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UPCOMING EVENTS

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

KUNDALINI YOGA CLASS

*Sunday 2/21/16 1-4pm

KUNDALINI YOGA

WORKSHOP by Mahan Rishi

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:

GROUNDING STONES-

At this time on the planet it is crucial to EMBODY our Divinity. To do this we must be grounded. Being grounded

Sacred Journeys Newsletter- FEBRUARY!!!

Our intention is to share with you once a month 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 like to practice the art of what I might call "simultaneous seeing". Experiencing what my physical eyes see and what my inner eye sees, at the same time. It is an invitation to wonder about and wander beneath the surface of things, to lift veils of perception in order to recognize and experience the depths and the Center, while still holding onto and honoring what we might call "surface reality". When I experiment with the complexity of vision, I see how it mirrors the art of living in Unity Consciousness. Embracing and being awake to the complexity of our multidimensional selves- perhaps I shall call this "simultaneous Being"! We just had our first huge snowfall, where our land and all the buildings got buried under a thick white crystal blanket. That night a luminous full white moon danced on the pearly surface, reflective and shimmery. All I could see was a beautiful unifying white field, it appeared very solid and all encompassing, it felt silvery and full of magic. The next morning I had to leave the comfort and coziness of my warm indoor cocoon to help with the shoveling. It was a bear! I consciously intended to be playful with the snow, it was after all a thing of beauty and joy (I could hear the squeals of children

means being present here and now in our physical bodies! It may seem like a simple concept but many folks are not actually inhabiting their physicality in a grounded and centered way. Grounding stones or objects help anchor us in the physical, reminding us it is safe to be here on the earth in our physical forms.

Any small object that can be held in your hand can serve as a grounding stone or object. However, actual stones are great because they come from Pachamama (Mother Earth), and certain stones/ crystals have strong earth energies which amplify a sense of grounding. Some examples are: Hematite, Black Tourmaline, Black Quartz, Red Jasper, Cinnabar, Tiger's Eye, and Moss Agate.

To use your grounding stone all you need to do is instruct/intend it to keep you grounded balanced and stable. You may want to add a word or mantra (like " I AM grounded, safe, and present in my physical body"). To practice grounding you simply carry it with you always, hold it in the palm of your hand and feel its solidity and strength, feel it and your connection to Pachamama. Breathe deeply into your physicality and say/intend your mantra, feeling more and more rooted stable and secure.

sledding next door). That resonance lasted about 10 minutes and then the physical pain was blaring and my sense of humor when down the tubes! I

kept telling myself this is a meditation, each step and breath an invitation to be in alignment with Spirit. My words did nothing to unlock the battle going on. I got lost in the surface world, my sight locked on the heaviness of the snow, the strain of muscles, the fear that this painful task would take hours and hours and how would I endure?

I fell down at one point, drenched in sweat and soaked in frustration. I made a choice to look deeper, to shift my perception by connecting to my multidimensional Self and the larger Reality, since my struggling human self was getting me no where! I asked Hercules and Amazonia for physical strength, Grace Elohim for ease, Neptune and the Undines of Light to assist with the water element to make the whole process more harmonious. I still had hours of shoveling ahead of me, the physical pain was present, and yet the load became easier, more graceful. I stopped fighting the elements and I asked for help, and I was assisted.

The comfort of being held in these energies of Strength, Grace, and Flow, sparked the remembrance that I am not alone. Opening to my vaster Self while doing this very human task, nesting my small vulnerable limited self in Her heart, made all the difference.

It is easy to forget, to fall asleep, and think we are alone with our burdens and struggles. This occurs when we focus only on the obvious and bury ourselves in surface reality. Alternately, it is also tempting to lift out of our bodies, to be ungrounded, seeking solace in the mystical and esoteric as an avoidance of life on earth. This is the dualistic framework we are leaving behind, as both operating systems leave us fragmented.

So, I invite you to explore beyond duality, to experiment with the art of simultaneous seeing and simultaneous

