



**SHARI LANDAU  
JONATHAN COHEN**



*OurSacredJourneys.com*  
*ShariLandau.com*  
*SacredJourneys*  
*Counseling.com*  
[610-585-3937](tel:610-585-3937)  
[610-853-1726](tel:610-853-1726)

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**SPECIAL EVENTS:**

7-4-17: Happy  
Independence  
**(Freedom) day!**  
7-7-17: Portal Day  
7-9-17: Full Moon  
7-30-17: **Ceremony for  
Comfort and Love  
(1pm-4pm RSVP with  
Shari)**

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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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***Sacred Journeys Newsletter - JULY 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:***

Independence and freedom, free-will (use of our  
will to be free), and leading with a "yes" instead of  
a "no" in life, is what I am aware of this month. My  
own experience shows me that if I accept whatever  
is unfolding in my life at a given moment (say yes  
to it) I AM independent and free. If I immediately  
struggle against whatever is unfolding in that now  
moment (say no to it), then I enter an energetic war  
zone ruled by fear, where I am out of sync with  
what IS and my misery multiplies.

By acceptance I do NOT mean playing the victim in  
any way. By acknowledging/accepting that what  
is occurring right now IS in fact occurring right now,  
(in other words by saying "yes!" moment to  
moment), I stand in my power. My personality still  
has the freedom to feel whatever it feels about it, to  
think whatever it thinks about it. Responding to life  
with a yes first, does not mean that  
I necessarily condone whatever is unfolding, and  
does not mean I cannot take action to shift the  
dynamic. It simply means I accept that it is in fact  
what is unfolding right now. Saying "Yes!" ends the

## IDEA OF THE MONTH:

### **The Power of Saying "YES!"**

Last night we watched a Netflix episode of Grace and Frankie played by Lily Tomlin and Jane Fonda. This is a funny heart-full show. This episode felt so synchronistic, it was about having a "yes evening". This meant that both women had to say yes to everything that was presented by the other person. To be clear, it was all done in a spirit of play and joy and fun, so we are not talking about being a "pleaser", having no voice, or doing things that cause us harm in any way.

It is about saying yes to life, yes to experiences that make us stretch a bit, yes to the new moment. In the tv show, Grace and Frankie dressed each other and did each others hair and makeup in ways that the other would never do for themselves. In being willing to play and take risks, and in saying yes to even these smaller details, they shifted out of old roles, stuck patterns, and stale ways of perceiving the world.

Why not try it out for a night or afternoon? With a loving friend or partner agree to say yes to all that is offered, step out of your comfort zone. Become aware of and consciously put aside the familiar "no" that lives in you, the "no" to life, the "no" to the unknown. Say yes to the unexplored parts of your being that are so wanting expression, and enjoy the magic fun and freedom!

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power struggle and the sense of separation.

I first learned about this way of being many years ago when I began practicing a form of Buddhist meditation. While it may sound simple, it can be hard to practice! I know I have wrestled with its application in my daily life. It amazes me how I can subtly still lead with a no, not even realizing in the moment that my system is fighting, protesting, denying, fearing what is unfolding right then and there.

I'll give you a recent example of this. I had gotten into a lovely workout routine and was feeling jazzed, aligned and energized by it. It felt great and I was excited to feel so joyful and strong in my physical body. After about a week of riding upon this bliss, out of the blue I wrenched out my back. My immediate reaction was a huge "NO!" With this roar against the physical pain came a flood of emotions and thoughts. Anger and fear, thoughts and stories of prolonged pain, protests and reasons this was happening, came in like lightening! For a good 15 minutes there was total chaos then an amazing thing occurred. I stepped out of my personality into my Divinity and was able to witness the drama I was creating. Within I heard a neutral loving voice say "This IS what is happening now, its ok to say YES to it, to simply BE with what is right here and now". I felt such peace and freedom as all resistance struggle and reactionary thoughts/feelings dissolved. Once I said "Yes!" to this situation I was able to move into loving action and self-care. After only one day of back pain I was able to resume my normal physical routine (in the past this would have been going on for weeks).

It is time to recognize that we are Sovereign Beings gifted with free will, responsible for

**INSPIRATION:**

***They Can Be Like a Sun***

They can be like a sun,  
words.

They can do for the heart  
what light can  
for a field.

*by St John of the Cross*

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**RECOMMENDATIONS:**

**1. Book:**

**The Sexual Practices of  
the Quodoushka**, by  
Amara Charles  
(Excellent resource for  
sacred sexuality. Clear,  
clean, powerful wisdom)

**2. Movie:**

**Wonder Woman**  
(Inspirational messages  
about empowered  
women)

**3. Video:**

Langston Hughes Poem  
(about a Free America)  
[https://www.facebook.com/  
moveon/videos/1015454650  
5490493/](https://www.facebook.com/moveon/videos/10154546505490493/)

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our freedom. Our I AM Presences (our Divinity) always say "**Yes to life! Yes to LOVE! Yes to Freedom!**"! Our I AM Presences are independent of our personalities which run on programs of fear and the "big no". Call upon your I AM Presence to take full dominion over your entire life, all of your experiences. Our power lies in our focus and the ongoing free-will choices we make. So, in this glorious river of life, when circumstances unfold and flow moment by moment, say YES!!!!

*Love-*

*Shari*

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[ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)

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**Reflections from Jonathan:**

Today I knew it was my time to write my part of this newsletter and I decided to first read Shari's entry. Learning to say yes to life has been a huge part of my evolution.

For many years I had taken my father's message "you can never be too worried about the future" as gospel. His own fear (**F**alse **E**xpectations **A**bout **R**eality) permeated his life and the life of our home growing up. Any windfall whether it be financial or emotional, was followed with a "do not get comfortable with this as we do not know what is around the corner". It has only been in the last few years that I can walk around our beautiful property at Sacred Journeys, without the huge concern of unexpected damages and what the unexpected

costs would be.

This is what have I done to shift my consciousness so I can now more fully enjoy the abundance and beauty of life which comes in so many forms:

- 1) Working with my I AM Presence and I AM studies, developing Divine affirmations. My current and most powerful one is:  
"I AM the Resurrection and the Life of my Original Divine Blueprint of Perfection."
- 2) Breathwork: Breathing more deeply when I feel fear emerging to stabilize and stay present in my physical body.
- 3) Removing the imprints of fear that I had from my father and other life trauma through shamanic work and ceremony.
- 4) Choosing to not watch the news or take in other media that broadcasts fear and doom.
- 5) Utilizing energetic/spiritual hygiene and protection protocols on a daily basis.
- 6) Practicing gratitude daily and often.
- 7) Being mindful of my words and refraining from fear based communication.

I know that this "Yes stance" makes me more joyful as a being and more fulfilled in all of my relationships. I now more easily say YES to life with the knowing that as Eckhart Tolle says, " 99.99% of the time there is nothing to worry about".

*Love-*

*Jonathan*

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