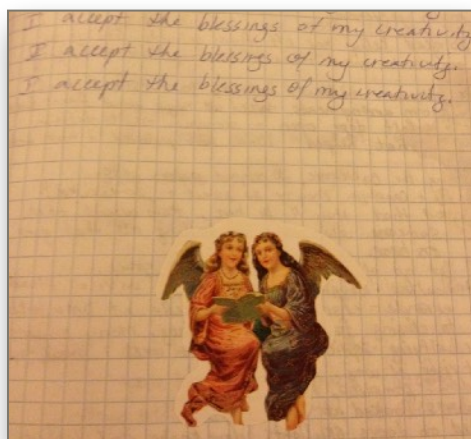


# Creative Soul-Journaling Flowing into Animal Communication



**Sandy Rakowitz**

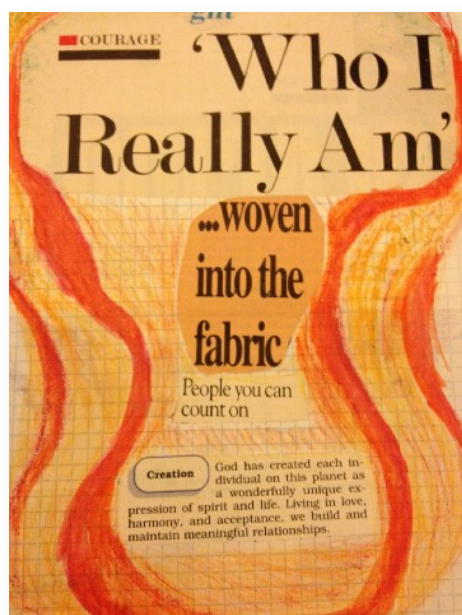
# Making Your Creative Soul-Journal to Flow into Animal Communication



*Writing*, coloring, drawing, and collaging those nuggets and inklings of information you are getting from guidance, your animals, and spirit is a gold mine for you!

Let's create a journal that is specific for learning and growing your abilities to communicate with animals to Unbridle your Soul Journey with Animals, Spirit, Yourself.

Making a collage and journaling can be a fun part of opening your creative animal communication abilities. Don't worry if you don't like writing or have never made a collage before.



Outlined in this e-Book are 10 simple steps for you to help you along on this part of the journey, in opening and Awakening Your Inner Dr. Dolittle, your abilities to communicate with animals while deepening your connections with yourself, the animals you love, spirit and nature.

Journaling can be an empowering outlet of expression for your higher-self, your core-self that so deeply wants to find expression out in the world. This is your soul self coming through to shine and be known.

Not everything inside of you is conscious. Journaling, like animal communication can go beyond words. Using images, symbols and pictures helps your mind loosen up so you can go beyond what our linear mind has to say.

**Unbridling Soul-Creativity Journaling** is about accessing the wisdoms in your depths, for your soul to come up from your less conscious mind-body-spirit.

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” ~ Albert Einstein

When you use images along with words, you are tapping into the intuitive as well as the logical mind while taking our whole brain out for exercise. This is part of the opening of an Unbridled Flow in Communication with Animals.

**Guidance helps you let go into the unknown of creating.**



Messages from your higher self, soul self and from other beings can show up in many forms. Guidance does not always look like what you think it ought to look or sound like or come in the form you thought would occur. This is similar to animal communication.

Tapping into your inner resources, opening up your senses, surrendering, allowing and flowing information to come to you are principles of animal communication, self-healing and finding your soul's purpose.

Your inner resources get exercised in creative soul-journaling. You may want to think of Creative Soul-Journaling as play time on paper for your soul.

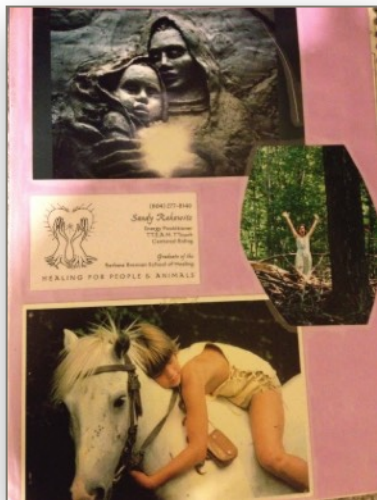
With a journal you have a blank canvas of the cover and pages. Combine this with the permission to see, sense, feel, hear, know, explore into your depths and you can open wonder-filled and mysterious places inside of ourselves.

