



Exploring the Healing Potential of Brennan Healing Science with Animals

With Sandy Rakowitz

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Sandy Rakowitz

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One Heart Healing Center, LLC - One Heart University

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Cover by Kim Heimstra

“Invite your animals and your deepest connections with animals.

**Explore Your own Healing Manifesto,
creating a dynamic love letter for living your life
as a healing adventure with your animals,
from the Infinite Heart of Creative Bliss.
Let this grow into everything you do in life.”**

**Sandy Rakowitz,
the Wise Wild Guides & One Heart Light Council**

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About the Author

Sandy Rakowitz is a Transformation Leader, author, artist, and specialist in Animal and Nature Communication, Energy Healing with People and Animals, Founder of One Heart Healing Center and One Heart University which offers heart-centered soul-journey classes,



courses and events for people and animals in Holistic, Spiritual Practices and Transformation since 1989.

She has been featured on Public TV, Radio, Summits and in articles across the US and globally.

As a teenager, Sandy discovered an unspoken, intuitive language of trust, safety and rapport with horses. She learned to believe in herself and trust her intuition. Horses showed her anything is possible through connection.

Now, she teaches people to tap into these inner-resources that everyone has, into profound untapped abilities of connection with animals and each-other.

Through animal communication and connection, people and animals discover an empowering sense of freedom, confidence, deep belief in self and trust that anything is possible, through connection.

Sandy's style of teaching, mentoring and training has been refined through decades of personal and professional experiences communicating with thousands of animals, while teaching and mentoring people to tune in and access their natural gifts and abilities.

Sandy graduated from the Barbara Brennan School of Healing, a four year professional training program considered to be the world's premier institute and 'Harvard' of Hands-On Healing and Personal Transformation. She continued with the school as faculty for 6 years. This school is dedicated to the evolution of the human spirit.

Her ten years of training with the Brennan School and three decades of private practice with people and animals, leading groups to learn holistic practices, energy healing and animal communication with horses, dogs, cats and humans offers a depth and scope to her teaching and perspective.

Collaborating with her horse, Ibis, they've cultivated the methods outlined in this book to Learn Animal Communication. She integrates the teachings from her beloved horse who passed away 11/11/19 at the age of 37 after three decades co-creating together. They continue this powerful collaboration since he has 'lost his physical body wrapper.'
[Learn animal communication with Sandy - Click here](#)



Participants in the Awaken Animal Communication Event with Sandy Rakowitz

A Message From Ibis the Horse

All this healing with animals started with Ibis, my horse when I purchased him in 1987. I felt a call, found him with a Horse Dealer in New Hampshire. He had just arrived in New Hampshire from Florida after he had raced for 3 years.

I didn't consciously know that I was looking a horse I had known for many, many lifetimes. When I said I wanted a horse that I could teach with, I didn't consciously realize that I really meant I was searching for this particular soul being, a master teacher who I had soul contracts with to learn many of my life lessons.

He was a guide, a mentor, a soul family friend, a connector and transformer of hearts - first mine, his, and then many hundreds of people and animals. We were together for 32 years, most of my adult life. He died November 11, 2019 at the age of 37.

He calls death 'dropping your wrapper.'

When I asked Ibis what message he wanted me to give to you in this preface, he said he wanted me to share what he said to me the afternoon he passed, just after he left his body. While this message was initially for me, it is for all people who have lost a loved one.

"You know it was my time to go,
you know it was so.

I race with you
through the winds of your heart
as we touch each others souls
Racing through the winds
galloping through hearts
through touch

through sound
through healing
and the Ethers.

I will speak through your heart
Your Voice
Your Hands.

We will continue to teach.
I've just changed my clothes.
I have no more wrapper.

I've changed addresses,
this time without you.

But you know we're Together
Soul to Soul Forever,
With Grace with Beauty.

It wasn't always easy between us.
But what a dance it's been, hasn't it my dear?

As I race across the winds,
you'll hear me at night.

You will hear me in your heart,
Just as you are now.

Call me.
Call me to help you steady.
Call me to show you the way,
Just as I have all these years...

We will navigate through time and space
all the more powerfully now.

I am Bound to the physical no more.
I am galloping across the ethers
across time and space with all of our beloved's
who've passed before me

We stand by you,
and we stand together through time and space
as we have done before, and will do again.

