



SHARI LANDAU &  
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OurSacredJourneys.com  
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**UPCOMING EVENTS**

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

**KUNDALINI YOGA CLASS**

\*Sunday 2/21/16 1-4pm (Flier  
forthcoming)

**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:**

Deep breathing is an amazing  
tool since fear cannot be  
sustained in the Presence of  
deep conscious breath! When

*Welcome to our first Sacred Journeys Newsletter!!!*  
*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:**

As we move through this winter season and enter  
2016 I am full of gratitude and optimism! I see this new  
year as an invitation to humanity to EMBODY our  
DIVINITY, to literally BE our ESSENCE, which is  
LOVE.

At the end of 2015 I completed an encaustic painting  
called “Holy Grail I AM”, and on December 19th it was  
unveiled and offered to all of you in ceremony. This was  
an amazing night! People experienced the messages  
from Archangel Michael and His Twin Flame Lady  
Faith: the energy and power of being in Alignment with  
our Holy Grail Essence. There were tears, excitement  
and shaking limbs, smiles and shining eyes, peace and  
joy. Some said it was like “coming Home”, others  
experienced a Sacred Mirror and were finally able to see  
themselves as they truly are, and others felt Sacred  
Union, true energetic balance and wholeness. This  
painting is very vibrant, physical and “alive”, being  
encaustic (made of layers of fused beeswax), it is a  
dynamic mix of materials that invites touch. Over the  
nine months it took to birth, I was called to embody my  
Spirit more and more, and to clear what no longer  
served in order to bring myself into Alignment with the  
Divine. It has been a great teacher and initiator. The  
painting lives inside our Temple space now, and each  
time I sit in front of it I have a new opportunity to  
awaken, to “turn on the Divinity” of my DNA, my cells,  
the very fabric of my physicality. This is how I  
experience the "embodiment of the  
Christed/ Buddhist/Avatar Self- awakening and  
aligning breath by breath, step by step, cell by cell,  
moment by moment.

fear is neutralized, Love can grow! So, the easiest way to become grounded, rooted in the Now and in Love, is to breathe deeply. There are many breath work techniques, but one simple way to begin is to close your mouth and inhale and exhale through your nose. Make the inhale and exhale of equal lengths. Make sure that on your in-breath your belly expands and on your exhale your belly relaxes. Find your rhythm. The beauty of breath work is that you can enjoy its benefits whenever and wherever you are. Happy Breathing!!!

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**SACRED POETRY :**

**THE GRAIL**

*by St Theresa of Avila*

They are like shy, young school kids—time and space, before the woman and the man who are intimate with God. The realized soul can play with

So, in 2016 I invite you to join us in the Temple for a yoga class to bathe in these energies, to come to a workshop and experience the Holy Grail I Am face to face and in community. Go to my Etsy store: *SacredArtyShari* and see the painting (and zoom in to see the details!) and read a detailed description about it. On this site you can buy an archival print which has been infused with all of these energies and blessings to have in your own space.



Another thing that has me very excited are the sacred art commissions I have been asked to create! It has been an honor and a joy to co-create these power objects with Spirit. With each one I tune in and then visually download the energies/Beings of Light that are best able to assist you on your sacred path. The most recent one was made for a member of our community, Hans Busch, who gave permission to share his art (see above image). His piece includes his Archangelic support, Ascended Masters and several Rays of



