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NEWSLETTER

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- JOURNAL ENTRY: *page #923*

"Good morning from the beach! Heaven.

Looking over my journal at the waves crashing in, missing people I wish were by my side, and also embracing the energy that's coming in as I sit here solo.

I close my eyes & feel at home.

Unrushed.

Unbothered.

Unphased by life happening outside of my bubble.

I can feel the sun kissing my legs and warming my face, my breaths flowing effortlessly, welcoming the smells.

In a few hours, we'll welcome 12 women to the Villa for a week of expansion.

We sat for coffee this morning talking through today's flow, ready to step into this version of ourselves. It's our first ever retreat in this capacity, in this container, in this season.

It feels like pieces of old Raina are coming up and at the same time, pieces of her are dying, being released with the birds that are flying over us.

Take her away.

I no longer need her.

She no longer serves me.

I get curious, excited for who will step into her place, eager to meet the next version. She is living in a space of deep knowing & unshakable trust in the Universe.

She acts & speaks as she needs to, without over-thinking or stewing in self-doubt.

What comes is what needs to be given & shared, there is no fear, worry, or embarrassment.

I'm ready for it, ready to release everything that's clinging on to me, that which is no longer serving the woman I'm becoming.

I release.

I think that's what this retreat needs to be focused on. Releasing older parts of you that no longer align with the person you're becoming.

Who was she?

...and who is SHE?

Who is being born & who is waiting to come to life?

We just paused, Andrea & I, she told me what she had written down, and it's exactly - like exactly - what I wrote down.

This weekend will be exactly what it's supposed to be.

And so it is."

RETREAT UPDATE

If you're not new around here, you know that I'm constantly on the lookout for signs, the ones from the Universe telling me that I'm on the right path, confirming that I'm right where I need to be. If you don't believe in that kind of stuff, you just need to know that it may get weird for you here.

I've been staring at this flashing line, telling me to start typing for several minutes. My head is going a million miles a minute deciding on the direction I want to take this newsletter as I assume, most people reading are expecting me to rave about our retreat and sell on you on all the upcoming ones.

Well, I'm not.

I'll share why and the stories behind it, but it's funny - the Universe never ceases to amaze me, the twists and turns, the curve-balls and pivots, just when we think we've got it all figured out.

Twelve women flew into Mexico to spend the week/end with Andrea & I, investing money in themselves, ready a sense for community and a taste of transformation.

We meditated.

We snorkeled.

We journaled.

We walked along the beach.

We connected.

We rode horses.

We played.

We got tattoos.

We went deep.

We ate the best food I've probably ever had (completely dairy & gluten free) and also - a little plug - spent our days at the most beautiful **Villa**.

I sat there during each meal, quietly looking around the table as each woman was deeply engaged in conversation with the one next to her.

Andrea and I were blown away at how well and quickly the group of twelve felt in sync. There were no cliques, no toxic debates, no drama.

It felt like one of the most beautiful things, watching twelve strangers with twelve different backgrounds, leave our Villa as life-long friends. I believe we made strides towards our goal of *helping these women release older parts of themselves that no longer align with the person they're becoming*.

Now, as a facilitator, was it perfect? No. There were a lot of things behind the scenes that didn't work and I believe we did our best to pivot. When Andrea & I got home, I think we both needed to take a solid week to decompress and reflect on the experience for us as individuals.

We sat at coffee the other day, vulnerably checking in with one another after feeling like this eclipse season was kicking our ass. Something in both of our guts wasn't settling and we both knew that was a sign to listen to what it's got to say.

We were both being told that something needed to give.

There was something to shed, something to release.

I do want to honor our conversation and our friendship so I'm not going to share the in's and out's of our 1 hour+ discussion, so I'll share the conclusion.

We've decided that our friendship together is more important than any business we could create together. We felt that if we continued, we'd be killing one of them and with that, we decided the business would be the thing to let go of.

There were no heavy hearts as we made the decision, it felt like a no brainer. We both agreed, reflecting back on the journey over last year, that we were meant to have these "retreat" seeds planted in our heads.

We were meant to bring those twelve women to Mexico.

We were meant to create that space for them to connect & expand.

We were meant to have this realization, acknowledging the importance of our friendship, above all else.

We cried a bit, we hugged, we pulled some cards, and we smiled in amazement at the Universe for her strategy & timing.



- JOURNAL ENTRY: page #929

"Welp - lots of shifts over here. It's hard to not spend my days in my head, daydreaming about outcomes and scenarios. My book - I've spent the entire week reading and making final edits, it's been sent off now, I hope to have a copy by Monday.

Today, hopefully, I should have a final design on the book cover and gahh!

You know, it feels really good knowing that the design I created in Canva is good enough that the designer used it!

Just under a week & I'll be a published author, for real.

A best-selling author. Raina O'Dell, Best Selling Author.

Exhale.

Andrea, our retreats.

We met for coffee yesterday, I felt so nervous going into it all. She handed me a deck & told me to pull three cards - all three talking about using my voice, releasing the old, and going all into the new, into what's coming.

