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NEWSLETTER

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- JOURNAL ENTRY: *page #849*

"I feel - like my brain & thoughts are moving 100 miles a minute. MORE - I believe it's a new program I'm meant to create. It came to me from my guides in bed the night before last. Horses - so much horse stuff, I have a call today with EB to talk about photos. I'm insanely excited for it. I just picture myself bareback on Cesar, hands touching Joey. I just want her to capture the connectedness. Simple yet powerful. And then at 11 am to kick off my day, I'm meeting with my book publisher. Holy shit, life just keeps coming. I told Mary during therapy yesterday that there's no fear, just unknown excitement. I guess it was a tiny lie as things (old trama/beliefs) do come in, I think the biggest difference is my ability to release them at the

same speed they arrive. I started a book, Grimoire Girl, and it was recommended by one of my clients, she told me "I imagine this is what your book will be like..." Immediately, I'm like, I need to read it because this whole process feels foreign. I know I want to share my life, not because it has been this wildly successful journey with a path that people need to follow, but because I've lived. I've loved, I've lost. Yet through it all, I've found me. Which, is something I've been told doesn't happen till you're in your 40's or 50's. I've had lessons & life experiences that some people never have to navigate through. I'm not God's favorite, getting a free pass from carrying trauma, in fact, it's something I've truly faced & work through with therapy, EMDR, mediums, spiritual teachers, past life healing, my own practices like journaling, my animals, and more. There is this drive in me, I'm not clear on when it started, to create the vision for my life that's in my head. I'd imagine some people let those thoughts pass by as daydreams or "what ifs" but for me, it's so real & so clear that it feels like the only option is to work towards that. Most of my life has felt like survival. The vision of what I know I'm meant for, bigger things, has kept me moving forward. In some lives it was a gut feeling, in some lives it was like I could see my vision as if I was watching a movie. Regardless, I followed it, even when it felt impossible. That; my book is about all of that."

FORWARD MOTION

From this point forward, it's the only direction I am willing to go.

I have to tell you, after writing my September Newsletter, it felt like *Level 40*, unlocked.

It felt like the Universe gave me a big pat on the back, proud of me for putting the vision and intention out into the world.

I've felt a deeper connection, not only to my vision but to my horses and dogs.

I've had some insanely beautiful conversations and have met some new people that I believe were placed on my path to help my vision come alive.

I've sat in silence, allowing my inner voice to be heard.

The silence has also allowed the noise to clear and direction to be received.

I sat at coffee this morning with Andrea, telling her how much was going on in my head. Excitement for our retreat, anticipation to announce our future retreat dates, overwhelm as I start writing my book, energy for the shifts I'm making on social media and my upcoming photo shoot; I'm ready.

I looked up, as if talking to my guides or spirit, and said: "**I'm ready.**"

I know there will be challenges, I know there will be road bumps. I'm no stranger to hard things.

I also know there will be beauty. There will be an opening. Expansion. That's what I'm ready for.

Joey got gelded this week, I was at his side during the entire process. Which, honestly blew my mind. I've been working from the ranch all week, just so I can keep an eye on him as he heals.

I cleared my schedule on Monday so I could be with him, undivided attention.

Tuesday and Wednesday I did all of my one-on-one calls from the ranch also, taking my 15 min breaks in between sessions to check in on Joey & Cesar, soaking in their calming energy. Thursday & Friday, I devoted to writing. My newsletter, notes for my book, I find myself incredibly focused here in the ranch "office" and can't help but day dream about my vision.

I sat out in the pasture yesterday while Joey & Cesar roamed.

One of my ranch-mates rode up on her horse, bare back and I just smiled watching her. As she dismounted and let her horse graze, we just started talking about work.

She's a coach of sorts also, mostly working with corporate companies & equine work as well, hosting corporate retreats.

As we connected, we each shared details of our work, our mission, our goals, and our lives. It felt like a beautiful conversation as our horses all grazed around the pasture.

I told her details of my journey along with my vision of diving deeper into equine work and as we ended the conversation, she said:

"You're meant to be doing this work, Raina..." *looks up* "*thank you...*"