There is no right or wrong way to create a ‘Soul-Journal.’ What works best for you and your own personal style is the important factor, and makes it ‘right and perfect’ for you.

## Setting the Stage

Pick or make a space in your home that is special and sacred to you that you can designate for your animal communication journaling and/or collages. This can be a desk space, or a special chair, or similar location.

Spend some time preparing the area so that it feels special and just for you. You may want to add these kinds of things:



- Pictures of you and your animals that show your beautiful connections. Or just having pictures of your animals works also. You can add in other animal pictures of anyone outside your animal family or of nature scenes or symbols that also feel inspiring.

- Find symbols that represent your connections with your animals and your desire to grow, learn, open with your animals. This could be something you find in nature on a walk while thinking about the class, or something you already have in your home that helps you think of your connections with the animals and

helps you open your heart.

- The way the object is important and meaningful for you is what makes this ‘right.’
- Have a comfortable place to sit prepared.
- Keep it simple or get elaborate. Which ever works best for you. You can always change it up and add or take out things as you go along.
- The key point is to create a space that encourages you to sit and focus on opening your senses and deepening your practice to communicate with your animals.
- Remember that energy builds in a location when used for a specific focus. This goes for the journal itself as well! The more something is used for a specific focus the more the energy for purpose builds.
- Take 5 minutes to create your space, or take hours or even days or weeks...there is no right or wrong way, just what works for you.

## Notes on the Creative Process

Creating an journal that is specific for learning and exploring Animal Communication, self-healing, discovering life purpose and direction has many benefits:

- Writing and creating a collage are creative acts. This action helps tap into both sides of the brain, both the logical and the intuitive. There are many ways to get your creative juices and intuitive nature to open. Exercising these muscles will help you strengthen these abilities. With regular practice and focus, generating internal change and deepening is much more likely!
- If you have a designated place to write, like a journal and a place in your home that focuses specifically on your process of opening to communications from your animals and your intuitive nature, the more likely it is that you will write on an ongoing basis. As you continue writing, and/or creating collages, and exercising your intuitive ‘communication muscles,’ additional insights are more likely to come to you.
- After something is written, you can go back to read through and learn from what you wrote. This allows you to have more opportunity to get validation – from yourself through time. And some messages need to sit for awhile and sink into the subconscious and work their way back up to you in your conscious mind.
- When we write it out, we create a place where we can go back and reflect later, reread, and continue to learn. Sometimes when we receive information and insights from our animals we forget what we received shortly afterwards. Also, this gives more opportunities to reflect on the nature of the message.
- Journaling can help you develop confidence in your abilities. Often when first learning, self-doubts are common. People frequently say things like, ‘I think I just made that up.’ ‘I am not sure I am getting anything.’ Yet, when they “Write It Out,” and come back later to re-read what was written, they realize that they were clear and accurate after all!

*This process is about opening and engaging more of your intuitive nature.*

Sitting to write, journaling, making collages are creative acts and can help to open more of your mind, heart, emotions while engaging your higher self, soul and intuitive nature.

Take heart if you feel untalented or think you have no creative nature, abilities or tendencies. No special talents or skills are needed!

We all have more inside of us that can be expressed. Most people are not used to having fun or just exploring in a variety of formats.



There is no right or wrong way to create.

I remember feeling like I had not talent, could not draw anything that resembled whatever I was trying to draw and therefore felt I had no creative ability! I couldn't have been more mistaken!

Creating these journals with multi-media collages using markers, paints, images, words from magazines, etc. has shown me I have oodles of creativity.

These mediums can be incredibly freeing over time as you let go into the process.

This process can help you open to and discover all kinds of profound messages within yourself and with your animals.

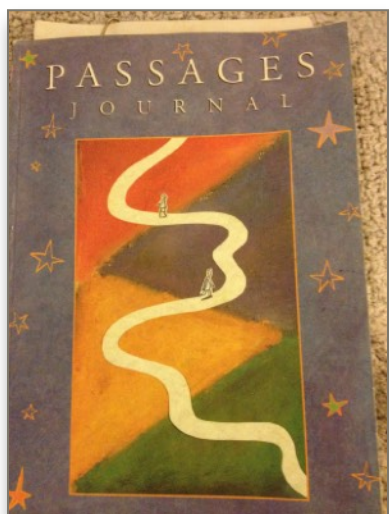
Through uncovering and awakening your inner abilities to commune with your animals, this journey will also help you discover more of your true, deep and authentic self and creative nature.