With that, she told me she had a Human Design reading "for us" so I was instantly curious.

Both of us being 3/5's, she discussed the two lines that we have in our chart.

The lines are beautiful in friendship but destructive in business, she shared. I felt it then - my gut answering.

After talking through everything, we collectively made the decision to cancel our retreats & dissolve our business.

Exhale.

No more Joyful Essence - and we are okay with it.

Our friendship is more valuable than the business. Crazy how we both felt the separation happening.

We had already canceled Vancouver in June, so she's emailing to cancel Vail & I withdrew the spot for our villa in Costa Rica.

I feel... a weight off, really. It feels like we can just be friends and it feels like I've also be released to focus on what is REALLY lighting my soul up.

The horses.

My vision.

I told Andrea, she agreed, that I do feel like our excitement for retreats was legit, but I think it was supposed to crack us open for our own.

We were also supposed to do Mexico.

I think we were connectors for a lot of women, the proof is in the Whatsapp.

Literally, we helped them build beautiful connections and I don't regret that - OR my tattoo.

And so, it is what it is.

Permission to move forward, I feel it.

I took some time last night to remove the other retreats from my website. I'm ready, so much good is brewing, it needed to be released.

My book, my vision, it's all coming in hot, beautifully, and perfectly, as it should. It's time to let go of everything that no longer fits - release the grip, it's going to be beautiful.

WHAT'S NEXT?

Well, I think it's time that I just go all in on myself and my mission.

The first evening that we were in Mexico, we were walking along the beach soaking in the sunset. There were the most gorgeous shades of pinks and oranges highlighting the sky as we walked, listening to the waves slide onto shore.

I looked down and noticed horse hoof shapes in the sand, immediately missing my two big guys back home. Cesar & Joey were probably finishing dinner around that time, I thought, missing the smells of the barn. My mind started to wander when I looked up and saw two horses walking our way along the beach.

I smiled, probably made a *yelp* sound, and started to record them walking as the man hopped off his horse and asked me if I wanted to ride.

Uhh, fuck yes. I thought and instead said "Yes!" politely.

I put my sandal in the stirrup and mounted, petting my new friend, Chocolate, on the neck as I settled into the saddle. *Exhale.* Gustavo gave me the reins and we walked off, the other horse following behind. *Heaven.*

The truth was, I could have rode around all night on that beach, just letting Chocolate stroll where his little heart pleased. I could have jumped off and rested on the beach, letting Chocolate recharge as well, while we both looked out into the expansive water.

I was right where I was supposed to be in that moment. To me, it was even more confirmation of the direction I'm supposed to be taking.

I'm supposed to be spending my time with these creatures, learning lessons from them, soaking up all of



their knowledge and energy, allowing it to influence my own.

My soul is here on a mission and I feel it every time I'm around horses, not just my own. I feel the tug, the pull, the transfer of energy that I'm meant to share with the world. And so, I will.

With my **new website** fully ready, I'm going all in on what lights me up. You know I love my one-on-one coaching. In addition to my virtual sessions, I'm going to take it a step further, hosting my sessions at my ranch. Equine-Assisted Coaching, the beauty of my life coaching with the most lovable, grounding, nurturing, powerful assistants aiding me.

I cannot wait. I have two clients who will be starting with me in April, in this capacity, and my heart is just so full, like the silly smile pasted across my face when I think about how it's going to feel introducing my boys to the women I'm helping.

And with that, I'm going to go all in with my **Equine Retreats**. I had originally partnered up with my friend Bridgit who boarded her horses with me, she introduced me to the equine-coaching world. We organized the upcoming retreat in Boulder and when it didn't align with her anymore, I decided to continue it on my own.

Okay, Universe - I get it. This is a solo mission.

I'm ready, Cesar is ready also. My gentle-giant. I got a beautiful Airbnb in Boulder where myself and six other women will meet and connect for the weekend. We'll spend the first evening getting to know one another, sharing dinner while we watch the sunset over the mountains.

The next two days will be spent doing a deep dive into equine-assisted coaching. No, you're not going to ride them, so if that's a fear, release it. We're going to be in their presence, connecting with them on a soul-vibration level as we work through some of my coaching strategies to identify what needs to be released in order to step into the life you're wanting.

We'll do sound bath meditations with the horses, you'll get to meet some of the people closest to me, some speaking to us as a group and others cooking us dinner at the ranch. I just feel so ready. I'm leaping into it.

BARE: 4 / 4

Going "all in" on myself also means embracing this book writing process.

Before I went to Mexico, I finished my manuscript and sent it out to a handful of Beta Readers who read my draft and gave me the most amazing feedback & edits. Thank you to my therapist, Mary, and my girls Ali, Ashley, Andrea, and Jennifer.

Once I made some edits it was sent off to the editor and we've been back and forth since I got home, editing and tweaking things throughout the book.

Just a couple of days ago, it was finalized and sent to publishing while we worked on wrapping up the book cover. Dude - what a ride it's been.