- JOURNAL ENTRY: page #850

"Breathing. This is just life, isn't it? I feel like there is always something. Neither good or bad, that can distract us, cause us to doubt ourselves or instill fear based thinking into our brains, tainting the visual on the beautiful things that are happening around us. Because really, it's so good. My call with my publisher went so good, guess the launch date for my book - it's 4/4/24! She was awesome to chat with, calming my nerves and answering my questions, she guided me through some questions that really got my brain thinking. I'm excited for the process, the unraveling, the growth that comes from this. 4/4/24 launch, then in May, I'm going to invest in the Equus Coaching Program, to learn the strategies for the vision I've got floating around, consuming my thoughts. Baby step: book a photo shoot and keep reading. I zoomed with EB and on Nov. 2nd, we are going to take photos of me & the boys (Joey & Cesar) so I can start showing up as that version of myself. Even without it, till 11/2, I am using the photo/video I have & starting. Not a full shift, just an intentional shift sharing more of the relationship between me & my animals, more writing, more stories. I also shared about MORE - Group coaching, yes. 4 weeks, yes. People Limit? I'll see what the response is like... Price? \$444, yes. It's been a common theme - this need for more. It could be more motion forward, actions towards their vision or creating a life they are fully in love with, people just want to feel forward motion vs. stagnant comfort. I know how to create that. The "O" is for optimization, mostly of time. On the life wheel, most of my clients rate "time" (how it's spent & where it goes) as the lowest on the life wheel and hell if time isn't the thing I'm really good at. I don't wear myself out, I just use my time in a way that works for me. I run 6-figure businesses, I make home cooked meals, I am a single parent, I workout, I journal, I get 8+ hours of sleep, I have two horses and two dogs, I volunteer, I'm writing a book, expanding a business - for real. We all have time. That's what I'm excited to teach. "R" being recharge & "E" being energy, I want to teach people how to bring more intention to both. We deserve it, we are worth it. I deserve it. I am worth it."

OPTIMIZATION.

I mean, it's been one of the busiest months I've had in a long time.

We got moved into our new home, you better believe I was unpacked and settled within the week.

Photos on the walls, clothes organized, color-coded in my closet, plants in their place. Haha, I did it. I told you in my last newsletter, I'm kind of a psycho when it comes to my home, my safe spaces.

I want to feel like at any time, I can walk through the door and let my walls down.

Our homes are our safe spaces, I'm intent on creating that.

After I got unpacked, I had a day of rest before boarding a flight for my last girls' trip of the year.

Scottsdale, AZ with 3 of my best friends.

We spent 4 days at the pool, brunching hard, frozé's flowing, it's always a good time with those women.

I soaked in the sunshine, getting a good tan to bring back to Colorado with me. Boarding the plane home I felt it, that readiness to step into my new home, bare feet on the carpet, and melt into the couch with my good boys.

I felt ready and excited to be home, knowing that I had no more travels planned until 2024. I told that to my friend, Amanda, and she said, "Sometimes we just have to EMBODY the HOMEBODY..." and I'm doing just that.

I missed my horses, I missed my dogs, I missed my girls, I missed **home**.

It took me no time to fall back into the swing of things, your flow is easy if you're doing what you love.

Refocused and ready to put in the action steps, I sat at my desk the next day and wrote out my calendar for the week with my vision in the back of my head.

Back to pilates classes, one on one calls on the calendar, volunteering with Archie, coffee dates with my bestie, shifts at the ranch, kids appointments... right back into the flow.

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*"I love Saturdays. I was going to jump into a 9 am pilates class but when I woke up at 7:15 am, all I wanted to do was sleep and take my morning slow, so I listened to my mind & body. This time-change is hard - but I love fall, it's officially my favorite season, how cliché. I had a couple cups of matcha, read a chapter of my horse book, watched Heartland & woke up Kenzie, made her a bagel, got leggings on, and now writing a bit. I'm going to take Archie on a walk to get coffee, then come back and do a little work on my next launch: MORE. It feels so aligned so I'm excited to play with it a bit today. If Bella wakes up at a decent time, I'll help her with some of her toom (or tomorrow) and then make soup for the family. I wanna go to the ranch around 4-4:30p so I can do some work with Cesar in the round pen, brush Joey in his paddock, and let them into turnout before I muck & feed tonight. It's getting dark so early so it's hard to do much. I know I don't need to "know" what things will look like - biz wise - just yet, but I'm thinking about it a lot. "It's not going to look like anyone else..." I'm telling myself that all I need to do is continue following my joy. Horses **and** making time for strategic implementation. I am trusting that in all of this action & joy, the path will illuminate. I asked my guides clearly for direction before I went to bed the other night and MORE popped into my head and wouldn't go away until I wrote it down in my notes. My ego says: "this isn't horse related though, is this what you really think you want to focus on?" My gut says: "yes, this is a stepping stone towards my mission..." Trust. So - I'm going to play with it all today. More: helping people create space to allow MORE in their lives. More what? More of whatever they're craving. I want to give them space to get quiet & really figure that out. When I talked to Andrea about vision, she said quickly: "yeah no, I've done that before..." and I said - **No...** not a vision board, not things, not a checklist of wants or hopeful accomplishments. It's a feeling, an embodiment of who you want to become. Your highest, future self. What does "MORE" look like for her? That's where I want to lead people. And I'm clear, that more for me involves horses. More for me involves all of my animals and sharing the connectedness between us all. Their healing power, their intuitive nature, how they mirror us... all of it."*

I'M LISTENING.

I'm telling you, once you've got a clear idea of what you're working towards, things just start happening. I mean, even in the last couple of days as I've started writing this Newsletter, new things have presented themselves.

I hope you read my last newsletter because I want you to have the full story of what I'm working towards because the universe is orchestrating beautifully.

Now, I realize after working with so many people one on one, that *this* is the struggle. Actually creating the vision, actually allowing yourself to day dream and step into the shoes of future-you with curiosity.

