



**SHARI LANDAU &
JONATHAN COHEN**



OurSacredJourneys.com
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UPCOMING EVENTS:

7-4-16: Happy Freedom Day!!!

7-7-16: Portal Day

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 email: drjonathancohen@gmail.com.

Sacred Journeys Newsletter - JULY!!!!

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:

This month I want to talk about **FREEDOM** and the embodiment of our Divinity. I find myself nearing the completion of a new encaustic painting that focuses on the Rose Ray of creation. This is a high vibrational Creationary Ray that is overseen by Ascended Master Lady Nada (Goddess of Love). Imagine the scent of the rose, the color rose (violet, ruby red, purple and pink combined), the beauty and mystery of the Sacred Rose. My sense is that the Rose Ray is assisting humanity at this time to clear whatever blocks us from experiencing the physical as safe and sacred, so that we may all live whole, free and joyful.

We had a beautiful summer solstice ceremony a few weeks ago where a group of us walked the Triple Goddess triskele labyrinth on our land. Our labyrinth holds the frequencies of the Mother-Maiden-Crone, the Unfed Flame of Love-Power-Wisdom, the Queen Bee-Mother Cow-Dragon energies. It was a joy to witness everyone walking into and out of the spirals with their questions and prayers, it was like a beautiful kinetic sculpture moving in the wind, all the human parts weaving with each step into the Center and back out again. In the center of



IDEA OF THE MONTH:

Unfed Flame Invocation:

Every human has what is called an "Unfed Flame" or "Threefold Flame" that exists inside our sacred hearts. This is our spark of Divinity. It is called unfed because it is eternal, we cannot destroy it, and even if we ignore it or forget it is there, its Light continues to burn within. However, becoming aware of our unfed flame and learning how to work with it is essential to our Freedom. It is also called the threefold flame because it is comprised of three God Flames, the Creationary Rays of Love (red), Power (blue), and Wisdom (yellow). A simple way to call forth and become acquainted with your Unfed flame is to speak the following invocation:

" I call forth to the Unfed Flame of my Heart, to rise up to the Seven Fold Flame of the seven Mighty Elohim, to rise and connect with the HeartFlame of my Mighty I AM Presence,

our labyrinth is the Diamond Heart, the Sacred Rose of Creation. This "bulls eye" is the Temple of Love where each pilgrim went (literally inside the labyrinth and energetically into their own rose hearts).

This month I also began working with a very gifted personal trainer and have

had the most extraordinary experiences involving embodiment! With her guidance I am encountering and releasing the blocks/old programs of separation that still reside in my system. It is an emotional-physical-mental-spiritual healing process that is happening through direct physical engagement. After our 'workouts' I

experience profound Joy and Freedom and a deep inner voice saying " I AM so grateful to be here, I Love Life!"

My sense is that this summer and into the fall we are being offered tremendous Divine assistance in order to relate to our physicality in radically new ways (which supports living in Unity Consciousness). So, I encourage you to walk a labyrinth, engage your unfed flame (see idea of the month), call upon Lady Nada and the Rose Ray of creation. Be honest with yourself about your physical body and how you really feel about living here in it, bring your awareness and practice all the way into the physical. Be curious and trust that at your core, and at the Center of all life, there is only Love!

Love-

Shari

to bring forth the Sacred Fire, in through and around me".

(As you say this close your eyes and visualize the red blue and yellow flame in your heart center, see them even and strong and balanced. The 7 fold flame is in your third eye area so see the unfed flame rise up there, then it rises all the way up to your I AM Presence. For more info on the Sacred Flames and the I AM Presence check out Aurelia Jones and her book *Seven Sacred Flames*.)



Triple Goddess Triskele Labyrinth at Sacred Journeys

SACRED POETRY :

DEAR GOD

Dear God, please reveal to us
your sublime
beauty

that is everywhere,
everywhere, everywhere,

so that we will never again
feel frightened.

My divine love, my love,
please let us touch
your face.

by St Francis of Assisi

RECOMMENDATIONS:

1. BOOK:

*The Seven Sacred
Flames* by Aurelia Jones

Check out what people 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**

Reflections from Jonathan:

I have heard many talking about the upcoming election with fear, saying things like: "I will choose the less of two evils. I will not vote as it will not make a difference. The USA is going down the tubes."

Before I write further I choose to cancel and delete the above statements as I know the power of the declared and written word.

I choose to hold the election and the candidates as a mirror of our energetic evolutionary progression. To that end I include a youtube video sent to me by an incredible shamanessa from New Mexico which

2. MOVIE:

BFG (big friendly giant)

I strongly suggest you watch as it talks about holding this election without fear. It suggests we view it a reflection of our spiritual growth and to be hold it all with love. The link is:

<https://www.youtube.com/watch?v=J0ppS0UIYY0>

Our recommended movie Big Friendly Giant, which is currently out in theaters, is another reflection of our evolution in consciousness. I saw the movie with my very conscious 19 year old son, who remarked that it bespoke the shift out of the patriarchy with the influence of the feminine element. So as not to spoil the movie I will not say more.

Fear (False Expectations About Reality) governed my life for many years. I now understand it as a patriarchal value which includes scarcity as opposed to abundance. I now, most of the time, choose love over fear.

In terms of the election, economy, your relationships, what do you want to choose? Today on Independence Day I honor your free will to choose. As conscious beings we have the freedom to choose. Will it be fear or love?

*Love,
Jonathan*
