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UPCOMING EVENTS:

**SUMMER SOLSTICE
CEREMONY:**

June 18th, 6pm

KUNDALINI YOGA :

Every Thursday 7pm-
8:30pm

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.

IDEA OF THE MONTH:

Sacred Journeys Newsletter - MAY!!!

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:

The month of May is chock full of goodness! It begins on May 1st with Beltane (a Celtic celebration of fertility, ushering in new growth, Sacred Union, the resurrection of life), it is also the day St. Germaine Ascended (a powerful day and month for invoking the Violet Flame), and it is Jonathan's birthday -yeah! May 8th is Mothers day, when we celebrate all Mothers and the Mothering Principle (honoring women who have birthed and/or raised children, and women who have birthed and nurtured other sacred creations in this world). In the esoteric realm, it is during the entire month of May that we may more easily enter Mother Mary's abode in dreamtime, where we can receive Her teachings and blessings.

I find myself embracing May as an exploration of MOTHER: myself as mother, my relationship with the Divine Mother as Her daughter, my relationship to Patchamama (Mother Earth) as Her child, all the lines of energy that run between the Mother Principle and me. When I find anything outdated in these relationships I use the

Heaven On Earth:

Patchamama (Mother Earth) is a Divine Conscious Being, a Loving Mother Source, an endlessly creative, generous, wonderfully beautiful Living Being. As humans we have chosen to incarnate on Her body. Our physical bodies are made of the same "material" as Her body, we are inextricably woven into Her fabric, and are physically sustained and nurtured by Her. Without the Mother's Love (gifts of food, shelter, air, water, etc...) we would not be able to live, to sustain embodiment. Many people know this intellectually or conceptually, yet do not really experience this viscerally or palpably. If you want to increase your intimacy with the Mother, to increase your felt sense of "heaven on earth" then this ceremony is for you! Each day upon awakening take some tobacco and offer it to Patchamama. Find a place outside that feels right to you and blow into the tobacco prayers of gratitude, honoring, and Love for our Mother Earth. Use all of your senses, look at Her, see how She is expressing Her beauty and generosity right in

Violet Flame and other clearing tools to transmute the old patterns, behaviors, thoughts, emotions etc... Not unlike the cleaning up of winter's debris in my garden beds, (my hands lifting out clumps of matted dead leaves and always to my surprise and delight finding small pale green shoots breathing and pushing up through the rich dark soil).

*I wish to focus on the **Compassion and Unconditional Love of the Mother.** I have worked with clients for 26 years and have heard many stories of regret, remorse, guilt, shame and pain. Often woven into these life reviews is a feeling of tremendous failure, a belief that we have made horrible mistakes, small and profound, inexcusable errors in living. This self-judgement in turn produces fear, dread, and grief, a weighty sense of having squandered or wasted our lives. We spend entire lifetimes suppressing this pain, overcompensating for it, or punishing ourselves for our perceived failures.*

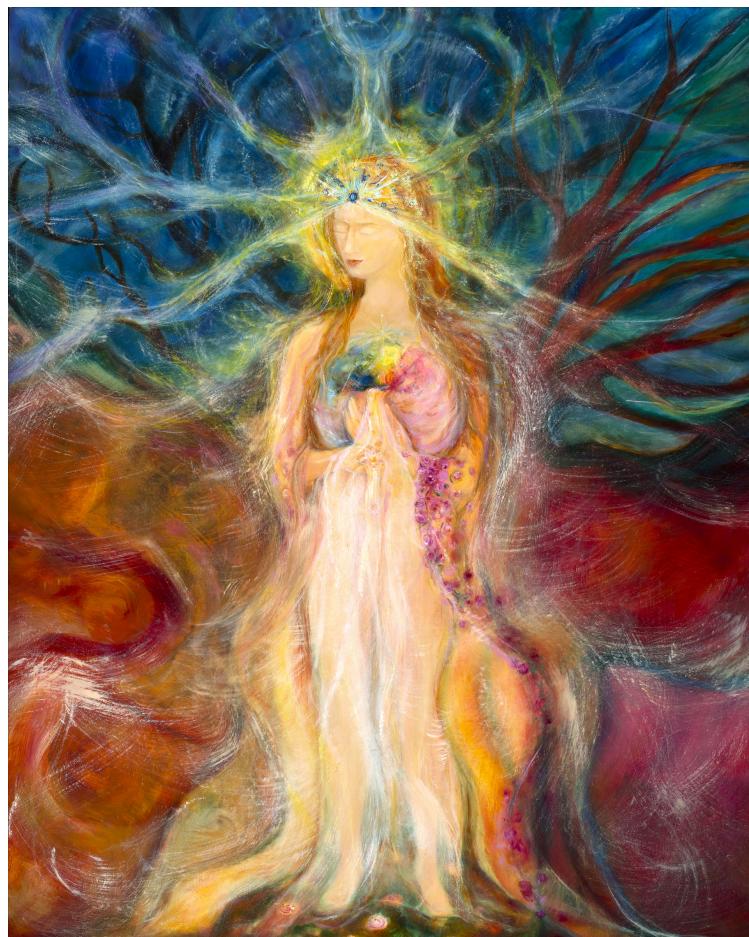
*I have often heard Jonathan say to people "How would you live if you knew you could not fail?" The other day as I wrestled with the voice of failure within me, I heard Jonathan's voice posing this question. It was a good wake up call and I smiled but I still felt stuck. Then I heard another deeper voice say "**How would you live if you knew you have not failed?**" Everything shifted in me. I felt the Presence of the Divine Mother. She was helping me see-know-believe-remember that I have NEVER failed, that it is impossible to fail! She showed me how my entire life has been a series of choices, neutral choices (not good nor bad) whose energy moves in through and around me like a river. This life review with the Mother showed me my life as flow, as a series of experiences of energy unfolding, of relationships I have co-created with a multitude of other beings. I*

