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SPECIAL EVENTS

4-4-20: Portal Day
 4-7-20: Full Moon
 4-8-20: Happy
 Passover
 4-12-20: Happy
 Easter
 4-22-20: Happy
 Earth Day

PRAYER NETWORK

You are able to
 submit prayers to
 our prayer circle of

Sacred Journeys Newsletter

APRIL 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-

We have loaded up this newsletter with tons of resources and inspirations to empower and strengthen you at this time. Use what works for you, share what you know will assist others!

In this extra-ordinary time of global challenge/changing I Am very aware

we have entered the season of

Resurrection/Rebirth. All around me I watch with awe and deep reverence as Beauty re-emerges.

Crocus daffodil forsythia and hyacinth bursting forth, new buds of crabapple and cherry blossom peeking through, and all the uncultivated wild things like stinging nettle sprouting up once again from Pachamama (Mother Earth).

Everywhere there is

BEAUTY and POWER RISING UP!

We humans are of the Earth as well. We *are* in fact interconnected (this awareness is now dawning for

100+ people, as well as have the opportunity to pray for others. To join, simply email: drjonathancohen@gmail.com.

INSPIRATIONS

**Spring and all its
Flowers
by Hafiz**

*Spring and all its
flowers
now joyously
break their vow of
silence.
It is time for
celebration, not for
lying low;
You too — weed out
those roots of
sadness from your
heart.*

*The Sabaa wind
arrives;
and in deep
resonance, the
flower
passionately
rips open its
garments,
thrusting itself
from itself.*

*The Way of Truth,
learn from the clarity
of water,
Learn freedom from
the spreading grass.*

*Pay close attention
to the artistry of the
Sabaa wind,
that wafts in pollen
from afar,
And ripples the*

many who were asleep to it before). I Am witnessing the Power and Beauty of tremendous compassion, generosity, and creativity bursting forth from humanity. The unfolding of a new day, a new season, a resurrection/rebirth of Essence and Love. This virus is a catalyst for Freedom, a Liberator of old forms, routines, patterns that no longer serve. It is a huge invite to collectively shake off our old dead growth and debris, and embrace the new beginnings of our evolution. This experience is a global stimulator, a radical call to Heart, a profound initiation to open and share our Hearts more fully.

The natural world shifts from season to season seemingly effortlessly. Humanity tends to fear change. Often our first response to death (which is the requirement for rebirth) is to dread fear and resist it. In this forced slowing down and stillness we are given an opportunity to BE introspective, to get better acquainted with ourselves, to distill and connect to our Essence. Inevitably in such a process we stumble upon our shadows and wounds, and thus have a chance to let slough what impairs our vision and clarity in all areas of our life. As Patricia Robles (EraofPeace.org) reminds us- *the old enslavement codes and all cords attaching us to these cords have been victoriously and permanently nullified and transfigured in the inner realms. Those old doors are closed to humanity.* What we are now experiencing in the 3-D realm is a corresponding dismantlement and clean up process in action.

Instead of embracing this liberation experience with open curiosity, some are holding this time resentfully and fearfully. In reactivity, some are attempting to entrench further into the old reality. It is of course highly understandable that

*beautiful tresses
of the fields of
hyacinth flowers.*

*From the privacy of
the harem, the
virgin bud slips out,
revealing herself
under the morning
star,
branding your heart
and your faith
with beauty.*

*And frenzied bulbul
flies madly out of
the House of
Sadness
to unite with the
flowers;
its love-crazed cry
like a thousand-
trumpet blast.*

*Hafiz says, and the
experienced old
ones concur:*

*All you really need
is to tell those
Stories
of the Fair Ones
and the Goblet of
Wine.*

**Shared by a S J.
member:
Pandemic
by Rev. Lynn
Ungar**

What if you thought
of it

As the Jews
consider the
Sabbath ~

the Most Sacred of
times?

Cease from travel.

from a place of fear/panic a desire to control things emerges in an attempt to feel safe. Loss and death are part of this unfolding, and being with oneself this intimately can be very scary and overwhelming if it has not been one's daily practice. Here is where sincere compassion extended to the frightened parts of ourselves and others goes a long way.

This extra-ordinary circumstance is giving all of us a chance to experience our vulnerability. For some it brings up sadness, some grief, some anger, some terror, some confusion and disorientation. All of these feelings make sense under the circumstances. So experience them, but do not get attached to them or to any victim consciousness. After letting the emotions rise up to be witnessed and cleansed, remember this:

YOU ARE NOT ALONE!

