

*continuing the connection*



**A Journey of Grief & Hope**

*sandy rakowitz*

*Continuing the Connection*



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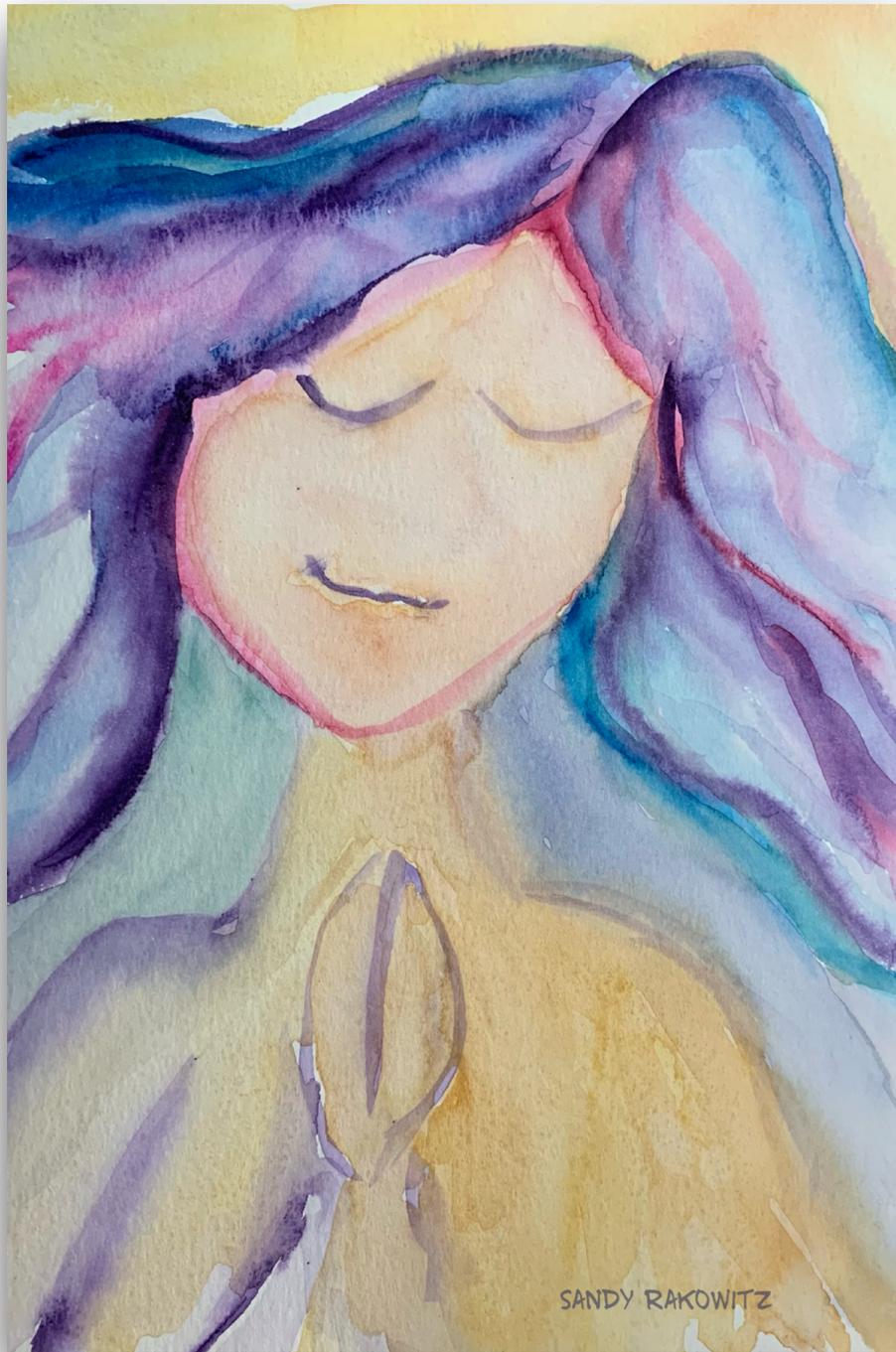
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*Continuing the Connection*

This book is dedicated to YOU,  
and those who have loved and lost a loved one.