You will hear me nicker once again.
Hear my whinny and nickers to you
each time you walk into the barn.
In your heart you will know it's true.

I am with you always.
Let my body go now.
It's OK, it's OK, it's OK.

Remember, I wasn't growing old,
I was growing into the light.

I shine brighter than ever before.
You shine with me.
Together, we go forth in this new way.

Change happens,
this seemingly final change has happened.

You're ok now.
You will become even stronger.
It's OK now. You're ok now.

I left you with good resources,

Be your resources.
Live using your inner resources.

I am here with you, living through your heart.
Together we stand.”

Ibis 11/11/19 the afternoon after he passed and ‘dropped his wrapper.’

When I asked Ibis why he wanted you to have this message, he responded, “It is important for humans to know that we the animals, who they have each been with in this lifetime, are here with them all the time, loving and living through their hearts.”

Slides



Healing Manifesto

- Creating a Dynamic Love Letter of Living Life as a Healing Adventure with your Animals
- From the Infinite Heart of Creative Bliss



This class is in honor of Ibis,
The Connector & Transformer of Hearts
& For All Animals, and People

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A Healing Manifesto

- Letting Healing Grow into everything in your life



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Overview

- Things Animals Teach Us
- Case Studies
- Guided Journey
- Your Vision & Healing Manifesto



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Things Animals Teach Us

- Trust
- Belief
- Connection
- Our Love Capacity
 - Heart Opening
- Vision for Living



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What am I doing in a Healing School for People?



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- **Meet Ibis** - Where it all Began
- Cultivating a Healing Manifesto
- Learning to Live Life as a Healing Adventure & Love Letter
- Trust
- Belief
- Connection
- Love Capacity - Heart Opening
- Vision for Living



Trust, Belief, Connection, Love, Vision

- Of course, you can create your dreams & visions
- You are Divinely coded to create your dreams & Visions
- Keep finding Your Yes



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Animal Case Studies – Shared with Permission

- **Golden Girl Filly – Multi-Dimensional Healing**
- **Blacky the Cat – Tumors & Awareness - BHS**
- **Benni the Elite Dog Athlete - Healing Teamwork**

- **Brennan Healing Science**
- **Animal Communication**
- **Tellington TTouch**

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Golden Girl – Malika @ 2 weeks old



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Golden Girl – Malika @ 4 months Presenting Complaints

**Extreme
Shyness**

**No Physical
Contact**

**Extreme
Sensitivity**

**No Apparent
Trauma**

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Golden Girl – Malika @ 4 months Multidimensional Healing



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Golden Girl – Malika @ 4 months Multidimensional Healing



Her mom asked me to work with her multiple times

Transmissions for over an hour

Spoke of her breeding & lineage

Geo-Political Trauma in Aura

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Golden Girl – Malika Asking for Contact



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Golden Girl – Malika Multidimensional Healing

- **For Videos of Malika,**
and transformational healing with animals and people
Join us in the One Heart Community Group:
• <https://www.facebook.com/groups/oneheartuniversity>
- **Malika** – means Queen and Angel



Golden Blessings with Malika

- Golden Blessings were being showered down energetically
- Ability to Bond and Connect more easily
- Thinking rather than reacting
- Confidence – She became Curious, Accepting, Friendly
- Cooperation, willingness without coercion, force, pushing
- Happier, Increased Vitality
- Increased Brain – Body - Connection Coherence
- **May golden blessings shower you and your loved ones**



Golden Girl – Malika @ 4 & 8 Months Multidimensional Healing

- **A few days later**, Greg said she was
"All about connecting and being touched."
- She is having a different experience of being in her body, interacting, now feeling safe in her body, safe in her world, secure to interact, she is seeking physical contact, and be handled with growing trust rather than fear.
- **At 8 months**, Greg said,
"She is very loving and friendly. Magnificent!"
- **QUESTIONS?**

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Blacky Cat – Soul Learning

- **Stage 4, Malignant Tumors**
- **Tumors in Liver, Stomach, Intestines**
- **Diagnosis at Age 10**
- **Prognosis – 4 months**
- **Pictured at Age 19**