In fact, you are cherished, loved and held.

Every day millions of LightWorkers, LightKeepers, LightWeavers, all awakened and awakening humanity, pour forth our Love Power and Wisdom into the collective chalice of consciousness.

Expand into this Love, receive these gifts and experience our interconnectedness, and use the abounding resources available from local and global Sources. Discern what is healthy for your system to digest at this time and what is unhealthy, what creates Unity for you and what increases the illusion of separation.

On a daily basis I receive inspiring info about free or donation based online support/offerings from awake people and organizations around the world! This phenomenon has galvanized the Global Heart and the huge outpouring of Love Wisdom and Compassion has blown me away! I have witnessed my Beloved Jonathan create free support groups

Cease from buying
and selling.

Give up, just for
now,

on trying to make
the world

different than it is.

Sing. Pray. Touch
only those

to whom you
commit your life.

Center down.

And when your
body has become
still,

reach out with your
heart.

Know that we are
connected

in ways terrifying
and beautiful.

(You could hardly
deny it now.)

Know that our lives
are in one another's
hands.

(Surely, that has
come clear.)

Do not reach out
your hands.

Reach out with your
heart.

Reach out with your
words.

Reach out all the
tendrils

of compassion that
move, invisibly,

over the last two weeks as a sincere overflowing of
his heart's kindness and Love (which has only
deepened my love for him:)

Love and Generosity of Spirit are contagious!

So, drink deeply from this shared Sacred Chalice.
Open your heart wide and pour forth your elixir. No
offering is too small, every gift matters, YOU
MATTER! Bestow a smile or kind gesture, write
and share a poem or song. Enjoy the spring
blossoms and pour forth your Joy into this
collective cup energetically.

The important thing is to wake up and to choose and share Love!

My heart guides me to offer **FREE SACRED ART
PRINTS** at this time (see below for info). The Allies
and energies in these prints want to help you right
now! I Am also called to let you know about the
EMF Energy Balancers which Spirit guided me to
create three months ago. These tools can
also profoundly assist you NOW! Amongst other
things, they transmute dense emotional mental and
physical energy (like fear and EMF radiation) and
create positive life enhancing energy.

So if you are called to these powerful tools please
click the links below to learn more or to purchase.
(Energy Balancers start at \$27.)

Energy Balancer images and descriptions:

https://drive.google.com/file/d/1Gevrc-6fb0NsR1SIn-EmPYZ_9aN4T2_/view?usp=sharing

Info Sheets on EMF Orgone Energy Tools:

https://drive.google.com/file/d/129buBxQHR22ymlP_13RuKEkxonyAde1M/view?usp=sharing

All of the resources in this newsletter and the ones

where we cannot touch.

Promise this world your love –

for better or for worse,

in sickness and in health, so long as we shall live.

RESOURCES:

1. **Netflix Series:**
"Anne with an E"- a period piece that is surprisingly timely and modern.
2. **Uplift TV**
free conscious uplifting videos
3. **Unify.org**
<https://www.unify.org>
4-4-20 a global meditation and prayer opportunity
4. **Online Dance Community:**
https://pathofazul.com/azul-online-live-class/?utm_source=ONTRAPORT-email-broadcast&utm_medium=ONTRAPORT-email-broadcast&utm_term=AOW+20+Fear+and

we keep sending out as announcements address the following key questions. I know that your Soul, Higher Self, Spirit, Essence, I AM Presence, Inner Wisdom Keeper know the answers to these questions.

My heart encourages you to deeply listen and implement Your Wisdom.

What can I do to lessen reactivity, fear, constriction, in myself and others?

How can I increase adaptive, unique, creative, expansive responses every day?

What are the most empowered, healthy, beautiful heart-ways I can support myself, my immediate circle, the Earth, and my global community?

*Love-
Shari*

FREE SACRED ART PRINTS!

**May their Presence comfort
and strengthen you and remind you
YOU ARE NOT ALONE!**

(if you wish to donate shipping fee you may, or we will pay for shipping)

(To see images click on links below descriptions)

Archangel Michael ("The Holy Grail") *He is a Great Protector and Guardian who is dedicated to the protection of all of Humanity and Earth. With His Sword of Truth He cuts us free from fear, with His Shield of Faith He protects us from dense unhealthy energies.*

Size: 7 X 20 (3 left)

https://www.etsy.com/listing/257711872/art-printholy-grail-i-am-chalice?ref=shop_home_active_11&frs=1

+Trust&utm_content=Gratitude+for+our+work+together+on+Saturday&utm_campaign=20200330

5.

