



**SHARI LANDAU
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SPECIAL DAYS:

- 11-8:** Election Day (Calling forth Divine Government)
- 11-10:** Full moon
- 11-11:** Portal day (& Veteran's day)
- 11-24:** Happy Thanksgiving!

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:

Write a Love Letter to your body!

Sacred Journeys Newsletter - NOVEMBER!!!!

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:

Last month I spoke about healing the wounded womb, and as I enter November I find myself still doing "womb work", still exploring and clearing the old Root, while simultaneously establishing and activating the Sacred Womb. I sense this process may continue as we more fully enter the womb of winter.

This month lets first highlight **Gratitude** (thanks-giving), the practice of acknowledging all the blessings in our lives. These blessings may be experienced through effort or Grace, through pain or joy and everything in between. To embody this I encourage you to create a gratitude ritual, it can be as simple as taking 30 seconds each day (or more!) to say out loud or write in a gratitude journal, what you are truly grateful for (a relationship, situation, awareness, opportunity, release, healing, shift, lesson learned, etc...). My own declaration of thanks-giving: I AM grateful to be here now, learning, growing, and serving. I AM grateful to be assisting in the transmutation of the old scared wounded womb. I AM grateful to be contributing to the birth of humanity's Sacred Womb and the Sacred Womb of this planet!

I now want to point out two windows of heightened

An essential part of our evolution involves coming into "right relationship" with our physical bodies. One powerful way to do this is to compose a "Love letter" to your body, where you own any harm you have caused it, including any self deprecating thoughts or feelings you have carried about it. Most people who do this experience deep feelings (if they are being honest), feelings of regret, shame, anger, guilt, overwhelm, grief etc... Be as real as you can with yourself and your body, treat this letter like a sacred conversation between you and a close friend. Reflect upon your relationship to your physical vessel starting within the womb, and moving through infancy, toddlerhood, childhood, adolescence, young adulthood and beyond. It is ok, and in fact essential to apologize for any harm you have caused this beloved friend. A sincere apology is a great step towards wholeness, it is an expression of Compassion. You can do a Ho' Opono Ono (Hawaiian sacred prayer of alignment) and say to your body: "I love you, I AM sorry, please forgive me, thank you".

Once this has been done you are ready to express deep appreciation and

opportunity in November, one where we can take in the energy of **Oneness**, and another where we can offer something back. **Unity Consciousness** or Oneness can be felt more intensely on the portal day 11:11, since this is a doorway or gateway into the Reality of Wholeness, the Void, Non-duality. Perhaps set aside some time to be in meditation or prayer, tune in and ask to be guided on this day when the veils are extra thin. This is an act of Receiving from Oneness- so enjoy, allow, open to and be filled up with the magic, the Mystery, the loving gifts pouring forth on this special day.

Giving to Oneness is of course an ongoing moment by moment choice and commitment. However, there is one day this month, election day in the USA, when those who feel called can take action on behalf of Unity Consciousness. On this day, if it resonates with you, you can be a voice for **DIVINE GOVERNMENT**, a government based on Love, Unity, Service, Truth, Wisdom (for more info on this go to *Era of Peace.org* and ck out Patricia Robles' Invocation for Divine Government).

In October I read and digested a powerful and timely book by Rebecca Cambell entitled Rise Sister Rise. It is a book for women and men, it is about empowerment, it is about Oneness, it is about our Divine Voices rising up, shining through, and being heard. It is a call to action for all of us to come out of hiding and contribute our unique gifts, to do what we came here to do and Be! I am going to share one excerpt from her book because it is good and strong medicine:

IT'S YOUR HUMANNESS THAT INSPIRES ME

by Rebecca Campbell, Rise Sister Rise

It is your humanness that inspires me:

Your ability to choose to rise, fall after fall.

It's your humanness that inspires me:

The time you chose the light when it was darker than ever before.

It's your humanness that inspires me:

How you found the courage to let the life you had

gratitude for your physical body's ability to hold so much, to support you in so many ways. Even if you experience physical limitations, even if traveling in this body has not been easy for you, find things about your body that you can genuinely honor, embrace, and celebrate. Allow your feelings to flow, allow your Love to pour forth from your heart to your physical container, for it ceaselessly serves you and enables you to BE here this lifetime.



Inspirational Quote:

They tried to bury us.
They didn't realize
we were seeds.

Mexican Proverb

RECOMMENDATIONS:

1. **Rise Sister Rise**
by Rebecca Campbell
2. **Grail Alchemy**
by Mara Freeman
3. **Rise (song)**
by Katy Perry

so consciously created crumble and fall.

It's your humanness that inspires me:

When you share your heart, cracks and all.

