

A close-up photograph of a person's hands hugging a tree trunk. The tree bark is rough and textured, with a mix of brown and grey tones. The person's hands are light-skinned and are placed on either side of the trunk, with fingers spread against the bark. The background is a soft, out-of-focus green, suggesting a forest or park setting. The overall mood is peaceful and connected to nature.

Unexpected Gifts

Dreams Coming True

Sandy Rakowitz

Unexpected Gifts - Dreams Coming True

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Unexpected Gifts

Dreams Coming True
an e-Guidebook

by Sandy Rakowitz

Unexpected Gifts: Dreams Coming True

One Heart Healing Center, LLC - One Heart University

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Unexpected Gifts - Dreams Coming True

“Where you bring your attention, is what you create.”
~Sandy Rakowitz

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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

About Unexpected Gifts Dreams Coming True Journey & Meditation

This e-Guidebook for Unexpected Gifts - Dreams Coming True is especially designed to give you a place to explore, write, doodle your experiences, so you can open even more deeply into the sacred codes discovered in the your unexpected gifts and to grow your dreams coming true.

Where you bring your attention, is what you create.

Let's create unexpected gifts and grow your dreams coming true.

Setting intentions daily, weekly, monthly, yearly has become part of my regular spiritual practice.

Over the thirty years of cultivating my private healing practice, the One Heart Awakening Pathway has emerged.

This pathway is a way of life. Bringing your attention to your intention, clarifying and honing in on your thoughts, beliefs, feelings is a key foundation.

This is an ongoing practice of understanding constrictions, blocks, clearing and releasing. Finding the core motivating intention underneath the blocks is key. Holding an intention to grow into your soul's potential creates movement, growth and evolves you forward.

What you focus on is where your energy goes.

Lately I have been holding an intention to appreciate my gifts. This focus is different than discovering your gifts, or bringing them forward.

Appreciation unlocks the heart and creates a flow that is very special, dynamic, opening and uplifting.

Before I went to sleep I said a prayer to be shown an intention most needed for humanity at this time for me to share in the BBSH - BBIRH Global Meditation and Prayer Initiative.

In the morning I awoke from a dream where I had been lead on a beautiful path. I saw gifts along the path. Then there were quite a few gifts under a beautiful tree. I woke before opening the gifts.

This journey and meditation is inspired from the wisdoms of this dream, an unexpected gift for you, of dreams coming true.

Simple Supplies

The only thing you need is yourself.
If you'd like, add a pen and paper.

You can also print this e-Guidebook, have a journal, colorful pens, markers, or anything you like to help you write, draw or doodle in color.

Benefits of Using the Unexpected Gifts e-Guidebook

When you add color, the creative, intuitive parts of the brain are activated more fully. You are opening receptors for focus and concentration, relaxation, creativity, mood regulation, problem solving, AHA moments of inspiration, and whole brain learning.

Along with these benefits, using colored pens, drawing, doodling, flow writing with healing intention helps bring ideas from an energetic state and dimension into the physical realm. It is no longer just an idea, an imagined thing, a vision, or pre-cognition. Once you begin to write, draw, doodle and bring color to an idea, it is brought into physicality.

Sacred Codes

Everyone has sacred, divine codes to unlock appreciation and your own ancient soul gifts.

As you open into the flow of the divine within and all around you, you can open into the sacred flow of life, into your own sacred unique gifts.

It all starts with an idea, a vision, a sense of something compelling you forward.

With intention, you can open the sacred codes embedded in ideas and visions, and, anchor and open these codes to upwell and activate.

You can purposefully activate unexpected gifts into dreams becoming reality. Let's do that together...

Using this e-Guidebook

Here is a place for you to explore, write, doodle your experiences. This assists you to open even more deeply into the sacred codes embedded in the energies of every gift.

This helps you uncover the gifts, codes and messages in the your unexpected gifts and to grow your dreams coming true.

Remember, where you bring your attention, is what is energized, created, magnetized. This is what unfolds.

Let's create even more power, energizing unexpected gifts, as you grow your dreams coming true.

Let's get started...

Enter Your Dreams

through the guided journey and meditation

Dream Qualities

Write, draw, doodle the qualities of your dream state

What does this feel like, what do you see, hear, know?

The Path

Write, draw, doodle the Path you are walking

What does this feel like in your body?

What do you see, hear, know on the path?

The Tree

Write, draw, doodle the tree you see

How does your body respond to the being with the Tree?

The Unexpected Gifts

Write, draw, doodle the gifts

Note the size, color, texture, wrapping, ribbons, labels

Are these gifts for only you? Are they also for others?

Describe what you see, hear, feel, intuit

Integrating

What do all Messages, Guidance and Dreaming Vision look like together? Write, draw, doodle the path, tree and gifts together.

Add more details to the above

All details have a meaning - write, doodle, draw about more details you noticed along the path, with the tree and gifts

Additional Messages

What other messages are coming to you from this journey and unexpected gifts?

Tapping into Your Dreams

What Dreams are tapped into with these Unexpected Gifts? Let yourself just write without editing. Continue surrendering into your dreams and writing, doodling, painting to access even more information and guidance.

Unexpected Gifts - Dreams Coming True

Remember,
Ask, and you shall receive...

...unexpected gifts

Just for you

Dreams coming true.

More About the Author & your Guide, Sandy Rakowitz



Sandy has been leading guided journeys as a pathway for self-knowledge, wisdom, discovery and deepening connections with Self, Nature, Animals, Spirit Animals, Guidance since 1991.

She discovered her gift of guiding people into sacred spiritual journeys while planning her first workshop for people to

connect with their spirit animal guides using movement, story-telling and creative Soul-Art Collages in 1991.

Since then, she has lead many hundreds of guided journeys with thousands of people using the ancient art of storytelling to walk people on spiritual journeys discovering their gifts, wisdom, strengths while cultivating ever deepening connections.

Sandy is a Transformation Leader, Creator of the One Heart Awakening Pathway, Author, Artist, Founder of One Heart University and One Heart Healing Center.

Resources

Author of Ancient Oak Tree Wisdoms, [Click Here for the book](#) She is currently writing a book on Animal Communication and Connection.

Unexpected Gifts - Dreams Coming True

She teaches classes and courses at One Heart University www.OneHeartUniversity.com and has a private healing and coaching practice in Animal Communication, Akashic Record Readings & Healings, Tellington TTouch and Essential Oils.

[Click Here for more info on working with Sandy](#)

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](#) for the Free, private, One Heart Community Group on FB to surround yourself with inspiring, uplifting, educational content and community connected with the magic of heart-mind-body-soul connections with animals.

A Final Message For You

This guided journey and meditation was a gift that emerged because Sandy asked, opened, and received, then, she continued to enter into its gifts, inviting those gifts to be expressed - and then given to you.

Join the One Heart Community, be surrounded by inspiring, uplifting messages, stories, classes, people and animals - coming together for learning, growth, community.

Join Here - <https://www.facebook.com/groups/oneheartuniversity>

**Unexpected Gifts
Appreciations for your gifts are
Dreams coming true
just for you.**