

E-BOOK

5 STEPS

FOR EASY 'COMMUNE' -I- CATION

DEEPEN YOUR RELATIONSHIP WITH YOUR ANIMALS



Sandy Rakowitz

*Here's Your e-Book,
My Gift to you.*

5 Steps to Easy "Commune" -i-cation

Deepen Your Relationship with Your Animals

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*The Place to Learn Animal Communication
and Holistic Practices for Pets and People*

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About the Author

Sandy Rakowitz is an Animal Communicator, Transformational Healing Coach, Teacher, Author and Speaker. Sandy guides and trains animal lovers and animal care professionals to communicate with animals by helping them access and develop their natural intuitive and psychic abilities, while awakening their life purpose, with the animals they love.



Sandy is a 1995 graduate, and former faculty of the Barbara Brennan School of Healing, the 4 year professional training program and “Ivy League” of Energy Healing Institutions. She is a pioneer in translating Brennan Healing Science and Energy Consciousness to work with animals of all species. Her synthesis of Animal Communication, Brennan Energy Healing Science, Tellington TTouch, Essential Oil Aromatherapy and Flower Essences is the core of *The Awaken ‘Animal Communication and Healing System.’* a step by step process taught in the program she founded, *Living Your Best Life ‘Animal Communication’ Training and Mentoring Certificate Program*

where she trains Animal Care Professionals to move to the forefront of the Animal Communication and Holistic Healing Movement.

Internationally recognized author of *The Awaken Training Series* of CD’s and books on *Animal Communication, Animal Energy Healing & Animal Energy Anatomy, and Pet Hospice*, Sandy has been providing consultations, workshops, coaching and training on healing with people and animals for 30 years. She has appeared on Public Radio and TV; is creator and host of *The Animal Heart Wisdom Show* where she interviews experts in Alternative and Integrative Health, Wellness and Training with animals. Sandy created and hosted *Essential Oils 101* a series of trainings in using Essential Oils with people and animals and is a contributing author to the critically acclaimed book *If I only Had a Brain Injury* (Laura Bruno).

Some of Sandy’s clients and students have included veterinarians, vet techs, animal communicators, dog, horse and cat trainers, energy healing and holistic practitioners, Animal Rescue Organizations, Therapeutic Riding Centers and SPCA’s throughout the US, Canada, Mexico, the Caribbean, Australia, Japan, South Seas, UK and Europe.

Sandy helps people find out what their pets need, and teaches them holistic practices they can use to help them day to day. Her mission is to help people awaken and cultivate their connections with themselves and their animals on all levels for individual, and universal, evolutionary growth and expansion.

About Your ‘Get Started NOW Kit’ To “Commune With Your Animals:”

This Kit is designed to guide you into a deeper “Commune” -i- cation with your animals for you to cultivate harmony, health & wellness together.

Your Kit includes:

- 1) Your ‘Get Started NOW’ TIP Sheet: *‘Commune with Your Animals’ with Quick Start Tips for You to get in Place FIRST*
- 2) Your e-Book: *5 Simple Steps to Easy ‘Commune’ -i- cation to Deepen Your Relationship with Your Animals*
- 3) Your MP3 Download - **Meditation Audio: *Communing and Rejuvenating with Your Pets to further help you Live in Harmony, Health and Wellness Together***

Cultivating Harmony, Health & Wellness

You love your animals and want to share intimate thoughts and feelings with those furry sweethearts we love so much.

You want to understand their needs so you can help them be happier, healthier...

...And you want to be in a more harmonious relationship together.

So, how do you create and deepen your rapport together with your animals?



Communing with Your Animals

Communing is about the exchange between our animals and ourselves, and it enters a spiritual level. Communing can help you cultivate greater harmony, health and wellness with your animals. Communing with your animals is different than just talking to your animals and telling them what to do or not to do.

Harmonizing and communicating with your animals, is about Listening. This is a type of listening that receives from the depths of your animal’s hearts. This deep Listening also means listening to yourself, and through your own heart - to go beyond your regular chatter in our head. To go underneath the noise or pain in your heads, and hearts.

Why does the way you connect and listen within yourselves matter and relate to communing with your pets? Animals are highly attuned to our hearts, our energy, and our experiences. How you are influences how your animals are too!

When you enhance your well-being in your heart, body, mind, emotions and spirit makes a difference in being able to commune with your animals more readily.

Communing with yourself, helps you commune with your pets. Have you ever noticed when you feel great, how your animal responds?

What is Animal Communication?

