

# **Transforming Trauma and Brain Injuries with Tellington TTouch®**

**Empowering Self-Care,  
New Perspectives & Practices  
on Moving through Trauma  
& Brain Injuries**



**Sandy Rakowitz**



## **Transforming Trauma & Brain Injuries with Tellington TTouch® e-Guidebook**

One Heart Healing Center, LLC - One Heart University

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Affiliate links are included in this text. Rest assured that Sandy Rakowitz will only suggest something she knows has potentially positive benefits.

**“We have far more power than we realize to heal ourselves, our loved ones, even our communities.”**

**~Lynn McTaggart**

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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**

## Preface

In 1988, as soon as I began learning Tellington TTouch, I began leading groups to learn what I was learning to help their horses grow, change, and for connection. I was amazed to watch behaviors change that had always been seen as permanent 'quirks'

Instead of that just being how a horse behaved forever, with the TTouches, wraps, leading exercises, and riding with awareness, I watched horse after horse become more willing, move more efficiently, unevenness of gait smoothed out.

Horses who were typically spooky, anxious and had not been confident changed before my eyes. Those who stumbled and didn't know where their feet were, became surefooted and confident.

Over the years, I watched long held trauma dissipate. Before learning TTouch, I was able to help retrain many horses. But never had I seen the range of changes occur, and never had I seen so many horses become courageous, confident and willing in such a short time.

This was part of the foundation for working with trauma with people. I learned over and over that change was possible with the application TTouch. I continued to see evidence of dramatic changes in mobility, self-carriage, posture, tension patterns releasing, coordination, stability and steadiness increase.

Part of the TTouch philosophy is to chunk exercises down into bite-size pieces and to find what will allow for success. Watch for subtle changes in breath, eyes, carriage all were part of a deeper listening and development of observation skills that also became a foundation for being able to work with trauma with

people as each of these skills are important for noticing and listening to what is needed and creating a sense of safety for the often hyper-sensitivities of neurological issues and trauma.

Asking questions, following curiosity, and applying the basic principles and tools of TTouch lead me forward to be able to offer help to those suffering from trauma and brain injuries.

The information in this booklet is for reference, gaining insight, and inspiration.

Even if you have not experienced trauma or brain injuries, the information and tools can be applied to enhance functioning and quality of life.

Many thanks to Linda Tellington-Jones for her support through running this group, and for following her path so deeply bringing this beautiful work through for all of humanity and the animals.

Thanks to Robin Bernhard and Jessica Eure for their friendship, and dedicated assistance as trauma therapists through this group, and for the many contributions on learning through trauma.

To transforming trauma and brain injuries with new perspectives and understanding, may this be true for you, and all you know,

Sandy



## Presentation Slides



### **Transforming Trauma and Brain Injuries with Tellington TTouch®**

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- **Empowering Self-Care**
- **New Perspectives & Practices on Moving through Trauma & Brain Injuries**

**With Sandy Rakowitz**



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### **Self-Help**

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- TTouches, Body Wraps, Labyrinth, Community, Emotional Support, Understanding
- Nutritional Education- brain support
- Myself – a TTouch Practitioner and 2 Trauma Therapists



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## Inspiration

- I saw amazing changes in horses I worked with using TTouch who had neurological deficits from EPM
- In listening to people talk about TBI, concussions, and the effects of trauma, and worked with them, I also saw extraordinary changes



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## Comparable Symptoms

- Difficulty knowing where the ground is when walking
- Listing to the side - unable to upright themselves
- Sensitivity to touch, noise, light
- Hardening of muscle tone
- Becoming extraordinarily stiff
- Difficulty with coordination & moving smoothly
- Indicators of body pain
- Personality changes
- Depression & Anxiety
- Agitation



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## Despair

- The people I met were living with chronic, profound, constant pain
- Previously productive lives, now had difficulty functioning
- Their lives were drastically different than before the accident, stroke, concussive injury, trauma



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## Life Sentence to their Condition

- They were all told 'This is as good as it was going to get. Get used to it.'
- It was like being given a life sentence to their condition with poor function and very poor quality of life.
- I wanted to help, offer TTouch and see what changes possible for them