These abilities are natural, and everyone has a creative nature. The form will differ from person to person, but we all have these abilities inside of ourselves.

Creative Journaling is about tapping into your creative inner resources, building your confidence, your trust in your abilities, and developing your skills.

To do that, you have to nourish and build your muscles. Discovering what is inside takes time, and it takes practice.

I encourage you to write down every tidbit of a conversation and tidbit of a sense of something you get with your animals, even if it doesn't make sense right now.



Record the glimpse of an image you get, a feeling, a niggling of an idea. Begin with the thought, or even an intention. You may not get validation or conformation of something you receive right away. Re-reading a journal, having something to go back to is invaluable.

Write and draw. Write It Out. Keep going even if it feels or sounds funny, weird, odd, strange, improbable, unusual, bizarre. And sometimes it will!

Other times it may take your breath away with the beauty and opening. No doubt there will be surprises.

As I was preparing this guidebook, I re-read a journal entry of mine from 1997. I had asked Ibis, my horse, why he was upset with me. He kept recommending that I ask him to participate in my workshops. I heard him, but didn't understand what to do.

At the time, I didn't really understand how to involve him in my Tellington TTouch workshops, which were the workshops I was teaching at the time. Although I began dedicating the workshops to him and had begun telling participants about how he brought me to TTouch, it took many years for me to understand the depths to which he wanted me to include him, and how to bring out the richness of all he had been showing me and what I had been learning.



Although I yearned to integrate creativity into the workshops, connecting with spirit, communicating in many different ways, I didn't yet understand how to bring everything together, or how to include Ibis...even though it was all in front of my nose and coming out in everything I was doing!

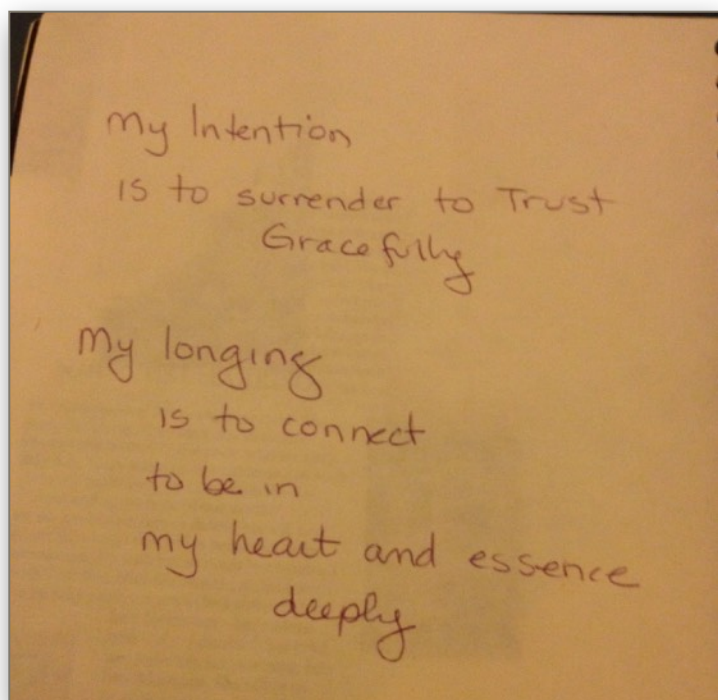
*This picture of Ibis and I was taken in one of our infrequent few 'sweet moments' back in 1989 or 1990. It is one of my favorite pictures of us. We each knew somewhere deep inside that we had a depth of connection together and this moment caught it!*

When I was consulting Ibis about tips he wanted to share for the Teleseminar Classes *5 Ways To Know What Your Animals Are Telling You*, he shared this sentiment: “*Sandy was a little bit slow to learn!*” LOL! how true!

Now, I have turned all those struggles, slow movements, deep questioning, slow and gradual awakening into awareness into the One Heart Animal Communication Method, and the One Heart Journaling Method. The Soul-Collage Creative Art Journaling was the beginning of One Heart Journaling and start of Flowing Intention and Writing now taught in my Animal Communication classes.

*You just never know where any particular animal communication will be leading you down the road.*

## 10 Steps To Making Your Creative Soul-Journal



*This Soul-Journal is just for you.*

*All of these steps are just suggestions to inspire you.*

*Everything is completely optional, though highly recommended.*

*Let yourself come out to play, design and create according to your desires.*

*Let yourself discover the type of journal that works best for you.*

*Mix and match the steps in any order. Change anything to suit you best.*

*Pictured above: My “Intention Page” from a journal I created in the early 1990’s.*

### Step 1

#### Creating The Purpose, Focus and Intention of Your Journal

- Use Sensory Breathing, Centering, Grounding, and Opening Your Heart.