There is a universal energy that moves between ourselves and others - there is an exchange of energy back and forth between each other all the time. This exchanging energy is a natural part of living. And, 'Energy Communication' is the normal language of expression. This is how everyone communicates all the time - even if you are not consciously aware of all the ways you exchange energy, and communicate.



This exchange of energy and information is automatic all the time with every thought, feeling and action. In this way, animal communication is the exchange of energy.

The more you can envision and picture in your mind and heart to send positive pictures, clarity in what we want to create, with healing thoughts, prayers of light to those who are in need this is all part an exchange of energy.

Even a gesture or a quick glance gives information is a communication to another. Everybody who's got an animal, a cat, dog, horse, bird, ferret or lizard can throw you a look. Those expressions conveys quite a lot, all in that brief moment. We're all sensory, conscious beings. And behaviors, looks, gestures, thoughts and feelings really do convey information.

Although we don't all think alike, we really are all made up of a sensory system, whether we're a person or a dog or a cat or a horse or a bird. The universal language of animal communication relies on our ability to take in information from around us, to listen deeply and to give or send information.

How Do Animals Communicate?

Animals "speak" or "communicate" telepathically in pictures, images, feelings, thoughts, and overall experiences—just as we do. As humans, we tend to think of communication in terms of speaking out loud using only the spoken word, or using written language as our predominant forms of communication. We focus on and think of words as our method of communication.

Step 1

Recognize ‘Alerting Behaviors’ Real Purpose

Step 1 gets you started recognizing the real purpose of those ‘Alerting Behaviors,’ which are often troubling, so you can create harmony and understanding instead. Then, you can *‘Start a New Conversation’* about those challenging behaviors where your animal is alerting you that something is wrong, and you both feel frustrated about each other’s behavior.



Your animals behave in ways to get your attention, or “Alert You,” to something happening all the time. They are trying to tell you something, or alert you, in their language, about something occurring. It’s like they’re saying, *“Hey! Something is up, I’m alerting you to this, pay attention to this.”* They’re trying their best to get your attention, and alert you.

The most common situations are:

- **A Dog** Barking at someone walking outside, or someone knocking on the door.
- **A Cat** may bite you or swipe as you walk by, or more subtly, flick their tail and walk away.
- **A Horse** might shy or bolt at something unseen, refuse to go into the trailer, or turn around to bite you when tightening up the girth.

On one level we may understand what they are saying. But we often miss the connection between the circumstances, the message they are trying to tell you, and what to do about their behavior in a way that effectively creates harmony rather than more frustration, friction or discord between you.

We often react to behaviors when we don’t like the behavior or when behaviors feel threatening in some way. Reactions do not foster harmony, they don’t cultivate wellness or health for either of you or your animal. We often don’t even think about our own behavior as a reaction. And we don’t often consider that their behavior may be a reaction to us!

Think about the same scenarios along with your reactions:

- Your dog is barking constantly. You tell them or yell at them in frustration to *“Shut Up.”*
- You reach out lovingly to pet your cat, they grab your hand and bite you, sink in their claws. You shout at them to stop, and swat them back.
- Your horse turns to bite you when you pull up the girth, and you yell at them *“Quit it!”* or *“Stop it!”* Or, you slap them for these unwanted, and sometimes scary behaviors.

How does *your* behavior feel in your heart?

- How does it feel to experience *their* behavior towards you?
- Do *your* reactions create more harmony between you?
- Do *your* behaviors foster understanding between you?
- Does your behavior in reaction/response to their challenging behavior feel good, create understanding, partnership or a sense of ‘commune’ -i-cation?

Let’s take this further to help you understand the behaviors your animals show you to “Alert” you to something going on, and to help you begin creating new conversations.

Use these action steps to get you started.

ACTION STEP 1



1a) Name at least 1 troubling behavior with your animal:

- What is this behavior ‘alerting’ you to?
 - What has your current ‘conversation’ been? Name *your* reactions.
- Try step 1b below to help you get started in a new conversation:

1b) Tell them, out loud, what you recognize they are alerting you to.

Even if you don’t yet understand Why they are Alerting you, you can still recognize that They are Trying To Tell You Something That You Have Not Yet Understood.

1c) Tell them, out loud, something like this:

‘I understand you are trying to tell me something.’
‘I am sorry, I am not fully understanding what you want, or need.’
‘I want to understand you more deeply. I need your help.’
‘Can you find a new way to help me understand what you are trying to tell me?’
‘Please keep trying to help me understand.’
I will do my best to understand you more - and to also change so I can help!

1d) Write down your observations over the next days and weeks.

