



**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:**

- 5-1-17: St. Germaine's Ascension Day
- 5-5-17: Portal Day
- 5-10-17: Full Moon
- 5-14-17: *Happy Mother's Day!!!*
- 5-21-17: **Ceremony at Sacred Journeys: "The Open and Strong Sacred Masculine Heart" (for men and women, 11am-2pm)**
- 5-25-17: New Moon

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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

**[Sacred Journeys Newsletter - MAY 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:***

Feet first!

I have been paying close attention to my own feet this month. I know it may sound strange that I begin our conversation with this, but it has been an enlightening and powerful **GROUNDING & EMBODYING** practice. Many times a day I find myself focusing on my feet: are they both flat on the ground, evenly and solidly planted? Is one off the ground, are either tilted sideways, are they leaning in or out, heels up or toes up, are they tense and constricted? In yoga we are encouraged to find the four points on the bottom of each foot and to stand tall like a mountain with these four points always making contact with the ground. In my "foot practice", I ask myself, are my feet relaxed and strong? If my feet are not both evenly firmly gracefully rooted, I notice that my knees, hips, and all the way up, is out of alignment as well. Invariably when my feet are "off" I am also not breathing deeply. When my feet are off I know I am living in my body in a way where I am only partially here. It is once again that resistance to coming all the way in. When our feet are literally hesitant and reluctant to walk this beloved Earth, we are not

others. To join, simply  
email: [drjonathancohen@  
gmail.com](mailto:drjonathancohen@gmail.com).

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### IDEA OF THE MONTH:

#### **Painted Feet:**

Planting our feet on the ground and experiencing Patchamama's (Mother Earth's) support is so crucial to feeling at home in our bodies on the Earth plane. Here is a FUN way to practice grounding: Paint a special symbol on your bare feet each day, or as many times as you can during the week. You can use washable markers or watercolor paint or body paint. Your symbol can represent receiving Earth energies, being grounded, stable, rooted. Maybe it is a bridging symbol which connects your physical body to the body of Patchamama. Maybe it is simply a grounding color, like red, orange, dark green or brown. Once your symbol is dry go outside with your painted feet and FEEL the ground beneath you, absorb Her energies like a spring plant rooted in the moist clean rich soil. Let your painted symbols be like straws sucking up the nutrients, solidity, beauty, Love and generosity of the Earth. This is a kinesthetic meditation,

able to embody fully. So, I encourage all of you to bring your loving and curious attention to your feet. Allow them to guide you further into sacred embodiment, from the bottom up. It is amazing how much our feet can teach us!

On another note, Mother's Day will be here soon! This is a day of recognizing and honoring the Sacrament of Motherhood. This day and the whole month of May is a mystical time filled with many energetic downloads from the Divine Mother. Special gifts are being offered by Mother Mary, an aspect of the Divine Mother. I wanted to share something written by Patricia Cota-Robles that describes what will unfold this month (you can read more on her website [EraofPeace.org](http://EraofPeace.org)):

"Also every year, throughout the month of May, Mother Mary's Temple of the Immaculate Heart is opened in the Inner Realms. This May, as we sleep at night, our I AM Presence will draw us into Mother Mary's Temple of Light in our finer bodies. Once we are there, we will receive a special blessing from Mother Mary. During this critical time on Earth, Mother Mary is working tenaciously to help each of us fulfill the Immaculate Concept of our Ascension process.

As we enter the Temple of the Immaculate Heart during the month of May, Beloved Mother Mary will embrace each of us in her Loving arms. With her embrace, she will Awaken within us the remembrance of our sojourn in her Sacred Temple prior to this embodiment. We will realize that we came to Earth during this Cosmic Moment with but one desire, to do God's Will. We will remember that we volunteered to be powerful Instruments of God during this critical time and that we have been training for aeons of time for this mission. We will also remember that we promised to be the full manifestation of Divine Love while serving the Light in this embodiment."

**I bless and thank all Mothers, women who have birthed and/or raised children, men and women who "mother" by nurturing, creating, guiding, nesting and holding humanity and our beloved planet.**

**Thank you!!!**

***Click on link below my painting to read more about***

allow yourself to feel  
anchored and stabilized  
by this ritual of  
grounding, grateful for  
your "footlink" to the  
physicality and the Heart  
of Patchamama.

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### INSPIRATION:

**Your Mother and Mine**  
*by Hafiz*

Fear is the cheapest room  
in the house.  
I would like to see you  
living  
In better conditions,

For your mother and my  
mother  
Were friends.

I know the Innkeeper  
In this part of the  
universe.  
Get some rest tonight,  
Come to my verse again  
tomorrow.  
We'll go speak to the  
Friend together.

I should not make any  
promises right now,  
But I know if you  
Pray  
Somewhere in this world -  
Something good will  
happen.

