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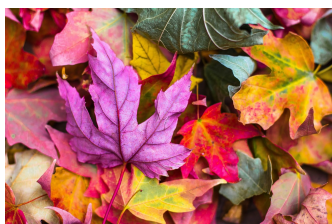
**Sacred Journeys Newsletter -**  
**SEPTEMBER 2019!**

*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

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**Greetings from Shari-**

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Happy Autumn and a joyous Fall Equinox to all! Here is an excerpt from Chloe Rain (*exploreddeeply.com*) that speaks to the meaning and importance of the Equinox.  
*Enjoy! Love-Shari*

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**SPECIAL EVENTS**

9-9-19: Portal day  
 9-14-19: Full Moon  
 9-22-19:  
**Autumn Equinox Ceremony & Potluck (Sacred Journeys 10am-1pm) Must RSVP**  
 9-23-19: Happy Fall Equinox!

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**PRAYER NETWORK**

**"We are the only true experts on our journey to enlightenment. Filter all information through your own heart."**

"As the midday sun begins to sink lower in the sky and the night becomes chilly and darker, before we even notice the changing of colors with our eyes, our senses tell us that the reign of summer has come to an end in the northern half of the world.

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.

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## **INSPIRATIONS**

***September***

***Tomatoes***

***By Karina Borowicz***

**The whiskey stink  
of rot has settled**

**in the garden, and  
a burst of fruit flies  
rises**

**when I touch the  
dying tomato  
plants.**

**Still, the claws of  
tiny yellow  
blossoms**

**flail in the air as I**

The word “equinox” comes from Latin and means “equal night,” referring to the roughly 12-hour day and 12-hour night that occurs only on the two equinox days of the year.

The Autumn Equinox is a meaningful time of year to honor the harvest. Whether that be a "real" harvest of the things planted in your garden or the harvest of efforts and intentions for your life path that you set earlier in the year.

The changing seasons are key points in the cycle of life in nature, and within this cycle many ancient cultures perceived a powerful deeper message for humanity.

Indigenous cultures recognized earth-based wisdom and understood that the four focal points of the year: the Winter Solstice, Spring Equinox, Summer Solstice, and Autumn Equinox; illuminated stages of an inner spiritual journey – a spiritual cycle that the individual takes within themselves.

As we consciously link our awareness to nature's cycles, our understanding of our own cycles begin to deepen.

A favorite ritual of mine is to take the 15 minutes before and 15 minutes after the precise moment of the equinox to sit quietly on the ground in thoughtfulness and meditation and open my mind and my senses to the intelligence of nature all around. In this time spent in thoughtfulness around the moment of equal light and equal dark, I acknowledge my personal growth cycle and ask for harmony and balance to be the fertilizer in the soil of my life's garden.

**pull the vines up  
by the roots**

**and toss them in  
the compost.**

**It feels cruel.  
Something in me  
isn't ready**

**to let go of  
summer so easily.**

**To destroy**

**what I've carefully  
cultivated all these  
months.**

**Those pale flowers  
might still have  
time to fruit.**

**My great-  
grandmother sang  
with the girls of  
her village**

**as they pulled the**

Spiritually speaking, fall represents the Harvest time of year, a time to acknowledge abundance as our natural state of being. Our lives go through cycles of growth, harvest, death, and rebirth just as we see in nature.

On the Fall Equinox you may want to honor abundance and shift your consciousness from one of lack to one of abundance in some way through a small ritual or ceremony. Such as lighting a candle, giving thanks, and speaking your gratitude for all that you are and all that you have.

Fall is the time of year that we set up our internal space and make room for what's to come in the next year. We create fertile soil for our greater visions to grow but not by doing. By becoming quiet and listening to what is trying to emerge from within us.

When we take the time this time of year to go within and empty out space we are creating fertile soil for our creativity and greater visions. When we clear our internal ground in the fall, we go into dormancy and then rest in the cold and darkness of Winter.

Winter is the time of year of healing, when the cold and freezing becomes the healing that sets the soil for Spring and our rebirth.

**The significance of the Autumnal Equinox for the person walking the spiritual path is the time of year where we activate our new growth cycle. As we become silent and rest we are allowing space for our greater vision to emerge.**

As the days get shorter and the nights grow longer, we descend into the darkness of the night and face our own inner darkness—the

**flax. Songs so old  
and so tied to the  
season that the  
very sound  
seemed to turn the  
weather.**

darkness within, i.e. the ego and the subconscious—to prepare for the birth of the Light within, celebrated at the winter solstice. The heart of spiritual practice is internal, and is usually invisible and unnoticed by everyone else. By enacting the spiritual with a physical ritual, we can both recognize and make concrete our spiritual process that is part of our reality as a person on the spiritual path."

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**RECOMMENDATIONS**

**1. MOVIE:  
*Find Me***

**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)

**2. BOOK:  
*Fitting In***

by Nancy Jaekle  
[https://www.amazon.com/Fitting-Nancy-Jaekle/dp/1089199341/ref=sr\\_1\\_2?keywords=Fitting+in+nancy+jaekle&qid=1566570692&s=gateway&sr=8-2](https://www.amazon.com/Fitting-Nancy-Jaekle/dp/1089199341/ref=sr_1_2?keywords=Fitting+in+nancy+jaekle&qid=1566570692&s=gateway&sr=8-2)

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**Reflections from Jonathan -**

Hello Little Ones,

Yes, I am writing to your inner children. My mother just turned 90 and she greets everyday with gratitude and curiosity. She did not always do that. Her surrendering to what is has made her life, which has several challenges in it, one of Thanks-giving.

Up until the last few years I greeted each day with a sense of obligation, some fear and constriction, as opposed to entering each day with an open child's mind/heart.

Last week, Sadhguru who is one of my teachers said, "enormous potential and

possibilities are destroyed in your(our)  
life by your (our) fear of suffering."

The other day as I was dedicating myself  
more fully to the child's mind/heart. I  
looked out my kitchen window and met a  
hummingbird (the first one I have seen  
since being here for 15 years). This  
magical Being fluttered for a  
minute right in front of my face through  
the window! There was not  
even nectar or flowers there!

It is autumn time when leaves  
surrender to be transformed. My wish  
for us all is to continue surrendering to  
what is, and to embrace what is with that  
childhood curiosity and wonder.

Love-  
Jonathan

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