

# ACTIVATING YOUR HEART & SOUL CONNECTION WITH HUMANITY & ANIMALS

Points of Light  
Together as One Heart,  
One Herd



SANDY RAKOWITZ



## **Activating Your Heart and Soul Connections with Humanity & Animals**

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## Activating Your Heart and Soul Connections with Humanity & Animals



*Greetings Sweet Souls,*

Thank you for joining in on this journey together as part of the BBSH-BBIRH Global Meditation Initiative.

**Activating Your Heart and Soul Connections with Humanity & Animals** is intended to provide an awakening into a deeper conscious awareness through your heart and soul connections with humanity, animals, and into what that means for you personally.

**Please Invite Your Animals to join us in this activation.**  
They love to listen and participate in my classes!

**The Spirit Animal & Humanity Activation Guides are saying to you now,** *“Know that these connections go far deeper than your human existence. You are a Soul living in a human body. We the animals come here in the physical plane to open your hearts into the stars of your dreams so that you know the depths of the Love you are capable of experiencing, and so that you know this depth of connection is possible for you with all Humans, Nature, your own Soul and Source, Connected All-Together.*

*This is you remembering. This is an Activation of Your Heart and Soul Connections with Animals & Humanity, Individually, and Collectively.”*

**~ The One Heart Counsel of Light, A Collective of Light Beings**

**Through this Heart & Soul Activation Class you'll be able to:**

- Recode loneliness and disconnection
- Receive Messages through your heightened sensory awareness
- Enhance relationships with people and animals
- Connect to Inner Guidance through animal guides

**About this Heart & Soul Activation Workbook:**

This workbook is designed to provide you with a guide and journal prompts to support your journey in class. The purpose is for you to have a place to bring your thoughts, dreams, connections through your mind and hands, onto the page.

When writing in connection with animals and humanity as consciousness, you can more readily open your intuition, heart, and mind, calm nerves, tap into the spaciousness of your creative nature and receive *Soul Activated Messages*, just for you.

*To Your Heart and Soul Connections with Animals, and Humanity,*  
**Sandy**

## Activating Your Heart and Soul Connections with Humanity & Animals

### *Sweet Souls...*

...Meet *Mosha* the Elephant, living in Thailand as a permanent resident of the Friends of the Asian Elephant Hospital. In this picture when I met her, she was 13-14 years old.

**Mosha says to you now:**

*"You are All Points of Light,  
Connected as One Heart, One Herd."*

She is here to be one of our primary 'Activation Guides' on this journey.

**Mosha's Story, from her point of view:**

*"I am wise beyond my physical years. I am here to be a special envoy, or messenger, to human souls helping them understand the plight of elephants, and to know we are souls connected as light beings."*

*At 7 months of age, I stepped on a landmine while following my mother. Humans like to lead with a description of me with my injury first. I understand that humans need to see the problems as the headline.*

*I am here to say we are much more than the problem. We are all Souls, here to learn. I am here to help you learn and experience We are all Points of Light, Connected as One Heart, and One Herd.*

*I have gained much attention from having stepped on a landmine, from losing half of my front leg. I am also the first elephant to receive a Prosthetic Limb. I am the perfect Elephant to teach and guide humans across dimensions.*

*I welcome you on this journey together."*

### *Sandy Meets Mosha*

In 2018 I was invited to go to the Friends of the Asian Elephant Hospital (FAE) with two colleagues, Anne Snowball and Helena Bresk, to use Tellington TTouch and BEMER with the three permanent Elephant residents, Motala, Mosha and Boon Mee.



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Mosha was creating quite a ruckus next door while I was getting to know Motala on the first morning of our arrival to FAE.

Motala, the matriarch at 60 years old said to me, *“Do not be fooled by her shenanigans. Mosha is wise beyond her years. She has much to teach you.”*

Indeed she did have much to teach me, and she continues years later. Now, Mosha has asked me to be the voice to share our Journey with you, as an activation.

