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SPECIAL EVENTS
 Women's Herstory Month
 3/3/21: Portal Day

Sacred Journeys Newsletter
MARCH 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

This month in this country we honor the Feminine and call it Women's History Month. No matter how your physical body is designed and no matter how you identify your gender, all humans have the Feminine within. This is called the Yin principle, in contrast/compliment to the Yang Masculine principle.

In fact, all creation and all forms contain these two principles. These two fundamental principles are always dancing with each other like lovers, they are inextricably linked and are always seeking harmony and balance. They are fluid and ever shifting energies embedded in All Life.

Now more than ever we are being invited to

3/11/21: Celebrate Mahashivratri

https://www.youtube.com/watch?v=Qxbg1vkehVc&feature=youtu.be&mkt_tok=eyJpIjoiWkdKaVlXRxpZamRsTldJMSIsInQiOiJhM3JwbVgwR0twaFwvTmdlOUUc5aHhcL0dYXF4c0tXUmEwREpkZUY3ZVhFWUdoN0xtdHpcL2J3Z2JkQkNBUnU3MXZ1Y1wvVG1KWXZyNTdVaVNoVVpnMnNFkzIHWFpscXF1K3FYdXBKcWVic1laNkFkTGh5VUJYQ05zekNIWmE2eTjJUTGifQ%3D%3D

3/20/21: Happy Spring Equinox
3/28/21: 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

Consecrated

by Catherine of Siena

All has been consecrated.

The creatures in the forest know this,

the earth does,
the seas do,
the clouds know

embrace and continually balance the Sacred Feminine and Sacred Masculine yin/yang energies within our systems. Continuously strive to create union between these vibrations within yourself, and this balance harmony and wholeness will be reflected in the other world.

Love-
Shari

***"Choose to see the pure Soul within all beings,
even though they may not see it within themselves.***

***Choose to honor the sovereign reality of all beings,
even though their words or actions may hurt you.***

***Choose to transform through ecstasy and Grace,
even though drama and trauma may seem more natural to you.***

***Choose to live in this miraculous Now moment,
even though nostalgia, regrets and fear may entice you to not be Present.***

***Choose to be a blessing to the World and All Life,
even though circumstances may encourage you to harden your heart.***

as does the heart
full of love.

Strange a priest
would rob us of this
knowledge

and then empower
himself
with the ability

to make holy what
already was.

RESOURCES:

1. The Midnight Library

by Matt Haig
(an intriguing and powerful
fiction dealing with regret,
depression, and finding
meaning in life)

2. How to Stop Time by Matt Haig

3. Medicine of the
Feminine(Free Event)
https://www.globalsisterhood.org/medicineofthefeminine?vgo_ee=l2dyd8HJld99v3dpCbQd8b35hO7C%2FF3J%2FgQB9Uu3XAY%3D

4. Moon Video
<VIDEO-2020-08-26-11-04-05.mp4>

***Choose to love others,
even though it may seem naive.***

***Choose to love God with all your being,
and know that this is all that is really
required."***

Choose to Live Heaven.

by Aliyah Ziondra
(excerpt from *What is Lightbody*)

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

Reflections from Jonathan-

I am very inspired by Shari's writing above and the quote from Aliyah Ziondra. I remember when I was 28 years old with a smile. It was not a smile then.

I had spent a wonderful non sexual time with a woman with whom I felt a soul connection. I felt very strongly that she was a soulmate. For various reasons even though she felt a connection with me she was not available. I was crushed and did not

know what to do. The despair with so deep it was hard to function. I was in the middle of therapy with a Jungian analyst (who believe it or not was named Steve Martin). In my despair and deep longing he told me that I had touched my inner feminine. My first reaction to his statement was that it was psychobabble b.s. This basketball player who felt threatened by having an inner feminine was not having it.

What did he mean by inner feminine? So despite wanting a quick fix from my despair I felt, I was willing to entertain what he said. He said that there was a part of me that was breaking open that could begin to deeply appreciate some of the sensitive and non-linear aspects of life. I asked how to this? He said to be open to my feelings. Give myself the opportunity to express myself in my journal through drawing, art and maybe even poetry. I was wondering if he was kidding me. These were not avenues that I would ever use. My pain overrode my stubbornness and fear and I became open. I began to write poetry and drew a picture of an orchid. I found that my insides needed to express themselves outwardly. My creative outlets became a necessity at that time for my psychological survival.

When Steve Martin told me more than 40 years ago that my inner feminine was within me, it was only a concept. Now it is felt. Every morning when I wake up I spend 15 minutes in devotion to the Devi energy with chanting. Yes, I am chanting with a picture of a Devi representation and as I do

it, I feel it deeply within myself. I am able to access my inner poet and muse. My creativity and appreciation of Mother (feminine) nature and the flow of life has been deeply enhanced.

I am deeply, deeply grateful. When I hear poetry now I can feel it; it used to be that I could only analyze it.

Many spiritual experts have said for the evolution of our culture that that divine feminine needs to have more expression and given its rightful representation. How do we make that happen? For we individuals the inner feminine needs to be reclaimed if it has been lost and honored daily if it has been found.

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