



**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)

SPECIAL EVENTS:

3-2-18: Full Moon
 3-3-18: Portal Day
 3-18-18: **Beauty and Joy Ceremony** at Sacred Journeys. 12pm-4pm.
Must RSVP to sharilandau@gmail.com
 3-20-18: Happy Spring Equinox!
 3-31-18: Blue 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@gmail.com.

Sacred Journeys Newsletter - MARCH 2018!!!!

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:

When Jonathan committed to being a vegetarian with me last month I knew I had to figure out new sources of protein to ensure we are getting what we need food wise. As a result, I learned how to sprout beans and rice. What I gleaned along the way is that the sprouting process is incredibly symbolic and potent as a metaphor for personal growth!

Sprouting food goes something like this:

1. Clean your beans, get rid of stones and obvious debris
2. Soak the beans overnight in an airtight container
3. Drain and then wrap the beans in a moist cheesecloth, covered yet ventilated, in the dark for 24-48 hours
4. Keep rinsing the beans throughout their time in the dark
5. Take beans out of the dark and give a final rinse.

Sprouting our consciousness goes something like this:

1. We all have those hard densely packed "beans"

IDEA OF THE MONTH:

Sea Salt & Epsom Salt Bath:

The water element is a powerful purifier and cleanser. Ritual bathing has been a part of many cultures from ancient times to now (as a way to prepare for ceremony, meditation, and other significant occasions).

Epsom and sea salt baths clear our etheric bodies of debris and density, so they are especially great if you are doing a lot of personal growth work or are a healer working with others.

Simply add a cup full of sea salt and a cup full of epsom salt to your bath water. You can even add a few drops of essential oil to enhance the experience. If you do not have a bathtub or do not like bathing, you can do a foot bath and intend that all the dense energy leave through your feet chakras.

Thank the water element afterwards and the sea salt elementals because gratitude is always a great thing!



INSPIRATION:

**Spring has returned.
The Earth is like a child
that knows poems.**

in our system. These are the solid "seeds" that have existed in us for a long time, from lifetimes of personal experiences, from our ancestors, lineages and the collective consciousness. These old dry hard beans have to be picked through, discarding the obvious stones/debris (the mental, emotional, psychic, physical, energetic pieces) that pollute the whole. This is the very first sorting through.

2. Then comes the first washing, the very first cleansing of the hard bean-seed. When I washed them for the first time I felt how solid, dense, and tightly packed they were. Seed-beans at this stage are like closed fists clenching and trapping old memories. They are in an extreme state of yang, a lot of unexpressed concentrated energy.

As I gently washed them in clean swirling water they repeatedly dropped to the bottom of the bowl. Weighed down by gravity, all they could do was sink. I thought to myself, how in the world is the water going to have an impact on these seed-beans if they are so closed off and hard?

3. Now we do the overnight soak. The bean-seeds sit in water, no air, fully immersed. It is this complete immersion that seems key. I found myself doing my own consciousness sprouting while sprouting legumes for the first time. I took a sea salt bath afterwards to clear my energy bodies. As I was soaking in the tub with my head underwater I felt just like my beans downstairs in their jar!!! I could feel my outer skin soften and the actual porousness of the physical membrane. I knew that my beans downstairs were softening, and that the initial purification transmutation and expansion of energy had begun. After 24 hours of soaking in the water the bean-seeds in my jar had doubled in size!

4. Drain the old water and debris, wrap, sit in the dark with air. This is done to simulate the seed-bean buried in the dark moist womb-space of Mother Earth. This is a gestation phase where we

by Rainer Maria Rilke

RECOMMENDATIONS:

1. **Nick Foles Talk about Failure:**
<https://www.youtube.com/watch?v=PZeAcWhCrls>

2. **Movie:**
Black Panther
(a timely gorgeous story, whose core message is "We Are One"!)

are wrapped up in a soft moist clean cloth, swaddled and held by the Dark Loving Mystery. This is a trust phase where we allow ourselves to open inside the fertile ground of the Mother. This is where deep magic occurs. Where our outer casing softens even more, and the energy that was trapped in that tight fist is released slowly and organically. This is how the seed-bean grows new tendrils of life, tended to by water and air and earth.

5. Throughout the dark womb time we rinse and rinse and then tuck the budding seed-beans back into bed. This phase require attentiveness, dedication, patience, and gentleness. It feels like an anointing. Each layer of debris lovingly rinsed away so rot and mold cannot grow.

6. Bean-seeds come out of dark and get a final rinse. I felt so astonished and joyful when I removed the beans from their dark retreat space. Little tails, little sprouts, were reaching like fingers everywhere bursting wide open! I picked up one sprout and it was light as air, I could feel its Lightness, not only in its weight but in its energy. The alchemical process of sprouting with water air and earth, love attention and dedication, released the fire within the food, just as it releases the fire within us.

When I read about why people sprout and what the sprouting process does for our food, I learned the following: **Sprouting doubles the potency of the seed-bean and makes it more digestible. This is why to sprout our consciousness!** It makes *life* way more digestible, it makes *us* more digestible. By sprouting our consciousness we shed the old dense hardened trapped parts of ourselves, and we reveal our radiant potent and vital Essences.

Springtime is full of the phenomenon of sprouting and the Resurrection Flame is at its zenith. Take

your queue from our beloved Earth and sprout!

Love-

Shari

EMPOWER AND INSPIRE THOSE YOU LOVE

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>

Reflections from Jonathan:

After reading Shari's reflections about sprouting beans and consciousness, I am simply amazed and laughing as my previous associations with beans was a substance that was difficult to digest and created a lot of methane along the way!

Now I realize that as a human being that I have the opportunity to sprout everyday. I begin the sprouting process almost everyday by 4AM. I do two types of yoga followed by the Isha Kriya and some AUM chanting. The combination of creating inner space (stretching) and filling that space with dedication (breathing) is allowing a sprouting of inner peas (could not resist that one).

This practice is allowing for more play and spontaneity and a deep reminder of the specialness and preciousness of life. The next time I write in the newsletter Spring will have officially Sprung. My Spring wish for you is that you concretely add some practice that will

allow you to more fully sprout!

Jonathan

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