

The artwork is a vertical composition. In the center, a Native American woman with dark hair in two braids is depicted from the chest up. She wears a dark, patterned garment and a necklace with several circular pendants. She holds a light-colored, textured bowl with both hands. From the bowl, thick, white, wavy smoke or mist rises, swirling around her. Above the smoke, a cougar or panther is shown in profile, looking to the left. The background is a textured, brownish-gold color with dark, swirling patterns. The overall style is that of a painting, possibly using pastels or oils.

SPIRIT ANIMAL GUIDE

Sandy Rakowitz

Spirit Animal Guide

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The information contained is for educational purposes only and is an introductory guide to Spirit Animals for your personal use. This information is a beginning guide as there are far more animals and spirit animal guides then written herein. This information should not be used as a substitute for mental health or medical care for you or your animals.

May this guide serve to inspire, educate and nourish your heart and soul for your ever deepening growth, evolution and expansion.

Cover Illustration by Marlene O'Connor
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One Heart Healing Center
San Luis Obispo, CA

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Spirit Animal Guide

Spirit Animal Guide:
Reminders that We Are All of One Heart

Sandy Rakowitz

Cover Illustration by Marlene O'Connor

Spirit Animal Guide

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Spirit Animal Guide

We are All of One Heart

Run Free My Friends
Guide Us
Surround Us
Share Your Belief In Us

Let Your Truths Resonate
Deep In Our Hearts
Where We Know You Reside
No Matter What Your Form.

Let Us Know You In Our Heart of Hearts,
That you are Guiding Us
Reminding Us
Of Our Truths
Of Our Soul
That We Are All Of One Heart
Connected, Making Magic, Running Free Together.
And So It Is.

~ Sandy Rakowitz

Spirit Animal Guide

The Risk

“There came a time when the risk to remain in a tight bud
was more painful than it took to blossom.”

~ Anais Nin



Spirit Animal Guide

Who Are Spirit Animal Guides?

Spirit Animal Guides are around us all the time.
They offer wisdom, protection, guidance, insights, direction.

Be open to who shows up for you.....
they may be regal or glamorous - such as a Wolf, Tiger or Dragon, or
someone small who might seem meek and mild, or one who is unfamiliar.

There are hundreds of animals who might choose you today,
From ant to an elephant, a bee, an ant or insect, to a whale
- or someone you have never seen before.



Every animal brings their own special characteristics,
“talents”, help and wisdom or ‘medicine.’

Be open and curious to discover who is here to help you...
...even if they may not be what you hoped for or expected.

The one, or ones, who come to you will be who you truly need,
with the exact qualities that you need at this time! Even if you
do not readily see how you need them, be open to their message,
be curious as to what might be offered to you at this time.

Spirit Animal Guide

Allow yourself to be curious.

Give yourself the gift of the time, and the space for exploration.

Their messages will become apparent at some point.

Allow Messages from Spirit Animal Guides to take you on a journey.

Write, doodle, draw, daydream and find the revelations that come to you.

Be open to the see through another's vantage point

Be open to the magic that can come with a new messenger.

Let yourself be guided.

Ever Deeper.

For ever more.



Types of Spirit Animal Guides

Since ancient times, animals, and animals in spirit forms have been part of every major culture and religion. Visions with animals have been painted, written, and stories have been shared throughout time, passed down from generation to generation.



Spiritual beings as teachers and guides will show themselves as animals.

Spirit Animals share their energy connections, wisdoms and serve as an ally, guide, teacher to help you resource your own strengths and gifts.

Each person has a **Lifelong Spirit Animal Guide**, often called an Animal Spirit Totem that helps usher us into this life from birth. This Spirit Animal guides and directs us with specific life long lessons we come into this lifetime to learn. They may show up in dreams, as a longing to be with this

Spirit Animal Guide

particular type of animal, or will find their way into your life and enter into your awareness in some way.

Lions have been in my dreams and meditations for as long as I can remember. I would dream of lean my back against the lion's belly while we were both lying down, breathing, together, passing time. I was always comforted from this experience. I don't recall talking about these times with anyone. The experiences were totally real.

Later in my meditations a lion or lioness would always come to walk beside me, sliding their body right underneath my hand. I can feel the rhythm of our walking together, the glide of their shoulder blades back and forth moving beneath my hand. We walked as friends, guided and being guided.

A Journey Guide helps us through particular passages that require



specific skills or lessons, like the mountain lion offered for Liana. A Journey Guide comes to us in times of need, for particular reasons, but is not necessarily present throughout your entire life as is a Lifelong Guide.

