



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



Divine Mother
 Our Lady of Guadalupe

SPECIAL EVENTS

10/1/20: Full Moon
 10/10/20: Portal Day
 10/17/20-10/22/20:
 Planetary Reboot
 10/31/20: Full Moon
 10/31/20: Halloween

Sacred Journeys Newsletter
OCTOBER 2020!

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

In the face of the intense purging of density occurring on our Beloved planet right now, I have been hearing from folks who feel discouraged, hopeless, exhausted, lost and overwhelmed. I hear from Lightworkers (awake people on the path) who feel numb, angry, scared and disoriented. I get it.

To be a bit crass, when a shit storm is raging around you (and in you) it is sometimes hard to see clearly! It can feel like an emergency situation and the system can react by going into survival mode, hoping against hope that the storm subsides soon.

As humanity's fear based programs and distorted energies rise to the surface **to be cleared**, and clearing is exactly what is happening, it is imperative to see and ground into the bigger picture. There is most definitely a larger perspective to hold and to REMEMBER. The REALITY OF LOVE, non-duality, Unity Consciousness is REAL. Your core of Being

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.

INSPIRATIONS

*I Will Fling
My Wanton Heart
by Shelley Blooms*

I will fling my wanton heart,
with every fiber of my being,
to touch the face of distant stars
I will dream the happiness life and live the happiness dream
I will live like an expanding universe and pop black holes like candy
hitch rides on shooting stars, travel in caravans of light
I will spiral through the galaxies, go skinny dipping in the Milky Way
I will fly into the sun just to see how it's done

the crone's life may seem to be a shrinking a quieting, a disengaging into stillness and resignation a withdrawal to small, as one awaits the fading

(Source Self, Higher Self, Divinity, Essence) knows this! We are all here right now for a reason. We all have an important role to play at this critical moment in Humanity and Earth's evolution in the Light.

I urge you to connect to others who remain immensely hope-full, joy-full, (like myself and Jonathan), who have remained steadfast in the abiding awareness that we are moving in the right direction, and that all efforts to increase the Light and Love right here and right now are important and valuable. You and I and We are making a difference!!! Just as the shadow has risen up to be cleared so has the Light Risen Up!

The Power of Love has been unleashed in unparalleled ways in through and around humanity and Pachamama (Mother Earth). The shifts have already occurred in the inner realms and the gap is closing between that gorgeous Reality and surface reality.

Look for these positive changes, listen to fellow Lightworkers, Changemakers, Guardians of the Light. Let us inspire you, we encourage you to stand with us empowered and deeply committed to Love. Go back into our latest newsletters and mine the many resources which will help you stay awake, positive and clear. Consciously surround yourself with the vibrations of awakened multitudes who are moving this world and all of humanity forward in Victory! This is the way. Remember:
AWAKE HUMANITY AWAKENS HUMANITY!!!

Below is a link to an extraordinary FREE event offered by Patricia Robles and EraOfPeace.org. This event is called the **Planetary Reboot 2020** and is happening October 17-22 online. Even if you cannot participate in all of it I suggest you

light
and the closing of the
curtain
but, no.

the crone, in her
marrow, knows
otherwise
tends her inner garden
like an astronaut
preparing for missions in
space
the heart cannot but
expand like the universe
itself
reaching outward,
forever reaching
outward
with love,
with resilience, with
gratitude, into spirit
into the realms,
into the domains of spirit
I will fling my wanton
heart, with every fiber of
my being,
to touch the face of
distant stars

RESOURCES:

1. Book:
Homegoing
by Yaa Gyasi

2. Book:
Death
by Sadhguru

3. Film:
Thrive 2
https://youtu.be/EaA7WCb4_H4

4. Invocation:
**ArchAngel Michael
Protection**
[https://eraofpeace.org/
pages/premium-
content/?](https://eraofpeace.org/pages/premium-content/?)

register (the sessions will be taped so you can
catch up at your own pace).

[https://www.youtube.com/watch?
v=DIXGj9Zg3jc&feature=youtu.be&mc_cid=208d
ee3b83&mc_eid=ff2003a587](https://www.youtube.com/watch?v=DIXGj9Zg3jc&feature=youtu.be&mc_cid=208dee3b83&mc_eid=ff2003a587)

Love-
Shari

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**For energetic support through this time of
Re-Evolution**

**Go to my Etsy store for practical tools:
[https://www.etsy.com/shop/SacredArtbyShari?
ref=hdr_shop_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)**

Reflections from Jonathan-

We are living in a time of great change. No where
in my close to 70 years do I ever remember as
much turbulence externally and how it is being so
widely and rapidly communicated through a
powerful inter-net.

So what do we do?

Keep our center
Keep our center
Keep our center.

How do we keep our center?

Take time for stillness
Take time for stillness
Take time for stillness

How do we stay centered when there is so much to

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90926929&mc_cid=0e
e916f002&mc_eid=ff2
003a587

worry about?

Meditate
Meditate
Meditate

Walk in nature
Walk in nature
Walk in nature

Be grateful
Be grateful
Be grateful

How do we remain grateful?

Realize:

The sun came up this morning.

There is oxygen in the air,

We can breathe.

We have the freedom to choose to love and be
loved.

I am grateful for all of you and send compassion,
love and fire for your journey.

Jonathan

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