



**SHARI LANDAU  
JONATHAN COHEN**

*OurSacredJourneys.com*

*ShariLandau.com*

*SacredJourneys*

*Counseling.com*

[610-585-3937](tel:610-585-3937)

[610-853-1726](tel:610-853-1726)

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**SPECIAL EVENTS:**

10-4-17: Sukkot  
(Jewish harvest festival)

10-5-17: Full Moon  
(Harvest moon)

10-10-17: Portal Day

10-28-17: National  
Chocolate Day!

10-31-17: All Hallow's  
Eve (Pagan end of  
harvest celebration)

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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:**

**Sacred Journeys Newsletter - OCTOBER 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:***

October's full moon is called the Harvest Moon and there are several holidays this month that honor the Fall harvest. So I am feeling October as an ingathering of energy, a gathering in, a grateful receiving of all the benefits of a productive summer. What gifts and fruits of labor can you harvest now at the close of summer's active season?

As I began our fall cleanup on the land I noticed a long dark green vine with golden yellow flowers winding its way through a bed of dead summer leaves. I realized that the compost we laid down on this bed mid summer is now producing pumpkins! Even though we did not sow these seeds intentionally they are a beautiful surprise gift of life. Open yourself up to the mysterious lovely and unexpected gifts arising in your own life gardens, as the old falls away and the new season takes root.

All summer long my focus has been the theme of **Transformation through Joy, Rapture and**

**Isha Kriya** (make sure you tune in to see if this kriya/practice is right for you at this time. It is very powerful and has many benefits, AND you need to make sure it is appropriate for you at this time).

**Isha Kriya on You tube:**

[https://www.ishafoundation.org  
/us/learn-online/](https://www.ishafoundation.org/us/learn-online/)  
spMailingID=22462415&spUser  
erID=MTQ5Njk3MzQ1NzU3S0  
&spJobID=661408700&spRep  
ortId=NjYxNDA4Njk5S0  
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**INSPIRATION:**

*The minute I heard my first love story,  
I started looking for you, not knowing  
how blind that was.  
Lovers don't finally meet somewhere,  
they're in each other all along.*

*by Rumi*

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**RECOMMENDATIONS:**

1. *Book:*  
*Inner Engineering*

**Ecstasy.** This is in preparation for my new painting as well as a workshop Jonathan and I are offering in November. As part of my process I reread a wonderful esoteric book that deals with the Ascension process. I was reading about the nature of embodied life, the author reminding me that "tiny packets of Light comprise all matter, and between these bursts of Light are small still choice points". She concludes that in life "**we always have a choice in the matter**". Love this! I felt a big 'yes' at the quantum level radiating all the way through my earthly form.

I AM passionate about empowerment and am therefore keenly aware of the victim role when it is being played out by others and myself. The above quantum awareness is a great reminder that victimhood is an illusion. We are all Sovereign Beings who matter, who have choice in embodiment (in matter/form), and who have choice in every matter. I came across another powerful passage while reading Sadhguru's book *Inner Engineering*. He focuses on the word *responsibility*, defining it as the "ability to respond". Love this too! Rather than see this word as an indicator of heavy burden, he sees and defines **responsibility as ultimate choice and freedom**. When I choose to **BE Response-Able** I remember that I have the ability/power to respond (instead of react) to any situation, feeling, thought, and experience in life. **This is empowerment!** The accepting knowing and embodying of my own response-ability/power ends victimhood and so much suffering. This in turn opens the door to a Joyous, Rapturous, Ecstatic life!

*Love & Blessings-  
Shari*

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(Guide for living in Joy!)  
by Sadhguru

**2.Movie:**

***Spiritual Cinema***

(Movies with soul!)

[https://www.spiritualcinemacircle.com/?chan=SCC\\_PPC\\_Adwords&gcid=Cj0KCQjwpMLOBRC9ARI&sAPIGeZBqlvVKmktfHU7GGB8UCUY2GEyWer1zlJUIPrzMXma3XdRo4Uuj34AaAmhHEALw\\_wcB](https://www.spiritualcinemacircle.com/?chan=SCC_PPC_Adwords&gcid=Cj0KCQjwpMLOBRC9ARI&sAPIGeZBqlvVKmktfHU7GGB8UCUY2GEyWer1zlJUIPrzMXma3XdRo4Uuj34AaAmhHEALw_wcB)

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

***Facebook:***

<https://www.facebook.com/SacredArtbyShari/>

**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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***Reflections from Jonathan:***

I am writing in deep appreciation of what I see in men and their willingness to expand and grow. Last weekend I participated as staff in a men's program called S.W.E.T. which drew 44 new participants and 71 staff. The leadership of the weekend decided not to cap off staff numbers at 50, that limit having existed up until now for 20+ years. In this program the staff pay a fee to work and support the new participants for the weekend. It is a tribute to the shifting of our planet that men are participating and serving in such large numbers in consciousness work. Previously in my opinion, most consciousness workshops were attended by women.

My first mens' weekend occurred in 1996 when I was a participant in a weekend program called New Warrior which is now subsumed under the Mankind Project. I found myself in circle with men who were both strong in their fire and opening up to their feelings. I rejoiced, as I had not seen that modeled by my father, male teachers, coaches or friends. This model moved me so much that years ago I entered into leadership in MKP, and more recently into S.W.E.T.. I have been so inspired by my own growth and witnessing the development of others, that I have recommended these weekend programs to more than 400 men (some of you reading this newsletter are among them!). A big part of my mission includes serving and empowering the

Brotherhood, so I feel tremendous joy as men come back from these weekends renewed and inspired.

As I write this I know I AM being called to create a new men's weekend program, this is my next evolutionary step. The Sacred Masculine is being reclaimed on this planet and within the consciousness of humanity. I feel both excited and a bit frightened to even allow this to percolate within me. I choose to make room for the fear and trust that as I step into my fire and my deep heart in this creative process, it triggers the Universe to support me. I hear/feel the Sacred Masculine initiating me and all men into deep inner listening, into the depth of our Being, into increased Awareness and Presence.

Stay tuned!

*Love-  
Jonathan*

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SACRED JOURNEYS · 41 ST. ANDREWS LANE · GLENMOORE, PA 19343 · USA

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