of the reflection. It would become useless in no time.

When you try to conceptualize that which cannot be conceptualized, you are trying to see something that does not have a form. If you really go at it, this is seeking. Then you will transcend physical creation. If you transcend physicality and if you are still here, that means you touched something else. That something else, we called it “that which is not.”

So, you say “Shiva” because you are trying to conceptualize that which is not. The more effort you put into this, the more the mind becomes clean and flat. What you like and dislike, what you love and hate, everything will go. Once you have a flat, clean mirror, you see everything just the way it is because the firmament of your mind is the only place you see anything in the existence. If you do not keep that clean and flat, you will see your own ghosts. “

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

**go here:**

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## Reflections from Jonathan-

I have committed to 2 hours of yoga everyday for 40 days. I am thrilled. As a little boy I knew that different breathing sequences were essential to life and transformation. I am overjoyed to study with a Master who has taken yoga and codified and engineered it into a working process of transcendence., I could not be luckier.

To our 500+ email subscribers, I ask you to think about doing a program with Sadhguru. His mission it to bring 700 billion people into higher levels of consciousness which would certainly be more than a tipping point for our planetary evolution.

Love-  
Jonathan

