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Sacred Journeys Newsletter
JANUARY 2021!

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

Happy New Year!

Happy second year of birthing the monumental new paradigm and new decade of the New Earth!

May this year be one of Rising, Thriving, Awakening for all of humanity and all Life here on Pachamama.

I share my teacher's wisdom for this edition to hopefully bring Grace, Illumination and Clarity to you today and in the coming months.

Love-
Shari



SPECIAL EVENTS

1/1/21: Portal Day
1/1/21: Happy New

Year!
1/11/21: Portal Day
1/15/21: Martin
Luther King Birthday
1/28/21: Full Moon

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

A Great Need
By Hafiz

**Out
Of a great need
We are all
holding hands
And climbing.
Not loving is a
letting go.
Listen,
The terrain
around here
Is
Far too
Dangerous**

https://www.youtube.com/watch?v=HXnx91D_hXM

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

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

Reflections from Jonathan-

In retrospect, I am grateful for 2020 and all of the challenges that we have faced. We are not victims. This is not to trivialize pain or loss. My choice point on a daily basis is to understand the opportunity that comes with each challenge. Some days I do and "be" better. Some days it takes me longer to reset to joy.

At least 3 major events occurred in 2020 which serve as huge challenges:

COVID

RACE

THE ELECTION

As a result of these challenges I have never spent as much time doing yoga and meditation. The 2+ hours needed each day for my practice has been gifted to me as a result of COVID and sheltering in.

George Floyd and his videotaped killing propelled me to delve into my own racism, as well as to learn about the historical, cultural and familial thoughts which created my own racism. To that end we just

**For
That.**

RESOURCES:

1. To Speak for the Trees

Book

*by Diana Beresford-
Kroeger*

2. Share the Love

Video

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=ky7qzqoB8Qw&feature=youtu.be)

[v=ky7qzqoB8Qw&feature=youtu.be](https://www.youtube.com/watch?v=ky7qzqoB8Qw&feature=youtu.be)

3. Thriving in 2021:

<https://upliftconnect.com/here-to-serve/>

began our 5th intensive workshop to help white people examine the right use of their privilege (below is info on our upcoming program and how to register, right now there is only room for women to sign up as all the men slots have been filled).

The election and its volatility has made our population much more aware of the schisms and issues that face our country. The election has created much tension in our nation and most political conversations have played on our deepest fears whether it these voices are Republican or Democratic. Awareness is the gateway to change even though it can be painful to become aware.

As I stated above I do not trivialize loss. It is painful whether we lose a loved one through disease or a shooting. My 91 year old mother is taken care of in a Veterans Home. There have been nine deaths of residents through COVID; hence, she is surrounded by loss and impending death. She recently has not been able to walk because of severe knee pain. She has held all of the illness and pain as an opportunity to both deepen her prayer life as well as her gratitude for each day she wakes up and has a chance to love and to feel joy.

My want for myself and all of you is
deep equanimity and joy.

Love,
Jonathan

Right Use of Privilege

Examining and Using Privilege Towards Antiracism and Allyship

Begins Sunday, January 17, 2021 via Zoom

Inequities and injustice exist throughout our society. Racism is not new, and it is not a thing of the past. Current events have awakened many to just how imperative it is to continue to fight for social justice, but the path to change is not always clear. If you have found yourself asking, “What can I do as a conscious, concerned white person?” this program is a beginning step towards antiracist action.

Through a hybrid of experiential (body) and educational (mind) work, this workshop will examine the specific dynamics of white privilege and systemic racism along with other “isms” that stand in the way of justice. We take an intersectional approach to guide participants through weekly sessions and weekly homework (reading, viewing, journaling). Participants can expect to be challenged, to feel uncomfortable, and also to find themselves deeply supported in their process.

This workshop is open to white people and is intended to facilitate important emotional and psychological work without asking for time or energy from BIPOC folks (Black, Indigenous, and Persons of Color). We strive to “do the work” from the inside out and help you do the same.

Sessions will take place over 5 consecutive Sundays: [January 17](#), [January 24](#), [January 31](#), [February 7](#), and [February 14](#) at 10:30 am-1:00 pm ([Eastern time](#)).

Participation requirements:

A commitment to all 5 Zoom sessions listed above

A minimum \$10 donation to an antiracist organization (list of organizations to be distributed upon enrollment)

To register: email Jonathan Cohen, drjonathancohen@gmail.com by [01/10](#)

Leadership Team: Dr. Jonathan Cohen, a licensed psychologist who has led groups nationally and internationally with the Mankind Project. Exploration of both white and male privilege has been central in that work. Whitney Porter, a Teaching Fellow and doctoral candidate at Kent State University with a passion for teaching intersectionality and a deep love for the power of story. Steve Dowdle, a mentor and coach on life, health, and recovery and MKP Leader emeritus. Andee Knopf, a certified PA ACT 120 MPO retired law enforcement officer and a civil litigation paralegal who deals with white privilege in the matter of law. Lach Brown, is a Veteran as well as a volunteer Firefighter/EMT who has been involved with, and a leader in, “Men’s Work” for over 20 Years. A cofounder of Spiritual Alliance (Spiritual Warfare Effectiveness Training), Lach has a strong belief in service.

****The workshop is limited to the first twenty registered participants.****

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