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- JOURNAL ENTRY: *page #888*

"888 = prosperity & abundance. "You are about to evolve into a higher level of success."

Okay. Thank you. I accept. Give me the pill. Gulp. Let's go!

Today feels, well, sleepy. But behind the sleepy feels - alignment, excitement, and anticipation.

I think 2020 Raina would have labeled this underlying feeling as anxiety. I've started reading back through my old journals, starting in January 2020, it was right after Christmas.

Chad's parents got me a tiny journal that I started using, it was prompted which I needed then.

I talked about life, mostly Chad and how much I loved him, yet there was a hint of uncertainty

in my words.

I journaled inconsistently up until Covid - talking about how I thought the world was freaking out & sharing to no one about the adjustments we were making. I stopped writing at the end of March 2020 and looking back, I wish I'd kept going.

I picked it back up on 12/1/2020 and my entire being had shifted.

I wrote in a different tone, with more sadness, anger, and uncertainty. It's been wild to sit and read page after page in order.

As of today, I've only made it to February 2020, but I am reading and re-witnessing the shifts, the internal processing over again, kind of in awe of how it happened.

It's at the same time, a bit emotional as I read, going back in time remembering the days like they were yesterday. Arguments I'd have with Chad, conversations with my kids, the love I had (have) for my fur babies & fear for Archie's future - fear for my future.

Like my book, I'm looking forward to reading more, to continue to witness my own growth.

I've got like 7 notebooks to read through, I'm going to share some pieces in my manuscript, I've just been taking pics of the pages I feel are going to fit, the ones that evoke emotion and reflect the growth I want to share.

I know the power of writing, but reading the transformation back, page by page, is seriously a testimony to the deep work I did.

It makes me proud of me.

Proud of the effort I put in, the curiosity I allowed, in order to evolve.

I think, just based on my coaching, that this is where a lot of people get hung up - the inner work that needs to be done before their life can shift.

In one page, I was writing about how I felt like I needed a vision for my life.

"I haven't had one since 2015 when I wanted to move my family to California and I knew how much that vision drove me." I wrote in an old journaling entry.

*I then journaled on who I needed to become in order for that vision to happen. The work in between was just that: **becoming her.**"*

UPDATE.

January has felt beautiful, kicking 2024 off with a bang. Although, anyone else feel like January has been a year-long month? I'm going to have to keep this newsletter shorter than some of the others, I almost skipped writing it, using my book manuscript as an excuse for why I couldn't take an hour or two and write this to you guys.

Instead, I figured I'd at least share a life update and let you know all is well in my little corner of the world.

Rockie won't stop growing. Dear God, this dog gets bigger every morning when I wake up and I'm not sure when it's going to stop. He's sleeping in bed with me & Archie most nights, sleeping for 4-5 hours at a time so we're getting up just once in the middle of the night for an emergency potty break. I don't mind it, I can typically fall back to sleep pretty quickly these days.

He's the best little brother with the cutest little personality. He thinks Archie is the coolest and loves to annoy Dexter. It's quite the family dynamic.

The horses are doing well, oh so well. We survived the big cold front that came through Colorado a couple weeks ago, reaching -17 temps. I have been in Colorado since

2016 and have never seen it get that cold. I had frost in my nose hairs and on my eye lashes. It was an experience but all of the horses did amazing. They're Mustangs so really, they're built for it. Cesar was happy because it meant more food for him, and Joey decided to use the extra food as extra bedding.

Their personalities have really been shining lately. Joey is just 16 months old so we've been working with him a couple times a week in training on desensitizing him to everything we can. This week, we put a saddle pad in the arena & let him play with it, getting him used to the things that will one day sit on



his back. Horses are so funny, they think that literally everything might just kill them so we have to ease into these things. My phone is nearly out of storage with all of the photos and videos I've taken of the process recently.

Cesar, my soul horse, is loving his good, ole' retired life. I've been riding him bareback mostly, enjoying the one on one connection it gives us. My trainer had me sit on his back and close my eyes again, matching his breath. I'm telling you, it's one of the most explosively soothing things I've ever done. This week, she had me close my eyes while I was on his back riding, and hold my hands out to the side - the ultimate test of trust. I've really enjoyed growing with him.

I could talk all day about the connection I have to my horses, how much they've slowed me down and how much they've taught me.

This month, I also launched my first ever Equine Retreat. I can **not** tell you how pumped I am to be hosting this retreat. We booked an AirBNB in Boulder, CO right in the foothills of the mountains for everyone to stay in. We can fit 8 women total. We're going to wake up each morning and have a slow, peaceful breakfast together before heading over to one of two ranches. The first day we'll go to a ranch about 20 minutes north of where we will be staying. We've done work here before and it's an insanely gorgeous property with the mountains as a backdrop & about 60 horses.

