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**Sacred Journeys Newsletter**  
**MARCH 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-***

*This month we celebrate the Spring Equinox, new beginnings, more Light.*

*On this auspicious day we are greatly assisted and empowered in our rituals.*

*So take some time to consciously let go of old dry "winter" energies, and then set new fresh enlivened intentions.*

***May the new seeds of life you have sown Rise Up to be Blessed and Nourished in this coming season!***

*Love-  
 Shari*

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**SPECIAL EVENTS**

3-3-20: Portal Day  
 3-9-20: Full Moon  
 3-18-20: Happy Spring Equinox!

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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



### **All the Hemispheres** *by Hafiz*

Leave the familiar  
for a while.  
Let your senses and  
bodies stretch out  
Like a welcomed  
season  
Onto the meadows  
and shores and hills.

Open up to the  
Roof.  
Make a new water-  
mark on your  
excitement  
And love.

Like a blooming  
night flower,  
Bestow your vital  
fragrance of  
happiness  
And giving  
Upon our intimate  
assembly.

Change rooms in  
your mind for a day.  
All the hemispheres  
in existence  
Lie beside an

### Spiritual Mysteries of the Vernal Equinox

*excerpt by NadineMarie*

"The Ancient Mysteries call forth a return to Nature's rhythms on an intuitive level. Spirit and Nature in Harmony! The earth seasons are designed to promote specific evolutionary needs. The autumn is the seed planting time; the winter is the gestation of the seed and the taking root. The spring is the bursting forth of those new seeds to release new aspiring life to be harvested in the summer. These are always reflected in the hidden mysteries of Nature.

The spring equinox opens the veil between the physical and the spiritual so that a resurrection in our lives can be inaugurated. The keynote of this season is creation. It is the drive to move our lives upward, like a seed pushing forth out of the earth into the air. The spring is the time when the creative powers we have been nurturing through the winter can be expressed to initiate a new world of opportunities for ourselves.

It is at this time of the year that the sun leaves the water sign of Pisces and enters into Aries, the creative fire sign...Aries is the fire sign of new beginnings, and much esoteric significance is attributed to this time of the year. The ancient Hebrew tradition speaks of how God fashioned the world at this time and that Moses led the Israelites out of Egypt in the spring. Resurrection myths, associated with the spring season abound — from

equator  
In your heart.

Greet Yourself  
In your thousand  
other forms  
As you mount the  
hidden tide and  
travel  
Back home.

All the hemispheres  
in heaven  
Are sitting around a  
fire  
Chatting  
While stitching  
themselves together  
Into the Great Circle  
inside of  
You.

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## RECOMMENDATIONS

### 1. Play:

*The Agitators*  
(at Theatre Horizon)

### 2. Book:

*Mind is Your Business/  
Body The Greatest  
Gadget*  
by Sadhguru

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Christ Jesus to Osiris of Egypt, Adonis of Babylon, and Tammuz of Sumeria. In the Roman Mysteries, people celebrated the death and resurrection of Attis at this time of the year.

While the winter season is the time of the Feminine Mysteries (the water element), the spring season is the time for the Masculine Mysteries (the fire element). The time of the equinox is the time of the alchemical and magical blending of water and fire. The living waters within us are flooded with a new radiance so that they can be expressed more fully within our life circumstances. This is the time, which releases energies that manifest opportunity to understand the mystery of polarity. We understand the importance of balancing the masculine, and feminine so they can eventually be blended to create new life. Spiritually and physically, this is a time of great creative expression.

For the true student of the spiritual mysteries, it is during the spring that the energy is available that facilitates the undergoing of discipleship. The individual must learn to roll away the stones of personal and sense limitation and come forth, bringing the Inner Light out into the external world.

This is the time to focus upon conscious transmutation. It is the ideal time to assert the will force over the personality. It is a time to balance polarities. This balance is necessary to comprehend the significance of the greatest symbol of this season. That is the symbol of the Holy Grail. The Mystery of the Grail is intricate and has many levels. For most involved with the Nature's mysteries, initially it is the blessing of both the male and the female."

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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 am choosing to repeat a theme in this newsletter and focus on Devotion and Surrender. A week ago Shari and I helped place my mother and stepfather into an assisted living situation at a Veterans Home in Southern New Jersey. My mother is 90 years old.

A few years ago my stepfather had a brain bleed which involved his subcortical system and as a result has no short term memory. When he orders food at a restaurant two minutes later he cannot remember what he has ordered. My mother has taken care of him over the last several years in a walkup condominium, despite a couple of her own broken bones and physical challenges.

She and I talked before I left her last Friday and I could feel tears in my eyes, of deep appreciation for her as well as an acute sense of her vulnerability. I strongly felt her love and devotion to her marriage and husband. Once we got them more settled she expressed a deep relief knowing that she would not be alone in that care of her husband and she admitted she was bone tired. When I got into the car I cried deeply with respect for her and her disciplined path.

I have recently increased my mediation and yoga practices to close to 2 hours per day. I am guided by my mother's model (as well as my Teacher's models) of Devotion and Surrender, which for me

leads to more Presence and a real awareness of  
the preciousness of the present moment.

I wish you all more Presence to Preciousness,  
Jonathan

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