- Write down even very subtle notions you might have that flit through your mind.
- Observe, and tell your animal out loud what you observe.
 - Especially tell them when you have an AHA! moment.
 - Notice how they change and shift....and the ways you change and shift as well.

Step 2: Heart To Heart

Strengthen Ways You Already Commune

Heart To Heart, Step 2 is designed to help you (a) Recognize the ways you and your animal already commune, and (b) Take action on cultivating deeper health for you both using this understanding and information.



Haley says: “Notice how putting your hand on my head and stroking me lends YOU support. Notice what’s conveyed when my muzzle pushes into your hand and nudges you to pet me. Notice how much is exchanged between us that goes without words. This is communication between us. This is *Communing*. We communicate all the time and we learn together. This is how we ‘talk.’ You don’t always need to hear words. Our hearts meet and exchange heart energies. Trust us, trust your heart, and trust us together.”

Just petting your dog or cat helps you feel soothed and calmer, right? It’s a good feeling when someone really sees you deep inside, recognizes and appreciates the gifts you bring to them doesn't it? Raising your awareness, adding appreciation, recognizing your animal and then communicating with them out loud deepens your bond and creates more harmony together. Using this step can truly deepen and transform your relationships together.

ACTION STEP 2: *Heart To Heart:*

Communing to Cultivate Health and Wellness



Action Step 2 is designed to help you recognize the ways you and your animal already commune, or, as Haley said, “Notice all the exchanges that happen between us without words.”

2a) List the 3 most significant ways that you and your animal commune together and how this effects and benefits the health of your emotional, mental, physical and spiritual health:

- 1.
- 2.
- 3.

2b) Using this information, decide how you can Take Action on cultivating deeper health for you both using this understanding and information.

NOTE: This may be to simply pay attention to how you feel when you are petting your dog or cat. Notice your breathing, does it slow down? Does your mind or heart soften? How does the texture of their fur feel to touch? What happens when you stroke their fur?

Step 3: Communing and Rejuvenating with Your Animals

Step 3, Communing and Rejuvenating with Your Animals goes along with the Audio Meditation you received in your “Commune” Kit.

Take some time to pause during your day by either reading through the meditation or by listening to the audio.

ACTION STEP 3a: Invite your animals to join you as you read through this meditation below. Invite them to join you energetically even if you are not physically present together. Just think of them and bring them to your awareness, and invite them in your heart. Use this as a way to cultivate your ‘Communing’ time together, deepening your bond and understanding together as Co-Creative Partners in the journey of life.



ACTION STEP 3b: Listen to the 5 minute audio meditation in your kit to quiet your mind, relax your body, and refresh your spirit. Invite your animals to listen in with you, they love this stuff too! Invite them even if you are not physically present together. This cultivates your ‘Communing’ time together, deepening your bond and understanding.

Welcome to the meditation *‘Communing and Rejuvenating with Your Pets: Cultivating Harmony, Health and Wellness Together.’* This is my gift to you and your animals, from Sandy Rakowitz of One Heart Healing Center, the Place to Learn Animal Communication and Holistic Practices for Pets and People.

Invite your animals to listen in with you, even if you are not physically present together. Use this as a way to cultivate your ‘Communing’ time together, deepening your bond and understanding together as Co-Creative Partners in the journey of life.

Enjoy this peaceful pause together. Just find your breath, a soft, gentle breath. Allowing your inhale to go where it is easy and gentle. No pushing, just gently allowing your inhales, exhales.

Choose to allow a new level of relaxation, and to allow these next few moments to calm and rejuvenate you. No matter where you are, or where you are going, or how your day is going, acknowledge that you are taking time for yourself, and with your animals right now.

Let these quiet moments, and your day afterwards, flow gently from a more peaceful place.

Gently breathing, becoming aware of your body, as your muscles soften and relax. Close your eyes, if this is safe and comfortable. If there is tension, invite your body to release, to soften, and to let these tightness go. Continue to notice your breath, as you become aware of your body softening, releasing and relaxing.



As your mind quiets, and becomes more balanced, as your body relaxes more with each breath, you find a deep peaceful, quiet, still place within you. In this moment Acknowledging the Tranquil presence within you, the place that remembers it's perfection deep within, Underneath all the doubts.

Allowing your heart and mind to open, deepening in quietness and peacefulness, freeing yourself moment to moment of limiting thoughts. You are awake to the peace, wisdom, and beauty that is always within you. Choosing in this moment to feel balanced and peaceful. Choosing a deeper level of harmony with yourself, your animals and Spirit.

