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*ArchAngel Zadkiel  
Orgone EMF Balancer*

**SPECIAL EVENTS**

- 9/2/20: Full Moon
- 9/9/20: Portal Day
- 9/21/20: International Day of Peace
- 9/22/20: Fall Equinox

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**PRAYER NETWORK**

**Sacred Journeys Newsletter**

**SEPTEMBER 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-**

It is hard to believe we are nearing the end of summer and preparing to enter the autumn season. There has been such rapid continuous and monumental shifting, purging, and deconstructing since the beginning of 2020. It feels to me like time has flown and warped and here we are now in September!

The Fall Equinox is in a few weeks, a time that historically invites us to gracefully let go, to shed old energy in preparation for the quiet turning inward of winter. This is a time to gather and reap the harvest of seeds sown in the greening times, and to offer gratitude for the abundance in our lives.

In light of the new season we are about to enter, as well as what feels like the new state of the world (which is asking us to continuously slough off outdated patterns), I Am profoundly grateful for the book I Am reading by Sadhguru entitled *Death*.

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**

### **A Continual Autumn** *by Rumi*

Inside each of us there's a continual autumn. Our leaves fall and are blown out over the water, a crow sits in the blackened limbs and talks about what's gone. There's a necessary dying, and then we are reborn breathing again.

Very little grows on jagged rock. Be ground. Be crumbled so wildflowers will come up where you are.

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### **RESOURCES:**

1. Book:  
***Caste***  
by Isabel Wilkerson

2. Book:  
***Death***  
by Sadhguru

3. Film:  
**Communities of Hope**

Embracing death allows us to fully embrace life. In releasing fears distortions and misperceptions about death, we liberate our life energy!

2020 has been and continues to be a wild ride, a hot alchemical cauldron, a Sacred Loving and Power-Filled invitation to wake up. This year has been a perpetual Autumnal Equinox! This Falling away season we are about to enter is a heightened opportunity to drop more of what no longer serves in through and around you. If you fear death, the end of your physical embodiment and the death of false beliefs, patterns, perceptions, relationships, I highly recommend Sadhguru's book.

Transformation and transfiguration is a death/life process which is intrinsic of course to all creation. While this process is always present we are in an amplified and accelerated metamorphosis. The River of Change is rushing and Rising, it is ever-present and unavoidable for humanity, the planet, and all life upon Her. We can try to resist this Powerful Current, fearful of letting go, desperate to hold onto old paradigms that felt safe in the past. Or we can learn how death/life is interwoven literally with each breath, we can participate gracefully and fearlessly in our personal and collective evolution.

*Love- Shari*

## **Meteorite/Black Pearl Ally**

<https://uplift.tv/2020/communities-of-hope/>

**4. Free Patricia Robles Video Program:**

<https://mailchi.mp/eraofpeace/my-free-video-program-the-true-power-of-light-is-now-available?e=ff2003a587>

**5. Film:**

**Love Thy Nature**

[https://uplift.tv/2019/love-thy-nature/?utm\\_source=UPLIFT+TV&utm\\_campaign=4260e76476-EMAIL\\_CAMPAIGN\\_2020\\_07\\_27\\_05\\_51&utm\\_medium=email&utm\\_term=0\\_932e12aea9-4260e76476-116750693](https://uplift.tv/2019/love-thy-nature/?utm_source=UPLIFT+TV&utm_campaign=4260e76476-EMAIL_CAMPAIGN_2020_07_27_05_51&utm_medium=email&utm_term=0_932e12aea9-4260e76476-116750693)

**6. Netflix Doc. Series: Down To Earth**



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***For energetic support through this time of Re-Evolution***

***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)***

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***Reflections from Jonathan-***

***We are being invited deeply to find that stillness inside. Externally we have been awakened by nature as geographical calamities have occurred closer together for the last several years.***

***This year within the space of a few months we have been awakened by the Corona virus and the intensity of racial conflict.***

***All gives us an opportunity to find the eye of the hurricane which for me is the stillness. You may be saying "I will not be able to find the stillness during the tumult of of all that is happening on the outside.***

***But that is like saying, I will enjoy life once I am financially secure or when I retire."***

***The time is always NOW. Begin a meditation practice to better be able to rest in the stillness. If you want some guidance into the meditation practice, simply write to me and tell me what you would like to step into meditation-wise and I will write back to you with re-sources***



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