- Connect with an intention or purpose that you'd like the journal to serve. Usually this is the first thing that comes very quickly to you without much thought or editing.
- As you get quiet inside notice what bubbles up from deep inside of you for your focus.
- See what comes to your attention immediately and do not edit it – write it in the beginning of the journal, with a date so you mark the beginning of this part of your journey.
- If nothing bubbles up or comes to you right away, just continue to hold your question gently in your awareness over time - today, in upcoming days, even weeks. Use a question something like this: “What is the focus/ intention of this animal communication/healing journal for me?”

### **Here are some ideas for Intentions:**

- I create a place to journal my experiences, to explore the messages and experiences while learning about Awakening My Inner Dr. Dolittle and my natural animal communication and healing abilities.
- I open my heart to whatever I most need to feel.
- I let my guard down to sensing more.
- I allow my creative process to unfold.
- I allow my creative nature to emerge.
- I intend to build my confidence.
- I affirm the information I receive.

Or use anything else that makes sense for you. You can always modify your intention and focus at any point in time. And, keep it simple.

Using ‘I am’ statements adds direction and potency.

When I began journaling more specifically in this manner in 1991, my intention was often a ‘felt sense’ inside myself as I did not have as many words at the time. I had been working with a wonderful book by Lucia Cappicione, *The Creative Journal: The Art of Finding Yourself*.

This was an immense opening for me into my creative nature. I began drawing my experiences (in very rudimentary ways), finding colors to match my emotions, and began describing my internal chaotic turmoil with pictures, symbols and words.

This began to crack open quite a creative stream of expression and I welcomed it though the content was not always easy. Having a creative outlet that went beyond words to express myself felt like coming home and was much easier for me than just trying to find and express the words to describe and explore my internal worlds and what was happening inside.

Then in 1991, I began attending the Barbara Brennan School of Healing. Journaling was encouraged. And so I started making collages on my journal covers. I got into the process and began adding more pictures and images to the insides of the covers, and sometimes drew pictures on the pages. I am not an 'artist' but journaling and creating these 'Journal Collages' supported me deeply. In retrospect, I realized that my soul was speaking to me. These times were unbridled life. These were expressions of my soul without constraints of my mind.



I began noticing that my journal covers ended up matching a theme that would arise during the time I used that journal. I was creating a symbolic intention with some words and a lot of pictures arranged in meaningful ways on the covers, inside covers, and spread this into and throughout the pages.

You see, there really is no right or wrong way to do creative journaling. Your insides and intuitive self knows what is just right for you - even if your mind doesn't yet know.

Sometimes I just like to play with colors, shapes, images and symbols to help express a feeling, thought, idea, emotion - or just to get the ball rolling. This page with the green and the sticker of a horse

is a great example of using crayons and a sticker.

*Pictured above: An inspiring, hand-made journal with fiber and water color, store-bought.*

## **Step 2 - Buy or make a notebook or journal**

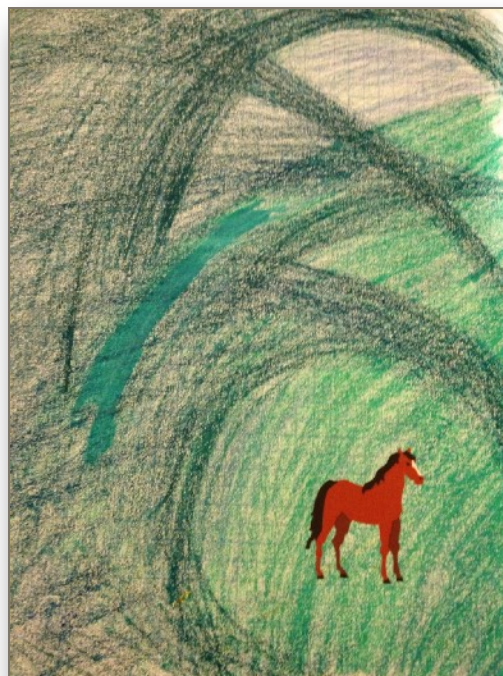
This can have a blank cover that you embellish or one that is ready made.

The journal can have blank paper, lined or graph paper. Heavy weight paper for using watercolors or a sketch pad if you like to draw.

