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NEWSletter

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"Right now, in this season, I'm releasing the urge for perfection. Really.

I took 4 days off from journaling, and that's okay. I am in a complete flow right now.

Releasing the reins & trusting that this beast of a universe is carrying me where I need to be.

We move the horses tomorrow and I'm moving in one week. There is just so much to balance, mentally, that I've felt like - a calm overwhelm.

I'm not out of my mind - I'm very much in my mind; maximizing moments, resting, organizing, working, playing, preparing.

It's all flowing.

I am just trusting.

My movement has consisted of walks with Archie and power washing/scrubbing horse stalls.

My reading has been a mix of horse books & audio books, reminding me to step into my power and follow what lights me up.

My journaling, though not done daily, is one of my favorite tools for releasing the chaos. There's no need for it to stay in my head.

I've been packing the house, one room at a time. I had to create a schedule for finishing on time, even while moving the horses and being present for homecoming this weekend.

Today & tomorrow I'll tackle my closet and bathroom. While we are all moving, I'm equally excited for the horses as I am for us to move into the new house.

Tomorrow we are moving all 4 babies over to the new ranch.

This evening we are going to move all the compost bags & lay bedding in the stalls, and ready. It's all coming together.

I felt a shift in Cesar during my last lesson. It was actually the first time I had ridden him since Sean left. We made a bridal out of his halter & lead rope, no bit.

His English saddle fit him perfectly with some new pads.

I hopped on, a bit unsure of what to expect. He settled in and we just moved, I felt lighter (physically) on him without the western gear and energy we normally use.

He floated around the outdoor arena, turning and stopping, walking as I asked - we flowed together.

I could feel the ease of his energy with me.

It nearly made me tear up.

I could see it, our bare back adventures, reading with him out in the pasture, allowing him to finally take a big breath with me.

My vision is a little more clear.

LET'S CATCH UP

Holy shit.

September has felt like it was a year long. It could be because I fit like 100 different things into the month.

I honestly don't even know where to start, so I suppose I'll start at the beginning. Truly, I had to open my calendar on my phone and look - *Okay, where was I on September 1st?*

There have been so many little shifts going on behind the scenes over the last few months that I haven't even talked about.

Yes, I'm moving.

Yes, the horses too. Yes, I said horse(s) - as in two.

In the middle of August, I sat down after my riding lessons with my trainer on two plastic chairs that overlooked a couple of the pastures filled with horses as they grazed.

As we had the conversation, I wish I would have known that it would be one of our last. There was a lot going on at the ranch, some of which I knew about, some I didn't, some that was none of my business.

As he told me he needed to move on & was going to start looking at properties in other states, I felt the sting of tears behind my eyes, though I masked it as excitement for him. It felt like losing a father.

I asked about logistically moving his several horses across states, it seemed like kind of a big deal? He named the horses he would be taking with him and before he could finish, I told him that if he felt like moving *that many* would be hard, I'd love to adopt Cesar.

I saw the emotion behind his eyes as he turned to me and said, "Nothing would make me happier than to see you take Cesar..."

don't cry don't cry don't cry I just smiled.

We snapped out of the emotional conversation, *we're cowboys!*

He slid his phone over my way to show me a property in Virginia he found. So much acreage for a fraction of the price you'd find in Colorado. There were even little cabins

planted on the property and I told him it made me think of the Dude Ranch in Heartland. "That's an idea, Raina!" He said. "You doing your life coaching, I could take city people on trail rides..." he laughed.

I giggled as he spoke but in reality, it was like a piece of me was *remembering* a soul purpose.

I flashed back to my lessons with him over the last couple of years and how much I've learned. Not just about horses but about myself.

How much I've grown, slowed down, learned to breath; learned to shift my energy.

I said, "*Sean, seriously... that's a beautiful idea.*"

I went on to tell him about the retreat that Andrea & I were planning and told him how amazing it would be to host some with the horses, to share even a piece of what I've experienced with these beautiful animals.

Seed planted.

A month later, on September 6th, I met with a brand inspector and signed the papers to adopt & call Cesar *mine*.

It was official.

Mr. Mustache belonged to me.

I sent a photo of Cesar & I to Sean after it was finalized and just said, *thank you*.

Cesar is a 20-yr old Red Roan Mustang and even though he can be a stubborn old man, he is one of the sweetest, most gentle horses I've ever connected with.

As I felt it again, that deep soul *remembering*, I teared up and kissed his little face.



NEW YORK.

The next day, I was on a flight to New York, NY.

My friend Ashley messaged me several months ago saying that one of our favorite authors, Rebecca Campbell, was going to be hosting a *retreat* of sorts in NY and asked if I wanted to go with her.

It was a *hell* yes.