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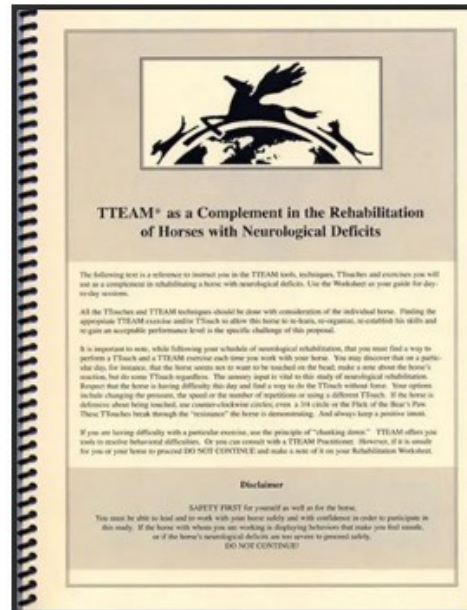




## Source of Inspiration

- Rehabilitation of Horses with Neurological Deficits
- Whole Body Sequence of Connected TTouches
- Wraps, TTouches, Ground Exercises
- I used this with Horses, Dogs, Cats, with tremendous changes

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## Let's Explore Something New

- I'd seen remarkable changes with Horses with EPM- Neurological Deficits & TTouch
- I knew TTouch was brilliant with people
- 'Let's apply what we know from working with horses to humans'
- Could these scars from the past heal?

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## Let's Help People What Can Change?

- I was curious, wondering to what extent, and in what ways can past trauma and brain injuries change and heal for people using Tellington TTouch®?



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## Insights into What Happens in Trauma

- Brain, Nervous System Thoughts, Emotions
- Gets stuck - can't complete, process through
- Flashbacks, reliving frozen state – helpless
- Pain, challenged functions

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## TBI Facts

- 5.3 million adults & children living with brain injuries
- From stroke, diseases, brain tumors
- Mild traumatic brain injuries (TBIs)- concussions

<https://macconcussion.com/5-fast-facts-in-honor-of-brain-injury-awareness-month/>



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## Brain Injuries

- Sudden bumps, jolts can cause the brain to bounce back & forth in skull
- Causing injuries
- Concussions are TBIs with functional changes in the way the brain works



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## Concussions

- Car accidents
- Sports and recreation accidents
- Slips and falls off trees, ladders, horses, bikes, on ice, etc
- Military combat from explosives
- Workplace accidents
- Banging into a door, low hanging branch



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## Concussion Symptoms not always seen or acknowledged

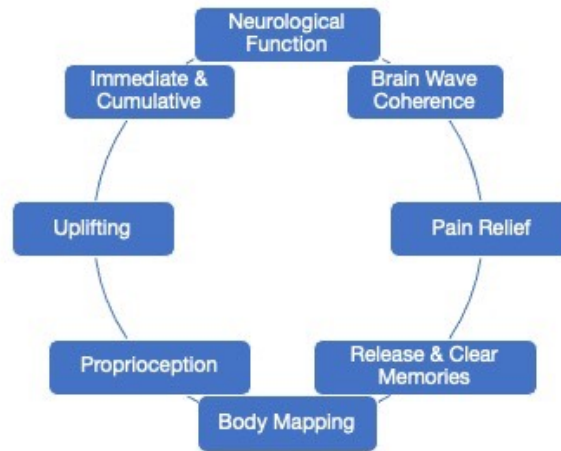
- Headaches
- Dizziness
- Nausea
- Ringing in the ears
- Vision problems
- Sleep irregularities
- Depression, anxiety
- Slower than normal responses



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## What We Already Knew Was Potentially Possible with TTouch & Body Wraps



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### All Hard-Wired for The Five F's

- FLIGHT - RUN for your life
  - Get Out, Flee, Hide, Cower, Leave, Survive
- FIGHT as if your life were at stake
- FREEZE- become invisible; You can't tell I'm here - To save your life
- FOOL AROUND - Distraction, keep attention away
- FAINT - Play Dead, System Overload, Overwhelm



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## Let's go on a Journey

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- Meet 3 people from the group
- Jessica, Terri & Susan
- Empowering hope they each found
- Profound changes, even in the first class



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## Jessica Trauma & Neurological Symptoms can be invisible

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- Surgeries as a child for hearing issues
- Wore a leg brace for structural corrections through childhood
- Broken wrist as an adult



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## Demonstrating The Power of Body Wraps

- Noticed the wrap on points of her shoulders and hips as she moved
- Wraps bring awareness to parts of body
- Sense of space and movement enhanced



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## Adding 1 Leg Wrap Stimulating Skin Receptors

- Her leg felt cool like 'Vick's Vapor Rub'
- She laughed. "It feels like head lights shooting out of my toes – like little flash-lights. All the sensation is feet and toes!"
- The group noticed that her foot was "going down differently" to the floor.