You've got to do it without letting the ego come in, telling you how silly your ideas are.

If you want to open a book store, let yourself day dream about what it could look like.

If you want to build custom frames, buy some supplies and play.

If you want to do interior design, start some home projects and take pictures.

If you want to start hosting equine retreats, start surrounding yourself with horses and equine enthusiasts, and watch the universe plant the right people in your path.

As I was leaving my pilates class a day or so ago, I told my future-vision to one of the women I connect with a lot there. Her daughter has a love for horses.

She asked if I watched Heartland (I said *all the timeeee*) and we connected over a shared love for the show and horses in general.

As I was walking out, she said: "Raina, I'd love to help with your equine retreats..." and I smiled as we decided to connect again soon.

I headed to the ranch, off to visit my boys and get Joey exercising a bit per the vets orders, to help him heal.

I stayed for a couple hours writing this newsletter & playing with the boys.

As I was leaving, my ranch-mate who I mentioned earlier came up to me with a blue folder, she explained it was all of her notes from the studying she did as she got into this

work. I flipped through it, seeing all of her notes in the margin and just thanked her, so deeply for being willing to share so openly with me. Chills covered my arms.

You see?

The vision is clear, in full alignment. I'm right where I need to be.

Because I'm being intentional about following what lights me up and intentional action steps, the path is being illuminated.

RECHARGE + ENERGY.

The "R" and "E" in my MORE program stands for recharge & energy.

I think there's a misconception about what recharge actually means, I've gathered this in my one on one calls. It's less about scrolling social media while chilling on the couch in sweats catching up on the Golden Bachelor.

Wow, so specific. That's because it's been my guilty pleasure.

Recharge is more about diving into the things, the habits, that light you up. The things that recharge me are a combination of stuff from: walking Archie, sitting with the horses, writing, watching Netflix, watering my plants, getting my nails done, reading a smut book... If you watch my IG, I share a lot of my recharge moments.

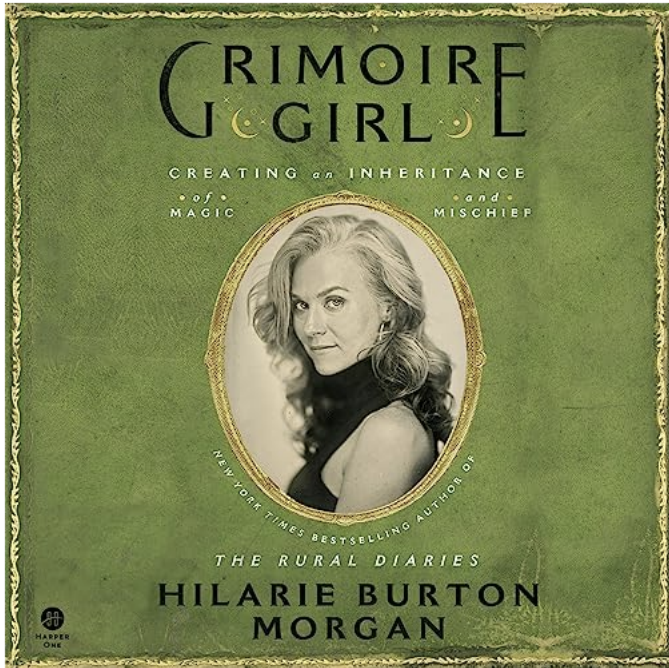
Some people will look at those things as "to-dos" and I look at them as filling my cup. You can look at walking your dog as a chore, sure, I see you: walking and scrolling IG, unable to be completely present and in the moment - I challenge you to shift this engrained method of walking your dog.

With that intentional recharge *comes* increased energy, naturally.

When you're following your joy, more in the present moment, and showing up in your day with intention towards the vision you have for your future, things naturally start to fall into place.

The universe working **for** you, not against you. No resistance, just forward motion.

MUST LISTEN.



Because a client shared this with me, I downloaded it on Audible and dove in mostly out of curiosity.

I loved the stories, I enjoyed the wisdom, the playfulness, and the magical tips shared.

I've had a PD overload this year and have really dove into my Equine books instead, learning all I can in preparation for my vision.

This was a fun one to add to the mix.

• **CLICK ON THE IMAGE TO LISTEN NOW** •

WORK WITH ME.

more

is a 4-week group coaching program designed to give space for women to create more in their life.

Well there you have it, my plan. My vision for **more**.

I'm on my journey, totally in love with where my life is right now and also eager for **more**.

You know what my **more** looks like. Changes are you're a little unclear on what **more** looks like for you. It may be foggy, uncertain, unclear. I want **more** for me and **more** for you.

My goal with **MORE**, a 4-week group coaching program, is to create space for a small group of women to have private mentorship with me, diving into their vision, action steps that will create forward motion, and prioritizing rest, recharge, and increased energy. It's your turn, your chance to create **more** in your life.

GET ON THE WAITLIST TODAY | LAUNCHING 11/11