



**SHARI LANDAU
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SacredJourneys

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SPECIAL EVENTS:

3- 3-17: Portal Day

3-8-17: International
Women's Day!

3-12-17: Full Moon

3-19-17: **Spring Equinox**

Ceremony at Sacred

Journeys 1-3pm

**(for more info email
shari:sharilandau@
gmail.com)**

3-20-17: Spring begins!

3-28-17: 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@

Sacred Journeys Newsletter - MARCH 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:

While this month flew by for me it was full of deep, rich and intense challenges/opportunities! The patterns I have been aware of are **helplessness and the need for control, verses TRUST**. I had a great opportunity to wrestle with this when we discovered that we had no water and were told by four well companies that our well had run dry. We were told that at best we could get a new well dug in several weeks and then we proceeded to live without running water for over three days. I experienced my mind and emotions move into fear and by day three I felt overwhelmed and chaotic. Nothing like *not* being able to flush a toilet, brush teeth, clean dishes and laundry, and take a shower in your own home for days on end to bring out the egoic shadows!!!

Dealing with the lack of this fundamental resource (and piles of dirty laundry!) I was aware of the vestiges of fear around embodiment that still live in me. I felt helpless, out of control, and unable to fully settle in. If at the core we do not trust physical embodiment we cannot "get comfortable here", we

gmail.com.

IDEA OF THE MONTH:

Plant Your Intentions-

Notice how pale green shoots are emerging from the dark earth? Now is the perfect time to mirror this new life which is gently but persistently pushing itself up, insisting on the light. Gather a handful of springtime seedlings, perhaps your favorite flowers, or a new bloom that you have fallen in love with. Set a few intentions for this season, what do you wish to **renew**, **rebirth**, what needs to climb towards the soft light of Spring? Then blow each intention into a seed, kiss it, love it up and plant it in the earth gently. If you know your intentions need extra tenderness and care perhaps you want to plant them indoors and transfer them outside when they are strong enough, a kind of energetic incubation. Over the next few weeks pay attention to your seeds. Revisit them often, keep them in your mind and heart. Watch them with the eyes of an innocent child seeing new buds spring forth for the first time, be in awe, tend to them as they grow literally and energetically in the soil of your soft greening heart.

INSPIRATION:

The Music We Are

by Rumi

Did you hear that winter's over? The basil

cannot really be "love embodied". Lacking trust, we get tight, constrictive and narrow, we are always on guard preparing for the other shoe to drop, for something "bad" to happen, anxious and strategizing about how to cope. Without trust there is a hesitancy, a reluctance to be all in, and in this state of fear, flow, peace, creativity and harmony, will remain elusive.

By day three, after our chosen well company gave us the news that it would take at least a few weeks for us to get a new well dug, I was clearly feeling out of control, angry and fearful. Then the most miraculous thing occurred! Late that evening someone we know showed up for reasons that had nothing to do with our well. It turns out that this person is incredibly talented at solving mechanical "puzzles". He kindly offered to take a look at the well and all its components. He diagnosed the water problem, told us with confidence it was not a new well that was needed, and by midnight was able to creatively resolve the issue. Thanks to his genius, generosity, and sensitivity towards us and our situation, we had water flowing that night!!! While this entire opportunity served to show me my shadows, it also gave me a chance to soften and to trust in others and in the Universe, to accept and trust creative solutions outside the box.

So, I encourage you to ask the same questions I have been asking: What is the risk for me to truly trust embodiment, what stands in the way of me trusting the physicality of my earthly experience, what would happen if my first response to everything is deep trust instead of fear and mistrust? If I no longer keep embodiment at arms length what might happen, what is my ego really afraid of here?

Springtime is such a great time to ask these tough questions because it is a delicate and soft time. The energy is gentle and beautiful and hopeful, Patchamama (the Earth) is so lovely as she begins

and the carnations cannot control their laughter. The nightingale, back from his wandering, has been made singing master over the birds. The trees reach out their congratulations. The soul goes dancing through the king's doorway. Anemones blush because they have seen the rose naked.

Spring, the only fair judge, walks in the courtroom, and several December thieves steal away, Last year's miracles will soon be forgotten. New creatures whirl in from non-existence, galaxies scattered around their feet. Have you met them? Do you hear the bud of Jesus crooning in the cradle? A single narcissus flower has been appointed *Inspector of Kingdoms*. A feast is set. Listen: the wind is pouring wine! Love used to hide inside images: no more! The orchard hangs out its lanterns. The dead come stumbling by in shrouds. Nothing can stay bound or be imprisoned. You say, "End this poem here, and wait for what's next." I will. Poems are rough notations for the music *we are*.

to green, the light is returning, the energy buried beneath the surface is stirring, building and rising. We don't have to wait for a crisis or challenge to ask these questions. Spring so kindly invites us to appreciate embodied life, it is a fragrant kiss on our cheek, it is a season full of inspiration, joy and beauty. So, ask these questions now, hear the answers, and clear the debris that stands in your way of truly trusting your physicality upon and with this Earth. By doing this you make it much easier for yourself to embrace the Love that comes your way when you least expect it, inhaling deeply the sweet breeze through an open window in Springtime.

Love-
Shari



Reflections from Jonathan:

March comes in like a lion and goes out like a lamb is what comes to me as I begin to write. How do we take the tumult energetically in the world and watch it without allowing it to take us off our center?

As I pose that question, you might think I have a perfect answer, and as many adolescents of yesteryear might say "Not". I do however have a few recommendations, a few steps I take repeatedly which help me ride out these waves of

RECOMMENDATIONS:

1. **Healing**

Hands, embodied Spirit and Light book of Lenny

Foster's photography
(amazing images full of SOUL)

2. **Zodiac** book series by

Romina Russell

(fun fiction and timely about unity consciousness verses separation)

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intensity.

One way is the forthright solution posed by St. Germain in his discourses. It is a two step process:

1. Any moment I experience discordance, I see it is a prompter reminding me to get busy on myself.
2. "There is only one power in the world that one can correct anything and that is the I AM Presence in each one". Our I AM Presence or God within is our Center, our Source, our Core. Each discordant note is an invitation to return Home to our center.

A second way it to BREATHE deeply. Fear cannot exist when we are breathing deeply. It may sound simple but it really works. Breathe into the experience of chaos and your system will become calmer.

The third thing I do is call directly on St Germain's Violet Flame of Transmutation. Just invoke and picture a beautiful strong violet flame and intend/command and visualize it running through any density, in your feelings, in your physical body, in your mind, in your spaces or relationships. Trust it, feel refreshed, as if cleansed and purified by a great violet flame shower.

And remember, we are all in this together, you are not alone.

Love-
Jonathan

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