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## Adding 2<sup>nd</sup> Leg Wrap

- Wrapped legs to include feet
- With the 2<sup>nd</sup> leg added, she suddenly felt tired
- Requested wraps to mid-calf
- Felt more awake
- Aware of feet - Headlights on, but not high beam.



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## Adding Arm Wraps

- 1 Arm Wrap, "I feel stuck."
- Took Wrap off, she relaxed
- She had broken that wrist
- Wrapped the other arm, she got unstuck and walked
- She felt alert, present
- Her breathing deepened
- "Both arms are glowing."



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## **Choice, Completion & Re-Orienting with Wraps = Impressive Changes**

- Proprioceptive Awareness
- Choices & Actions Respected vs Powerlessness
- Central Nervous system tone, relaxing
- Danger no longer present
- Reorienting to new spatial awareness
- Enhanced positive feelings
- Fluid Movement

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## **Terri, Musician & Writer Auto Accident 4 years prior**

- Balance, mobility difficulties
- Confusion, slowed thinking
- Problems with speech, vision, memory, word-finding, decisions
- Chronic head & body pain
- Sleep problems & Fatigue
- Extreme sensitivity to light, sound and noise
- Grief



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## Terri Intro Waist/Hip Wrap

- Arrived slightly slumped shoulders, one higher than the other and with one foot curled slightly inward, walking with cane
- Stood Upright
- Both feet flat on floor



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## Fluid Movement without her Cane

- Shifting one foot to other
- Explored new posture moving back and forth
- Easily walking -no cane
- Even gait
- For years she felt she might fall



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## Terri - Head Wrap

- Two-inch wide wrap around Terri's forehead
- Overlapping ends dangling down back toward the floor
- Kept choosing wrap placement
- No arm or leg wraps



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## Terri Spontaneous Ninja Kick!

- Stood even more erectly
- Spontaneously lifted one leg into the air - like a Ninja kick!
- The group cheered!
- This was Truly Amazing!
- 



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## Comments from Terri

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- “Wow, it feels cool. I feel more mobile. My head and neck all feel connected in a smooth way. Everything has felt rocky and knotty. It’s felt like my head doesn’t fit right [on my neck] and now it does. It’s very comforting, relaxing, not tingly like TTouch, it is all very smooth. It feels uniform throughout my whole head. It doesn’t feel like a mess of tangled wires. I feel like I can hold my head up which is often hard to do. Right now, it’s like nothing. I forgot it was there.”

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## Terri Spontaneous and Effortless

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- Terri showed spontaneous subtle movements
- Usually, she needed to think about each movement to walk and had to think carefully about words.
- Terri said it felt effortless to walk, talk and hold her head up!

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## **Terri** **Things are talking inside**

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“Things are talking in my body but not arguing. There is not so much chatter that hurts. I am aware. My legs are trembling with all the new sensations. My head is really talking to my neck. The connection is stronger, but not hurting. Last time, TTouch got me really hyped up. This wrap helps contain it.”

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## **Terri** **Unfreezing in the weeks afterward**

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- She startled the security guard at the main entrance to work by walking right around the revolving door. Typically, she would get confused and walk around and around.
- She started humming new songs. She had been stuck in the songs from the time of the accident.
- She was thrilled at the changes

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## Terri Summary

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- Many dramatic changes could happen, instantly
- Stood erectly without realizing it, or effort
- Waist & head wrap felt emotionally grounding, energizing, steadying
- She oriented vertically, with horizontal wrap
- Increased fluidity and coordination in words, movement, balance
- Surges of energy, joy, excitement, hope
- Found healing despite what she had been told and experienced

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## Susan Recovery from Ruptured Aneurysm & Emergency Surgery

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- Similar effects to stroke
- Lost speech and balance
- Headaches & Neck pain
- Extreme fatigue
- Memory problems
- Visual sensitivity
- Chronic insomnia and a mind that wouldn't turn off



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## **Susan Re-orienting with Waist/ Hip Wrap**

- The group noticed that Susan's facial expression changed right away. She now looked as relaxed, "as if she were lying on the beach soaking in the sun."
- Her posture straightened spontaneously.