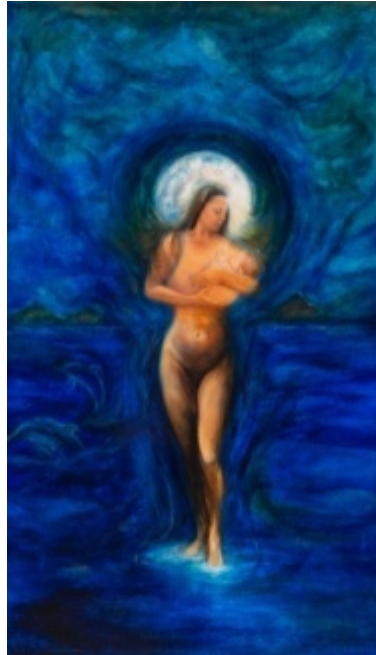
God wants to see  
More love and playfulness  
in your eyes  
For that is your greatest  
witness to Him.

Your soul and my soul

### ***BEING HELD BY THE MOTHER.***

*Love-*

*Shari*



**"The Divine Child and Unity Consciousness"**

*by Shari Landau*

[https://www.etsy.com/listing/225674240/art-print-the-emergence-of-the-divine?ref=shop\\_home\\_active\\_11](https://www.etsy.com/listing/225674240/art-print-the-emergence-of-the-divine?ref=shop_home_active_11)

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### **SUPPORT SHARI'S SACRED ART!!!**

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<https://www.facebook.com/SacredArtbyShari/>

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<https://www.pinterest.com/SacredArtShari>

### **TO PURCHASE SHARI'S SACRED ART TOOLS:**

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

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### ***Reflections from Jonathan:***

The way the newsletter gets written is that Shari writes her piece and then asks me to finish it by the first of the month. The other truth is that I usually read what Shari has written and am inspired by how she has expressed what Spirit has

Once sat together in the  
Beloved's womb  
Playing footsie.

Your heart and my heart  
Are very, very old  
Friends.

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### **RECOMMENDATIONS:**

#### **1. Gifted (movie)**

Such a treat, the theme is  
about integrating the head  
and the heart!

#### **2. Articles and video:**

a. <http://www.alternet.org/belief/watch-major-violence-breaks-out-berkeley-between-anti-and-pro-trump-groups-video-spreads>

**(The power of "spiritual  
activism")**

b. <https://youtu.be/p1PID91sEW8>

**(Amazing puffer fish art, a  
story of love)**

c. <http://www.yogajournal.com/yoga-101/trust-vagina-moral-compass>

**(Trusting the power and  
guidance of the yoni!)**

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"downloaded" her way.

My inspiration today is knowing that I am loved  
deeply no matter what, even when  
I face judgments about me, I still know I AM  
loved. A few years ago, an evolved spiritual advisor  
told me that my authenticity was a gift for me to  
express. I was taught that it is through the  
vulnerable heart that true connection occurs. So I  
am guided to be transparent with you and trust that  
what I share serves the highest good.

Three weeks ago I buried the entire carcass of a  
deer that had died over the winter on our property. I  
had some fear but mostly a sense of rightness in  
doing this ritual. I knew that I was also burying  
some old energy, carried by a very young part of  
me that had experienced trauma early on in this  
life. As a result of that trauma this part of me had  
not wanted to live. This heretofore unconscious  
part of my psyche held the belief that "this life is  
too hard and the only way to handle the pain and  
overwhelm is to die". I realized this hurt part  
had spent my entire life rejecting joy freedom and  
embodiment. I wrote an obituary for that part and  
for the old "fear/death program" and included it in  
the burial. I offered tobacco to the Earth. It was a  
very powerful ceremony and I Am so grateful for  
the deer and the illumination and clearing that  
unfolded.

Shari had found that deer a few months before but  
I was not ready to see it. Now I wanted to see it.  
When I first saw it I felt an incredible amount of  
terror and compassion. Amazingly, a few feet  
away from the deer bones I came upon a bevy of  
feathers which I believe are red tail hawk feathers  
(symbol of new vision). Even though there was no  
evidence of a hawk death, there was evidence of a  
hawk skirmish (a wrestling) which left all

these feathers. For me it was another sign and gift from Spirit.

So what does my story have to do with vulnerability? At first I was unsure how much to disclose; a part of me wondered if I would be judged for the old part of me that had not wanted to live, perceived perhaps as less evolved? Then I realized that my own freedom and evolution are inextricably linked to me claiming my deepest vulnerability and directly expressing who I AM.

So I invite you to consider your level of honesty and vulnerability, and how much you are willing to step forward with it. I have been blessed by Spirit with the medicine of deer and hawk, and would like to gift ten of these powerful feathers to whoever is moved by this letter, and wishes to step forward into their truth and vulnerability (just email me to receive a feather).

*Love-*

*Jonathan*

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