## *Continuing the Connection*

The following are excerpts from the upcoming book *Continuing the Connections: A Journey of Grief and Hope*.

Ibis the Horse and I spent 32 years together, learning and growing. In these excerpts he shares from a Soul perspective about Light.

### **The Eternal Light of Love**

December 10, 2019

Three weeks ago this morning, right around sunrise, Ibis' beautiful body was cremated. On this morning, I was talking with Ibis about picking up his ashes.

When I began our conversation, it was dark outside.

After I wrote, and wrote, and wrote his responses, which quickly turned into a series of teachings for us all, I got up and looked outside.

This spectacular sunrise greeted me.

It was the first colorful sunrise in weeks - just about since Ibis passed.

We had been having delicious and needed rain for weeks. and so it had been dark, overcast, grey in the mornings.

As always, true to his inspiring and growth provoking ways, he carries us from darkness into very colorful light.

Guess what he was advising us about?

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*What follows is one part of our conversation.*



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**I wrote, “Dear Ibis what do you have to say about the sunrise this morning?”**

**Ibis responded:**

*“The Eternal Light of Love is within everything you say and do.*

*Breath deeply into your heart my dear  
and release all fears of the unknown.*

*You are safe and protected.  
All is well.*

*You are well  
deep in the sanctuary of your heart,  
through to your soul.*

*This is the surrender.*

*Just breath my dear.*

*Moment to moment.*

*Your breath will take you through each and every moment  
and can carry you home  
in each moment.*

*Don’t try to figure it all out.*

*Just breath into the next step and the next and the next.”*

**Then, I asked again about the Sunrise today.** Always the answers were in connection to my queries. Though usually he gave me guidance to what was truly needed before answering my question more directly.

He always prompted growth in me. And though it was often specific to me, it was always a teaching for us all.

I know Ibis used to stand facing the rising sun in the mornings. I would watch him basking in the soft rays of light as the sun rose wherever we lived in our 32 years together.

**I asked, “Ibis you loved the sunrises didn’t you?”**

He responded,

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## **The Eternal Light Of Love**

*Stand in the rise of a new day.  
Stand in the start of something new.*

*Breath in the softness of sunrise light.*

*Bask in soft golden rays.  
Bask.  
Replenish.  
Recharge.*

*Connect with All-That-Is.  
Continue Our Connection.*

*You can start anew every moment.*

*Trust Holy Miracles of Light.*

*Eternal Light is the light that shines bright  
throughout your hearts.*

*The light that surrounds you  
like angel wings,  
wrapping a warm embrace  
around you.*

*This is the Light of Love  
flowing through your hearts.*

*Know in your tender heart,  
that we the animals and nature,  
and all that is Good and Loving,  
is everlasting, surrounding you,  
embracing you,  
here in your hearts,  
flowing through you.  
Always.*

*The Eternal Light of Love  
is here in the sunrises,  
Sunsets  
And deep in your heart.*

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**A New Paradigm Emerging**

A week after California shut down with the pandemic in March, 2020, I asked Ibis his thoughts on this time. He gave a very different perspective, as he always did.

**A New Paradigm**

Is emerging through the portal of your hearts.  
The Miracle of light comes to earth.

Columns of light are ascending  
Points of light lighting  
Through the crumble  
And rumble  
Of old ways and structures  
New structures,  
What is most meaningful emerges  
Filled with light.

Courage is putting one foot in front of the other even if you're scared.

Creating new ways  
Be Steadfast.  
Connection is the key  
Love and kindness lights the way  
Through these doors  
New ventures will emerge.  
Follow the pathway  
lead By your heart  
Your guidance speaks through gestures and your reach goes far.

Find your way through the labyrinth  
Of your heart.

Your job is not to let fear and panic rule.  
Your job is to find your way home inside.  
Connect  
Be kind  
Be true to your heart

Listen. Learn. Lean inside.  
What's needed next will Emerge.  
New structures to be built  
New ways will suffice  
To save all that's needed now.