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Blacky Cat – Vet Prognosis

- *“Our Vet said Blacky probably had 4 months or less*
- *Chemo wasn't an option for this type of cancer*
- *Blacky's intestines were going through the middle of tumor.*
- *Tumor was attached to three organs – stomach, liver, intestines – all enlarged*
- *All doors of treatment appeared to be closed*
- *That's exactly what had to happen for me to accept the guidance I had prayed so hard for”*

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Blacky Cat – Surgery

- *Successfully removed the tumor (one miracle)*
- *Couldn't safely get all of it*
- *He reattached his intestines back together*
- *“We were told that he might not make it through the night Blacky spent that night in an incubator in the animal emergency clinic.*
- *The surgery was as long as the vet could push it*
- *His body temperature was dangerously low.*
- ***We had our first session with Sandy right after the surgery.”***

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Blacky – Using All BHS Skills & More

- Extensive BHS weekly for the first months
- Gradually we went to every other week
- Then every 3 weeks
- Then once a month
- Then every few months
- Then once a quarter
- Then periodic check-ins
- We worked together for years
- – the Vet’s Original Prognosis was for 4 months

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Blacky Cat – Learning Journey - Quotes

- *“He is a **mirror** of how attitude and emotions transform into energy and can take hold in the physical body.”*
- *“I have seen how negative emotions coming from me or in my house affect him on a physical level.*
- *This has made me very aware of how they also affect my body and how I affect others around me.”*

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Blacky Cat – Projecting & Attitude

- *“Another huge thing Sandy and Blacky have made me aware of is that I project my anxiety and negativity on things onto Blacky.”*
- ***Blacky never heard that he had 4 months to live***
(Thank God).
- **4 years later.... No Evidence of any Tumors at all**

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Blacky's Message at Age 19

- We go deep and we have been buddies before, and we will be once again, of course.
- My role is to help Catherine trust herself, listen to her gut, to her instincts and intuition.
- To pay attention. To regain her trust in herself and what she senses as real and important. This is one of my most important jobs.
- She trusts me, and so I can gain her trust in believing in herself, because we love and laugh together.

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Blacky's Message at Age 19

- We continue to play.
- She cracks up laughing with me, and her heart opens.
And so, her caring draws her inward to listen even more closely to all she can decipher.
- I've helped her gain and practice tools to steady herself with her worries, but I cannot make her worries leave.
- That is her work that will go on beyond me.
But I've helped her develop tools and skills to steady herself and bring herself back from, and out of, The Worry she carries.

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Blacky's Message at Age 19

- This will have to do for now.
- Finding Laughter Always Helps. I still have a lot of vim and vigor, or 'piss and vinegar' as she says...except when I fall, but oh well, that is bound to happen now.
- I've lived a long and full life filled with many jumps from here to there...
- He reaches his paw out to you Catherine, always.
Love, with No Worries
Blacky, your faithful friend in a Black Cat Fur Body
- QUESTIONS?

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Benni the Dog - Elite Athlete – Communication Coaching



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- Mini Poodle, Age 4
- Working together since he was 8 weeks to:
 - Understanding his Life
 - To understand people & his jobs
 - To help his person understand him
 - Learning Agility
 - Benni Says: "Life Has To Be Fun"

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Benni Says....



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- "I love making People laugh
- I love being the Center of Attention
- I Love being Admired; Being told I am Beautiful;
- I love people admiring How fast I am & How Great I am!"
- **Photo** - Benni learning 'Contacts' to lower his weight to make the See- Saw to Lower

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Benni the Dog – Learning the Weave Poles



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- **Photo** - Benni learning How to use his body to master the Weave Poles for efficiency and SPEED.
- He Loves to be FAST.

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Benni the Dog - Elite Athlete



- **Benni Showing off his Ribbons**
- **These are ribbons from 1 Show!**
- **QUESTIONS?**

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Re-Envision Your Dreams

Go back into your Vision of Healing with animals

What else is here for you now that you've expanded awareness into some of what's possible in healing with animals?

Tune In.

Let your Heart & Soul Speak to you...



Sandy & Ibis Laughing Together

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Share Your Experiences



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Healing Manifesto

- May you Continue Creating a Love Letter of Living Life
- as a Healing Adventure with Animals
- From the Infinite Heart of Creative Bliss

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Thank You to Barbara Brennan & BBSH

- **Karen, Bev, Randall**
Thanks to all of you
- **This work is Love In Action**
- [For the Evolution of Human. Animal, & Universal Consciousness](#)



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Contact Information



Thank You!
Stay in TTouch ...