Journey Guides may stay with your for a few hours, or even up to a few years but will stay with you until this passage or journey is completed. This is like having a specific tour guide to show you around a new area you are exploring. Imagine you were visiting a new town and a local person showed you around to help you get to know the territory.

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Liana had just lost her dog after 15 years together. Missing her longtime companion she was concurrently going through many changes with work and her people relationships. Stories and images of Mountain Lions kept coming to her attention.

They leapt into her dreamtime, but left her disconcerted. Then, every time she turned around, there was something else about cougars or mountain lions showing up. A friend would mention seeing an interesting article about them and share with her, they'd show up in her Facebook feed, or she'd be leafing through a magazine and there'd be a magnificent picture of one staring right at her as if they were alive, looking right into her soul with deep knowing.

Initially she didn't understand why cougars were showing up with increasing frequency and began to feel unnerved by their presence. Gingerly her fears gave way to curiosity after a conversation together. The question came to her to ask: 'What message does Mountain Lion have for me?'



She awoke in the morning realizing she needed to find courage in moving forward through her grief, allowing herself to begin letting go of her pain and guilt for how her dog had recently died.

Liana began asking mountain lion 'medicine' to help her through her emotions, to help her feel her connection with her dog, and move forward.

Gradually she began noticing she felt emotionally steadier. She was surprised she felt relief from her grief. She felt motivated to take care of

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herself better, something that had fallen off during the end of her dog's life while caring for him.

As Liana began to allow in the cougar's guiding energies, they were not showing up 'in her face' anymore. They had prompted a journey for her to go deeper and move forward. Their role was complete.

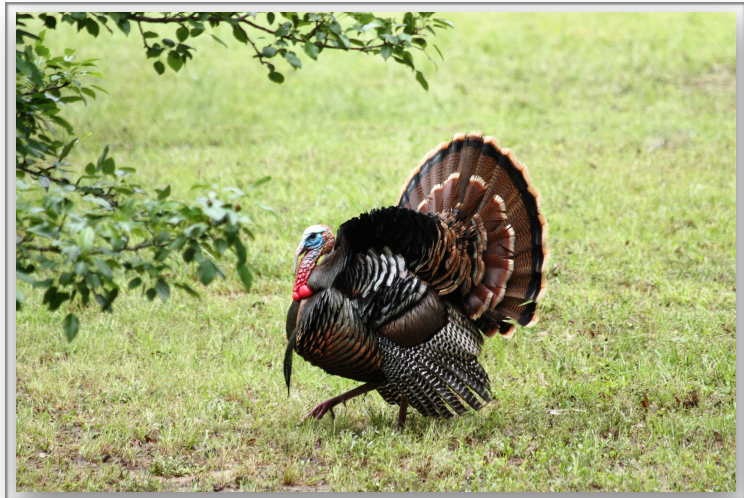
A Message Guide is one who shows up to give you a Quick Lesson, to warn you of something, or to help you Pay Attention to something in particular. They don't necessarily stick around for long. They come in to get you to be mindful of something.

The morning after I moved to California, a family of Turkeys were gobbling right outside my window.

These beautiful turkeys were welcoming me to my new home, with messages to be Giving, and to 'Give Away your Gifts' as a guide for living.

Spirit Animal Guides bring awareness to ideas, concepts or notions that you knew all along but may not have been in the forefront of your awareness.

Sometimes messages come as writings, in drawings, something someone says to you, in a song you hear, or as a prayer that comes to your heart. See who and what shows up for you, and in whatever the form.



Later that day I went for a walk to explore the field above my house. I found a dozen Turkey Feathers. In the past, I have found 1 Turkey feather at a time. Finding a dozen throughout my walk was highly unusual. These two messages certainly caught my attention!

Spirit Animal Guide



I offer this *Spirit Animal Guide* as an inspiration
to tune in to your own *Spirit Animal Guides*
and the many revelatory messages awaiting you.