*Mosha shares this with you:*

*“Let’s bring those together who might never have known one another, but belong together.*

*See you not from the stars afar.*

*But See the stars shining lights from within.  
Linking you to the stars and back once again.  
Linking us altogether through our hearts,  
through our minds, and through our thoughts,  
through our Light Shining Bright.*

*Recognize the trumpeting calls to awaken your hearts once more.  
Hear us Trumpet!  
- And wake up!”*

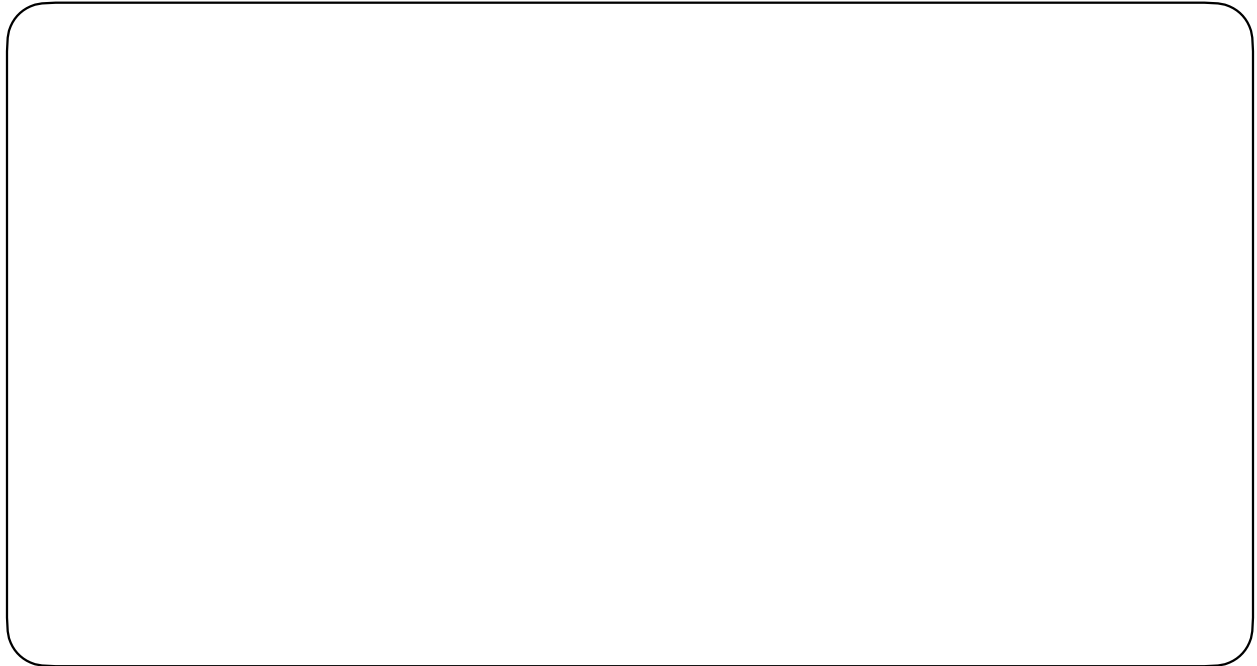
*by Mosha the Asian Elephant from the Stars and Lampang, Thailand  
“I am the First Elephant to receive a Prosthetic Limb  
Injured by Man’s explosive way of experiencing separation from the Source  
and planting land mines.”*

**By the way, Mosha’s name means Star!**

**In the space below, write down **key ideas** that stand out to you in these messages above.**

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As Sandy shares her story with Mosha during the activation, write the **Key Words** that stand out to you below:

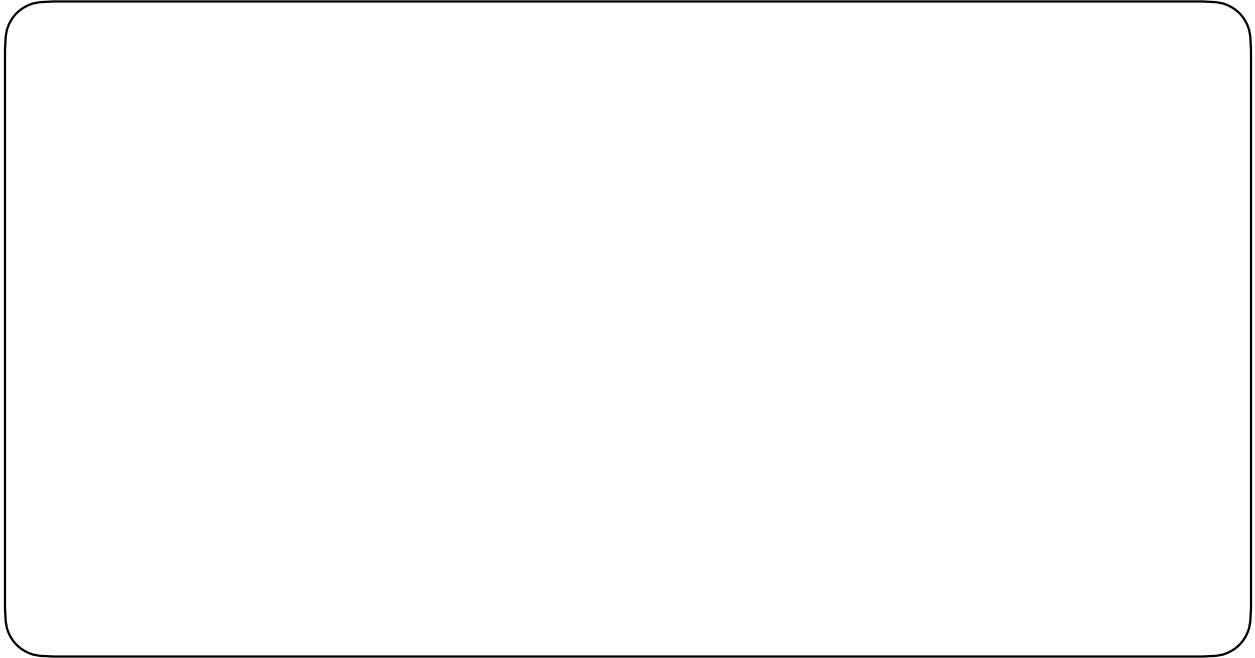


As Sandy speaks and guides you through the Journey, what are **Key Images** that come to you in your mind's eye and stand out to you? Write them down in the space below:



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What are the **feelings evoked** as you go through this journey with Mosha and Sandy? Write your impressions below.

