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**Sacred Journeys Newsletter**  
**FEBRUARY 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*

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***Greetings from Shari-***

Can you hear and feel it? How 2020 has begun as a Roar, like a lion, like Mama Ocean crashing against the shore.

There is no doubt,

it is time to **Rise Up, Rise Up, Rise Up,** and shake off any residual slumber. Now!

I offer the book recommendations in this newsletter and the past few newsletters, to assist you in your Rising Up.

May they help guide you with the intense awakening energy rushing into this New Decade.

I also share the following two voices with you to inspire this Movement:

**Litany for Survival**  
*after Audre Lorde*

*excerpt from Judith Prest*



**SPECIAL EVENTS**

- 2-2-20: Portal Day**
- 2-8-20: Full Moon**
- 2-14-20: Happy Heart Day!**
- 2-22-20: 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.

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## INSPIRATIONS

Beyond  
what we wish  
and what we fear  
we have  
another life  
as clear and free  
as a mountain  
stream

*Rumi*

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## RECOMMENDATIONS

### 1. Book:

***When They Call You  
A Terrorist-  
A Black Lives Matter  
Memoir***

by Patrisse Khan-  
Cullors & Asha  
Bandeale

### 2. Book:

***The New Human***  
by DeAnne Hampton

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For those of us steeped in privilege  
wrapped in the invisible blanket of entitlement  
if we believe in justice  
if our hearts hold compassion  
we must own the inequities that favor us  
we must not let this go unchallenged  
our world balances on a sharp blade  
we may be sliced in two  
we are not meant to survive like this

those of us who have not been  
followed by security at Macy's,  
who have not been stopped for driving while black,  
who walk down main street with ease  
must awaken

when one more bullet  
claims a life, we despair and yet  
it is not our child left fatherless,  
not our family, our community whose sorrow  
echoes up and down the generations

as the stink of slavery and genocide festers  
we must stand up, embrace resistance  
because none of us are meant to survive like this.



**The Standing People Are Moving**  
*by Kendra Ward*

Bashing themselves about,  
stag horns clashing as cymbals of wood and wind.

The watchful mothers are stirring,  
shifting their burdens as they wait for their moment.

### **IT. IS. NOW.**

Restless roots cleave the ground,  
leaving behind their ancestral songlines  
to form an unending procession.  
Their breath opposite ours,  
these Earth sentinels carry our earliest memories  
as monkeys, untamed creatures.

They are cut down and so are we.  
They are sick and so are we.  
They are threatened and so are we.

Standing people are walking, now running,  
there is no more silent waiting.  
Moving to a thunderous beat, primal, persistent.

The sky is open and marked by their absence.  
The axis of the world tilted, the four directions  
shifted.  
The trees are **AWAKE** and shaking the Earth!

Join flesh and branch, breath and dance,  
The Tree Tribe is rising,  
The Black Mother is calling us from drowsiness:  
Awaken from your false security, your wild maturity,  
Awaken to your all encompassing connectivity!

The trees thump and the Earth rocks,  
and the drums pulse in time,  
To a vow of aliveness, pounding, pounding,  
Pounding in our feet up to our hearts,  
So that, my child,  
we will never fall asleep again.

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**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)**

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

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

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**Reflections from Jonathan -**

I love telling in-spire-ational stories especially the ones that I get to experience.

To celebrate Shari's New Year's Eve birthday we sojourned to Asheville NC. Many wonderful members of SJ community told me about the vortices (powerful energy centers) that exist in the Asheville area mountains. Since we were curious we researched what was available in the area and came upon a website where we met an incredible being named DeAnne. She talked about the vortices and how she serves as Guide in the forest and Sacred mountains around Asheville.

Amazingly she said she would be available on 1/1/20 to take us on a 3.5 hour trek designed just for us! I knew it was going to be "big", a huge experience of some realization, and I had some fear which manifested in worry about temperature, terrain and whether my digestion would be okay during that time. It was my personality and monkey mind at play. I did my morning spiritual protocols and realized even before walking that I would need to surrender. It took my stubborn mind half of the trek to let go and be bathed in the magic of the mountains and the vortex energy. When I did, I was enveloped by the deep Love of the forest and the many Beings of Light that exist there.

DeAnne was a most incredible guide who continued to gently tell us about the magic of the forest and gave us multiple opportunities to bathe in some of the enchanting energy. I came out of the 3.5 hour experience in an altered state similar to what I have experienced after workshops that spanned a few days. DeAnne told us that after this experience with the mountain we might be called to make significant changes (like dietary changes) and we might notice a shift in consciousness.

I have found both have happened. About three days after leaving the forest my body said no to animal products and sugar. I have tried to do this numerous times with mental resolve in order to raise my vibration, but it never lasts. This time it happened effortlessly from the inside out as opposed to an external directive. My vibrational level feels higher and my daily experience of yoga and meditation has been more profound.

DeAnne (<https://deannehampton.com/>) decided a number of years ago to devote her time to listening to nature directives with the objective of raising consciousness, and I am deeply grateful to have met her. Her mission is reflected in her words below from her book *The New Human*:

“There is a new consciousness, a new energy of existence right here, right now, that abides in timeless reality. It is a New Paradigm of possibility that is creating a tremendous change in our perceptions and ideals, our belief and vision of how an evolved world manifests and functions. Light all around and within you is calling you to a new day, new choices, new priorities and dreams for your life and the many. All you need to do is step out of the old container. Dream a bigger dream. Dare to live unbound”

Love to All-  
Jonathan

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