I almost didn't write this Newsletter, thinking I didn't have enough time to put my

words onto paper with my dense book coming out, but I wanted this outlet. I wanted the ability to share the retreat updates, life updates, and book updates before the big day.

I'm ready to BARE it all.

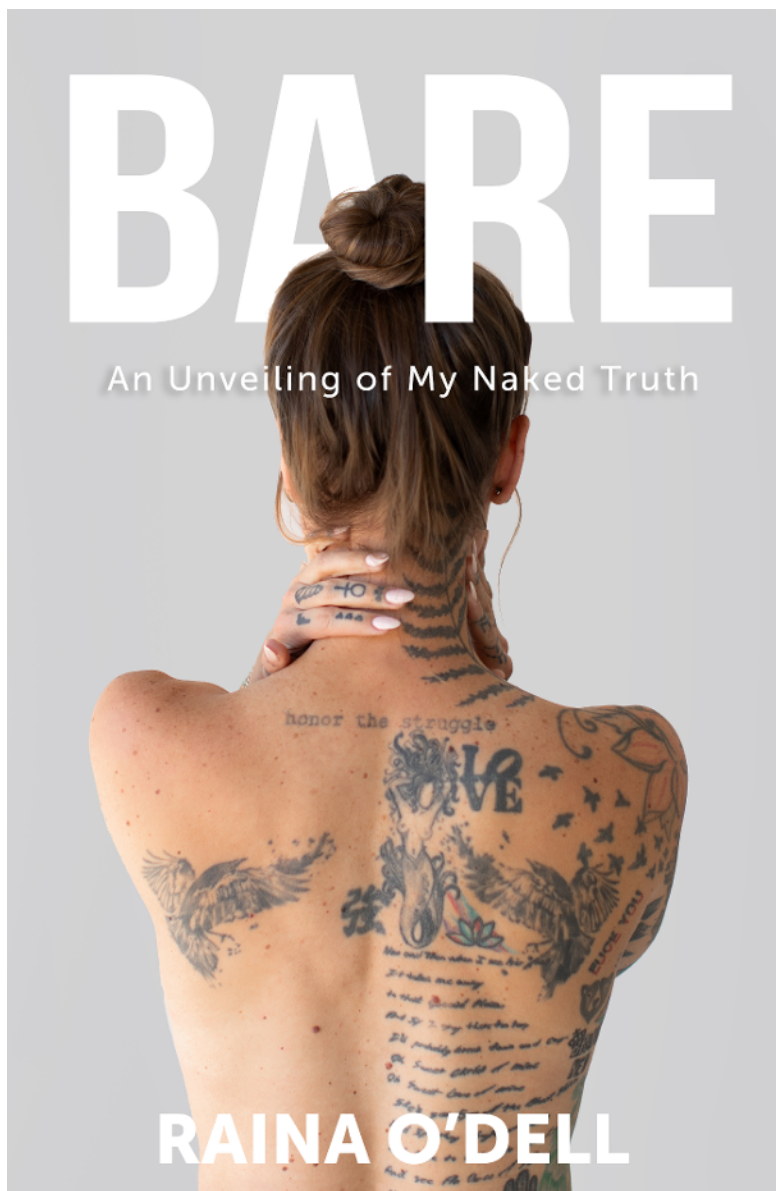
I'm ready to share my truths.

I'm ready to allow my stories to touch who they need to touch, aiding in whatever transformation is needed.

I hope my pages reach exactly who they're supposed to, mirroring what needs to shift within those who feel a bit stuck, hopeless, or dull.

I hope my pages reach you, dear reader, because without your support, I wouldn't have this platform or the voice I do, to help others expand.

Isn't the cover beautiful? :)



WORK WITH ME.



Restableize

Thu, May 30, 2024, 3:00 PM – Sun, Jun 2, 2024, 11:00 AM

My reSTABLEize Retreat is an all-inclusive 4-day, 3-night, transformative equine retreat designed to empower women on their journey of self-discovery, vision manifestation, and personal growth.

Nestled in the tranquil embrace of nature, our retreat offers a unique opportunity for participants to connect deeply with themselves and the majestic spirit of horses.

[View Retreat](#)

Are you ready to ReSTABLEize?

At ReSTABLEize, we believe in the power of equine therapy as a catalyst for transformation.

Horses, with their innate sensitivity and intuitive nature, serve as profound guides on our journey inward.

Through gentle interaction and experiential exercises, you will learn to communicate authentically, trust their instincts, and embrace vulnerability.

Our retreat is carefully crafted to provide a supportive environment where women can explore their innermost desires, clarify their vision for the future, and identify and release the blocks that hinder their progress.

Guided by an experienced facilitator, you will engage in a variety of activities, including mindfulness practices, reflective journaling, and hands-on interactions with the horses.



Our reSTABLEize Retreat is a 4-day, 3-night retreat that includes transportation, lodging, meals and a transformational guided experience. Our retreat is heavy on connection to self, nature and others with a specific balance of rest and play.

\$2,222



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3 Monthly Payments of \$747