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**Sacred Journeys Newsletter -  
APRIL!**

*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*

**Greetings from Shari:**

I am guided to talk about the physical body as Temple. This is not a new concept for me or for you perhaps. On this sacred journey as we become more refined and our energetic frequencies rise, we often find ourselves returning to old themes. I find myself re-navigating this familiar terrain, discovering deeper insights/awareness on this ever unfolding evolutionary spiral.

I became aware of how I still live in separation mentality, how I subtly allow the old 3-D paradigm of domination to operate within me. One day I was pushing myself to accomplish more in that day than my physical body could handle, I was moving fast, thinking non stop, rushing ahead of each moment in an effort to accomplish

everything on my list. In a moment of Illumination it hit me that my personality was subtly and not so subtly enslaving the rest of my system! It was shocking to perceive the underlying attitude my personality had towards my physical body, an attitude of ownership, "just do it", as if it had every right to override any discomfort or imbalance being voiced by the physical body. This is domination, this is the old way. I saw how I was not living Unity Consciousness, how I was still acting from separation, without love, respect and compassion for my physicality.

During this Illumination the Earthkeeper part of me was activated. As an Earthkeeper, when Pachamama (Mother Earth) is hurt or violated by humans because of an attitude of domination, it is *very* painful. I am devoted to Her and protect Her and would NEVER think of harming Her, for She is a Conscious Being of Light, and I Love Her. I then deeply felt the connection between the terrain of my physical body and the landscape of Pachamama. There is no difference between the body of the Mother and my own human physical body, they are inseparable. This was not a new thought, it was a deeper visceral illumination of this truth.

I felt profound grief over the impact of my unconsciousness. Choosing to move out of separation back into Unity, I brought it all into ceremony, where I deleted the remorse and grief, released the old program of subjugation, apologized to my physicality, and moved back into right relationship and wholeness.

I share with you the sacred words that came to me:

"I dwell in this physical body Lightly,  
Gracefully"

"I relate to this physical body  
Lovingly, Tenderly, Gently"

"This physical body and I are One"

*Love-  
Shari*



*"Into Separation"*

For a description of this piece go to:

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

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](http://ShariLandau.com) or Shari's Etsy store: [SacredArtbyShari](https://www.etsy.com/shop/SacredArtbyShari)

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**Reflections from Jonathan:**

So what do I write about.....On Wednesday March 28th a few days after Easter, I was beginning some early Spring clean up of the property. I was cleaning out the old to allow for the burgeoning of the new. In moving around the periphery of the property I got some barbed wire from years ago stuck in

my lawn tractor.

So I went up to my tool area in the back of the barn and felt my body shudder as I saw a dead bird right in front of the work area door. I felt shaken, knowing this had deep meaning I shared this with Shari. I borrowed her pendulum to ascertain how I should best honor the bird's life and death. I received information that a burial near the site of our old sweat lodge was in order.

I put tobacco down as an offering where I found the bird, and took this lifeless being to what I thought would be its final resting place near the former sweat lodge site. I connected to its I AM Presence and asked for a peaceful transition for its soul. When I put the final shovel of dirt over it, I heard a chirp! I felt it go through my whole system. At first I thought it might have been some random noise on the property or some random noise inside my own head. When I put the next shovel of dirt on, I heard the same chirp from under the ground.

So I unearthed the bird and placed it upright on the wall around the property. I again noticed no breath and no movement. I asked Spirit to allow whatever needed to happen with this creature to happen. If it were to fly away let it be so and if it were to be found by another creature on our property to be part of the circle of life, then let that be as well. I needed to let go and let God/Spirit guide this process.

I came back inside and began to research the kind of bird it was, sensing there was big medicine for me here. I discovered it was a dove. There was a slew of symbolism about this creature, most noteworthy: **Resurrection and Peace amidst chaos.**

Two hours later while it was still light outside and before my evening sessions, I went back out to the wall and saw that the dove had physically disappeared. My mind is not

sure what transpired exactly, AND my heart knows its transition unfolded exactly as Spirit intended.

I am struck by the gift of this beautiful dove. It reminds me of the Great Mystery, validates the importance of listening to my intuition and honoring a greater Presence. Holding space for death-transfiguration-resurrection, I moved from fear to Grace, and for this I Am grateful to the Dove.



SHARI LANDAU &  
JONATHAN COHEN

OurSacredJourneys.com  
ShariLandau.com  
SacredJourneysCounseling.com  
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**UPCOMING EVENTS:**

**KUNDALINI YOGA CLASS:**

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

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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:**

### BE PRESENT:

Many folks tell us about their "failed" attempts at meditation, their frustration around trying to sit still on a meditation cushion trying to "quiet their minds". The mind is by nature a moving energy, it has been called "monkey mind" because it flits from thought to thought and is designed to do so. Our mental body serves a purpose, the mind is a useful tool providing us with data. It is not good nor bad but rather neutral. It is not something that needs to be controlled, AND it does not need to control us! Instead of "silencing the mind" we can learn to turn the volume down, to become attentive to and masters of where we place our awareness. So, instead of trying to hold your body still and battling your mind, you may want to practice walking meditation or yoga.

Each moment is an opportunity to be present here and now. Thich Nhat Hanh, a Vietnamese Buddhist monk, has written many wonderful books about walking meditation, washing dishes meditation, paying your bills meditation. Try this for a few minutes each day: turn off the tv, phone, computer, etc...breathe deeply, become aware of your physical body and settle into it as gently as you can, turn down the volume of your mind's chatter (tell it it can take over 3 minutes from

now!), notice any emotions that arise and let them move through you without attaching to them. Simply ALLOW what is unfolding in your physical, mental, emotional, spiritual bodies. WITNESS it all to the best of your ability without getting caught up in any of it. This month as you delve into this theme, ask yourself "What stops me from being here Now? Is it scary to be still, to stop rushing, running, producing, performing, battling, doing?" See what emerges, be curious, explore what comes up for you as you begin to engage life more intimately by Being Present.

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### **SACRED POETRY :**

*by Hafiz*

#### Silence

*A day of Silence  
Can be a pilgrimage in itself.  
A day of Silence  
Can help you listen  
To the Soul play  
Its marvelous lute and drum.  
Is not most talking  
A crazed defense of a crumbling*

fort?  
I thought we came here  
To surrender in Silence,  
To yield to Light and Happiness,  
To Dance within  
In celebration of Love's Victory!

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**INSPIRATIONS:**

**1. BOOK:**

*Peace in Every Step* by Thich  
Nhat Hanh

**2. MOVIE:**

The Secret Garden

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