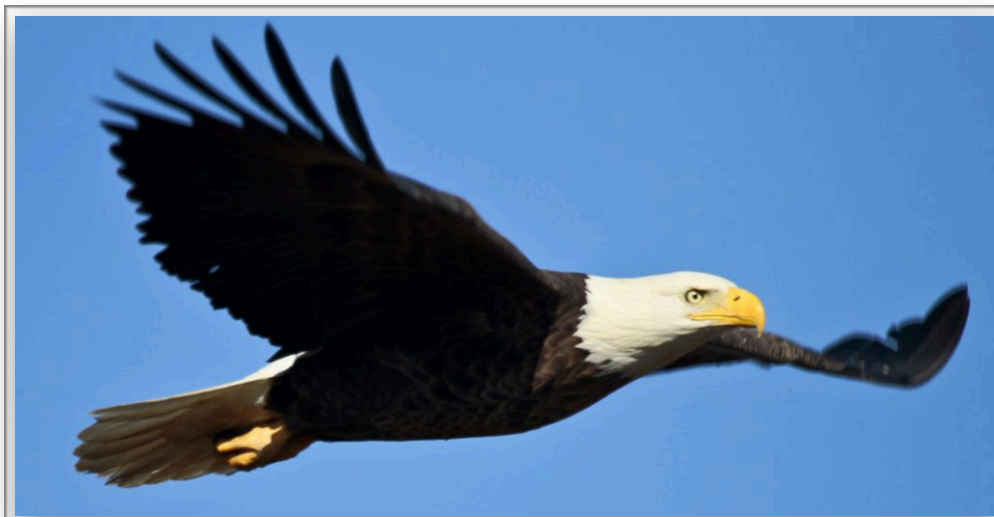
Spirit Animal Guide

Eagle

**Fly High with Us Brazen Winged Ones.
Help Us See with Clear Vision.**

Help Us Notice what lay before us, on the ground, and in the distance.
Winged One, see what is in my heart.

Pierce into
my heart of
hearts to
awaken my
Vision, so
that I may
know what is
here deep
inside.



Lift my
vision so
that I may see more clearly where I am going.
Show me how to spread my wings with wide embrace.

Teach me to piercingly call out into the span of time,
for all to hear, announcing my presence with confidence.

Show me how to rise high and fly far, easing through the currents of air.
Entrain me to know the ways of rising higher, to circle and soar.
Teach me how to travel far, and find my way back home.

Demonstrate how to search for food, pinpointing what is most needed.
Show me how to get what is needed quickly and efficiently.

Guide me to know your Grace.

Teach me your ways Eagle so that I too may fly with strength and power
through all of my days.

Spirit Animal Guide

Spider

**Spider teach me the magic medicines of weaving a web.
Show me ways to weave the pieces of my life together.**

Advise me ways to slide from one place to another, dropping down from a tree to the ground using the web of my heart as the link between spirit and life on earth day-to-day.



Give me lessons on how to catch the dew of the morning light, reflecting prisms of light. Impart with me the dance through intricate carefully placed threads of life creating stairs of circles leading into the center of life.

Weave with me your magic threads of light linking each part of life together as one circle.

Oh Spider dear, cast your spell weaving round and round, so many legs coordinating together, how do you do your

dance to weave your web?

Show me how to weave a silken web, so that I may live with the spider's web catching only what is most needed.

Spirit Animal Guide

Horse

Dear Horse, lead me noble, find me strength, show me the ways of your grace and ease, running across the land, enduring changes at every turn.

A Message from the Spirit of the Horse

We are here to heal and to help heal.

We chose to come to live on earth in this form as a horse.

Our purpose is to lead you back to the qualities of worthiness, self-esteem, health and vibrancy which are your True Self.

We show you the way into fluidness through your body, deeper inner connections, fun, joy, pleasure, and intimate relationships with much safety. We offer contact and physical warmth, teachings which come through the responsibilities of caring for such an animal, and the subtle healing energies, which we generate.

The connection with the spiritual realm is the connection from which all else follows. Above and beyond all else, the key is love.

All techniques, and all journeying, in any modality always must come back to **Love**. For it is **Loving** which brings us together deeply within our bodies, within our emotions, within the mind linked to heart and body.

Love links us into the spiritual realm. In all matters, in all situations, under any circumstances, love is the greatest and most opening choice of all time. Love in every moment to moment of awareness.



Turtle

The shell of protection.

Slow, measured pace.

Being of the Earth. These are the measures of my Grace.



Look deep within my eyes to know my ways, falling into time, where there is no measure.

Watch me easing my way across the land, noticing each and every blade of grass, knowing I will get where I am going, without the measure of time.

I go where I need to go.
I go without worry.
I bask in the sun.
I duck within my shell.
I step slowly and with care.

Do not worry where you go.
Do not worry from where you came.
Walk in your own pace.
Go at your own rate.
Be in your own time.
Pause.
And carry on.
Carry your home with you.

Leave all else behind.