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## **Susan Memory surfaced**

- Susan recounted this memory of intuitive knowing
- After her surgery she had said, "Someone should make an elastic body suit that will help people to sit and stand in the right way."
- She intuitively knew what was needed but didn't know how to create what she knew.
- She was really pleased with the sensations of the waist wrap.

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## Susan One Leg Wrap at a Time

- Susan's body appeared to loosen, relax
- Small, subtle muscle movements
- Slight swaying back and forth
- She was unaware of very subtle shifts in posture & appearance
- Then, smiling, glowing, Susan said, "Yes, I like it."
- Didn't want other leg or arms wrapped



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## Susan Boldly asked for More Wraps

- "Yes, I really like that. It feels very comforting. My head sometimes feels like a ball. Instinctively I am protective of my head
- Inside my head is like concrete.
- This feels very comforting and energizing."



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## Susan Group Feedback

- Her face was shifting before their eyes
- Face looked less pinched and drawn
- Her typically pulled downward mouth was now turning up, smiling, lighter
- Skin tone changed to pink
- She looked solid and steady



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## Susan The Following Week

"I wrapped my head, and I slept like that. I slept well all last week. I also put the wrap around my neck, and it was lovely, but I was afraid to sleep like that.

When I do use the head and neck wrap, I feel the support all around my neck, shoulders and head."



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## Remarkable things we learned in the group

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- Small doses of gentle information for the body via TTouches and Wraps released old problematic patterns
- Unexpected improvements continued to develop after sessions
- Improvements for longstanding stuck patterns were possible
- Simple, playful, inexpensive approach created remarkable changes
- Excitement, hope and expectations for further improvement were experienced

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## More Remarkable Findings

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- **Long standing Brain Injury symptoms present for years, shifted in a single session like:**
- Chronic Pain was relieved
- Enhanced subtle muscle tone and strength, balance, awareness and fluid movement
- Improvements in speech, memory recall, sleep patterns, fatigue, ability to focus, coordination, emotional well-being and outlook, skin tone, sense of safety in body

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## Understanding through Neuroscience

### Neuroscience suggests

- **Instantaneous change in memory is possible.**  
(Bruce Eker, The Brain's Rules for Change, Psychotherapy Networker Online)
- The mind can alter the structure of the brain
- Memories are not permanent

This offers insight into the rapid, instantaneous shifts seen in our group members

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## More Understanding of Why TTouch works Light Touch Releases Oxytocin

- A study about light touch showed the body produced more oxytocin, and therefore less cortisol, indirectly reducing Cortisol secretions - 'The Stress Hormone'
- Oxytocin helps feel safe and trust
- Oxytocin can be seen as an antidote of Freeze, Flight, Freeze

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## **Insights & Understanding Effects of Light Touch & Oxytocin**

- Erases old memory
- Produces positive feelings
- Creates a positive attitude for learning
- Reduces anxiety
- Improves social learning
- Enhances ability for bonding
- Enhances an inner atmosphere of safety
- We've seen these effects with the use of Light Touch with TTouch

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## **The Beauty of Tellington TTouch & Transforming Trauma**

- Cellular memory flies beneath the radar of the thinking mind
- Gentle activation of body memories can be addressed without catharsis, or even conscious awareness
- We found with eyes open, using TTouches and Wraps, longstanding memories held in the body released, and cleared as seen with Jessica, Terri, Susan, sometimes instantaneously

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## **Transformations**

### **experienced by Group Members applying TTouch**

- Less foggy, clearer thinking
- Reduced head pain
- Improved speech patterns & less searching for words
- Helped being able to fall asleep
- More restful sleep
- Acclimated from sleep to waking state - less foggy, more focused
- Relaxing, Calming Comfort
- Reduce Overstimulation

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## **Empowerment**

- Sense of Community and Connection,
- Feelings reported, "I am not alone" "I am understood"
- Feeling more like themselves
- Learned ways to improve quality of life, that they could effect

**Empowered sense of "I can do something about how I feel"**

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## **Trauma Theory Helps Understand Remarkable Findings**