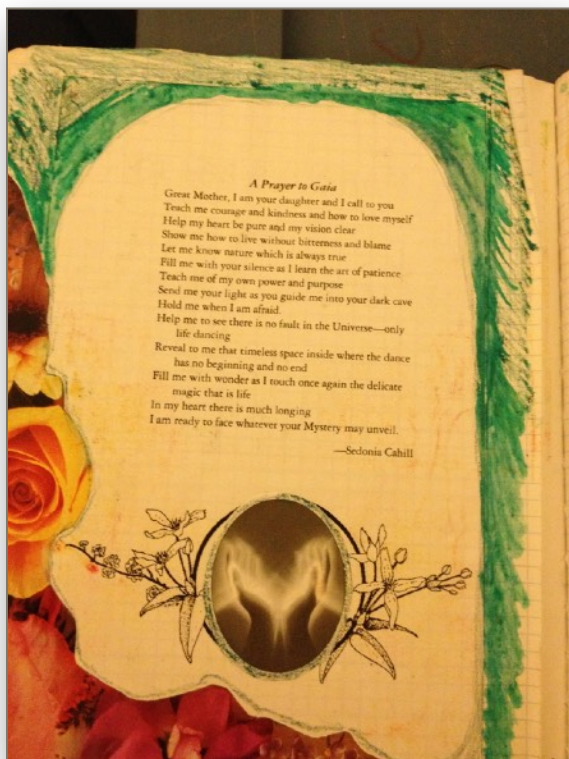
Experiment with the style you like best at any given time. You get to decide what will work best for you.

For some of my journals I have taken blank paper punched holes in it and made my own 'book' by tying the pages together with yarn.

I have bought journals with covers already made. On some I added additional pictures depending on what I felt like and how much extra time I have on hand.



*"Green" pictured above is a page where I was using crayons on graph paper and applied a sticker. I love the simplicity and the child-like quality. I remember the fun of discovery in using simple mediums to bring out feelings and a direction I wanted to move towards.*



*Left is the inside cover. I used mixed mediums with words, pictures, symbols and colors to bring out the emotions and kinesthetic feel for what I wanted to create.*

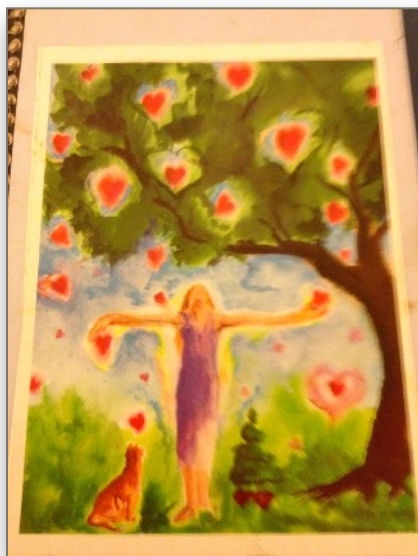
*This was a journal on a budget - a graph paper notebook. On one page, I painted the background gold to help develop and strengthen my focus and intention for strengthening gold vibration in my energy field and to 'hold' all I was creating.*

### **Step 3 Additional Materials**

Using a regular pen is a start and may be all you want to use for 'Writing It Out.' Consider additional tools though to help

open and enhance your creative expression. Consider using new types of ‘play-tools.’ Each one will give you a different look, feel and style to your expression:

- Colored pencils
- Crayons
- Multi Colored Markers
- Glittery Markers
- Stickers
- Water Color Paints

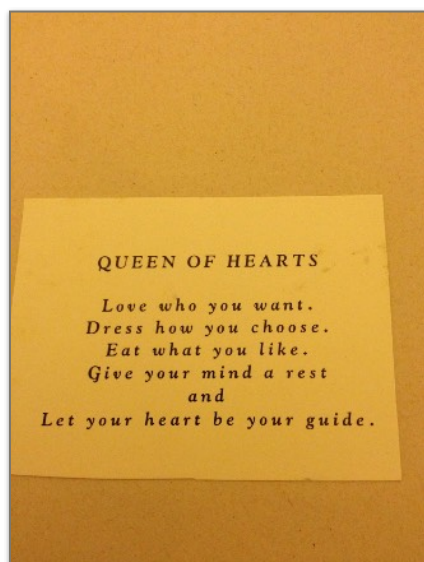


A visit to your local Art Store can be fun. See what appeals to you. When I go to an art supply store I need to give myself a money limit! I am like a kid in a candy store.