THE BIGGER PICTURE

by Patricia Cota-Robles

www.eraofpeace.org

VLOG 160-
IS THERE A
GREATER
PURPOSE FOR
WHAT IS
HAPPENING?

6.

Unleashing the Divine Feminine Power in You!

https://evolvingwisdom.com/fp/global/alt/free-online-class/?utm_source=affmail

7.

IshaFoundation.Org
free yoga practices to settle the mind, relax the body, help you BE with yourself more gracefully.

8.

White Awake: Collaboration

<https://mailchi.mp/whiteawake/coronavirus-times?e=cc2a2ecaf9>

9. You Are Not Alone!

<https://mailchi.mp/eraofpeace/our-numbers-are-legion?>

Divine Mother's Love ("Emergence of Divine Child") *She holds us Lovingly at her Heart, Protecting and Comforting. Allow yourself to be gently soothed and secured by Her hugely Loving Presence.*

Size:5 X 8(2 left) Size:6.3 X 11(6 left) Size:8 X 14(4 left)

[https://www.etsy.com/listing/225674240/art-print-the-emergence-of-the-divine?](https://www.etsy.com/listing/225674240/art-print-the-emergence-of-the-divine?ref=shop_home_active_13&frs=1)

ref=shop_home_active_13&frs=1

White Eagle ("Spirit Guide") *This Great Being is an Ascended Master, a Guide who protects and gives wise Council. You can work with Him to stay focused and clear, and to feel Shielded Loved and Protected.*

Size: 5 x 7 (2 left) Size: 8 X 10 (2 left)

[https://www.etsy.com/listing/205624789/art-prints-spirit-guide-shamanic-native?](https://www.etsy.com/listing/205624789/art-prints-spirit-guide-shamanic-native?ref=shop_home_active_7&frs=1)

ref=shop_home_active_7&frs=1

Sacred Masculine Heart Open and Strong

This print supports Fierce yet calm strong and Trusting Love. It calls upon our inner masculine Yin energy to Choose Love over fear.

Size: 5.6 X 7(2 left)

[https://www.etsy.com/listing/518771158/sacred-masculine-heart-open-and-strong?](https://www.etsy.com/listing/518771158/sacred-masculine-heart-open-and-strong?ref=shop_home_active_2&frs=1)

ref=shop_home_active_2&frs=1

Goddess Isis Altar

Beloved Isis is an aspect of Divine Mother who connects us to life affirming and ever flowing creation energy. The frequencies in this print also bridge "above and below", integrating form and formlessness, Spirit and matter. There is also

e=ff2003a587

10.

**The Mythic Call
(You tube video)**

https://www.youtube.com/watch?time_continue=1&v=17ubS_o5Qys&feature=emb_logo

assistance from the Sirian High Council of Light and the Great Transformer.

Whole image: 11 x 17 (3 left)

https://www.etsy.com/listing/205615474/art-print-isis-altar-goddess-art-triple?ref=shop_home_active_12&frs=1

Partial Image: 11 X 12 (2 left) 16 X 18 (2 left)

https://www.etsy.com/listing/205626535/art-print-isis-altarcropped-goddess-art?ref=shop_home_active_8&frs=1

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PURCHASE SHARI'S SACRED ART:

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

TO LIKE SHARI'S SACRED ART ON FB:

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

Reflections from Jonathan-

We are in an incredible time with an opportunity to serve humanity in different ways. I invite you to look at the ways that you may wish to serve in to send out Light and Love to others. Some of you are on the front lines of health care and service to others. Thank you. And many of you are at home and you can do service even within your quarantine.

My belief is that if you are reading this newsletter you are one who has been on the path of growth and connected to Spirit and Source. Prayer comes in

different forms and may exist in a conversation with a friend or family member during which your shared Light raises their vibration.

Many who have not done their personal work are panicked, as their physical world has been the only world they know and it is scary to know that the physical world may never be the same. Your connection to Spirit (even though not spoken directly) may be a huge gift for them. Please share your Light and Hearts with those around you.

Love-
Jonathan

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