- Animals in the wild run away, fight, freeze or faint before being killed, or when danger is sensed.
- PTSD is when Orienting to Surroundings Response is Stuck in Freeze
- Frozen states of fight and flight get held in body, cells & tissues
- Symptoms develop associated with chronic stress, anxiety, anger, fatigue, withdrawal

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## **TTouch offers a New Pathway Through Trauma**

- Calms and tones the Vagus Nervous System
- Unfreezes memory, holding patterns in cells & tissue
- Moving through frozen trauma disruptions
- Completion is like being notified that danger is past.
- The orienting responses occur while the system gives way to subtle muscular releases and spontaneous muscle movements
- Please bring questions and comments to the Panel that I will be on

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## Resources



### If you, or someone you know has Trauma, TBI, Concussions

- Please get all the support you need and help them get support
- Share this talk with them
- Support them with understanding
- Share resources for empowerment including Learning TTouch for Self-Care
- Resources are available to help



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## Contact Sandy



### Thank You for joining in! Stay in TTouch ...

- **Contact Me** - Sandy Rakowitz  
434-996-3595
- [Sandy@OneHeartUniversity.com](mailto:Sandy@OneHeartUniversity.com)
- [www.OneHeartUniversity.com](http://www.OneHeartUniversity.com)
- **Free e-Guidebook Companion**
- **See you at the Panel Discussion**



## More Resources

### Supportive Sessions

If you'd like a single or a series of sessions to support you with these techniques specific for TBI, trauma of anything else for you and your animals contact me- or go to [www.OneHeartUniversity.com/Coaching](http://www.OneHeartUniversity.com/Coaching)

### Tellington TTouch Articles

#### **Immediate and Cumulative Benefits from Tellington TTouch Program Reflected in the EEG of An Anxious Mare**

Robin Bernhard, LCSW, MEd, Sandy Rakowitz, Jessica Eure, MEd, EdS [Click Here](#)

**All Wrapped Up For You:** Improving balance, posture & overall well-being with Tellington TTouch Body Wraps 68 page booklet compiled after this group completed. This has since become a source of inspiration and is invaluable for learning many ways to use TTouch Wraps.

Available at [TTouch.com](http://TTouch.com) or TTouch Canada in PDF or Booklet

#### **Articles by Sandy Rakowitz in the booklet All Wrapped Up:**

Waist Wrap Helps Effects of Guillain Barre

Tellington TTouch and Body Wraps for Neurological Lymes Disease

#### **Article in the booklet All Wrapped Up that is about the Self-Help Group and Body Wraps**

by Robin Bernhard

Using Tellington TTouch Body Wraps with Traumatic Brain Injury

## Resource - TTouch Sequence

### Whole Body Sequence of Connected Circles™

Adapted for people by Sandy Rakowitz

Figures by Cheryl Faulkenburry

### What is the Whole Body Sequence of Connected Circles?

Using connected lines of Tellington TTouches of Clouded Leopard, Lying Leopard or Abalone Circles all over the body to 'map' the body, enhance proprioception, ease of movement and mind-body functioning.

### Purpose of the sequence

This sequence is a powerful tool to assist in developing or deepening;

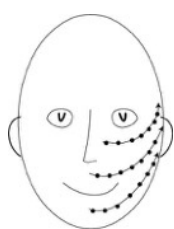
- A clearer sense of proprioception or where the body is in space
- Connections from the head and throughout the body
- A sense of self
- Improved motor function
- Enhanced coordination
- Activating new neurological pathways

### The Adaptation from Horses to People

This adaptation for people was inspired from my using the Whole Body Lines of Connected Circles with horses with neurological issues. The sequence for horses was originally developed by Tellington TTouch Instructor Carol Lang and is presented in the booklet for horses with Neurological Deficits. Carol developed this primarily for horses with Lymes disease presenting with neurological issues.

I kept meeting people who were describing their neurological problems and how their medical doctors were telling them they had plateaued and would not likely improve further. I knew how helpful TTouch was for horses with neurological issues, specifically when I had used this whole body sequence and wraps. So I was inspired to adapt the information presented in Carol's booklet for these people. They had remarkable changes.

