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UPCOMING EVENTS:

****SUMMER SOLSTICE**
CEREMONY**

June 18th, 6pm

Join us for a labyrinth walk in our Triple Goddess Labyrinth followed by a potluck!

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

Sacred Journeys Newsletter - JUNE!!!!

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 theme this month for me: loss, big shedding, rebuilding, letting go of control and letting in more Light. My great teacher has been our beloved Linden tree. As you know from Jonathan's note in our last newsletter, our majestic Linden tree split in half. It has taken me this whole month to grieve, to explore the possible meaning, and to adjust to the new configuration on our property.

When I first saw the tree half of its enormous middle and upper limbs were laying down on the ground, huge jagged splinters rose up from its core. There was no big sound to alert us, no preparation, only the disturbing aftermath. It looked like a huge mastodon laid out on its side, a fallen Ancient Sentinel. It felt like some devastating storm came, unleashing a silent lightening strike, the tree a wounded soldier, whose limbs were shattered and amputated. Each time I looked at it I felt the phantom limb phenomenon, expecting/sensing the old leafy canopy over our home, only to be jolted into a new reality when my eyes saw something very different.

email: drjonathancohen@gmail.com.

IDEA OF THE MONTH:

The Intake of Light:

This is a simple and beautiful way to feel refueled and reenergized each day, and to take advantage of the gifts of the summer sun. Another name for our sun is Helios, so you can call upon Helios of Light to gift you with His Radiance while you practice receiving this Sacred Masculine solar energy. Sit or stand comfortably facing the sun and place your hands up in front of your heart, palms facing out. Then form a triangle with your thumbs as the base and the index fingers making the side of the triangle. Place the triangle directly in front of your heart, close your eyes and focus on your heart chakra. The triangle becomes a portal. Breathe deeply. Request/intend/imagine the Sun's Radiance and Love entering your heart space Illuminating it, and from the heart outwards energizing and invigorating your entire system. When this feels complete you can end here or also place the triangle at your third eye (center of forehead) to enhance clarity, perception, and insight. Enjoy this for at least 5 minutes once a day.

SACRED POETRY :

The Hope of Loving

by Meister Eckhart

To be honest, I found myself unable to look at it, feeling squeamish and full of grief, I felt "raw", helpless, exposed, and a bit out of control in the face of such abrupt transition.

To assist our tree-friend in its healing and restoration I offered prayers and tobacco, I spent time talking to it and our property encouraging the whole ecosystem to extend healing energy to this Being who has faithfully and lovingly served us for so long. Our tree experts cleared the debris, cut away other at risk limbs to "lighten the load", and created a brace made out of another tree who wished to serve (creating the sense of a giant elder with a walking stick). We made sure all of the tree's giveaway was utilized, some becoming wood chips and most of the huge limbs gifted to a woodworker for art. I then spent days spreading grass seed, adding vibrant purple, red, and fuchsia potted plants to the foot of the walking stick, a way of strengthening the roots, the lifeblood of our Linden.

I asked the tree and Spirit for understanding, for meaning. Within the span of a few days we experienced two more big events involving shedding, the radical death of the old, and the ushering in of a new model. An image of "Changing Woman" (a Native American Goddess) came my way. These events allowed me to look into my reactions to big sudden change, my ego's desire for control, and my perceptions of death, beauty, and wholeness.

One month later, new seeds have taken root around our ancient tree, spreading their energy throughout our entire property and inside myself, as we truly are One ecosystem. As I embrace and integrate this new configuration I am struck by how much sunlight now pours into my art studio. When our wise Friend laid half of itself

What keeps us alive, what
allows us to endure?
I think it is the hope of
loving,
or being loved.
I heard a fable once about
the sun going on a
journey
to find its source, and how
the moon wept
without her lover's gaze.
We weep when light does
not reach our hearts. We
wither
like a field if someone
close
does not rain their
kindness
upon
us.

RECOMMENDATIONS:

1. BOOK:

The Expected One,
by Kathleen McGowan

2. MOVIE:

***Standing on Sacred
Ground,***
*series about
indigenous peoples and
sacred land*

down on the side of our home by my art
studio, it shifted its energy
from a guarding, cocooning, shading energy, to an
open direct pathway of Light.
Now as I gaze upon my Beloved Green Teacher I
see its Heart Center revealed and wide open to the
Light. Honestly, there are times I still flinch when I
see the bare stumps, my human eyes seeing
vulnerability and exposure. Then I gaze longer and
feel our Linden reassuring me that it's new form is
perfect, whole and strong. I hear its message
deeply: the time of hiding our Center is over, lay
down whatever shades, conceals or constricts,
and make the Heartlink to the Light!

Love-
Shari



<https://sharilandau.com/sacred-art/shamanic-images/>

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

Reflections from Jonathan:

It has become evident to me that anytime I get ready to write to you, I have to wrestle with something large. So here it is: vulnerability and compassion. As a therapist I ask so many men, women, and children each week to become vulnerable. I appreciate how hard this is, and recognize how much courage and strength it takes for clients to trust themselves and me enough to soften.

When I sat down to write this I had had a week of intense physical pain where I employed and exhausted all of my resources to shift physical distress. Still hurting, I found myself frustrated angry and judgmental, at my body and myself. I recognized that there was some old tape in my head saying: "Come on enlightened man, rise above this, what is wrong with you that you are experiencing this, maybe you are not so enlightened after all". As I could not get out of the mental loop, I shared it with Shari and was redirected to a dream I had recently. The dream featured a young imprisoned man who was angry, constricted, alone and afraid. There was another dream part of myself who since childhood took care of, and was taken care of, by a big Loving Lamb.

The bond between these two was one of trust, warmth, gentleness, softness, compassion, and profound Love. In my dream this part of

me introduced my young imprisoned self (who had simply forgotten the compassion available to him) to the Loving Lamb!

Ed Thornton, a brilliant elder in our community, has told me many times "Be gentle with yourself". The simplicity and power of this message is a gift. When we are in pain it is sometimes hard to shift from old childhood or collective "fix/failure to fix" programs, but it is crucial. The way out of the prison of pain is to be present to our vulnerability and offer ourselves unconditional Love and Compassion. To be as gentle as a lamb with ourselves.
Love-Jonathan