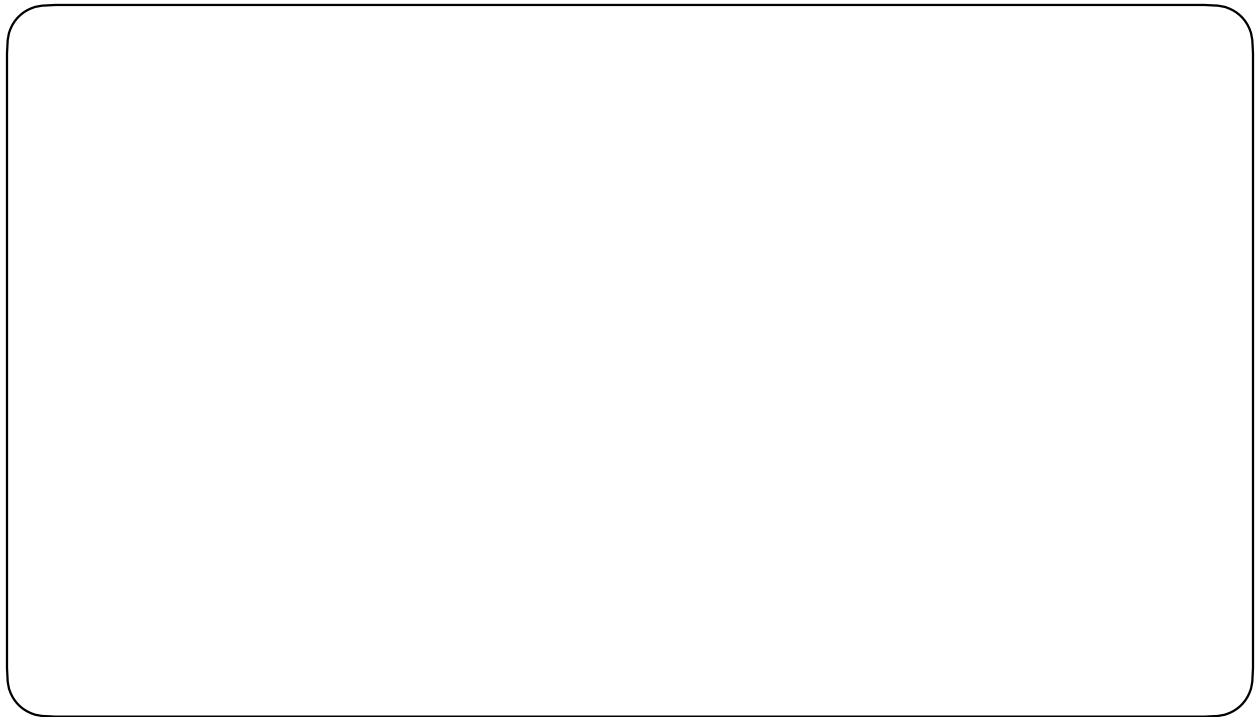


Write below one of the **unique messages** you received today through this journey with Sandy And Mosha. Use additional paper as needed. We all need to hear each others visions, and Soul Activated messages.

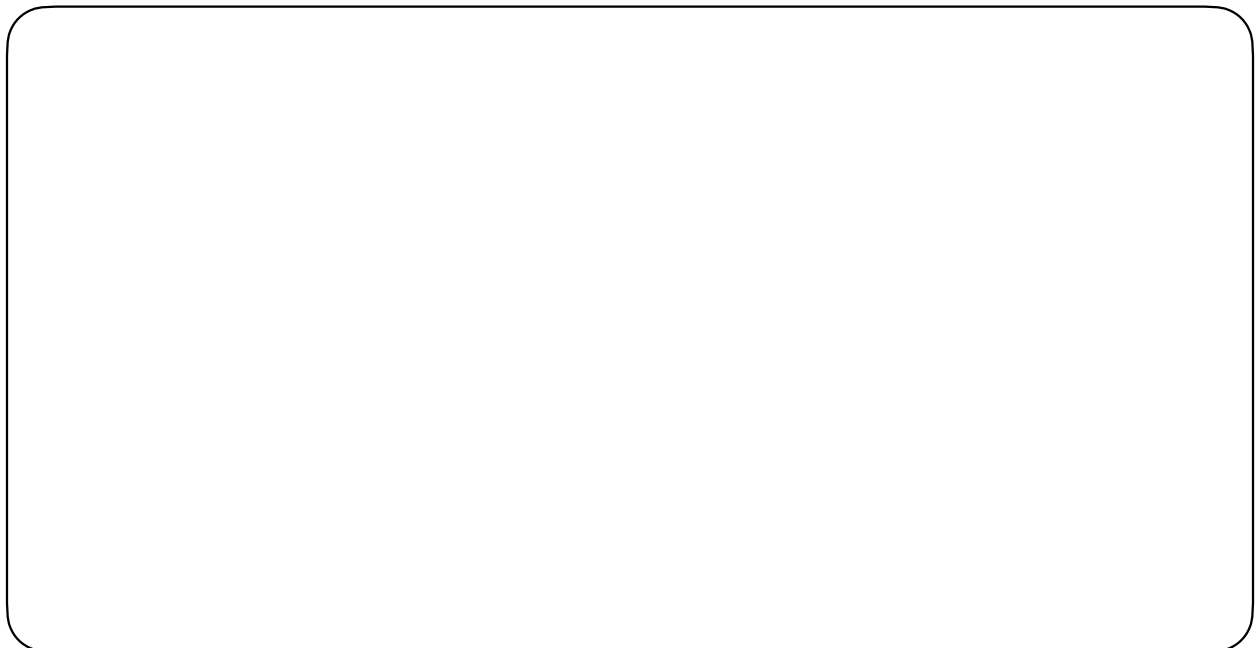


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What is an **Aha moment**, or the most significant thing you have received through this experience?



What else would you like to create with your heart and soul animal - humanity connections?





## Activating Your Heart and Soul Connections with Humanity & Animals

### Integration, to write on your own after class:

Continuing to write helps you integrate your experiences. This helps you see the overview, and to give you a map of your experiences.

**Key ideas** that stand out to you from the messages from Mosha the Elephant:

**Key words** that stood out from Sandy's story with Mosha during the activation:

**Key images** that came to you in your mind's eye:

What were the main **feelings evoked** during the journey?

