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Sacred Journeys Newsletter
DECEMBER 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 chosen to send our December Newsletter out early partly to offer suggestions and a re-imagining of what we call **Gratitude Day (Nov. 26th)**. Also because we can all use a bit more inspiration right about now!

We have renamed Thanksgiving *Gratitude Day* and invite all of you to learn why you might wish to do the same. A good place to start is:

Rethinking "Thanksgiving" Toolkit

by SURJ (Showing Up For Racial Justice):

<https://docs.google.com/document/d/1Me3v2fdjIPBQVkzALHhge2K8q4bCBe7cCBvVAZ11UQc/edit#heading=h.ca8yt0gt432d?>



SPECIAL EVENTS
 12/10/20: Happy Hanukah

12/12/20: Portal Day
12/21/20: Winter Solstice
12/25/20: Merry Xmas
12/26/20: Happy Kwanzaa
12/29/20: Full Moon
12/31/20: Happy New Year

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.

INSPIRATIONS

And don't think the garden loses its ecstasy in winter.

It's quiet, but the roots are down there riotous.

Rumi

RESOURCES:

1. Rethinking "Thanksgiving" Toolkit

[link_id=6&can_id=284bcd2f988a4f93adc5360ae5578209&source=email-rethinking-thanksgiving-join-us&email_referrer=email_1003885&email_subject=rethinking-thanksgiving-join-us](https://www.youtube.com/watch?v=lq_xvLVtYHo)

One way to enhance your experience of Gratitude is to bathe in Gratitude Frequencies. I suggest this Solfeggio frequency, but you can find a bunch on YouTube (type in "Gratitude Solfeggio or Rife Frequencies"). **Gratitude Frequency:**
https://www.youtube.com/watch?v=lq_xvLVtYHo

In this intense NOW moment as the old paradigms are up for clearing we are all being tasked with creating new stories, new realities, new possibilities. We are not alone (old story of separation) and there are many amazing organizations and groups doing innovative creative and powerful work. If you want more connection and need an infusion of Hope and Beauty, one great group creating new visions is the **New Story Community.**

You can learn more about them here:
<https://community.newstoryfestival.com>

This month is full of **Festivals of Light** with many traditions around the world honoring the Light within the deep dark.

This winter practice befriending stillness, explore the dark womb of your consciousness, and recognize the Light that shines at the core of you and all Life.

On the Winter Solstice perhaps do a fire ceremony or a candle lighting ritual honoring your Light.

from SURJ

[https://docs.google.com/document/d/1Me3v2fdjIPBQVzkALHhge2K8q4bCBe7cCBvVAZ11UQc/edit#heading=h.ca8yt0gt432d?](https://docs.google.com/document/d/1Me3v2fdjIPBQVzkALHhge2K8q4bCBe7cCBvVAZ11UQc/edit#heading=h.ca8yt0gt432d?link_id=6&can_id=284bcd2f988a4f93adc5360ae5578209&source=email-rethinking-thanksgiving-join-us&email_referrer=email_1003885&email_subject=rethinking-thanksgiving-join-us)

[link_id=6&can_id=284bcd2f988a4f93adc5360ae5578209&source=email-rethinking-thanksgiving-join-us&email_referrer=email_1003885&email_subject=rethinking-thanksgiving-join-us](https://docs.google.com/document/d/1Me3v2fdjIPBQVzkALHhge2K8q4bCBe7cCBvVAZ11UQc/edit#heading=h.ca8yt0gt432d?link_id=6&can_id=284bcd2f988a4f93adc5360ae5578209&source=email-rethinking-thanksgiving-join-us&email_referrer=email_1003885&email_subject=rethinking-thanksgiving-join-us)

2. What The Constitution Means To Me

A Powerful Play
(find on Amazon Prime)

3. Holiday Sacred Art Sale (Until Dec. 2)

<https://www.etsy.com/shop/SacredArtbyShari>

4. New Story Community:

<https://community.newstoryfestival.com>

Name the shadows you have released in 2020, and create illumined new visions you wish to seed in 2021.

**Be Grateful, Be Conscious of your Blessings,
Celebrate the Light in you!
Then from your Radiant Light Center
Invoke the Light within others, within our
Beloved Mother Earth and all Life.**

Love-
Shari

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****HOLIDAY SALE thru Dec. 2****

***For practical energetic tools in this time of
Re-Evolution go to my Etsy store:***

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

Reflections from Jonathan-

***I am deeply grateful for those beings on the planet who
have made a huge difference.***

***I think about Gandhi, Mandela, Rosa Parks and the other
day Julia Jackson. Julia Jackson is the mother of Jacob
Blake who was shot in Kenosha, Wisconsin. Her message
is below. Please open the podcast on the page to the
November 23rd offering and spend less than 12 minutes
receiving her very important message.***

<https://podcasts.apple.com/ca/podcast/live-inspired->

podcast-with-john-oleary/id1166682012

Bless you all,

Jonathan

*PS: I would love to hear your reaction if you wish to write
it back to me.*

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