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SPECIAL EVENTS

6-5-20: Full Moon
 6-6-20: Portal Day
 6-20-20: Happy
 Summer Solstice!
 6-21-20: Happy
 Father's Day!

PRAYER NETWORK

You are able to

Sacred Journeys Newsletter

JUNE 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-

I write with a heavy and full Heart as well as Hope, on the heels of the tragedy in Minnesota and George Floyd's death. An extremely painful part of humanity's awakening process is facing the unbalanced and discordant energy that has lived in all of us for millennia, that is coming up now to be fully purged and purified. This kind of brutality and domination meted out against people of color in this country is a long standing poison in America's history and a current toxic reality.

As we Rise Up collectively to BE the Divine Human Beings we are, we must look at the shadows within us as individuals, as a nation, and as a world. The eruption of our toxic shadow in the form of racist behavior, and all other forms of abuse and oppression against the planet and all expressions of

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

Where the mind is without fear and the head is held high;

Where knowledge is free;

Where the world has not been broken up into fragments by narrow domestic walls;

Where words come out from the depth of truth;

Where tireless

life, must finally end in order for us to evolve.

The reactions we are witnessing that follow such abuses of power are expressions of

Rising Up Consciousness which declares:

"We are Awake, We will not tolerate or participate in such injustices, WE demand Change!" These atrocities command our attention and rattle all of us to WAKE UP! The wake up call is LOUD, catalyzing us to find solutions to end all forms of hatred and oppression NOW.

While I understand the desire to meet violence with violence I am not condoning this reaction.

Underneath the rage and violence of a perpetrator is always fear. Meet that fear with more fear (rage/violence) and we only add to the fear and devastation. These shadow purgings are inviting all of us to raise our vibration and the collective vibration on the planet, to free ourselves from this endless cycle of fear and violence. To be clear, I am also not condoning putting up with abuse and violence of any kind, yet the way forward must come from a higher vibrational frequency.

This requires Deep Compassion, Broad Awareness, Wisdom and Collective Action. We must strip away the illusions of separation at ground level, this is not esoteric, this is a literal day to day re-seeing of our relationships with humans, this planet, and All Life here. What does this look like?

It looks like George Floyd is not a news story of a black man murdered by a white cop, a headline we can throw away once the news is old. It looks like truly getting the fact that George Floyd was a living breathing precious life. That George Floyd IS *my* brother, *my* father, *my*

**striving stretches
its arms towards
perfection;**

**Where the clear
stream of reason
has not lost its
way into the
dreary desert
sand of dead
habit;**

**Where the mind
is led forward by
thee into ever-
widening thought
and action-**

**Into that heaven
of freedom, my
Father, let my
country awake.**

-Gitanjali

RESOURCES:

- 1. **The Overstory**
by Richard Powers
Extraordinary book about the

uncle, *my child, my friend.* George Floyd is *my Beloved family.*

George Floyd *is mine.* George Floyd *is me.*

I admit I sometimes find it very hard being an empath. It is especially unbearable in times like this when atrocities are done to keep my heart open, to allow myself to be deeply connected to All Life. As an empath, lover of Pachamama (Mother Earth) and as a gardener, I find I don't have the Heart to pull weeds anymore. For a few years now every time I would pull a "weed" I would experience pain in my hands. I feel the pain of a life force ending. I am also aware that what I once saw as undesirable "weeds" (plants that I judged to have less value or were inferior to those I cultivated), I now experience as blooms with their own amazing energy signature, purpose and Beauty. The false hierarchy, domination of the environment, and illusion of separation has dissolved.

There is a story I once heard about the Dalai Lama driving in a car with His assistant. The driver ran over a snake in the road by accident and the assistant saw His Holiness wince. The assistant assumed His Holiness winced out of His compassion for the serpent. Later that day when His Holiness was undressing the assistant saw car tread marks on the Dalai Lama's stomach. This is what it is like sometimes to be an empath, to
BE ONE WITH ALL AND THE EMBODIMENT
OF COMPASSION.

As devastating as it is to feel the pain we inflict upon each other, it is imperative to stay awake and not deny it. The HOPE I feel stems from how many people are actually waking up and

sacred nature of trees and
hope for a shift in
consciousness if we mirror
how trees operate naturally.

**2. Between The
World And Me**
by Ta-Nehisi Coates

**3. When They Call
You A Terrorist-
A Black Lives Matter
Memoir**
*by Patrisse Khan-
Cullors & Asha
Bandeale*

**4. Charles Eisenstein
Podast: The
Coronation**

[https://m.youtube.com/watch?
v=BCB0eI7TjFc](https://m.youtube.com/watch?v=BCB0eI7TjFc)

choosing LOVE. My HOPE is built upon the
many many people I know and countless
Lightworkers globally who are choosing
to cultivate an open loving heart.

My HOPE is also based upon the awareness
that countless humans are utilizing the
**Fierce Power of Divine Love, Divine Will,
and Divine Wisdom, to take RIGHT ACTION
NOW**, which is exactly what is required to move
forward on our evolutionary path and
BE FREE.

Blessings-
Shari

*To increase your awareness about all of this
please go to Resource section and read the books
listed there.*

*For energetic support through this time of purging
and purification go to my Etsy store for practical
tools:*

*[https://www.etsy.com/shop/SacredArtbyShari?
ref=hdr_shop_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)*

Reflections from Jonathan-

How are you doing with this quarantining?

Are you taking time to be still?

Are you mad that I am asking you this
question?

Are you saying how can I be still when there
is so much for me to worry about?

Are you taking the time to enhance your
spiritual practice(s)?

Are you practicing gratitude?

Are you realizing the incredible opportunity
that we have as a planet to make changes?

Are you practicing self-compassion?

I am feeling deep love for all of you as you
are progressing during this time.

I am feeling deep compassion for your
discomfort.

I am feeling deep hope for all of our
evolution.

Love-
Jonathan



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