Write out the essence of the **unique message** you received in the journey:

What was an **Aha moment**, or the most significant thing received from this journey:

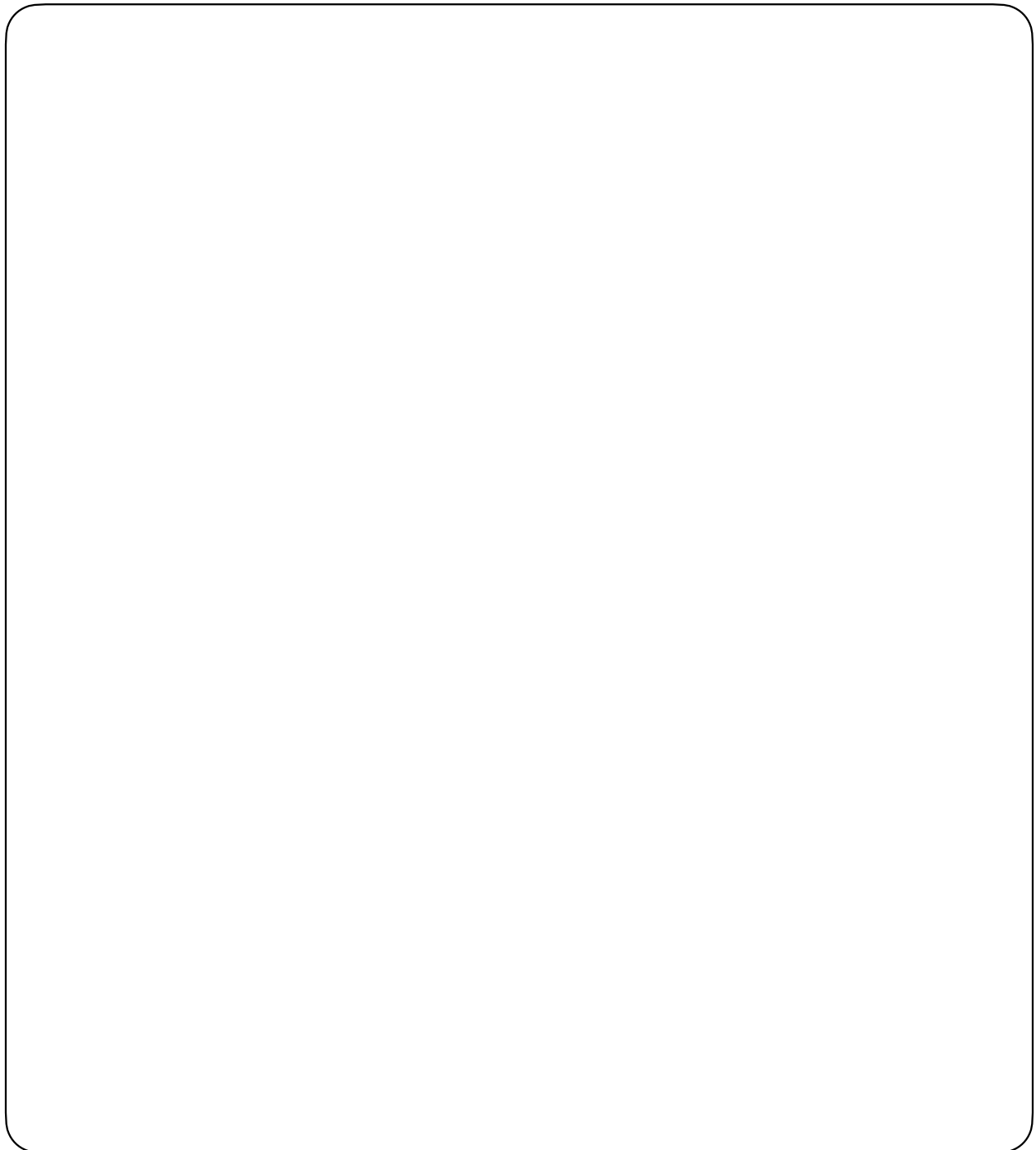
## **Activating Your Heart and Soul Connections with Humanity & Animals**

### **After Class:**

**Now that you have had some time to process your experience, let your heart roam, and your mind dream again, and dive deep.**

**What else would you like to create with your heart and soul animal connections?**

**Feel free to share with Sandy and email her: [Sandy@OneHeartHealingCenter.com](mailto:Sandy@OneHeartHealingCenter.com).**



## Activating Your Heart and Soul Connections with Humanity & Animals

**Keep going. What else would you like to create with your heart and soul animal connections?**

What else would you like to create with your heart and soul animal connections?  
Write, draw, paint, and play with your ideas, they are divinely guided.

