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Sacred Journeys Newsletter
JANUARY 2020!

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

- 1-1-20:** Portal Day, New Years Day
- 1-10-20:** Full Moon & Lunar Eclipse
- 1-11-20:** Portal Day
- 1-21-20:** Martin Luther King Jr Day

I share with all of you writing for the New Year gifted to us by Celia Fenn (<http://www.starchildglobal.com/channels-and-articles/the-big-shift-2019-to-2020/>).

May we all awaken in 2020 and embody our Divinity!

HAPPY NEW YEAR AND NEW DECADE!

*Love-
Shari*

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

A Gift to Bring You by Rumi

You have no idea
how hard I've looked
for a gift to bring You.
Nothing seemed
right.
What's the point of
bringing gold to
the gold mine, or
water to the ocean.
Everything I came up
with was like
taking spices to the
Orient.
It's no good giving my
heart and my
soul because you
already have these.
So I've brought you a
mirror.
Look at yourself and
remember me.

RECOMMENDATIONS

1. The Starless Sea
by Erin Morgenstern
(magical, enchanting,

26th December : Solar Eclipse In Capricorn

The final Eclipse of the decade occurs on the 26th of December, and this is the moment that propels us finally towards the big conjunction in January 2020. The focus now shifts to Capricorn, with its powerful Saturnian energy and its connection to Structure and Earth structure in particular.

Eclipses are moments when the Earth grids are seeded with new energies and ideas that will grow and expand as time passes. A Solar eclipse is especially powerful as it allows the Sun to "switch off" momentarily while new codes are "booted" into the grids.

The Capricorn codes are the energies of the Divine Masculine and the new Structures for the New Earth. The Divine Feminine must have new structures in order to birth a New Reality and this is what is being provided in these upcoming Capricorn transits.

Arriving so soon after the Solstice switchover, these new codes will be seeding new structures and new ways of being for Earth life in the third decade.

The path where the Eclipse will be visible will be some parts of Eastern Europe, most of Asia including India and China, East Africa including the horn of Africa and some parts of Egypt, as well as Indonesia and North Western Australia. This will be mostly a Middle Eastern/African/ Asian Eclipse, and the New Masculine codes will powerfully impact these area. The energies of Isis and Osiris, The Buddha and Kwan Yin will be activated and redefined for the New Earth. Also, the powerful vortex in Bali will be activated for the New

amazing storytelling!)

2. Energetic Assistance and prep for 2020:
EraofPeace.org
Vlog 146

Masculine, and the Australia activation will help to activate the Dream Time weavings from Uluru and also fine tune them to the New Earth frequency.

Beloveds, it will be an exciting time for you as you enter into 2020!

The Lunar Eclipse on the 10th January 2020 and the 22 degrees Capricorn Conjunction of Sun, Mercury, Saturn and Pluto in Capricorn on 12th January 2020

The 3/3/3 Portal closes out on the 30th/31st December as January 2020 and the new decade commences. The 10th January Full Moon and Lunar Eclipse initiates the powerful conjunction of the Sun, Mercury, Pluto and Saturn on the 12th, as the powerful planets move into alignment.

The Full Moon and Lunar Eclipse are in Cancer, which brings in the beautiful energy of the Divine Feminine. The Goddess initiates her codes and plans her seeds so that the incoming conjunction will support the very deep shifts that are still to come. This Cancer energy also links you back to the period just before the Galactic New Year in 2019 (July 2019) and forward to the 2020/2021 Galactic New Year (July 2020). The Divine Feminine is on hand to flow her beautiful and creative essence to support the deep changes that are being initiated at this moment at the beginning of the third decade.

This Lunar Eclipse will be visible, as it lays its shadow and seeds its codes for the New Masculine/Feminine Sacred Union over Europe, Africa, Asia and Australia, and touches on North America and South America.

Two days later, on the 12th, the Sun is at 21 degrees of Capricorn and Mercury, Pluto and Saturn at 22 degrees of Capricorn. This

conjunction, with Jupiter at 9 degrees of Capricorn, means that 5 out of 10 planets are in Capricorn just after the Cancer Full Moon. That is powerful! Cancer is the opposite house to Capricorn, so it activates these energies powerfully and lays the stage for the shifts.

Pluto and Saturn are both powerful planets : Saturn creates form and structure through time and Pluto transforms through breaking down form and structure.

This conjunction, illuminated by the Sun, may be seen as the “clash of the Titans” in Capricorn. Saturn rules Capricorn, so it is all about form and structure, but then along comes Pluto with its determination to transform by breaking down. Sitting next to Mercury and the Sun, this indicates powerful changes in how we think and how we express ourselves in the world.

So indeed, Beloved Ones, you will see a powerful tension as old forms and structures are breaking down on all levels, and this is being accelerated by Pluto’s influence, while at the same time new structures are being initiated for the New Earth.

This will set the tone for the third decade. Old structures collapsing and new structures emerging. Because the influence of Saturn is often felt over time, you may not initially see much, but the deep shifts and new codes will be operating to bring forth the new.