It's your humanness that inspires me:

*That you tell the truth about how hard life got
and how you're different from before.*

It's your humanness that inspires me:

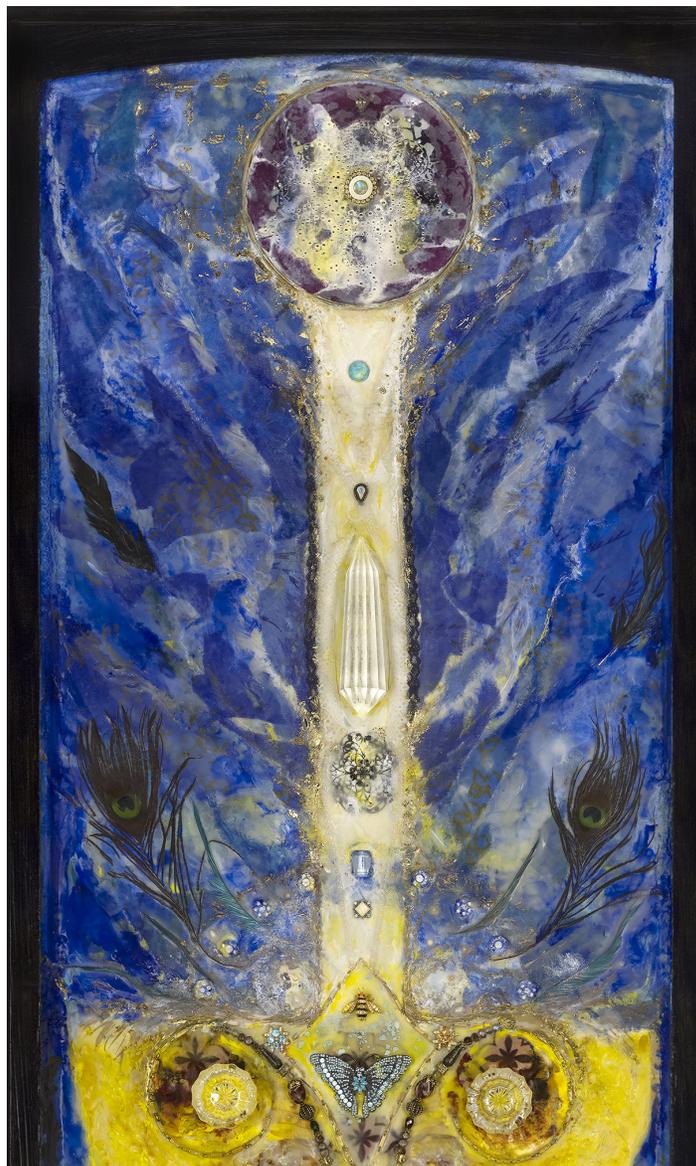
*The day you let your old self die, in order for
who you were becoming to be born.*

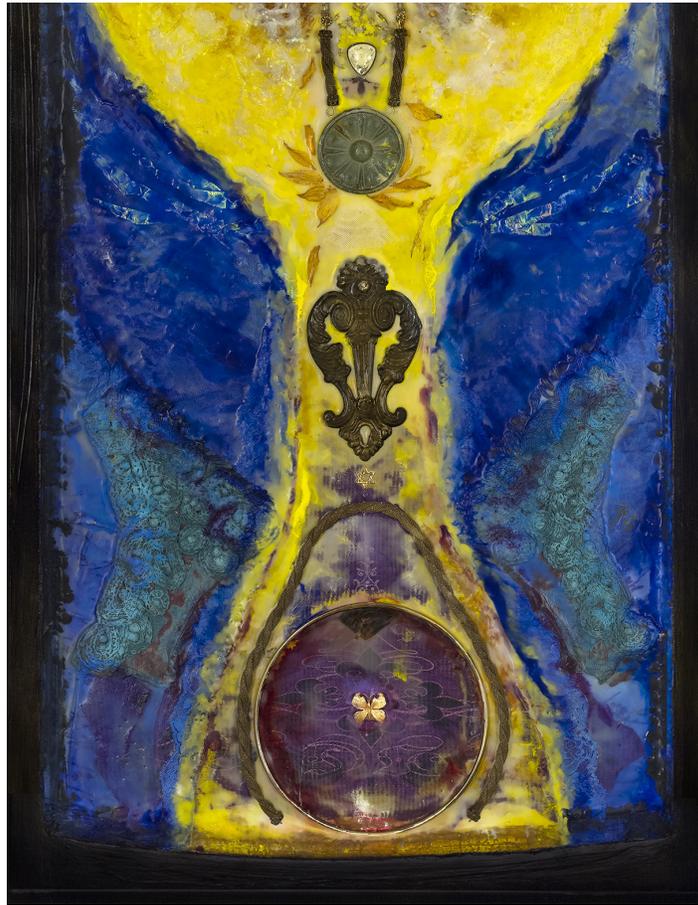
It's your humanness that inspires me:

*How no matter how many times you doubted it,
You never stopped answering the call.*

Love-

Shari





"HOLY GRAIL I AM"

https://www.etsy.com/listing/257711872/holy-grail-i-am-chalice-crystals?ref=shop_home_active_10

Check out what people are saying about Shari's art: <http://sharilandau.com/testimonials/>

*****Shopping for holidays*****

To purchase an archival print, Rose Ray crystal necklace, or commission a power object, please go to **ShariLandau.com** or Shari's Etsy store: **SacredArtbyShari**

Reflections from Jonathan:

It is November 1st and my life is very full. I am choosing this month to write succinctly as my beloved wife Shari has written much about Thanks and Giving. So I will

simply give Thanks for a few things in my life:

I give thanks for all of you my fellow pilgrims in Spirit who walk the path and are Light Bearers.

I give thanks for all of the challenges which confront me and give me deep opportunities for transformation.

I give thanks to Great Spirit and all my teams of light who have my back at all times.

I give thanks for this incarnation and the opportunity to love and be loved.

Love-

Jonathan

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