



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)

UPCOMING EVENTS:

- 9-9-16: Portal day
- 9-16-16: Full moon
- 9-22-16: Fall Equinox
- 9-24-16: **730pm**

EQUINOX CEREMONY & POTLUCK!!!

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:

Sacred Journeys Newsletter - September!!!!

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:

On Aug. 20th we had a lovely Rose Ray ceremony with 31 people in attendance! Participants were attuned to the Rose Ray and went on a journey to the etheric Rose Temple of Light, and then into the Divine Mother's Sacred Heart (Sacred Rose of Creation). Lady Nada, Mary Magdalene, and Mother Mary, as well as other great Beings of Light assisted. I AM grateful to the participants who carried this Ray out into the world, and to the Rose Ray painting in the Temple which continues to radiate forth this frequency of Light.

As I mentioned in the ceremony, Ascended Master Lady Nada is the Chohan or "overseer" of this Ray. Her name means "Voice of Silence", meaning a return to emptiness, a complete surrendering of the ego. Like Her name/Essence, She dissolves into the Divine Core, into the Center of the Sacred Rose Heart. It is out of this Nothing-ness that She sources and serves. Lady Nada is all about **Love in Action!** She teaches us how to release all attachments, to allow the death of the ego, in order to **Be Love Embodied (Being Emptiness and the Fullness of Love Simultaneously)**. This paradox feels timely. I see it being mirrored in the Fall Equinox: a day that is equal parts light (manifestation/fullness) and

Purification-Fire Ceremony:

Just like the summer leaves that are starting to drop, we too need to shake off what no longer serves. At this time of year we begin to transition from summer to fall in preparation for winter.

Creating a beautiful ritual to honor this shift helps transmute fear and increases grace and ease.

Ritual: Each day for the month of September gather a leaf that has fallen to the ground (offer tobacco as a thank you for the leaf). Take the leaf home (or to your other sacred places) and blow into it any idea, pattern, emotion, behavior etc... that no longer serves. Review your summer and see if there are things you can release from this time specifically. Your breathe "animates" the leaf and the leaf will hold the energy of the thing you wish to release. Give yourself full permission to let this go, 100%, from your entire system if you wish. Then burn the leaf. You can burn it in a fire pit outside, you can use a special bowl dedicated to the transmutation of old energy.

Do NOT burn it inside with the windows closed. You must allow the old energies to leave completely, so ideally you do this outside in a dedicated spot. The ashes can be buried or once cooled allow them to blow in the wind or dissolve into a body of water.

equal parts dark (the void/emptiness).

The shift from summer into autumn presents us with a heightened opportunity to release the ego, to empty out, to surrender all that no longer serves. Look at nature, feel the change in light, witness how the trees effortlessly begin to drop their leaves. Notice the emotions and thoughts arising in you in response to these changes. Are you sad or scared that summer is leaving, are you already anticipating and perhaps dreading the winter that will arrive after the fall? Observe how you respond to change. Is it a struggle to let go of the rhythm and heat of summer, its brilliance and intensity? Or perhaps you are excited by all that fall and winter offer, or perhaps it is some combination of feelings, beliefs, memories/associations?

I invite you to join me in acknowledging the Sun (Helios and Vesta) and celebrating all its Radiant gifts. Express gratitude for whatever blessings, blossoms, lessons, initiations you moved through this summer. Honor them, honor yourself, and honor the support you received this season. Then let it all go! Shake off leaf after leaf and allow them to blow in the wind. Then turn, and with an open and curious Heart, step into this new season. As you encounter each new moment practice *Being the Equinox*, a balance of dark and light (empty & full, void & manifest), *Being Love in Action*.

Love-
Shari



ROSE RAY ENCAUSTIC ART



SACRED POETRY :

A Necessary Autumn Inside Each

by Rumi

You and I have spoken all these words, but as for the way we have to go, words are no preparation. There is no getting ready, other than grace. My faults have stayed hidden. One might call that a preparation! I have one small drop of knowing in my soul. Let it dissolve in your ocean. There are so many threats to it. Inside each of us, there's continual autumn. Our leaves fall and are blown out over the water. A crow sits in the blackened limbs and talks about what's gone. Then your generosity returns: spring, moisture, intelligence, the scent of hyacinth and rose and cypress. Joseph is back! And if you don't feel in yourself the freshness of Joseph, be Jacob! Weep and then smile. Don't pretend to know something you haven't experienced. There's a necessary dying, and then Jesus is breathing again. Very little grows on jagged rock. Be ground. Be crumbled,



ROSE RAY NECKLACES

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

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:

I write about letting go, pain, and release. I have begun working out twice per week with Jana, an incredible personal trainer. It has been challenging and simultaneously miraculous, as I learn how my body and how I use and experience it, parallels my psyche.

I used to love to run but stopped doing that fifteen years ago because I held an idea that "at age 50 I should not be taxing my body". I

*so wildflowers will come up
where you are.
You've been stony for too
many years.
Try something different.
Surrender.*

RECOMMENDATIONS:

1. *The Book of Mystery* (by Paul Selig)
2. *Mothers and Daughters* (movie)

asked Jana if I could run again and she told me if I wanted to I could.

Twice in the last two weeks I have run, and both times sustained muscle "situations". In the past I would have called them "injuries", and in response I would have completely backed off from these activities. After the first time I ran which was on a Friday, my back tensed up and when I showed up for my next training on Monday, I thought Jana would tell me to simply sit and either just talk or do simple stretching. She told me that I could release the pain by placing the tensed up part of my lower back on a tennis ball. I was curious so I did as she suggested. At first it was very painful, yet after ten minutes I was able to resume a full exertion workout with little discomfort. It was miraculous!

Jana told me that I am simply beginning to use parts of my body which I had not been using. She said there were ways to engage and move into to these underused parts to strengthen them, as opposed to just backing off from the pain.

Today, one week later, I ran for the second time. As I was joyfully sprinting I felt my quadricep pull. Again I watched myself move into fear and frustration. Again she guided me into instead of away from the pain, by doing some deep stretching and movement. Again I was able to resume a full workout! When I got home as per her instruction I placed the tense muscle directly on a tennis ball and breathed into the pain. The pain and charge around it dissipated. My inner child is joyful and sees this as wonderful magic, the adult me is incredibly grateful for this wisdom!

I am amazed and awed, and as a result have embraced my body more as an ally as opposed to an enemy. This personal physical process completely parallels what I encourage others to do all the time emotionally/mentally/spiritually: breathe into and encounter your pain. Do so with compassion as

opposed to avoidance fear and judgement. If we follow our pain (emotional, physical, mental, spiritual) all the way through, directly, honestly, lovingly, it releases and we experience freedom and empowerment.

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
SACRED JOURNEYS · 41 ST. ANDREWS LANE · GLENMOORE, PA 19343 · USA

The MailChimp logo is displayed in a white, cursive font within a dark grey rounded rectangular button.

MailChimp