



**SHARI LANDAU &  
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**UPCOMING EVENTS:**

8-8-16: Portal Day  
8-18-16: Full moon  
8-20-16: **Rose Ray  
Ceremony** 6:30pm  
Shari unveils her recent painting which focuses on the Rose Ray of Creation. Using the sacred art she will activate the Rose Ray and its gifts within you. (Archival prints will be available for purchase as well as new crystal necklaces which have been attuned to the painting and the Rose Ray!)

**KUNDALINI YOGA :**  
Every Thursday 7pm-  
8:30pm

***Sacred Journeys Newsletter - AUGUST!!!!***

*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 am going to talk about **Being Rooted in Love** instead of fear. When we root ourselves in Love we grow Love. When we root ourselves in fear we grow more fear and violence. What kind of "crop or food" do you wish to harvest, experience, and Be: fear or Love?

I use the word "rooted" very intentionally. We often talk about Being Love, embodying Love, choosing Love, and to do this we must GROUND ourselves in Love. It is simple, and I know not always easy. Where do we choose to put our focus and attention? During this great time of transition do we allow the media and all of the fear that is off gassing in our personal lives and the larger world to sway us, to color our vision and dictate our actions? It is always a choice: grow more fear in the face of fear, or step outside this old paradigm and stand firmly rooted in/as Love.

I have found that in order to ground myself in Love I must continually acknowledge and clear the fear and violence that still lives in me, emotionally, mentally and especially physically. It is not shameful to admit we still have fear and violence patterns running inside our systems, this is a by product of being on this human journey! The key is to become conscious of the old energy in us and to find a

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### **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.

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### **IDEA OF THE MONTH:**

#### **A Prayer :**

(Invoke God, Spirit, Divine Mother/Father, Source)

*May I know who I Am and what I AM, every moment of every day.*

*May I be a catalyst for Light and Love, and bring inspiration to those whose eyes I meet. May I have the strength to stand tall in the face of conflict, and the courage to speak my voice, even when I feel afraid.*

*May I have the humility to follow my heart and the passion to live my Soul's purpose.*

*May I embrace and love the totality of myself- my shadow as well as my Light.*

*May I be brave enough to hear my heart- to let it soften so that I may gracefully choose faith over fear.*

*Today is my day to surrender anything that stands between the sacredness of my humanity and my divinity. May I be drenched in my holiness and engulfed by*

way to safely discharge and transmute it. If we allow these old patterns to remain within us, we continue to harbor a receptor site for fear and violence. We are then more susceptible to the instability and volatility outside/around us, more easily triggered and reactive, thus making it much harder to respond to life with/as Love.

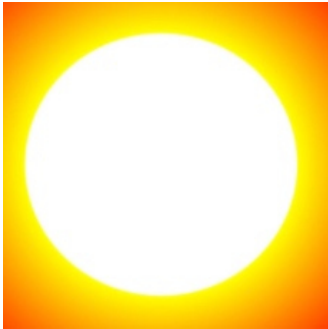
This month has been an intense non-stop initiation providing me with many opportunities to choose Love instead of fear. For me, this is really all about empowerment, learning how to EMBODY the POWER OF LOVE! Fear is not the enemy, fear is a vibration, not good nor bad, simply energy. Yet when we allow ourselves to be ruled by fear by embodying it physically, mentally, emotionally, we give away our power.

Each time I sense fear in my system mentally, emotionally, or physically, I do my best to place it within the Abode of Love. This is where the Rose Ray of creation comes into play (I have just completed a Rose Ray painting that we will share with you and use in ceremony on Aug. 20th in the Temple). The Rose Ray is a higher frequency Creationary Ray that expresses the Divine Mother's Sacred Heart. Imagine being thoroughly embraced by an unlimited overflowing Loving Mother Presence! Envision an enormous vibrant ruby-violet-pink-fuschia Rose enfolding you inside its velvety core. Surrounded by such fragrance, beauty, strength and softness, you are able to completely surrender, to be held and to let go on all levels. All fear melts away within this Divine Abode of Love and Compassion. In Her Sacred Heart we feel whole, nourished and cherished- This is the Power of Love.

*Love-  
Shari*

God.  
May all else melt away.  
And so it is.

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**SACRED POETRY :**

**THE SUN NEVER SAYS**

*by Hafiz*

Even  
after  
all this time  
the sun never says to the  
earth,

"You owe me."

Look  
what happens  
with a love like that--

it lights the whole  
world.