Spirit Animal Guide

Dog

**We are called ‘Man’s Best Friend,’ for good reason.
Loyalty and companionship are our biggest assets - our main service.**

We come with our own Soul’s Purpose, unique to each being, AND, we serve you as well.

Loyal, Caring, Playful, Companion is how we are known.

We seek your company, we stand by your side, we roam, we jump, we lay on the couch with you, we stay at your feet, we look out for you, alert you to what comes down the road to tell you who or what else is on your path.

We excel at telling you, alerting you, to ‘WATCH OUT,’ ‘Someone is Here!’ We are ‘watch dogs’ for you in many ways.



We watch for you throughout the realms.

We help you discern what is happening regarding other people and other animals when we alert you to their presence.

Do not overlook what we say or how we behave - we always have messages for you to impart along your way.

Companionship into the depths of your heart, through and through is our ‘Hallmark.’

We reach into your heart to show you what you have deep inside your heart of hearts - in the places where you do not always venture with people for fear of being hurt.

Spirit Animal Guide

**We are here in the form of loyal dogs to show you
'what is possible in your heart.'**



Let Go of your fears of letting people into the recesses of your heart.

We show you the depths of your love, yes?

Not allowing this with human beings no longer serves your best and highest interest.

We KNOW you in your heart of hearts.

Do you trust us?

Will you trust the ways we know you?
Will you trust the ways we see you and all we feel inside you?
Are you willing to trust your own heart?
Are you willing to forgive the ways you may have been in the past?

Do you trust we know deep love with you?
And the depths you are capable of loving, with us?

Let this serve as a reminder, Trust Your Heart.

Spirit Animal Guide

Cat

**Stretch, step, slink and slip into the shadows to watch and be aware.
I do not fear, I watch, look, listen and learn.**



I tread carefully, placing each paw, each step along
my way showing you the grace of
stepping lightly, carefully, with agility.

I peer into the darkness, seeing what is.

Waiting and watching until the moment is
right to pursue the hunt - for you - the
dream.

As I step into the shadows,
I know that I can see clearly,
peering into what appears to be darkness,
I see clearly what is.

You too can peer into the darkness
of the shadows.

Do not fear this darkness,
let the shadows be your friend,
your ally,
your cover for sleuthing out
what is most needed from your soul.

When you seek out what is truly yours under the cover of darkness,
you gain a bold, new courage,
stepping with strength, gaining ground quickly.

Do not fear the shadows.
Let this dark cover be your friend to aid you.

Watch. Look. Listen.
Learn from the Shadows.

Spirit Animal Guide

Fish

Slipping through water. Gliding. Shifting direction with a slight turn of a fin. Easily, effortlessly changing direction, I swim with my pod.



I see what is underneath the surface of your everyday life and perspective.

I dive deep into the waters of your subconscious.

I travel,
by swimming through
the waters,
where outward vision does
not see.

I hold magical powers of insight into the depths of your thoughts.

I clean up the bits and pieces of your thoughts, left around the reefs.
These bits become food, nourishment.

You think what is left behind in your mind is worthless, something to be left, not worth visiting, not even wanted. Yet, this becomes food for you to digest and metabolize in order to help you move forward in your growth and evolution.

Those tidbits of beliefs, the remnants of worry - they have all been constructed for good and important reasons.

Don't leave them to float down into the bottom of the sea never to be seen from again. If you leave these parts of your psyche behind, you miss the richness of a fuller transformation.

Slide through the spaces inside,
gathering tender,
often overlooked morsels of your sweet self.

Mountain Lion

**BE Your Courage.
Lead Your Life.**

Do not hesitate to move when you need to move,
seeking what you desire.



Rest when you need rest.
Digest and rest.

Listen to your rhythm.
Calculate your timing.

Leap to new heights.
Pounce what you seek.

Eat when you are hungry.
Play when you are playful.

Rest when you need rest.

BE Your Courage.
Lead Your Life into the Life
You Most Desire.

Spirit Animal Guide

Ant

**Lighten Up Your Load.
See what is small before you.**



We take only what we can carry.

We take only that which will serve us.

There is no waste.

We are economists.

Bite size pieces for you are boulders for us.

We work as a team.
Together we communicate.
Everyone knows their part, without question.

See what is small.
There is great value in what is small. We understand this value.
If we were to take on too large a load, we would be crushed.