#### ***Step 4 - Gather Magazines, Old Calendars, Cards, Catalogs***

Find magazines and other printed materials that appeal to you and that have images, articles, quotes or words with subjects and images that are of interest and inspiring. These must be items that you feel comfortable cutting up so you can use the pictures, words and phrases that you find most attractive.

Where to find all these? Visit Magazine Recycle Bins, ask friends and offices for their discarded magazines.

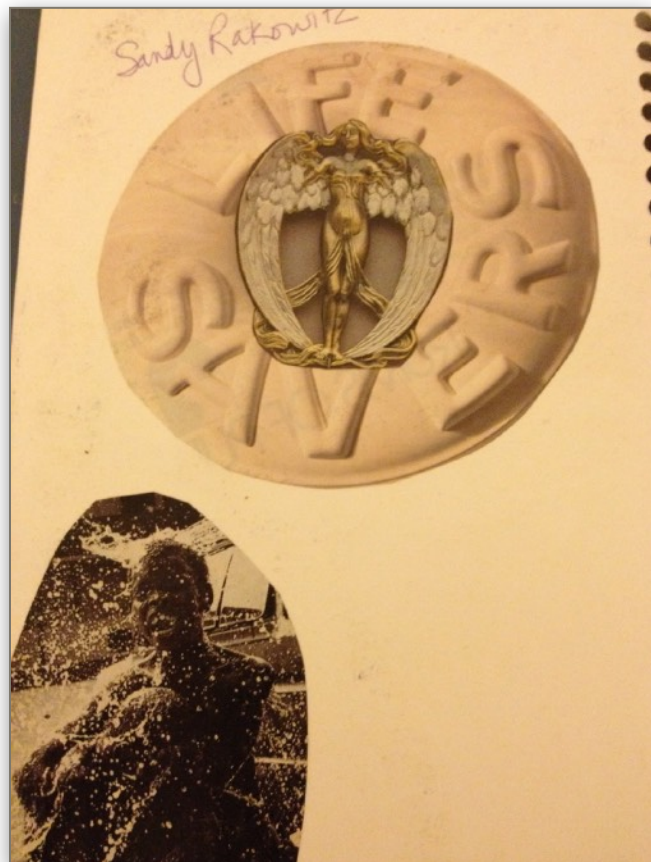


Leaf through magazines and cut out pictures that symbolize what you want to create with your animals. Go through the magazines and find whatever is inspiring to you. You might find one picture, or many. Look for words, phrases, colors, textures and symbols. You may find sentences or quotes you like.

I have folders and envelopes with images and words that I cut out when I see them - even if I am not making a collage at the moment. This provides pictures, images, symbols, words for easy access.

*For the journal cover pictured above “Queen of Hearts,” I pasted a notecard on solid colored paper in a sketch book. I cut it out and pasted the message in my journal. This created affirmations and an intention for the journal. This was very simple, yet very powerful. I didn’t know at the time, about 20 years ago, that this was also the beginning of a series of programs!*

You may create just the cover, or you may find that you have so many images that you fill many pages with your findings. You may have blank pages just waiting for you to write.



Usually I do not have a theme in mind when I begin a journal or a collage. I love ***allowing a message to emerge***. I always find it to be an amazing gift and fascinating experience to see what emerges. Words, phrases, pictures and even colors end up creating a theme that is always healing and carries a message for yourself in some way.

You can find out what information is percolating inside with messages to yourself or from the animals or nature.

Sometimes affirmations are brought to your attention. Or, you may find

that an intention emerges as you find what you are attracted to within the magazine.

*Pictured above are 3 simple images I found that were especially meaningful for me at the time.*

Images can be powerful symbols and potent affirmations. They can lead you to an intention or to better understand what is moving through you at a less conscious level.

Keep noting inside yourself what feels right as you leaf through a magazine and go with it. If this feels like hard labor, change what and how you are doing this.

***Search for the flow. Go with your flow. Search for what works easily for you. Ask yourself, 'what would make this easier?' Go the EASY Way. This creates flow. The more flow, the more momentum you create.***

Remember, this is just a springboard for whatever works best for you. The point is engaging and opening your creative nature and sensory experience to aid you in creating whatever it is you want at this point in your life.

If you create something that looks like nothing I have described, Brava, Awesome! Carry on. If your creation is similar, Brava - that is fine too! Just remember that the creation is yours. This is Your Soul Journey, You Unbridling Yourself. This is just for you. There is nothing here for outside approval, this is by you and for you.

### **Step 5 - Cutting out the Material**



Start cutting out inspiring pictures, words, phrases, symbols.