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**RECOMMENDATIONS:**

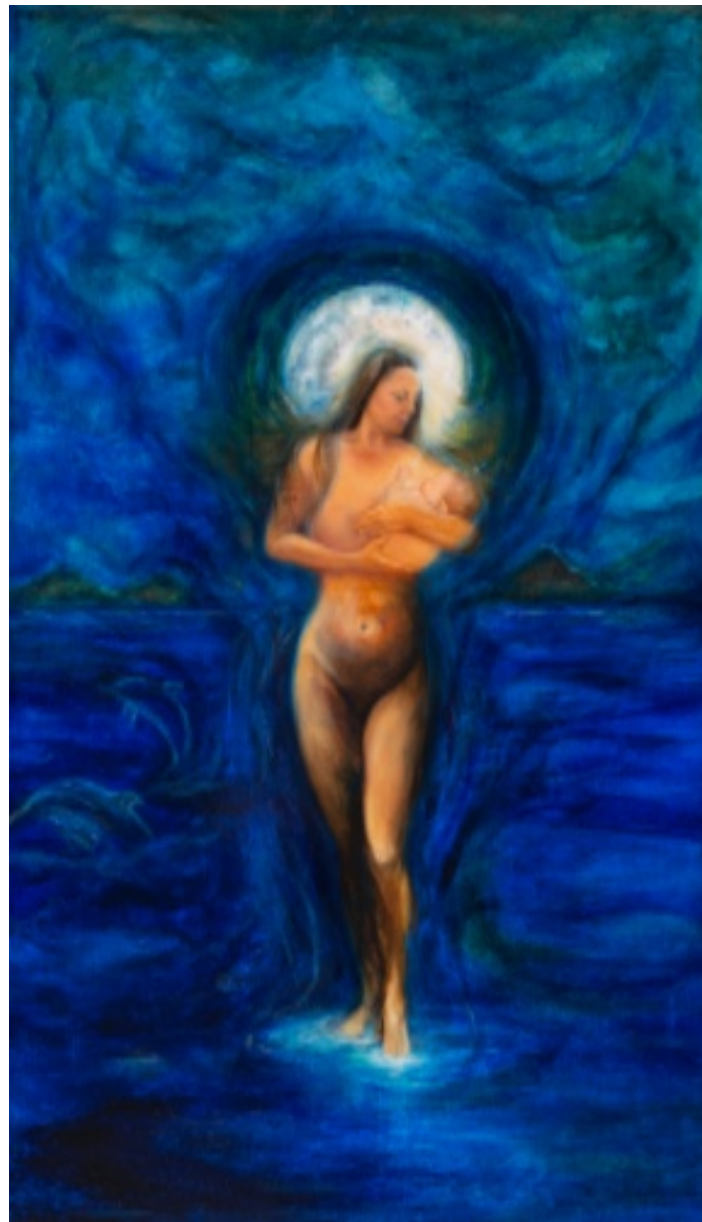
**1. You Tube Video**  
**(about Oneness)**

<https://www.youtube.com/watch?v=tyaEQEmt5ls>

**2. You Tube Video:**  
**(about the power of water)**

[https://www.youtube.com/watch?v=5s1RGqPDZEo&feature=em-subst\\_digest](https://www.youtube.com/watch?v=5s1RGqPDZEo&feature=em-subst_digest)

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**Check out what people are saying about Shari's**

**art:** <http://sharilandau.com/testimonials/>

To purchase an archival print or commission  
a power object, please go to **ShariLandau.com** or  
Shari's Etsy store: **SacredArtbyShari**

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***Reflections by Jonathan:***

A bumper sticker from the mid 80s influences me  
still: "Don't give God orders, just report for duty."

This bumper sticker usually makes people laugh in recognition of its truth. It reminds me of surrender and faith. Many times in my life when I have tried to surrender it was met with a lot of resistance from parts of myself not ready to let go of control.

Patricia Robles ([eraofpeace.org](http://eraofpeace.org)), a guide and beacon during these changing times, continually talks about how we are loved by legions of Light Beings from the 5th dimension. She talks about the abundance of love that is there for us if we simply acknowledge it and *let it in*.

Sometimes when I feel fear I am able to surrender to the love and support of these Loving Beings. At other times (thanks to my Taurean self) I get entrenched and try to bull my way through the fear, all the while believing I am alone and therefore must fend for myself.

I write to remind myself and to help you remember, that we are truly not alone, we never were and never will be. We are held, nurtured, and guided by Love, because this is our Source.

In the past when I tried to "not give God orders and report for duty", I used to feel like a martyr, it was a joyless surrender. Now it is mostly a joy-full surrendering/softening into faith. I am reminded of the trust invoked in the 23rd Psalm: "The Lord is my shepherd, I shall not want". I will end with the poem *Footprints in the Sand* by Carolyn Joyce Carty:

***Footprints In The Sand***

*One night a man had a dream. He dreamed  
he was walking along the beach with the LORD.  
Across the sky flashed scenes from his life.  
For each scene he noticed two sets of*

*footprints in the sand: one belonging*

*to him, and the other to the LORD.*

*When the last scene of his life flashed before him,*

*he looked back at the footprints in the sand.*

*He noticed that many times along the path of*

*his life there was only one set of footprints.*

*He also noticed that it happened at the very*

*lowest and saddest times in his life.*

*This really bothered him and he*

*questioned the LORD about it:*

*"LORD, you said that once I decided to follow*

*you, you'd walk with me all the way.*

*But I have noticed that during the most*

*troublesome times in my life,*

*there is only one set of footprints.*

*I don't understand why when*

*I needed you most you would leave me."*

*The LORD replied:*

*"My son, my precious child,*

*I love you and I would never leave you.*

*During your times of trial and suffering,*

*when you see only one set of footprints,*

*it was then that I carried you."*

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