We'll work with some of the horses teaching you breathing techniques, energy awareness, mindfulness, and more using the horses as a tool.

This has been life changing work for me, I can't wait to share it.

The next day we will be going to my ranch - where you'll meet Joey and Cesar both. We'll do some liberty work with my boys, some exercises as a group, and take lessons from the herd dynamic as we let all four horses out together for an afternoon of play. We'll have lunch both days and dinner together also, all of the meals included.

When I met with a Medium a few months ago, she told me that part of my soul's mission here was to hold space, both mental & physical space, for women to heal and restabilize.

That word stuck: restabilize - and it became the name of our retreat: **reSTABLEize**.



It felt like a name that fit my goal and I connected to it, feeling like Joey & Cesar both played a huge role in helping me stand on my own two feet again.

I realize some people may not even know what I mean by that, my life has been shared less and less on social media over the last few years. One of the clients in my Daily Rhythms Membership Community asked me the other day to explain what I meant when I talked about some of my life hardships.

I quickly realized that not everyone following me or working with me knows my story. I think that for so long, I shared my entire life vulnerably and in my mind, everyone I talk to knows the inner workings of my life and mind when in reality, they don't.

"Well... my book comes out on 4/4," I told her, half joking and not prepared to go into the full story with 15 minutes of our weekly call left. I'm excited for my book. It's been the longest, most tedious process, but I feel like I'm finally in a flow.

I was stuck, writing about my life in 2015 when my husband was hospitalized for opioid withdrawals. I had remembered making a post on social media when he was out, sharing a piece of what had happened with my followers, but lying to make it sound less serious than it really was. I spent 1/2 a day scrolling back through Facebook to find that post from nearly a decade ago so I could share it in my book.

Scrolling back was so helpful. It prompted other stories and refreshed my memories, allowing me to remember bits and pieces I'd long forgot or perhaps tried to

erase from my memory. 2015 was a hard year to write about.

2016 felt even harder and as I started telling my story leading into 2017, emotions hit harder and harder. Sometimes we forget the depths of what we go through, don't we? It's like our subconscious makes us forget some of the dark parts to protect us and with that, some of the beautiful parts get erased too.

- JOURNAL ENTRY: page #898

"I'm writing every day, whether here or in my manuscript. What an emotional roller coaster this book writing process has been. I feel like there is so much to share, so much to get out. I had to keep a note in my phone for all the random memories that pop into my mind, usually at 10 pm when I'm ready for bed.

I feel like I'm missing pieces, the depth, the details, but for now, I'm just focused on getting it all out.

There will be space to reread and add 100 times. I think...

I thought that 2015 was the hardest to write through as I remembered and wrote 2017's story. It was at a time in my life where I felt free in my life yet trapped by my disease.

A devil and an angel. A blessing and a curse.

I wanted to travel & meet people, and so I did but at night, I would cry, wishing my body would just let me live comfortably.

In 2017, I fell in love with two men. Was it love or lust? It's been fun reminiscing and remembering my time with them. Can men like that be expanders in our world? That's what I felt like they were, expanders.

Two souls brought here with a mini mission to help me feel loved, alive, noticed, and encouraged. Especially during a time when so often, I felt like giving up. It's gotta be love.

Maybe not a romantic - with you forever - type of love, but there is deep love I share for those

two. I text them both, asking permission to write about "our stories" in my book. One joked, "Change my name, maybe. Wait, how many chapters do I get?" I laughed - he is always good at making me laugh. "I'll change your name to Mitch," I told him. He doesn't look like a Mitch. The other replied to me the next morning, the time change between us is brutal. He said, "Good morning beautiful, and did you enjoy our early conversations? Of course you can write about our story, it'll be lovely to read about it from your perspective. And how are you doing?" God, that man. I know a psychic said I've not yet met my soul mate but if he crossed the ocean, I'd jump into his arms with overwhelming excitement. He's a beautiful man, inside and out. And then, I sit here single, telling myself that I'd be okay if I never met someone, and I do believe I would - carrying all the love I've felt in my lifetime thus far could sustain me."

And so, I carry on. I write. I remember, time traveling each day into seasons of my life that I wanted to end and some that I never wanted to forget.

It's been a balance, making the time to write while managing the rest of my life. Mornings at pilates, day times either on calls or writing, and afternoons at the ranch. I've added in a 2-3 hour writing block in the evenings, giving up my Netflix for the time being so I can hit my deadline.

I had tea with a woman the other day who invited me out, she's followed me on social media for years, she said, and wanted me to speak to her friend group before they left for a retreat of their own, in May. I said yes! Excited for the opportunity that's inspired me to offer this *speaking/presenting gig* on my website.