This is not the time to edit yourself. Remember, this is about Unbridling Yourself Expression.

Go for the colors, ideas, pictures, words and phrases that appeal to you, excite you, inspire you, relate somehow to your intention, spark an interest somehow.

Find pictures, phrases, etc. that attract you immediately and grab your attention. Don't worry if you have no idea why you are attracted to something.

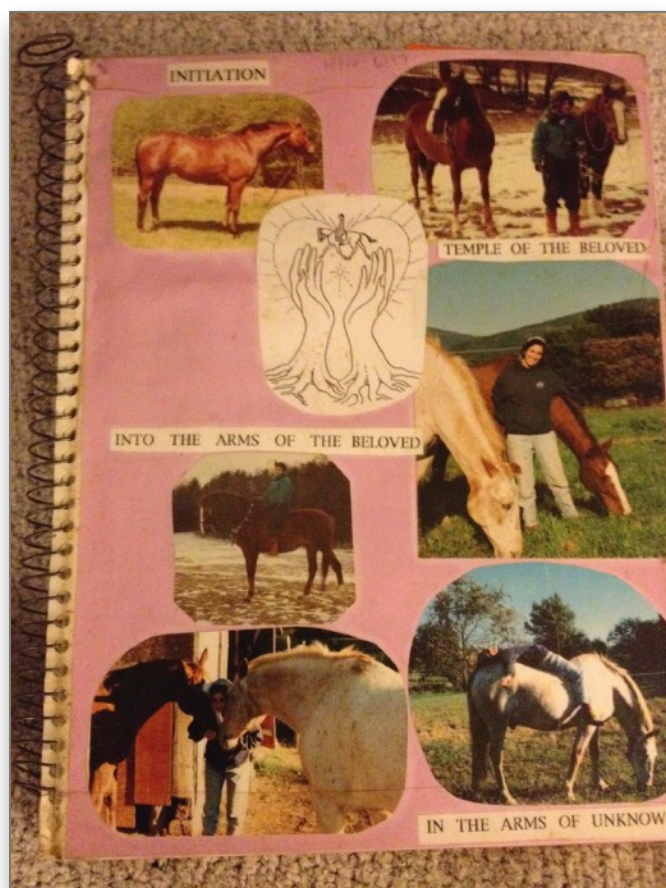
This process is also about going with your intuition. Just go with it, otherwise you may never know what your intuitive sense is saying or what is needing expression.

This experience of learning to listen to your intuitive sense and taking action and going with it even if you don't fully understand all the information or what is being said is very relevant to animal communication, self healing, finding your direction and soul purpose. The process is very similar.

With an animal, or your soul and your heart's desires, sometimes the expression is conveyed in pieces and not in a full whole picture. Sometimes there are words. And sometimes there are no words, just a sense of something.

Following this type of thread of information helps you to develop trust in yourself and information that is presenting itself from your less conscious awareness and to express what is moving through you.

*"Cease listening with the mind and listen with the vital spirit."  
- Chuang Tzu*



Learn to develop these skills of following an intuitive thought, feeling, sense of something for a richness and depth that is often missed. This serves you well in communicating with animals.

### **Step 6 - Spread Out Your Materials**

**Now that you have all the the** pictures/words/phrases/symbols, spread them out and organize them on a flat surface so you can see what you have. Move them around to get just the right effect. Sometimes you may find just the right placing immediately. Other times you may have to 'work it' a bit and move things around to find how the images, phrases and words work best together to create what needs to

be expressed. Have your journal nearby and ready to go.