**Thank you for participating in this meditation initiative through BBSH-BBRIH.** Our hope is that you have found more of yourself, your heart and wisdom, and a deepening of your connection with animals and humanity.

Remember, we are all points of light across time and space. We hope you enjoyed your journey across dimensions as we traveled together to show you the inter-dimensions of our connections which knows no bounds of time and space.

Please reach out to [sandy@OneHeartHealingCenter.com](mailto:sandy@OneHeartHealingCenter.com) to continue learning with us.

*Sandy, Mosha, and the One Heart Counsel of Light Beings*



## Activating Your Heart and Soul Connections with Humanity & Animals

### More about Sandy Rakowitz:

Animals Saved Her through connection having felt alone, disconnected and on the fringe. With the loss of four close family members by the age of 14, and over twenty deaths as an adult with close friends, animals & family her intuitive, telepathic, psychic and creative heart and soul connection and communication abilities with animals, people and spiritual beings opened.



Now, Sandy mentors women 1:1 in classes and programs to open their own gifts and talents with Animal, Nature & Spirit Wisdoms, unleashing their Creativity and Capacity for Connection with Self, Soul & Source, enhancing Self-Worth & Net-Worth. Sandy assists people to live to thrive - on purpose, turning their dreams into reality.

Get your free 'Communicate with Animals Kit,' the Animal Wisdoms Newsletter and what's happening with Sandy Rakowitz at <http://www.OneHeartHealingCenter.com>

**Sandy Rakowitz is the Founder of the award winning business**

[One Heart Healing Center for the Evolution of Humanity and Universal Consciousness](#)

**Ask about her One Heart Alchemy programs:**

**HeartSelf Process** - to Reclaim Your Heart

**The Art of Letting Go** - To Thrive even through Loss

**Remembrance Rocks** - Creating a Legacy

**One Heart Journaling** - To Unleash Your Creativity & Connection

**Awaken Your Inner Dr. Dolittle Method** - to Communicate with Animals

**Multidimensional Soul Power Program** - Thriving Your Business, Life, Money

**Empowerment Breakthroughs** - Accessing Divine Codes to Create New Stories

**Magical Medicine Transformation** - Claim Your Magic Medicine & Sacred Leadership



**Become a Founding Member of One Heart University here:**

<https://onehearthealingcenter.com/one-heart-university/>

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About where Mosha lives:



### The Friends of the Asian Elephant Hospital (FAE), Lampang, Thailand

Established in 1993 by Soraida Solwala to nurture elephants that have been injured by landmines, traffic accidents, and for ill or abused elephants.

FAE has grown to a team with full time veterinarians, a team of 15 people, and has treated over 5,000 elephants for free since the start of FAE. Find them on Facebook.

You can learn more about Mosha, just Google Mosha the Elephant, she is quite famous with many articles written about her, and you can watch videos as well.

### Photo above

*Soraida Solwala on left, Mosha with one of her first Prosthetic, Anne Snowball on right*

All the elephants at FAE adore Soraida.

### Mosha says this about Soraida:

*"My Soraida has helped the world come to light,  
to see the wrongness of this plight.*

*Bringing people together for the Elephants,  
bringing light to their hearts,  
showing the way through the Elephants plight,  
bringing light to the land wars, our habitat shrinking.*

*What we the Elephants need, is what is needed for all.  
We need our land.  
We need one another.*

*Shine light for us all,  
so that we may all see the truths within,  
and act together.*

*Here is our Light,  
Within each cell,  
Shine bright so we may all see more clearly."*

**~ Mosha the Elephant, with Sandy Rakowitz**



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### More photos from Sandy's visit at FAE

Pictured below, Sandy Toning with Mosha.



Below, Mosha having a face sniff with Sandy





## Activating Your Heart and Soul Connections with Humanity & Animals



Left: Sandy with Motala, the Queen Elder resident at FAE, about 60 years old.

Below: Sandy pictured with Boon Mee another lifetime resident of FAE, Helena Bresk, Anne Snowball and Boon Mee's Mahoot.