Currently under construction, I'm redoing my website too. Simplifying it a bit, like I am in most areas of my life. With my excitement for retreats taking over, I'm shifting a bit to focus on that, my writing, my 1:1 coaching, and speaking to share my story and inspire other women to take action towards creating a life they love.

That's all I've done. Created the vision, figured out who I needed to become for that vision to really happen, and take action steps towards *becoming her*.

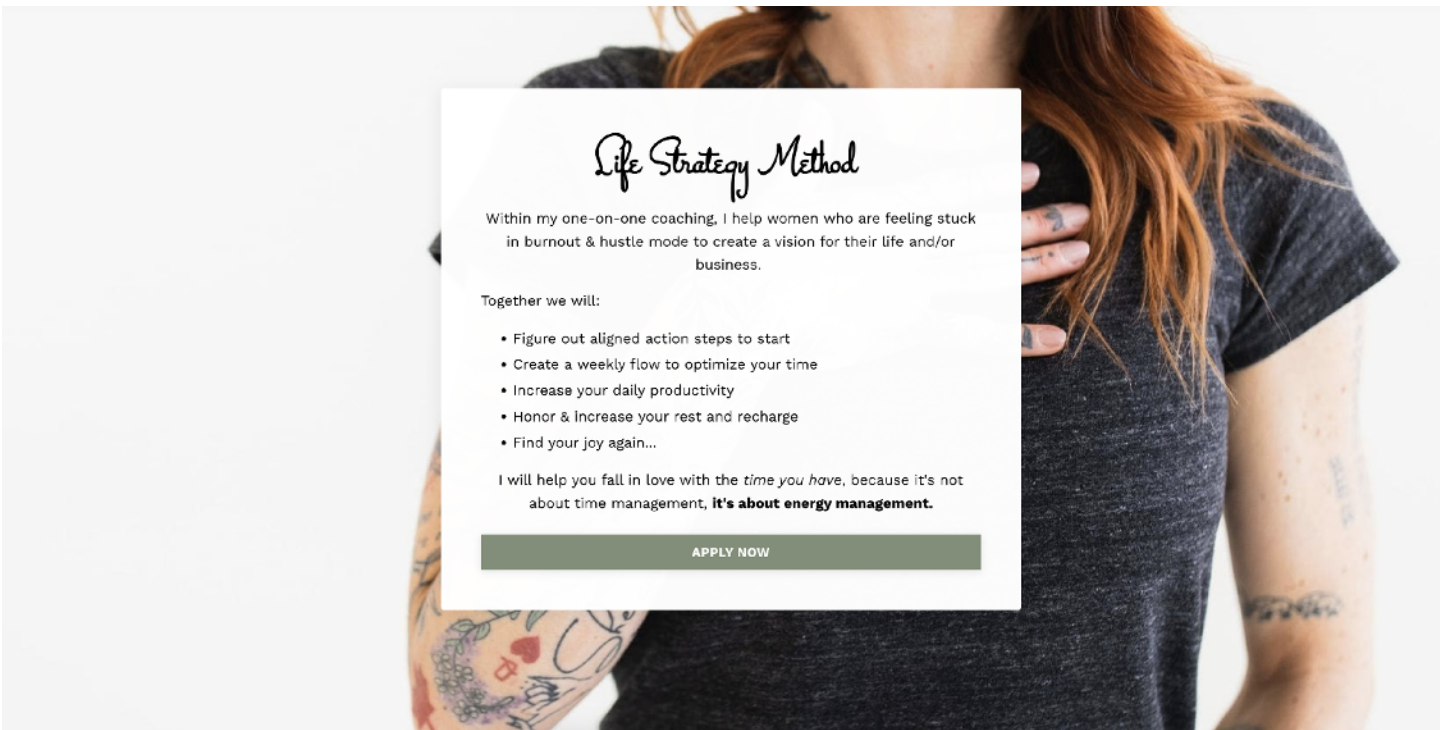
I am - after all - so fucking proud of who she is today.

MUST LISTEN.



Listen, prior to 2021, I had read a handful of personal development books so to help me get out of a dark place, I did a deep dive into PD for 3 years straight. At some point, you've heard it all, read it all, and now it's about implementation and that's the space I've been living in. I needed a break from all of the self-help and Alex Cooper provided me with that release. Her podcast has me laughing, relating, and blushing while getting to hear stories of some of the top performers and actors in the world. And I have to say, the way she interviews is so brilliant, listening to her has helped me in the way I do my own deep dives with clients. Listen.

WORK WITH ME.



ONE ON ONE COACHING SPOTS ARE OPEN FOR 2024!

I'm excited to connect with some new souls, sharing some of my new tools & helping them create a life in forward motion and expansion.