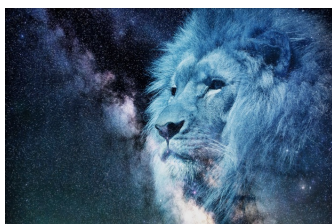




SHARI LANDAU
JONATHAN COHEN
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 ShariLandau.com
 SacredJourneys
 Counseling.com
 610-585-3937



SPECIAL EVENTS

8-8-19:
Lionsgate Portal Day!
 8-15-19: Full Moon

PRAYER NETWORK

You are able to submit prayers to our prayer circle of 100+ people, as well as have the opportunity to pray

Sacred Journeys Newsletter - AUGUST 2019!

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-

From July 26 through August 7th we are experiencing a special preparatory time that leads us into the auspicious 2019 Lionsgate on August 8th. Each year during the Lionsgate a cosmic vortex opens up, bringing with it waves of powerful light that hits Earth from the galactic centre. It is said that these intense light waves are super magnified by the sun and the planet Sirius.

Below is an excerpt from Natalia Kuna explaining this further. If you want even more info to prepare and understand this phenomenon, please go to her website *Nataliakuna.com*.

The Gifts of Lionsgate Energy & the Effects on US
WHAT YOU MIGHT FEEL LEADING UP TO LIONSGATE:

Lionsgate is about bring us into self

for others. To join,
 simply email:
 drjonathancohen@
 gmail.com.

INSPIRATIONS

ARISE AWAKE *by Sri Chinmoy*

Arise, awake, O
 friend of my dream.
 Arise, awake, O
 breath of my life.
 Arise, awake, O
 light of my eyes.
 O seer poet in me,
 Do manifest
 yourself in me and
 through me.

Arise, awake, O
 vast heart within
 me.

Arise, awake, O
 consciousness of
 mine,
 Which is always
 transcending the
 universe
 And its own life of
 the Beyond.

Arise, awake, O
 form of my
 meditation
 transcendental.
 Arise, awake, O
 bound divinity in
 humanity.

Arise, awake, O my
 heart's Liberator,
 Shiva,
 And free mankind
 from its ignorance
 sleep.

RECOMMENDATIONS

awareness and transmuting old fears. It is about the development of inner strength & your own self fortitude, by becoming empowered and enlivened. It reminds us of our divinity and full spiritual potential, and helps you re-awaken your cosmic connection & sense of eternal, soul level sovereignty.

High Energy Expansion

This **powerful cosmic event** will offer a major, powerful **BURST, SHIFT and ACCELERATION** of high frequency energy and **catapult for change**.

The **light new light codes** that come in for the year ahead help raise the consciousness of the planet. We will receive huge 'downloads' and activations of extremely high frequency energy which will assist, enlarge and enhance our spiritual awakening, and super charge our awareness. Be open to tuning into, feeling and receiving this great surge and expansion of high energy.

During this time, I have intuitively felt, with the confirmation of the angels, that our spiritual guides and higher beings of light are not just looking down on us, but also wanting us to pay attention. They are transmitting messages, light frequencies and guidance. You will have a stronger connection with your guides and own internal wisdom system.

It is a powerful time to be reminded of our Divine connection with the cosmos, universe and higher realms and come back to our Higher Selves and the wisdom within us. It is like there is a thinner veil between dimensions, frequencies and realities, an

1. VLOG#123:
by Patricia Robles
Eraofpeace.org

2. BOOK:
Mudras, Yoga in Your Hands
by Gertrud Hirschi

energy position that we should definitely make the most of.

It is a powerful time for waking up (spiritually awakening) on many levels and at rapidly and powerfully higher rates, levels and frequencies, as well as receive further, deeper insight and information about your divine life purpose and mission. You will also likely feel more inspired and creative - its a wonderful time to express yourself spiritually and creatively. The whole theme of power also reminds us that we have all the power and might within us and that we can call for action with our willpower, intention, high creativity and connection.

You will find that your intuition is heightened and if you are psychic, your "clairs", that is your psychic pathways, are open at extremely powerful levels.

Your third eye and pineal gland will be significantly open and buzzing. You will receive visual and information downloads in your wakeful state as well as night time landscape through dreams. You might also hear buzzing, humming, ringing or high frequency sounds through your ears. Your clairaudience will be ultra sharp and greatly elevated.



Lionsgate Symptoms - What Might You Experience?

Lionsgate symptoms are similar to Awakening / Ascension Symptoms and what you might feel during major planetary movements such as super moons, eclipses and retrogrades, but it might feel a bit different too.

You may be going through some releasing symptoms (emotions, past memory / issue clearing), a feeling of intensity, or major life changes as you clear your physical, emotional, mental and etheric bodies.

What Can You do to Help Yourself During Lionsgate?

Lions are strong, solid and grounded to earth. They hold and anchor their place, position and space through their powerful, commanding presence. So follow their example. Be sure to look after your energy body by performing daily grounding, clearing and protection. Clear your chakras and particularly focus on your solar plexus. Welcome in this fire energy and allow it to do what it needs to do in order for the transformation to take place.

Release, open up and rise above. You will be more of an open vessel if you don't hold on to

things but rather let them go and allow them to process and transmute.

Here is a list of some things you can do to assist you during this period:

- *Rest, relax, take it easy
- *Meditate or just do some mindful breathing
- *Explore the truths birthing within you and wanting to burst through
- *Connect with your angels, guides and ancestors and ask them for guidance, clearing and healing.
- *Create a special sacred space and fill it with anything that reminds you of this powerful time. You could set up a temporary altar that imbues a sense of this current energy and what you wish to bring forward or let go of. So for example, statues of lions, a brave talisman, a stone, medal or symbol of strength, a picture of ancestors or ancient artifact, an Egyptian pyramid statue etc. stay aware
- *Sit out in the sun for at least 5 mins a day, feel the light-force energy, connect with its energy and rays
- *Gaze at the stars and night sky, forging a connection with star beings, the universe, galaxies, ancient civilizations and ancestors, lion and cat energy, as well as Star, Sirius and Egyptian energy if that calls to you
- * Make sure you are well-grounded, sink your feet into earth & use whatever grounding practices you know
- *Do some journalling - write down any feelings, signs, revelations, new ideas, insights, anything that has been coming up for clearing

- *Good diet and exercise, keep the water flowing
- *Pay attention to what your body is telling you
- *Have relaxing, clearing salt baths
- *To aid in your spiritual connection with the upper realms, the stars, your soul and higher consciousness, visualize your soul star chakra (which is your 8th above your crown chakra/head), as bringing through the strong, clear, powerful, Lionsgate light and sacred sun energy through your crown and down, into your heart. You can imagine this flame opening, expanding, absorbing, integrating into your light body.

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

Reflections from Jonathan -

3 quotes which I have seen recently which I believe will assist in our Lionsgate transition:

"By accepting yourself and fully being who you are....your simple presence can uplift others. "

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."

**From Sadhguru: "No matter what life
throws at you--what you make out of
it is up to you"**

Love-
Jonathan

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