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Sacred Journeys Newsletter
DECEMBER 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

Greetings from Shari-



SPECIAL EVENTS

- 12-8-19:** Ceremony at Sacred Journeys honoring 12:12 Portal ***Must RSVP to ShariLandau@gmail.com***
- 12-12-19:** Full Moon & Portal Day
- 12-21-19:** Happy Winter Solstice!
- 12-22-19:** Happy Chanukah!
- 12-25-19:**



Starlings in Winter

by Mary Oliver

Chunky and noisy,
 but with stars in their black feathers,
 they spring from the telephone wire
 and instantly

Merry Xmas!
**12-26-19: Happy
Kwanzaa!**

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.

INSPIRATIONS

Don't think
the garden
loses its ecstasy
in winter.
Its quiet,
but the roots
are
down there
riotous.

Rumi

RECOMMENDATIONS

**1. Dr Joe
Dispenza's Work:**
<https://drjoedispenza.com>

2. Powerful Voices:

***Between the World
and Me***
by [Ta-Nehisi Coates](#)

Eloquent Rage

they are acrobats
in the freezing wind.
And now, in the theater of air,
they swing over buildings,
dipping and rising;
they float like one stippled star
that opens,
becomes for a moment fragmented,
then closes again;
and you watch
and you try
but you simply can't imagine
how they do it
with no articulated instruction, no pause,
only the silent confirmation
that they are this notable thing,
this wheel of many parts, that can rise and spin
over and over again,
full of gorgeous life.
Ah, world, what lessons you prepare for us,
even in the leafless winter,
even in the ashy city.
I am thinking now
of grief, and of getting past it;
I feel my boots
trying to leave the ground,
I feel my heart
pumping hard. I want
to think again of dangerous and noble things.
I want to be light and frolicsome.
I want to be improbable beautiful and afraid of
nothing,
as though I had wings.

HAPPY WINTER & HAPPY HOLIDAYS ALL,

++++++
**LOOKING FOR UNIQUE
HOLIDAY GIFTS?
GO HERE:**

PURCHASE SHARI'S SACRED ART:
**[https://www.etsy.com/shop/SacredArt
byShari?ref=hdr_shop_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)**

SHARI'S SACRED ART ON FACEBOOK:
<https://www.facebook.com/SacredArtbyShari/>

Reflections from Jonathan -

I remain in gratitude at the end of this Thanksgiving.

I choose to give thanks for the many spiritual teachers and teachings that continue to guide my path. Part of my life ecstasy is the embrace of teachings from different spiritual traditions.

Michael Jerome Hanson (member of our community) has been an incredible resource in suggesting teachers along the way. He recently suggested the work of Dr Joe Dispenza. I remembered this name from the movie "What the Bleep Do We Know." This movie (2004) explained the link between thought, emotion and neurology. It explored the physical Universe, human life within it, and quantum physics. It posited that the physical Universe is rooted in the quantum realm, that our earthly experience is actually energy based rather than matter based. That "empty space" is not empty.

Since 2004 Joe Dispenza has deepened his

exploration of reality and now offers science based technology and practices that assist humans and their evolution. After Michael 's suggestion I did at least 23 hours of study over a 10 day period. I have added Joe's meditations into my daily practice and have been blown away by the results. I encourage all of you to check his work out (his website is listed in the recommendation section of this newsletter).

May you all be blessed as we enter this holy-day season. May you feel the joy of presents (presence).

Jonathan

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