Breath in appreciation that you are being kind and gentle with yourself. Breath in appreciation to yourself taking this time to Commune with your beloved animals - together as a Co-Creative Team of Partners.

Fill the space inside with pure love, Golden white, rose light, and exhale whatever doesn't resonate with this love and peacefulness, allowing the release to be gentle and easy. In these few, precious moments, find gratitude that you are finding a whole new day emerging within you. Take a another deep and gentle breath.

Come back, fully aware of your surroundings, in the present moment, in your body fully from head to toe, and the peace that you feel within. And so it it.

We hope you find your time together with One Heart Healing Center helpful and meaningful in cultivating health and wellness with yourself and your animals. Have a blessed and beautiful day of awakening your true inner wisdoms, strengths and resources.

Step 4: Create Clear Pictures In Your Mind's Eye

Step 4 is designed to bring your attention to the Pictures In Your Mind's Eye to help you create clarity and a deeper connection with your animals.

Which example creates more clarity to ask a dog to sit?

- 1) Verbally tell your dog to sit. In your mind's eye, you are thinking about all the times they didn't sit. You 'see' in your mind's eye their moving away from you instead.
- 2) You verbally tell your dog to sit while holding a clear picture in your mind's eye of this behavior, with their butt dropping to the floor, and staying glued down.



If you were this dog, on the receiving end, how would you behave with each scenario? Pretty interesting when we stop and think about it like this isn't it?

Let's get you started creating more clarity with the pictures in your mind's eye.

ACTION STEP 4a:



List 3 behaviors you'd like to work with/change with your animal.

- 1.
- 2.
- 3.

ACTION STEP 4b:

List the picture in your mind's eye you *actually* have been seeing with these behaviors:

- 1.
- 2.
- 3.

ACTION STEP 4c:

List the *New Picture*, in detail, you are creating in your mind's eye to help your animal understand you more clearly:

- 1.
- 2.
- 3.

ACTION STEP 4d:

Observe, and list what has been happening as you have changed *How* you are asking.

Step 5: Going Deeper To Commune with your Animals



Take time daily to use these steps so they become a natural part of your everyday life. My animals have taught me these lessons and my many animal clients from around the world continue to reinforce these lessons. The more you bring your attention to these steps, the more they become an integral part of your everyday, woven into the fabric of who you are, how you view the world with your animals, and how you are in relationship with your animals. So you can come into ever deeper states of ‘Commune’-ing together and become the best team you can together.

Step 1: Looking out for what your animals are saying, and **alerting you** to will bring you more deeply into a state of appreciation for all of the subtle cues your animals are giving you all the time, and the messages you may have been missing. Recognize the underlying purpose or message, and let them know you understand they are trying to tell you something.

Step 2: Bringing your attention **heart to heart** to cultivate the ways you already commune together is like walking through the door that is already open. Enjoy the treasures you already have together!

Step 3: **Create clear pictures** in your mind’s eye. This is the Golden Ticket of creating clear communication. The more you become mindful of what you are actually picturing and matching this with what you actually want, the clearer your communication will be, and the more able to come together as a team.

Step 4: **Pause to take time** each day to come into a quiet, still place together with your animals. This will give you a sense of rejuvenation - together!

Step 5: Brings you back to **going ever deeper**, by weaving these steps into your days so they simply become a way of life for you and your animals. These steps will help bring out the best in you, and the best in your animals, so you can drop into ever deeper sense of ‘Commune’ -ication together.

A Note From Sandy:

I hope that you find this free gift, your 'Get Started Now Kit' to Commune with Your Animals with this e-Book, Tip Sheet, and Meditation to have been helpful tools for enhancing your relationships with your animals.

I love to hear the ways these get started tools have been helpful for you. Please send the best of your experiences using these steps to support@onehearthealingcenter.com.

I hope you are also enjoying my weekly e-newsletters with tips and tools to help you and your animals. Announcements come out regularly about new offerings for helping you and your animals, upcoming events, classes, and products.

Home Study Training Programs & 1:1 Coaching

Would you like to go in more depth in learning animal communication, discovering and developing your natural intuitive and psychic skills; develop skills in holistic practices? Bring out your life/soul purpose in working with animals?

Here are options for you to continue learning with me:

Purchase the Home Study Training Programs in Animal Communication, Energy Healing, and Pet Hospice. Just go to my website, www.OneHeartHealingCenter.com under products.

Want individual time to go more in depth? Set up a Discovery Session to see which 1:1 or group program best suits you. Go ahead to my site, www.OneHeartHealingCenter.com under Work With Sandy.

To your ever deepening relationships with your animals!

Sandy