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**SPECIAL EVENTS:**

2- 2-17: Portal Day  
2-10-17: Full Moon  
2-14-17: Happy  
Valentine's "HEART" Day!

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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](mailto:drjonathancohen@gmail.com).

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**IDEA OF THE MONTH:**

**Honor Love:**

At the end of each day this month make three declarations of Love

**Sacred Journeys Newsletter - FEBRUARY 2017!!!!**

*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 know I often speak about the clearing, releasing, shedding and purification of old energies. That's because this is such a key part of our evolutionary process, and is especially salient right now in these intense times. As I sat down to write these words I felt called to our kitchen window which has a view of our barn (home of our Temple). Standing on the peak of the barn roof as if on a balance beam, were dozens of turkey vultures. The sheer number of them was noteworthy, but the fact that they had their huge black wings outstretched and were facing the sun was even more amazing! They stood in this position "arms outstretched, hearts bared" for over ten minutes!

Turkey vultures are clearing and purification allies. Being in tune with these beings means I pay attention when they enter my awareness. I first saw this group clearing our property two days ago upon our return from Florida. They were cleansing our land of a dead animal that chose to die in the back of the property. I have often seen turkey vultures swirl overhead, perch in trees waiting, and swoop down to feed. I have never seen them open their wings wide and turn to the sun. Now, I am sure there is a very scientific reason for this behavior, but for

(and I do mean Love, not like, not "ok"- Love). Write them down, place your hand/s on your heart, and then say them out loud. Your first one acknowledges what you love about your day, it could be about an interaction or situation, a person, a development, a success, a learning/teaching, something you LOVE about your day. The second declaration is about you, what do you Love about yourself today? The third declaration expresses your Love for the planet, nature, Mother Earth. This Love may be something you experience every day, "I love the air I am breathing today!" or perhaps it is a singular and unique experience. There is no formula here, be honest and true, clear and specific. [Accumulate Love](#). By noticing and honoring Love, we grow our feeling of heart-full-ness and increase our sense of nourishment and peace.

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## **INSPIRATION:**

### **Stay With Us**

by Hafiz

*You*

*Leave*

*Our company when you*

me this gesture is magical and full of power! That this gift came when I was about to write about clearing away dead energy and opening the heart, is meaningful.

I share part of my recent heart experience to encourage and inspire you in your own purification and heart opening practice. Jonathan and I were invited to visit his parents in Florida. We rarely take vacations, we rarely leave our beloved land, we are happy serving. Of course there is beauty in this, yet there is also shadow (things that need to be illuminated and cleaned up). Our shadow is that we can sometimes run ourselves ragged, can at times have a hard time "getting off the horse", can be out of balance with giving and receiving, feeding others and being fed. We agreed to go because his parents repeatedly asked us and we wanted to honor them and their request (our intention was to serve them and we had no expectation of being served). So, we booked 3 days away so as not to miss too much work.

One of the first things I did when I got to Florida was walk the beach alone. I offered the wintry grey green Ocean tobacco and began strolling along the gorgeous white sand. My prayer was that I would be open, soft, and receptive, to what needed to unfold while away. Within minutes I noticed something on the ground. My first impression was that it was a pair of large bird wings. It turned out to be a huge (about 15 inches long) hinged iridescent shell, in the shape of a slightly open heart! It was encrusted and bejeweled with all sorts of small barnacles inside and out (the pix below is that large shell broken wide open today, just moments before I saw the turkey vultures open their wings and hearts to the sun!).

Speak  
Of shame  
And this makes  
Everyone in the Tavern  
sad.

Stay with us  
As we do the hardest  
work of rarely  
Laying down  
That pick and  
Shovel

That will keep  
Revealing our deeper  
kinship  
With  
God,  
That will keep revealing  
Our own divine  
Worth.

You leave the company  
of the  
Beloved's friends  
Whenever you speak of  
Guilt,  
And this makes  
Everyone in the Tavern  
Very sad.

Stay with us tonight  
As we weave love  
And reveal ourselves,  
Reveal ourselves  
As His precious  
Garments.

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### **RECOMMENDATIONS:**

1. **Hidden Figures:**  
inspirational movie

2. **YouTube Video:**  
"Cocreating Eternal  
Peace and God's Infinite  
Abundance" by Patricia  
Cota-Robles

<https://www.youtube.com/watch?v=ZAj-D4lwuLc>



When the Ocean gifted me this shell I knew it was inviting me to let go of something and that if I did it would lead to more of an open and full heart. Over the next two days Jonathan and I shared a small space with his lovely parents. We did simple things together. We chatted over breakfast coffee, we shared yummy food, we played, watched movies, and took walks together where I encountered new things: tropical sea grape and enchanted mangrove, pelicans, osprey, elegant blue and white herons. Time seemed to expand and also stand still. Like when Jonathan's mom curiously declared that her wristwatch stopped working, and I just smiled with gratitude for this numinous expanse.

In nesting in and receiving so much Grace and Love from the environment and from his parents (and watching them share this with everyone they encountered), something shifted in me. On the day before we were to leave, I went back to the beach for another walk. This time I *knew* what the ocean had originally invited me to let go of. I was invited to release the core of the shadow: the very old ego belief that "true reciprocity and Unconditional Love from humans is not really possible". So, I offered up these old traces of doubt, of heart guarding, of mistrust, fear and disbelieving. I watched the oceanic waters of purification swallow it all, cleansing me in the process. On my way back from this walk I again saw something shimmering in the white sand that caught my eye. It was the same kind of large heart shell except it was only one half of the whole. This half was filled with sand, decorated

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**SUPPORT SHARI'S SACRED ART!!!**

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**TO PURCHASE SHARI'S SACRED ART TOOLS:**

[https://www.etsy.com/shop/SacredArtbyShari?ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)

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with tiny pastel barnacles. It was an entire ecosystem, like a small island. Growing out of the crusty shell envelope were two miniature intertwined trees. Tiny branches or roots of sea life leaning against each other on this little heart island (see below)!



AMAZING! What I see in this second gift from the Ocean is the Opened Heart, a sacred chalice full of new life, new possibilities and new configurations. Connection between two sea-tree beings anchored and sprouting out of the wing of an open heart!

*Love-  
Shari*

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**Reflections from Jonathan:**

Many times in the last several weeks people with whom I work have been bringing up the issue of shame. There has been a pattern of looking at shame as a hiding place, a place of safety. Our dialogues go something like this::

(J is me; O is the Other)

O: "As long as I can see myself as bad, I keep myself safe."

J: "Safe from what?"

O: "Being vulnerable."

J: "What is the risk of being vulnerable?"

O: "Being hurt, sad, angry, lonely."

J: "What is the risk of not being vulnerable?"

O: "Being sad, lonely, angry, hurt.....hmmm....I guess it is quite similar to being vulnerable."

The paradox becomes evident and so does the choice.

The question persists: Do I want to stay hidden in my cave of shame and supposed "safety", or do I wish to venture out to live life more fully and authentically?

My dear Shari above wrote about new possibilities and the open heart. What are we waiting for? The Hafiz poem included in this letter is another invitation. Release your hold on shame and its hold over you.

**Choose LOVE!!!**

*Love-*

*Jonathan*

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