front of you. Experience the smells and sounds of early morning on Her Body, touch the velvet of a flower petal or a blade of grass, put your fingertips on or in the moist Earth, feel the wetness of morning dew. Experience with your body Her body, it is very intimate! Detach from thoughts or preconceived notions about nature. Devote 5 minutes to this, BE Present and open with Her, be as vulnerable as you can in this real embodied encounter. Allow your emotional body to open as well, the more you open to Patchamama and the more you express your heart to Her, the more you will feel in return. Her abundant Love for us is palpable, it is real, it is comforting and joyful, it is ever flowing and full of grace. It is especially easy to access and play with this in Springtime, when life is clearly resurrecting. Allow yourself to be amazed and moved, to truly know Heaven on Earth and Earth as Heaven!

felt only Compassion and Love for my human self, all judgement, fear, guilt, remorse, regret, and shame dissolved. A profound sense of freedom occurred when the veil of failure lifted. Her message and Blessing to me and all of us is: "Beloved, I cherish and embrace you and all you have chosen to experience and create. You have not failed, you cannot fail, now LIVE!!!

Love-

Shari



"Queen of Heaven and Earth"

For a description of this piece go to:

<https://sharilandau.com/sacred-art/divine-feminine/>

Check out what others 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

Reflections from Jonathan:

We had hoped to have this out by May 1st and I have been late in terms of chronological time, and probably perfect in Spiritual time. Last night on our wedding anniversary and the celebration of my birthday, our huge Linden tree- what we refer to as the "Guardian of our property"- split in half. For us this is a huge event and we are in mourning over the loss, and still very much learning its meaning. We are not sure yet if we will be able to salvage the other part of what we have been told is the oldest living Linden tree in Chester County, and our cherished friend.

As I write this the day after this event, I feel deep sorrow, and find it hard to even look at our beloved tree. Right now I am not sure of the significance of this event. I know it points to an enormous transition. I find myself remembering how I felt after my sister's sudden death at 33 (the anniversary of which was also yesterday). The shock of the sudden loss was unexpected and devastating. Rabbi Kelman, who was an elder in our community at the time, called my home and said that he could not explain this occurrence, as he had seen my sister only a week previously and she looked radiant. He did tell me something that has been a comfort through many of my life challenges: "The one thing that I know for sure is that when you ask God for strength and courage it is always given."

So as I write on Mother's Day 2016 I am stirred up emotionally and at the same time deeply comforted by the compassion of Spirit, which nurtures me with strength and courage every day. I am

SACRED POETRY :

I Am So Glad by Hafiz

Start seeing everything as God,
But keep it a secret.
Become like a man who is Awestruck
And Nourished
Listening to a Golden
Nightingale
Sing a beautiful foreign language
While God invisibly nests Upon its tongue.
Hafiz,
Who can you tell in this world
That when a dog runs up to you
Wagging its ecstatic tail,
You lean down and whisper in its ear,
"Beloved,
I am so glad You are happy to see me.
Beloved,
I am so glad,
So very glad You have come."

INSPIRATIONS:

1. BOOK:

**The Little Paris
Bookshop by Nina
George (lush and poetic
and full of feeling)**

2. MOVIE:

**Calendar Girls (beautiful
story of sisterhood)**

*remembering what an Apache elder said to me about
the heat prior to entering a vision quest sweat lodge.
He told me that I would probably faint in the lodge. I
asked him what would then happen. He told me that I
would be held by the Mother (Earth). My gratitude is
deep that when "I find myself in times of trouble" I
can always let go, trust and be held by the Divine
Feminine.*



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