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SPECIAL EVENTS

8-8-18: Portal Day
 8-11-18 to 8-15-18:
 New Children
 Consciousness
 Codes global
 activation
 8-26-18: Full Moon

**Sacred Journeys Newsletter -
 AUGUST 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-

This summer we have steadfastly been preparing for this time in August (Aug.11th-15th) when the Consciousness Codes of the New Children will be Activated (see Patricia Robles at EraofPeace.org for more info). This Global Activation will help them remember who they are, why they are here, and their role in assisting with the Divine plan of shifting human consciousness from separation to Unity. This summer has been a time of intense planetary shedding, the releasing of old patterns and energy that no longer serve, the transmutation of energy that obscures our true nature as Divine Beings of Light.

I have felt this turbulence with clients in my therapy practice, in the collective consciousness, and in my personal life. This growth process is not easy, it is not always "fun", yet it is exactly what is required as we expand and mature as conscious Beings. I am deeply grateful for the daily practice I do which

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

Connect to your inner wounded child

We all have inner wounded children, parts of our psyche that are fragmented or split off in response to childhood hurt, unmet needs, trauma. To be whole we need to reconnect to these vulnerable parts, to "listen" to them and reintegrate them back into our awareness and system.

One way to connect to them is through art. Set your intention that you sincerely want to connect to a part of yourself long ago buried. Get paper and chalk or crayons. Feel into this and with eyes closed allow the energy of this inner child to surface in your awareness. One way to find child parts is to feel into your physical body and notice the sensations that arise in response to your invitation for them to show up.

First draw a safe place on paper for the child to be outside its old hiding place. Then draw what

we learned from Sadhguru, because it purifies my system and realigns me to neutrality. I highly recommend checking out his offerings, starting with Isha Kriya, then Shambhavi Mahamudra, then Surya Kriya. All of these yogic practices help tremendously during this intense time of transition on this planet (you can find info on all of these practices at Ishafoundation.org). If you have your own practice I lovingly remind you- now is the time to do it every day!

As Lightworkers we have agreed to support the New Children, this means we have to be as stable and clear as possible. If you are finding that your own inner children parts are surfacing to be healed, this is quite normal and to be expected at this time. I have included a process under "Idea of the Month" to assist with this as well as this month's Vlog recommendation. The New Children are being called by some the "Holy Innocents". I believe we all have inner children parts who are wholly innocent, completely pure and worthy of our Love. The time is now to embrace any abandoned or alienated parts in your self. We are all being invited Love them wholeheartedly, compassionately, and with deep adoration.

Love-Shari

SHARI'S SACRED ART ON FACEBOOK:

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

PURCHASE SHARI'S SACRED ART:

https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu

Reflections from Jonathan-

My Brothers and Sisters,

We just returned from a 5 day family vacation

you see or sense is the energy of the child (you may want to draw it abstractly or realistically). Dialogue with it, what is the vibe you get from it, what does it need to feel safer in connecting with you, what does it want to express? What do you want to say to it? Offer compassion and perhaps an apology for neglecting it or denying it. You can draw the healing energy it needs, you can draw your love for it, you can draw the reunification of it into your heart. This can be a one time experience or you can keep an art journal and make a series of drawings since the reintegration of these parts is usually a process. Know that this is sacred and essential work, and honor your adult self for doing it, as well as the inner child part/s for participating.

INSPIRATIONS

My Child Within

by Kathleen Algoe

I found my child within today,
For many years so locked away,
Loving, embracing, needing so much,
If only I could reach in and touch.
I did not know this child of mine,
We were never acquainted at three or nine,

to see extended family. Shari and I both have become deeply aware that vacation may entail many things beyond what our inner children imagine in terms of carefree play and amusement.

We sojourned to Madison Wisconsin to visit Shari's brother and I had hoped to see the Mr. Rogers movie, as many people with whom I talk recommended it strongly. We ended up seeing the movie. Little did I know that a little boy featured in the movie, who moved me deeply in an incredibly powerful interaction with Mr. Rogers, was from Madison. I also had no clue that Shari's brother and his wife both knew the little boy as well as his parents who all were interviewed in the movie. The movie was a catalyst for me to look at softening my inner judge to be more compassionate with myself. I also realized that as a child I dismissed Mr. Rogers because back then I did not have much compassion coming my way. His compassion was too foreign and "weird" for me. That has changed for a long time now since my mother (who just celebrated her 89th birthday), has done her deep work.

So, I would have been completely happy with that growth opportunity! Yet another deep one emerged the next evening as we went as a family to see the play *Blood Knot*. This is a drama with little comic relief, which brilliantly and boldly addresses racism in its direct and subtle form, and the cruelty within it. That stimulated deep family conversation and a challenge to make our workshops and therapy practice more diverse.

Then Shari and I went to Chicago, our son got to

But today I felt the crying inside,
I'm here I shouted, come reside.
We hugged each other ever so tight,
As feelings emerged of hurt and fright.
It's okay, I sobbed, I love you so!
You are precious to me, I want you to know.
My child, my child, you are safe today,
You will not be abandoned, I'm here to stay.
We laughed, we cried, it was a discovery,
This warm, loving child is my recovery.

RECOMMENDATIONS:

1. Activation:
[EraofPeace.org Vlog #72.](#)
(Patricia Robles offers important upgrade to our systems)

2. Play:
Blood Knot (important performance and expression dealing with race)

visit a friend there and we had some time to ourselves which was joyous.....and the next morning another growth opportunity emerged. We were heading to the parking garage prior to visiting the Chicago Art Institute (high on cultural food chain for Shari and a part of her bucket list). I planned to get to the Institute with plenty of time to enjoy this experience but got confused about the location of the parking lot. This was extremely frustrating for me, and as my stubbornness took over I would not ask for walking directions. Twenty minutes later Shari metaphorically wrestled this bull in me who felt both confused and ashamed. I had become miserable with self attack. Shari reminded me strongly that I had a choice to continue to turn an innocent mistake into a disaster loaded with shame, or to let it go so that I could reach our destination and enjoy the art. I chose the latter after being challenged, and we enjoyed our cultural time together.

As you can see this trip was not a Disney fantasy vacation, but a beautiful opportunity for self-examination and reflection. As I re-read what I just wrote I realized that I needed to internalize for myself the loving message from Mr. Rogers, and what I teach to others on a daily basis: SHAME is SHAM-E or sham energy. Humans do the best they can given the situations they are in. Taking away the SHAME of making a mistake creates a space for more self-compassion, self-examination, and self-love. The alternative (which I was beginning to carry out pre-art museum) is self-criticism, irritability, and even anger towards others (SHAME makes it hard to be in my own skin, so I project it onto others). Remove the shame and

allow the Love in.
Love-
Jonathan

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