



**SHARI LANDAU
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SPECIAL EVENTS:

- 4-4-17: Portal Day
- 4-10-17: Passover
- 4-11-17: Full Moon
- 4-16-17: Easter
- 4-26-17: New Moon

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:

Mudra and Mantra:

Put simply, a mudra is a hand gesture designed to

Sacred Journeys Newsletter - APRIL 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 am writing to you at the tail end of a long bout with the flu. This is day 10 of this challenging journey. The shaman in me sees this as an initiation, a dismemberment (dismantling) process. Lots of typical flu symptoms and lots of strange ones, like waking up feeling as if the bones in my hands were broken and crushed. Most of these days and nights were spent feverish and in bed, unable to sleep yet unable to do anything other than feel/think into all of this. Amazing how during these kinds of circumstances 24 hrs can feel like an eternity! Perhaps you have been going through such a time physically, emotionally, mentally, spiritually? If this is the case, I feel for you, and offer to you **PROFOUND COMPASSION.**

In many ways a perfect storm was arranged for me by the Universe. During part of this expanse Jonathan was away at a conference for 4 days, my closest friend was also away for that time (both of whom hardly ever travel), and my parents also went out of town! I was on my own which was a perfect set up for my shadow to feel abandoned and alone. At the height of this "storm" I had to handle something that involved me going outside for a moment. This may not sound like a big deal but it was a huge

hold an energetic pattern. A mantra is a power sound. Combine them with intentional breathing and you have a wonderful potent practice. Try this combination out this month to feel grounded and rejuvenated:

1. Sit comfortably in lotus position on your meditation cushion or sit in a chair with feet on floor spine straight.
2. Do some basic deep breathing in and out through nose (mouth closed), make your in breath equal to your out breath.
3. Place both hands in the following mudra: touch tip of first finger and tip of thumb together, press firmly, keep remaining fingers close to each other and long. Keep your hands in this gesture and rest them palms face up on your knees.
4. Attach the following Mantra to your in and out breath: "Sat Nam" (Sat Nam means "true identity or true name"). So as you breathe in you say in your mind "Sat" and as you breathe out you say in your mind "Nam".
5. Close your eyes and synchronize your breathe, mudra, and mantra, for a minimum of 5 minutes. Sense the effects on your system and enjoy!

INSPIRATION:

challenge given the fact that I could barely breathe! I found myself walking at a snail's pace. I had not been out of bed let alone outdoors for many days, so I had to adjust to the light and the air outside. Eventually my senses came alive. I felt the sun slipping through big white clouds, and at the foot of our Linden tree I saw white and purple crocuses, their silky orange centers wide open drinking in sunbeams. A cherry red cardinal flew over my head, sleek blue black crows were talking, and I even saw my first bunny of the season sprinting across our greening grass! These gifts of Beauty made a huge impression and shifted my experience. What had been an excruciating walk outside (with pain as the primary focus), became an experience where pain moved over, its volume turned down, as Joy also took up residence.

Pain can be a great and difficult teacher. When it is prolonged or extremely intense it can easily overwhelm the system, and at its worst can lead to despair, despondency, and a sense of meaninglessness. "Blinding pain" can blur our vision and dramatically skew our experience of life. Yet pain also has the power to deconstruct and dismantle things within our system that no longer serve. When I stepped outside and experienced Spring's gifts I started to cry because it pierced pain's veil. I still "had the flu", meaning my physical body was still exhibiting painful symptoms, AND at the same time my physical body was allowing me to experience pleasure and joy. I was breathing fresh Spring air, I was seeing in full color, I was hearing birdsong, I was feeling the sun on my face, I again felt a part of all life and saturated with its Beauty. I was so grateful for the gorgeous sensuality of Spring! In my heart I felt the despair quietly melt away as I heard a simple truth, I Am here to experience, create and share, Love and Beauty.

Beauty is a gift and manifestation of Love from Source and Patchamama (Mother Earth). It is big love medicine and for me it makes all the difference. So, even in the hardest times FIND BEAUTY, let it seep into and saturate your

Spring Giddiness
by Rumi

(recited at our Spring Equinox ceremony!)

Today, like every other day, we wake up empty and frightened. Don't open the door to the study and begin reading. Take down a musical instrument. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.

The breeze at dawn has secrets to tell you. Don't go back to sleep. You must ask for what you really want. Don't go back to sleep. People are going back and forth across the doorsill where the two worlds touch. The door is round and open. Don't go back to sleep. I would love to kiss you. *The price of kissing is your life.*

Now my loving is running toward my life shouting, *What a bargain, let's buy it.*

Daylight, full of small dancing particles and the one great turning, our souls are dancing with you, without feet, they dance. Can you see them when I whisper in your ear? All day and night, music, a quiet, bright

bones and your breath and your heart.

May Beauty's Radiance lighten the load, may it illuminate and soften the harsh edges of pain and fill you with Joy.

Love-
Shari



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Reflections from Jonathan:

Brought to my knees.

I, like Shari, have been wrestling with the flu. It hit me while away in DC attending a conference. I woke up in my hotel room with chills, fever, and difficulty breathing.

My conference roommate, who I had initial judgments about from our text communication, proved to be incredibly kind and compassionate. When I woke up on Saturday morning after a sleepless night, I was foggy and frightened. I was away from home at a conference with 4500 people, I had no idea how I was going to participate in this event moving forward.

I assist people every week in finding their spiritual source of strength and I AM presence (God within). Boy was I struggling. When I lay awake at 5am, my roommate became my guide talking me through what to

reedsong. If it fades, we fade.

RECOMMENDATIONS:

1. **Moana**
(movie)
Epic journey exploring the feminine and masculine shadow. Reclaiming, healing, integrating and honoring, the planet and our authentic selves.

2. **Garden Spells**
(book by Sarah Addison Allen)
Great fun & magic & beauty!

pick up at the all night pharmacy which I could "taxi" to. He had raised three young children by himself, the youngest being 1 1/2 years old. I am so used to saying "I got it" and not asking for help except from Shari. Having asked for help I was able to manage my flu symptoms and was even able to attend CEU credits offered that day. That night, my roomie and I had planned to go out. He told me when he saw my fragility, that we were not going out, that he would be picking up dinner and bringing it back to the room. That small act of kindness struck my heart deeply. Wow!

Today, one week out from the flu inception, I am still tired. As steward of the 4.5 acres here, when the April sun comes out, I usually put in at least 8 hours per weekend day to "springify" the property. Today I will put in less than an hour. I am listening to my body and know that I cannot push it. My usual way of operating is to push it, to bull through. Resting for me is a radical act of self-care.

As much as I like to believe I am present in the moment, I am aware that a good amount of fear still drives me, and that I use adrenaline to keep things moving and "on track." I can also see through this experience of illness, how this part of me resists relaxation, rest, and recovery time, because if I slow down I have to be present to uncomfortable sensations physically, mentally, emotionally.

Just a few hours ago the beautiful encaustic art piece that Shari created for me fell off the wall and was significantly altered as a result. I know that in my life when a plate breaks or a picture cracks I am being invited to shift my perception and orientation to things. My wish for myself is a deeper acceptance of "what is". An understanding that each moment presents a present.

There is a big part of me that wishes to conclude this writing with a neat bow, a controlled "I received this gift and have learned from it, and here is the gift for you." I am

not here yet! I wish that I could do that and another part of me which is emerging is glad that I cannot do this yet. I am in deep process with this one and will report back in our next newsletter.

Love- Jonathan

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