***Here is what I call, The Whole Body Sequence of Connected Lines of TTouches:***

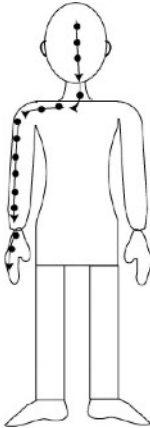


***Face***

Beginning with 3 smile shaped connected lines on each side of the face

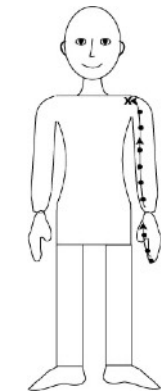
***Back of the Head and Neck***

Place your extra hand lightly on forehead to support the head. Begin Clouded Leopard Circles at back of the head and work down to base of neck. Continue with Circle Slides down neck, slightly to side of spine



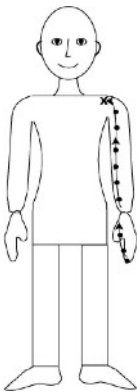
***Shoulder, Back of Arm***

Continue using lines of connected circles - connecting the head with the neck and to the upper shoulder, continue with circle, slide, circle slides across the shoulder and down the outside of the arm, wrist, and hand. Outline each of the fingers moving with connected lines of circles from finger tip to wrist, back and forth to map all five fingers connecting them through the wrist.



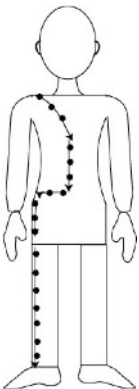
***Up the Arm and over Shoulder***

Continue Connected Lines of Circles up the inside of arm from wrist towards point of elbow, and then towards shoulder. Continue with Circle Slides over point of shoulder where rotator cuff meets the socket. Continue over shoulder, towards back and mid way across shoulder blade.



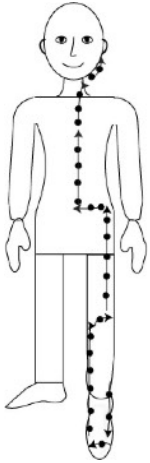
***Down Back***

Continue with Circles and Slides down the side of the spine towards lower back. Go across lower back towards hip. Continue with Circle and Slides over side of hip towards front.



***Outside of Leg***

Continue down with Connected Lines of Circles down outside of leg towards ankle. Put extra hand inside of knee and slide it down as you circle and slide with the other hand.



***Foot***

From the ankle, go along outside of foot. Continue across the top of the toes from little toe toward big toe. Continue along the inside heel towards the ankle and Go up and over the ankle-bone.

***Inside of Leg***

Continue up the inside of the leg to the knee. 1-2 inches above the knee, cross over to the outside of the thigh and then continue with Connected Lines of Circles up to the hip.

***Front of Body***

Continue across lower abdomen to the belly button and continue Circles Slides up the midline. If the person is sensitive, bring hand above body about 2 inches and proceed off the body up the midline. At the Sternum, the mid-point and bony area in the very upper chest, continue with Circle and Slides on the body across the collarbone.

***Neck and Head***

Continue upwards along the outside of the neck, behind the ear and moving upwards towards top of head. Continue to middle top of head. Rest 1-2 fingers on the top middle of head if this is ok to the recipient. Extra hand has moved to forehead. Rest your hand there for a while, taking a few deep breathes.

***Repeat steps for the other side of the body.***

***Tips:***

- 1) If you feel uncomfortable in any way, pause, breath.
- 2) Go Slowly. The point is not to complete everything all in 1 day. Using the TTouches gives a lot of sensory information into your system. With Trauma and TBI's, new input of sensory information needs to go slowly to give more processing time to occur. Because of the disruptions that have occurred, more time is needed to bring in new information.
- 3) It is perfectly ok to only do one, or a few of the TTouches and connected lines at a time. In our group, there were days when we did only a few TTouches on a person.
- 4) Add a waist/hip wrap first and see how this feels while applying TTouches. Group members have said that the wrap helps give a sense of containment that created a sense of safety for new information.
- 5) Add a Head Wrap, and then happy TTouches. This can help with the brain-body connection and integrating sensory information more easily.
- 6) Get Support. Do not give up. Keep going until you find the help that works best for you. And then, keep going some more. You can get help. Change is possible.



## 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.

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 Message For You from Ibis the Horse**

### **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.

In 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.

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 Light is Ascending  
Through the Portal of Your Heart.

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