



Sacred Journeys Newsletter - MARCH!!!
Our intention is to share with you monthly upcoming community events, resources and recommendations, inspirations to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality. We share this info to awaken, expand and strengthen this Divine Consciousness in you, in all of humanity and our planet. Love- Jonathan & Shari

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UPCOMING EVENTS:

KUNDALINI YOGA CLASS:

*Every Thursday 7pm-8:30pm
 (weather permitting)

HEALING CEREMONY with SACRED ART! March 19th 630pm-930pm Join us to honor the Spring Equinox in the Temple. Be in the presence of the Sacred Art to receive the healing/gifts you need to energize this new season.

Cost \$35. RSVP to Shari (sharilandau@gmail.com)

March 7th- International Women's Day!

On March 7th at 7pm around the world an honoring of Women and the Sisterhood of

Greetings from Shari:

Beneath an ancient fallen apple tree on our land where the magical beings like to gather, I saw clusters of small green stalks with tight buds of faint yellow, and realized our daffodils are beginning to emerge! As this new season is being ushered in it will anchor in gems gleaned during the winter months, especially if we clear a space for them to bloom.

I find myself "re-newing", painting rooms, moving furniture, giving away objects, clearing my outer world and also releasing what no longer serves in my inner world. This is ongoing work of course, but with Spring coming there is an acceleration and excitement, an energetic push to cleanse and clear- notice all the rain and wind lately? We are being assisted as always by the Elementals of Light, and right now is the perfect time to honor them and practice coming into alignment with the sacred elements (air, earth, water, fire, ether).

I find that creating alignment, balance, beauty and new growth, requires Clarity and Illumination, and this goes hand in hand with honesty and transparency. I ask Spirit to show me, to make crystal clear what no longer serves the highest good, what may be out of alignment in me and my life. The hard part is sometimes facing what is

Light. For more info check out <http://unify.org/her-story/?mobile=1>

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:

CLEARING - PURIFICATION:

In the beginning of Spring many people feel compelled to do a "spring cleaning" for their home and space, and a spring detox/cleanse for their bodies. This makes sense, as we must sweep out stagnant winter energy in preparation for new buds/ new growth to enter our space, our bodies, our lives.

A simple way to clear out old energy and allow in the new is to de-clutter! You can make it fun! Release one item from your home per day for 30 days. Treat this as ceremony, in the spirit of giveaway, recycle, donate, gift these items. Bless each one, thank it for how it has served you, and intend that its beauty and power now serve another. After it is out of your home you purify and anoint the area where it once "lived". A great oil to purify space is called "Purification" made by Young Living. You can also smudge (burn white sage or Nag Champa incense) to clear your space. After you have cleared the physical space of any

revealed! This is where honesty and transparency come in.

Surrendering our pretense with ourselves, surrendering our illusion and denial, surrendering our fear of ourselves, is essential. Will we face ourselves with Love and Compassion instead of fear and judgement?

Will we use our Divine Will to free ourselves from old energies/patterns/behaviors that no longer serve? This is our choice, always.

So, call on the second Ray of Creation, the brilliant golden yellow Ray of Illumination and Wisdom , call on the magnificent Elementals of Light, call forth your own Divine Will and Compassion, to assist you in renewing, clearing, and cleaning up. Once you have created this sacred spaciousness inside, plant those winter seeds.

I am reminded of an extraordinary experience I had this winter when I tasted a pomegranate for the first time. When I cut the fruit open it was AMAZING! Inside was a jeweled star, golden skin and glowing ruby seeds, each seed inside its own compartment in what looked a bee hive. I had to carefully coax each seed out, there were dozens and dozens of them, and only after quite a bit of labor did I get to taste these magnificent gems. They were so glorious I ended up drying the skins and a few seeds to use in my art!

May all the effort you put forth to clear the way birth the magic and beauty and deliciousness. your embodied Soul requires!

Love-

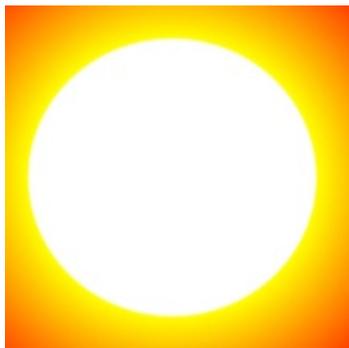
Shari

ARCHANGEL JOPHIEL AND LORD LANTO

(encaustic power object made for Jonathan)

energetic debris you anoint the area. One beautiful choice is Rose oil since it is very high vibrational, or lemon oil which is very vibrant and uplifting. You may want to go to the aromatherapy section of a whole foods store and smell different essential oils to feel what resonates for you. As you are anointing say a prayer or state your intention to manifest something fresh and new in your life and for the space to hold new possibilities.

HAPPY SPRING
CLEARING!!!!



SACRED POETRY :
WRING OUT MY CLOTHES
By Saint Francis of Assisi

*Such love does
the sky now pour,
that whenever I stand in
a field,
I have to wring out the
light
when I get
home.*

INSPIRATIONS:

1.BOOK: *Only The Stones*

For a description of this piece go to:

<http://sharilandau.com/sacred-art/archangelic-assistance/>

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](https://www.etsy.com/shop/SacredArtbyShari)

Reflections from Jonathan:

As March 1st hit I had a very difficult afternoon. Many times in our sessions we work with individuals and couples with the Karpman triangle also known as the triangle of disempowerment. The three roles within the triangle include victim, rescuer and perpetrator. I found myself creating and enacting those roles for myself. It was essential for me to remove myself from those roles, to be able to remember and move back into my Divinity.

Survive by Morgan Llywelyn

A beautiful story of the
Children of Light and the
Ancient Celtic
Gods/Goddesses

2. **MOVIE:** A movie of
inspiration for honoring
the inner child is
called **Antwon Fisher**.
It is intense so have your
kleenex.

*To shift from victim consciousness into freedom I
had to nurture and comfort the little boy within me, as
well as keenly remember and apply the work of Esther
Hicks and her Step #5 which is to "not give myself a
hard time for slipping back into a negative mind
frame". In the past, the negative frame could take me
out for a few days at a time. Now it is much easier to
return to the Joy and Presence that you witness in
Shari's encaustic depiction of me seen above.*

*My wish for all of us is that our time in the
triangle of disempowerment decreases significantly or
completely stops, allowing for Joy and Freedom and
Presence which is our birthright!*

Love- Jonathan