But, Beloved Ones, you will certainly feel these energies, and you may indeed find accelerated “collapse” of things that no longer serve you in your life. `This may be painful for some, as it will impact on the very deep levels of structure in relationships, families, communities and nations.

In the wake of the 22 degrees conjunction, many will begin to awaken as the illusion of structure breaks down. They may well feel alienated and

lost as they seek for new structures to sustain their lives. This is where the work of the Wayshowers is important. Many of you are called to be part of the Support Teams in 2020. Your work will be to stay calm and peaceful in the chaos, to be empowered in your lives and to guide others to self-empowerment and to the New Earth. This will be an exciting time for you as many new opportunities will open up in your work.

This will be the time to really move more into your power as Co-Creators, spinning Time Cycles and designing new realities. Some of you may choose to continue to work as bridge builders between the old structures and reality and the New Earth, while some will cross over to become builders of the New Earth structures.

Those who choose for the New Earth will be working with the Galactic and Solar Councils to create a New Earth in the Golden Field of Love. They will work with the crystalline Christ Consciousness and the Diamond Light to weave the New Reality.

It is Time to Begin, Beloved Ones!

The adventure continues into 2020 and the Third Decade.

Travel well and Love and Support Each Other!

You are much Loved and Appreciated by Heaven!

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PURCHASE SHARI'S SACRED ART:

https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu

SHARI'S SACRED ART ON FACEBOOK:

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

Reflections from Jonathan -

No accidents ever as I see it. I was thinking about a topic to write about and received these words from a Sacred Journeys community member who had asked for prayers for a dear young adult friend of his who died of an overdose.

*"I don't understand why there is so much addiction, mental illness and suicide in today's society. It is almost like the soul has been removed from our society. **Maybe you could try to explain this in one of your newsletters, so people have a better understanding. I have been hearing about tragedies like this more often. So, so sad. Please ask the prayer group to pray that his spirit has finally found peace.**"*

Here is my response to this prayer group member:

Ironically Shari and I talked about this last night, about the New Children and Millennials, and how they are incredibly sensitive, and how so many of them feel confused overwhelmed and misunderstood. How they feel incredibly challenged by being on a planet which does not make sense to them. Many of them in desperation turn to drugs and other addictions to quell their pain, and some even choose to end their lives.

As I see it, there has hardly ever been a more chaotic time in our culture as old paradigms are being dismantled and new ones have yet to manifest. This chaos is reflected in unchecked political corruption, environmental challenge and climate change, instability on so many levels. The old forms and trajectories for young people (at least in this country) such as college- leading to work that pays well- resulting in upward mobility- are no longer valid. Since new

modes of operating have not yet solidified, there is still a lot pressure on these sensitives by the older generation, to conform to outdated models. When they do not conform (because they cannot, since they are actually wired to not resonate with the old paradigm), they are often accused of being lazy and deficient. This in turn damages their self-image, increasing their despair, hopelessness, and pervasive anxiety.

I have also heard a huge amount of criticism from the older generation towards Millennials and Children about "their absorption in technology and isolation from nature". Yet, how many older adults including myself and probably most of you, spend a lot of time on our phones or computers? How many adult couples at dinner are staring at their phones instead of into each other's eyes, how many are venturing out into nature on a regular basis? We have created and participate in this kind of disconnected society, so our hypercriticism of the young ones is unfair.

I went onto the web and found a wonderful article called "Millennials Misunderstood" written by Amanda Carneglia a millennial herself (https://www.redandblack.com/opinion/millennials-misunderstood/article_0b96ed8c-3d64-11e6-bcf9-df937792dacc.html). Her last paragraph states: "As for a narcissistic culture, I understand the argument. I have seen a jump in self-involvement among people my age. However, while an older generation finds it easy to judge us as self absorbed, the truth is that technology has left us feeling enormously isolated and lonely. We are running like mad to keep up with normal. As technology advances and we are able to share and absorb tons of information amongst social platforms, it's no wonder we are more involved and focused on ourselves."

So what do I (we) do as older adults for the isolated and lonely millennials? I have limited control over our political, economic, technological and environmental status. Where my power lies is in creating bridges from old to new via compassion, awareness, empathy and kindness. We can be Wayshowers and Midwives for these younger ones. What works in my experience is when I hold the space of compassion, patience, and non-judgment. What does not work is when my fear distorts my perception, and in turn I become judgmental and controlling through misdirected advise or opinion.

In all honesty, I never know for sure what makes an individual want to end their lives. I do know that many who have sat on the edge tell me that the voice of deep compassion and understanding from others has instilled hope for another day. And some times it does not.

I honor the man who wrote the inquiry which stimulated my thoughts and feelings. He is a phenomenal human being who created a deep bridge to that young man who made a choice to leave the planet. For that I grieve, and say to our community member: your efforts (and all of our efforts) are not in vain. Love lands, and that gift of Love is eternal.

Love-
Jonathan

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