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Do not be swayed by fear and panic  
News and sensations  
Let these tides subside.

Stand true.  
Stand strong.  
Stand in your heart  
This Column of Light Connects  
All Together through the Earth and Divine

Be True in your Heart.  
Reset. Renew. Replenish. Regenerate.  
Refocus.  
As you create the new paradigm within  
You will see anew  
what you were born to do.

This is where you stand.  
Deep inside your Heart  
are the Keys of Connection.  
Stand together.  
As We Stand Here With You.

A New Paradigm Is the Light Ascending Through the Portal of Your Heart.



## About the Journey of Sandy Rakowitz & Ibis

### Our Journey Began

The first miracle together, and evidence, of how our soul does indeed guide us, was for me to find Ibis in the spring of 1987.

I was 27, and he was 5 years.

Although I was looking for a horse to buy to use as a lesson horse to teach beginners, my mind was searching for a horse very different than who showed up.

I wanted a seasoned horse who could take care of beginners, steady and even.

I found Ibis, a scrawny, beat up 5 year old, just off the racetrack, who didn't even know how to steer - and didn't really seem to like or be connected with people.

However, for no logical reason, I bought the horse on the spot for \$600.



### As Is



I did everything I'd warn a student not to do. No second trip to try him out again. No trial to try him out at home. No vet to check him out for soundness and health.

I simply purchased him 'As Is.' She had him trailered to the barn that night, his price included trailering the 1 hour trip to his new home!

### Soul Guidance

Something much larger was going on.

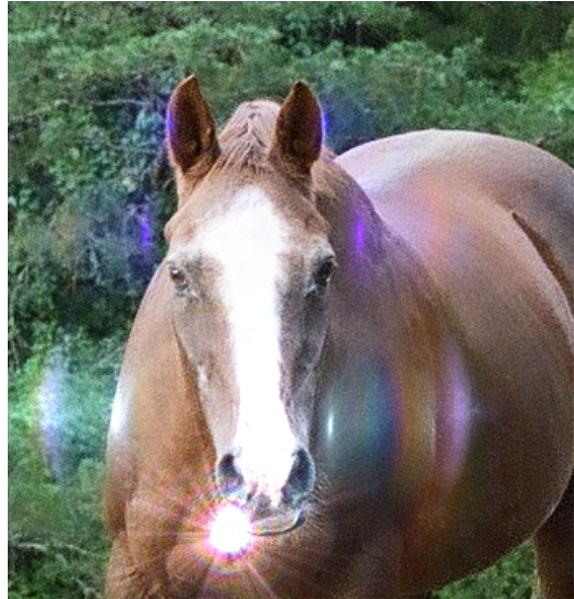
I didn't know it consciously yet, but *'The Connector, and Transformer of Hearts'* had arrived. We were embarking on a 32 year journey. If I'd seen into a crystal ball into our next 32 years, I wouldn't have believed all that would transpire.

### **The Connector, and Transformer of Hearts**

Throughout our 32 year journey together while he was in his body we shared the highs and lows of life. We didn't always see eye to eye - we didn't always get along well. But he always prompted me to grow and learn. Ibis showed me a new way of living, gradually, to open into my essence, and heart.

When he was around 15 years old, I began asking for his guidance. And we both got happier, and changed. I would walk outside to feed the horses and he would trot or gallop up and if a horse could smile, he was grinning from ear to ear!

I asked him to help me create an animal communication program. I would consult on his view for every class and lesson. Since then, he has helped me develop dozens of programs, classes and workshops. Truthfully, I would create at his prompting!



He has been the bridge, as he said,  
***“I am the Connector, The Transformer of Hearts.”***

### **Planting Seeds**

Within a day of Ibis passing he said to me,  
*“We’ve been planting many seeds of awareness. Watch what unfolds next as we now begin the next phase of our journey and work together.”*



I hadn't heard him say these things quite this way before. A new perspective began to emerge within hours after he passed.

Ibis continues to convey his messages of healing and wisdom, planting seeds of awareness while sparking awakening.

[Click Here](#) to Get Your Free 'Communicate with Your Animals Kit', a Gift from Ibis and I.