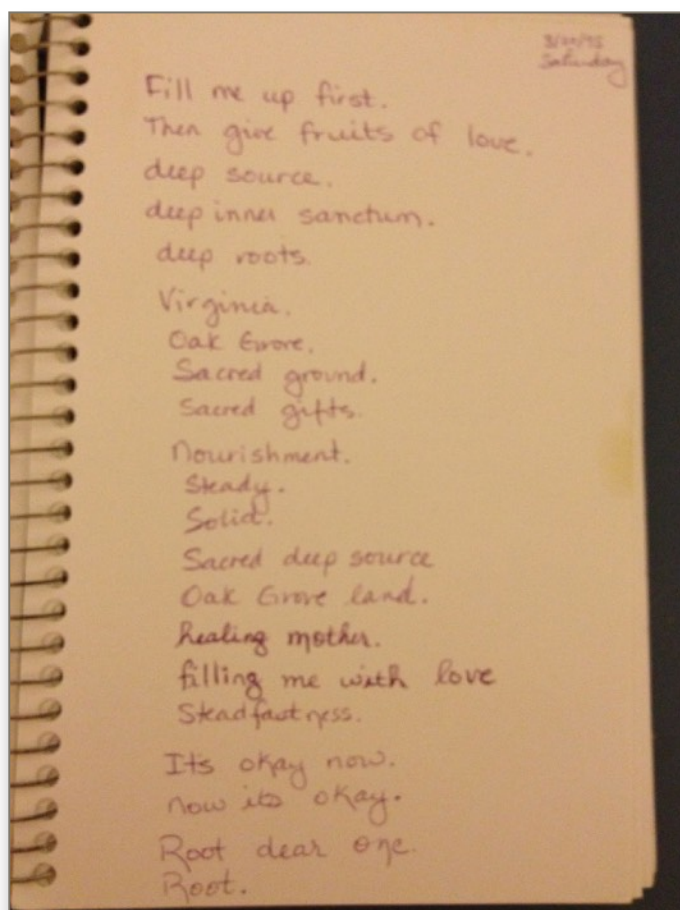
### **Step 7 - Get Started with Your Front Cover**

Begin your collage on front of the cover or in the pages of your journal notebook by pasting your pictures, words, etc.

*Pictured above: I used actual photographs with a solid color paper background for this journal cover and my original logo. This was before the days of computers or digital pictures. I even typed out the phrases on my old typewriter!*

You may find that you change items around and re-mix.  
Remember that the creative process continues all the time.  
Allow yourself to continue moving items around until you feel satisfied.

If you have additional words, phrases, pictures then consider pasting them on the inside of the cover, the back cover and inside of the pages. Follow your flow.  
Take breaks when you need.



Remember, there is no right or wrong way, just follow what feels right to you.

### Step 8 - Write It Out

Now your journal is formally started. When you are ready, begin Journaling and 'Write It Out' or 'Draw It Out.' Of course, you may want to continue collaging at times in your journal.

Write out every glimmer, vague sense, story, visual sense, something your hear or intuit. The more you write, the more you may find you have to say and explore through your senses - describing what you saw, felt, heard, sensed in various interactions.

**Consider keeping special sections, or create a way to mark special areas of note for future reference:**

- General writing and exploration
- Notations after Coaching
- Reflections from Classes
- 'Aha's'



- Actions Steps to take from ‘Aha’s’
- Ongoing Questions

*Pictured above - When I was just beginning to write out communications, guidance, and responses to questions I was asking in the late 1980 and early 90’s, I often would begin to write whatever came to me without much thinking. On this page, I began with a prayer, which moved into guidance.*

### **Special Note for ‘Writing it Out’**

Date your pages and when you begin your journal! You think you’ll remember when you wrote something, but I assure you, when you go back to reread this in 2 months or 2 years, you’ll be glad you took those 2 seconds to date the pages!

### **Step 9 - Listening**

The more you bring your attention to each step and practice, the more your process will deepen. These steps outline an ever deepening practice that you can follow as an ongoing process for years to come.

### **Step 10 - Listen *What Your Animals Are Telling You***

In the Learn Animal Communication Course I outline ways to deepen your communication.

Each time you go through these kinds of exercises, you may find you have new variations and discoveries. This is all part of the deepening



process, getting to know yourself and your animals more fully.

*One of my more intricate collages filled with color, symbols, energy flow, honoring Zoey, my trusted pony above.*

*~ Remember ~*

*Keep writing, collaging and practicing to open your senses.  
~ Relax into the process as your soul messages unfold and become revealed.*

*~ Enjoy Your Ride!*

### ***About Sandy Rakowitz***

**Sandy Rakowitz is a divine feminine leader of unlimited consciousness & potential, animal communicator and transformational coach.**

Sandy uses her understanding of universal principles, quantum physics and sacred geometry to orchestrate a multidimensional container to voice and open access of multidimensional perspectives into the physical realm.

Through these transmissions, she facilitates a safe space for her communities to practice multidimensional communication supporting humanity's Ascension Journey.

Her programs reflect Sandy's creative genius in her love for Beauty and Harmony that eases pain and suffering by offering spaces for creative play - journaling - art - animal-human-nature-soul & spirit multi-dimensional connection, communication, community, compassion and creativity.

Thousands of individuals have been able to consciously experience their own revelations as they step into the multidimensional openings initiated by Sandy.

[Click here Discover what your heart has been trying to tell you and take the One Heart Journaling Journey, an empowering self-study series.](#)