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**SPECIAL EVENTS:**

- 12-3-17: Full Moon
- 12-12-17: First Night of Hanukkah!
- 12-12-17: Portal Day
- 12-21-17: Happy Winter Solstice!
- 12-25-17: Merry Christmas!
- 12-26-17: First Day of Kwanzaa!
- 12-31-17: Happy New Year!

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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 - DECEMBER 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:***

I am going to share about **Mission Joy Passion and Power!** Hopefully my story will inspire you to get clear about your passionate mission, which in turn will allow the flow of Joy to unfold even more in your life!

Two weeks ago I offered a new workshop I created called **The Way of Love Workshop: Weaving the Sacred Masculine and Sacred Feminine into the One Unified Sacred Heart**, to a group of Lightworkers. This weekend they return to our Temple (sanctuary group space) to complete **The Way of Love (Part 2)**. During the 30 years of doing this kind of healing work I have run many workshops, all of them necessary, special and beautiful in their own way. Yet for me this one was the most extraordinary and powerful of them all. In reflecting why I realized that I had woven together all the strands of my Being into this offering. I included every kind of healing modality I had experienced and trained in, from art psychotherapy, journeying, vibrational medicine, kundalini yoga, inner child work, empowerment work, energy work, fire ceremony. I wove in music,

**IDEA OF THE MONTH:**

**Illuminating the shadow:**

This is a month full of holidays that celebrate Light. Light within our descent into winter. Try lighting a candle each day as dusk arrives to bless a shadow that has existed within you. Every shadow that exists within us has served a purpose, we are not "bad" for having shadows, we are simply human. Name the shadow: it could be a quality in your psyche or a behavior that no longer serves, an old habit that you have outgrown but remains persistent. Each night acknowledge one shadow aspect and light a candle in honor of it.

Bless it by acknowledging how it has served in your life. By blessing each shadow we release its hold on us. As we stop judging ourselves and our shadows, we extend love to ourselves and these shadow parts can let go. At the end of this month on New Year's Eve light 31 candles, each one is for one of your old shadows that have been blessed. Say goodbye to them knowing you will not be taking them into 2018.

**Happy New year!**

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poetry, art making, dance, sacred geometry. I knew as I created this over several months that I had to anchor in and integrate this material in the mental, emotional, physical, energetic and spiritual bodies of the participants. I knew the shaman, visionary artist, therapist, energy practitioner and Temple keeper in me, needed to show up simultaneously. We even used the Sacred Art paintings I have created that are installed in the sanctuary space and the Temple itself to amplify and anchor in the concepts and energetics. IT WAS ABSOLUTELY AMAZING!!!

Afterwards Jonathan said to me it was like I birthed a baby, and he was right. I knew I had given it my all, that I was in complete alignment with my mission, and that I could trust Source to do the rest. It was a weekend of GREAT LOVE, POWER AND WISDOM, and I Am grateful and so excited to offer part two this weekend! I am equally ECSTATIC and full of JOY knowing that at the end of this weekend, this group of participants will go out into the world Radiating and Sourcing from their Unified Sacred Hearts.

***May all your Light and the Light of Source  
Bless you this season!***

*Love-  
Shari*

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**HOLIDAY SHOPPING?**

**EMPOWER AND INSPIRE THOSE YOU LOVE**

**GIVE THE GIFT OF SACRED ART !!!**

***HUGE SALE ON ALL CRYSTAL HEART  
NECKLACES THRU DECEMBER!!!***

**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)

**Facebook:**



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

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***Reflections from Jonathan:***

During Thanksgiving week Mike Hanson, an incredible man who practices mission 24/7, gifted me with a wonderful article about practicing gratitude. The article cited research which indicates that gratitude is “good for your physical, emotional and mental health” and further said that “people who express gratitude have fewer aches and pains, better sleep and stronger mental clarity.”

I had heard that said a number of times so I thought I would practice a week of gratitude and not limit it to things which felt great like the bright sunshine, words of kindness from my 100 year old uncle who was with us on Thanksgiving, and other random acts of kindness I received. I extended the practice of gratitude to challenge. So “difficult” interactions within my family, a traffic jam on the way home, being placed on an extended hold with the electric company, all became opportunities to be grateful. Opportunities to breathe more deeply into my heart and to expand my consciousness.

You might be saying to yourself as you read this, Jonathan seems to be pollyannish about all this. Is he simply avoiding his frustration and intellectualizing? I would answer that it was not that I did not feel my feelings first about the challenging situations, which included being perturbed and frustrated. It was that I chose not to stay in negative mentation. I chose to see what I was feeling as an opportunity to deepen into compassion, neutrality and gratitude.

Shari and I teach the Karpman triangle also called the drama triangle and triangle of disempowerment. We teach that victim energy is a choice. My reacting to external challenge as a victim simply disempowers me. Gratitude is an antidote.

**INSPIRATION:**

I wish I could show you,  
when you are lonely  
or in darkness,  
the astonishing light  
of your own being.

*by Hafiz*

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**RECOMMENDATIONS:**

**1. Book:**  
**The Scribe of Sienna**  
**(amazing time travel**  
**book!)**  
*by Melodie Winawer*

**2. Movie:**  
**Thor**  
**(fun, epic adventure!)**

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The link to the article if you want to read further about gratitude is:

[https://foodrevolution.org/blog/thanksgiving-healthy-gratitude/?utm\\_campaign=frn17&utm\\_medium=email&utm\\_source=email-automated&utm\\_content=3373&utm\\_term=existing-email-list&email=Sober1387%40aol.com&firstname=Michael&lastname=](https://foodrevolution.org/blog/thanksgiving-healthy-gratitude/?utm_campaign=frn17&utm_medium=email&utm_source=email-automated&utm_content=3373&utm_term=existing-email-list&email=Sober1387%40aol.com&firstname=Michael&lastname=)



Love-  
Jonathan

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