- **Contact Me - Sandy Rakowitz**
- 434-996-3595 (Cell)
- Sandy@OneHeartUniversity.com
- www.OneHeartUniversity.com
- **Join the Free One Heart Group**
<https://www.facebook.com/groups/oneheartuniversity>



7 Tips to Get Started

Using Brennan Healing Science with Animals

1. Healers Prep - breathing, chakra clearing, color breathing, centering, grounding - while standing with different animals.

- Observe what happens in you, and the animals.
- Ask to be shown potential and transformation

2. Sense and observe chakras in animals of many species.

a) Use a pendulum before and after using any skills. Record findings.

b) Use your hand in light sensing mode to sense Chakras before and after using any skills. Record findings.

c) More advanced - Use your hand to sense into each level of the animal's energy field before and after using skills. Record your findings.

3. Practice each of your HS skills as you learn them with multiple species. Observe and record findings. For instance:

- Practice sink and connect.
- Practice chelations.
- Practice clearing clouds and mucous.
- Follow the steps for each skill as if this were a human.

4. Get supervision working with animals (in addition to working with people) Yes, it makes a difference to work with someone who has experience using these skills with animals.

5. Keep practicing all your BHS Skills with humans and also with animals. The more you practice, the more you will learn, the more you will develop your skills, and the more you will gain confidence developing this range of skills. Practice is key!

6. Tap into your Vision of why you want to work with animals, and a larger vision through your Infinite Heart of Creative Bliss. Cultivate this vision, give it space.

And remember, a vision doesn't mean it all gets created immediately. Sometimes you need to develop a range of skills and experiences in order to create a foundation for your practice. Just as you are spending 4 years in learning to work with people, give yourself time and space to develop your work, skills and explore your way of working with animals.

Your ways of working with animals will develop as you open into your willingness to explore, practice and see what shows up.

7. Be curious, and explore ways you work with animals, and their people. See what shows up.

Animal Chakra Locations

This is an example of chakra locations that can be used to assess and explore in horses, as well as a template for working with cats, dogs, and other animals. There will be some minor variation of chakra locations depending on species and their shape.

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Resources

For Videos of Malika, the Golden Girl filly
and transformational healing with animals and people **Join us in the**

Join the Free One Heart University Community Group for People and Animals:

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Learn Animal Communication with Sandy

<https://oneheartuniversity.squarespace.com/newclass>

Read the inspiring book of channeled messages - Ancient Oak Tree Wisdoms by Sandy:

<https://bit.ly/OakBook>

More About the Author, Sandy Rakowitz



Sandy grew up sitting in Red Maple Tree branches at her best friend's house, playing within the circle of Dogwood Trees outside her own home, and leaning against the tall trees nearby.

She rested in the trees, played hide-n-seek in and around them. She viewed life from their branches,

watching a Robin's nest in spring while watching in wonder at blue eggs with baby Robins hatching. Appreciating how the nest was made and held in between the massive tree trunk and branch.

As a teenager, she found a wild, magic freedom with horses. While spending dozens of hours grooming, walking beside, befriending the difficult to handle horses, and riding school horses and privately owned horses, she discovered an unspoken, intuitive language of trust and rapport. The summer she turned 14, she opened into a sense of connected Oneness while cantering along one afternoon.

Her wildest dreams were inspired by her experiences with nature and horses. Dreams she is continuing to bring into manifestation... and which creates an extraordinary life.

This initial peak experience created a template for her to re-create magic and a sense of oneness and connection, on purpose for all to experience.

Motivated and driven by these connections and dreams, she has devoted her life learning to tap into this magical state of wonder and oneness and helping others tap into the Infinite Heart of Creative Bliss and Connection.

Sandy has been professionally guiding, teaching, and sharing ways to tap into these profound connections with animals, people, trees, nature and Source for over 40 years.

[Join our Free Online Community Group - Click Here](#)

A Final Message For You

"The Infinite Heart of Creative Bliss is within you,
ready and waiting."

Sandy Rakowitz, Wise Wild & the One Heart Council