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[Sacred Journeys Newsletter - JUNE 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-**



**SPECIAL EVENTS**

6-6-19: Portal Day  
6-16-19: Happy Father's Day!  
6-17-19: Full Moon  
6-21-19: Happy Summer Solstice!

"A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding Light whose love shows us the way. "  
Unknown

**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).

I honor the Divine Father and those who channel the Sacred Masculine through all acts of fathering and fatherhood.  
Thank you!

**INSPIRATIONS**

**Beauty**  
by Khalil Gibran  
And a poet said,  
'Speak to us of Beauty.'

Where shall you seek beauty, and how shall you find her unless she herself be your way and your guide?

And how shall you speak of her except she be the weaver of your speech?

Summer Solstice occurs on June 21st. One way to engage in the powerful energies of the Solstice is to do a fire ceremony, honoring the generosity and gifts bestowed upon us by Helios of Light, our beloved Sun.

Here is a great excerpt from Natalia Kuna (NataliaKuna.com) expressing the meaning of this important day:



"The word Solstice comes from the latin

The aggrieved and the injured say, 'Beauty is kind and gentle.'

Like a young mother half-shy of her own glory she walks among us.'

And the passionate say, 'Nay, beauty is a thing of might and dread.'

Like the tempest she shakes the earth beneath us and the sky above us.'

The tired and the weary say, 'beauty is of soft whisperings. She speaks in our spirit.'

Her voice yields to our silences like a faint light that quivers in fear of the shadow.'

But the restless say, 'We have heard her shouting among the mountains,

And with her cries came the sound of hoofs, and the beating of wings and the roaring of lions.'

At night the watchmen of the city say, 'Beauty shall rise with the dawn from the east.'

And at noontide the toilers and the wayfarers say, 'we have seen her leaning over the earth from the windows of the sunset.'

In winter say the snow-bound, 'She shall come with the spring leaping upon the hills.'

And in the summer heat the reapers say, 'We have seen her dancing with the autumn leaves, and we saw a drift of snow in her hair.'

All these things have you said of beauty.

Yet in truth you spoke not of her but of needs unsatisfied,

And beauty is not a need but an ecstasy.

It is not a mouth thirsting nor an empty

word 'solstitium,' a combination of the two words:sol, meaning 'sun', and stitium, meaning 'stop'. So put these two words together and you get the meaning: this is the period of the year where the sun appears to have stopped, paused or halted.

It is a cyclically re-occurring natural event which has been celebrated and held on sacred reverie, for centuries. You too can revel in and honour these energies by performing your own sacred ritual or by spending some time at your own personal, sacred altar.

This is the day of the year where the sun is at the highest point over the Equator, so the farthest north. Energetically, there is an opening up, like a portal of positive celestial potential.

Many ancient cultures such as the Mayans, Essenes, Druids and Egyptians, who understood the spiritual significance of this natural event, built temples or structures that captured the divine moment of alignment, and there they would participate in sacred ceremonies. An example of this is the head of the Sphinx at the Great Pyramids of Egypt, is crowned by the sun of the summer solstice.

The powerful, revered sun brings in a plethora of intense, high energy light and warmth, which is also symbolic of the light of God, or the Creator. Pure life force energy. The summer solstice is a celebration of the return to light, and it so powerfully reminds us of the light within each of us and the full potential of our individuated as well as united light or christ consciousness (our cosmic sense of unity). It is about awakening, or reaching enlightenment, as an omnipotent symbol of ascension and the ultimate triumph of light over darkness."

Love-  
Shari

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

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

**PURCHASE SHARI'S SACRED ART:**

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hand stretched forth,

But rather a heart  
enflamed and a soul  
enchanted.

It is not the image you  
would see nor the  
song you would hear,

But rather an image  
you see though you  
close your eyes and a  
song you hear though  
you shut your ears.

It is not the sap within  
the furrowed bark, nor  
a wing attached to a  
claw,

But rather a garden  
forever in bloom and a  
flock of angels for ever  
in flight.

People of Orphalese,  
beauty is life when life  
unveils her holy face.

But you are life and  
you are the veil.

Beauty is eternity  
gazing at itself in a  
mirror.

But you are eternity  
and you are the  
mirror.

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**RECOMMENDATIONS**

**1. VLOG #114**  
EraofPeace.Org  
(explains the  
power and  
meaning of the  
three full moons in  
Spring 2019,  
including the full  
moon on June  
17th)

**2. MOVIE:**  
The Sun is Also a  
Star  
(stunning, magical  
experience)

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**Reflections from Jonathan-**

**TAKING IT TO THE MAT:**

One of the things I am telling more folks everyday is that fear will not be out thought. Fear is an emotion which if left unchecked can stimulate a loop of thought from which drama and stories unfold quickly and powerfully . This then creates distress within and dysfunction in relationships.

Yesterday, Shari and I completed a Yogasanas two day intensive with the Isha Foundation which is sponsored by Sadhguru. Before this two day intensive I was faced with the fear of being the oldest participant there (which I was) and being one of the least flexible physically (which I think I qualified for too).

Before the workshop I dedicated myself to breathing into this fear and letting go, which I call taking it to the mat. Breath work is essential for all of my meditation and yoga practices. What this approach accomplished was a release from the paralysis of fear, and fantasy stories about the frustration and limitation I might feel while there.

When I got there I knew there would be 7 hours of intensive yoga practice. I entered aware of the spiritual adage of one our Temple presenters Andy McClure, who said, "we are always at a choice point between fear and curiosity". For most of the time I chose curiosity.

The workshop was intense and I learned several yoga asanas which challenged by body. Both the preparation of not bringing negative stories, as well as looking with the curious wonder of a child of what would be presented next, were gifts for me.

Then in one of the accompanying videos to the workshop I was gifted by Sadhguru who said in the middle of a difficult yoga posture "our mind may go to all kinds of feelings, just peg your mind to the breath". By concentrating my mind on my breath the poses were in fact more easy to accomplish.

As I conclude my writing for this newsletter, I would like to take my

experience and present you a  
prescription for dealing with fear:

1. [Take it to the mat](#) Use your spiritual practices to transform your fear and illusions (old stories).
2. Know that you have a choice point between fear and curiosity.
3. Remember to breathe consciously and deeply.

Love-  
Jonathan

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