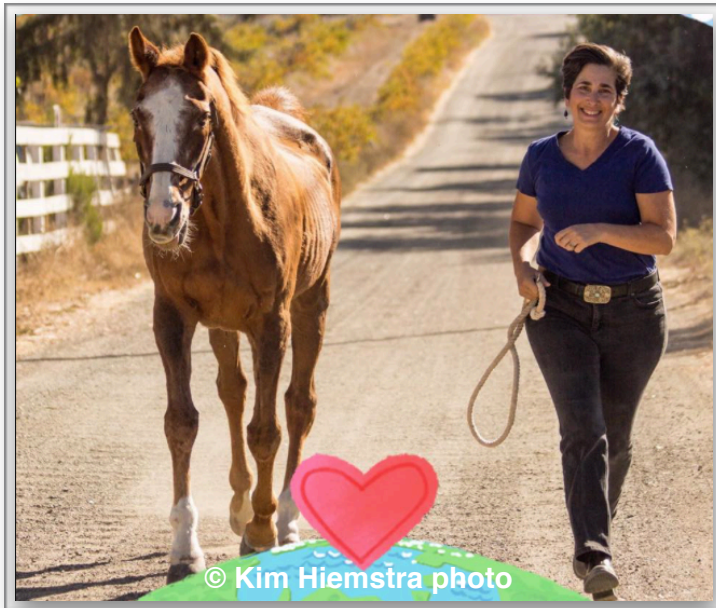
You humans would do well to heed this metaphor as you often take on loads that are too large, too heavy.

Lighten up your load.

Spirit Animal Guide

About Sandy Rakowitz

Sandy Rakowitz is award winning Interspecies Telepathic Communicator, Transformational Healing Coach, Author, Speaker, Practitioner, founder of One Heart Healing Center and has created dozens of successful programs dedicated to the evolution of humanity.



Sandy coaches women to access and finely tune their natural, intuitive and psychic abilities: learn what their animal's are saying; tap into and open their life and soul purpose; and develop skills in holistic, transformational

healing methods with the animals they love.

With over 30 years in private practice with animals and people, and as a graduate and former faculty of the Barbara Brennan School of Healing, the 4 yr. professional training program and “Ivy League” of Energy Healing Institutions, Sandy has deep roots and expertise as a practitioner of Brennan Healing Science Energy Healing, Tellington TTouch for Horses, Companion Animals and People, Essential Oils, Flower Essences, Centered Riding and Professional Horse Training.

Her first children's book, *Nighty Night Liza-Loo and Haley-Boo*, a ‘Fairy Tale’ about a little girl and her mom who uses “Magic Fairy TTouches” to help her and her pups fall peacefully asleep at night, was released on Amazon in the Fall of 2015.

Sandy lives with her two horses, the wise and wonderful elder, Ibis; the zany princess pony Zoey; and the adorable, hilarious, Cassia, also known as the petite princess cat. They love living amidst the Farm Fairies, forever guided by a cadre of spirit animal guides.

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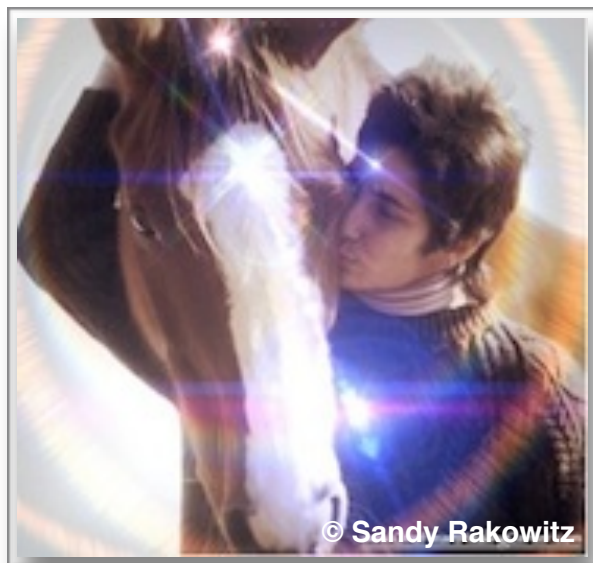
You are invited to join any of Sandy's Empowerment Programs for you and your animals.

Easing Anxiety with Animals in the Jitter Busters for Pets Program

Awaken Animal Communication Program

Live Your Best Life Animal Communication Training & Certification Program

Big Cats 'Animal Communication' Adventure Trip - in Tampa Florida



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you and your animals

Contact:

Sandy Rakowitz, One Heart Healing Center to request a complimentary Strategy Session to see which program is right for you at this time.

Email:

sandy@OneHeartHealingCenter.com

*May your heart awaken to the deep knowing
of the Divine Spark deep within,
shining forth, creating together as One Heart.*

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