We flew into LGA and spent the first 24 hrs smack-dab right in the middle of all the beautiful chaos. Our hotel was on the corner of Central Park and as we got off the elevator on the 4th floor, we walked to room 44 and I just smiled, okay universe.

I mean, I've been seeing 4's since January, like - everywhere. *Ask my therapist, haha!*

We biked Central Park the next morning and grabbed some breakfast before taking the train 2 hrs to Rhinebeck, NY where our event would be hosted.

We arrived at the Omega Institute and I looked at Ashley, laughing. This place was a vibe.

I told her "*Listen, if they give us koolaid, I just wanna be on the same page - are we drinking it?*"

We got settled into our rooms and explored the property for a little while. They had an adorable bookstore (I bought like 8 books) stocked with all kinds of spiritual reads, crystals, clothing, etc. We roamed around the Sanctuary that felt so peaceful on the way to view the wellness center to see if we could book a massage over the weekend.

Everything was booked & the only thing available was a Past Life Regression.

It was a deep vibrational yes.

We wandered to dinner, vegetarian we discovered.

Thank god for coconut rice, hummus & eggs. I made it work.

In our first session, we listened to the speaker share about her near death experience. It was beautiful.

The speakers the next day included a woman who specialized in Past Life Regression and a man who is a well-known Medium. Both were amazing.

I left the last session a little early so I could make it to my Past Life Regression on time.

I had past life readings before but this was different.

Good-different.

We talked a little bit before and maybe one day I'll share the whole experience. It felt life changing - truly.

I was led through my regression and during a piece of the visualization, horses came up. It was a past-life, I could see it like it was my own memory. I was a young boy, I just hopped on my horse, bare back and ran off after dinner with my family.

The woman leading me thru the regression really had me focusing on the horse and the energy for a while. She asked me if I had horses in this life, I smiled, sharing that I now had two.

She told me, *"You've had horses and been involved with horses in many lives..."*

and then, *"You're meant to do more with them, deep work with them in this life..."*

A tear slid out of my eye as she said it. I just smiled.

We wandered to dinner, prepared to eat boiled eggs, coconut rice, and hummus, as I shared some of the details of my regression with Ashley. We sat down at one of the empty round tables in the cafeteria as a woman approached, asking if she could join us.

As we went through introductions, she said, "My name is Belle, I'm actually a life coach and I work with horses."



I wish there was video footage of my face as I nearly broke my neck, flinging my head to make eye contact with Ashley.

She just smiled and at once said: *okay universe.*

We stayed connected to Belle through the weekend and I felt more inspired than ever to continue exploring whatever signs were being thrown my way.

I even purchased two books at the Omega book-

store that were all about horses, communicating with them, and learning their language. And as if I needed more signs that the path I was on is the right one, Andrea & I launched our first ever women's retreat while I was there, on 09/09.

By the time I was home and unpacked, we had sold out.

NEW SEASON.

Landing back home in Denver after NY felt good. I love traveling *and* I love being home even more.

However, the next 3 weeks were going to have to be *head down - laser focused*. I told my therapist that it feels like everything is happening all at once.

We are renting the home we live in now, when my ex-boyfriend and I were house shopping, at that point in our relationship, buying didn't feel right. Thank God we didn't.

When we separated, he moved out and my plan was to resign and stay in this home until the girls graduated high school. Mckenzie reminded me the other day that she's gone to 8 different school since she started Kindergarten and she refused to move again in high school.

I understood. Bella agreed.

When I asked the owners about resigning for 3 more years, they told me that they'd made the decision to sell the home.

Fuck. Pivot.

Quickly, they shared that they had another rental property in the same neighborhood that would be available in Oct. 1st.

Yes. It was a yes. We would move 7 houses down the street into a space that would be ours for the next 3 years.

I looked at my girls, sharing with them that this was going to be the first house we've ever lived in that was just us, just the three of us.

That feels good. This next season feels good. No 2-legged boys allowed.

NEW VISION.

I just sat down inside the new barn to write the rest of this newsletter. I took my shoes off and there's a cool breeze flowing through with the two big doors opened on each end.

When I look up to my left, I can see Cesar's big ears listening to the sounds, leaves rustling in the wind and some occasional bird chirps.

Up to my right, Joey is licking the inside of his hay door, trying to get all the little pieces he surely missed during breakfast. It's this annoying banging sound with each lick, haha.

When I got word that Sean was leaving and the ranch was being sold, I started touring around the area at different ranches. The thought of moving Joey was pretty stressful and when the adoption of Cesar was finalized, it added another layer.

After viewing about 8 ranches, I was introduced to a friend of a friend of an acquaintance who had just purchased a property with a barn. The owner was looking for people to board their horses and have sort of a co-op situation.

When they sent me the Zillow link, I recognized it immediately as it was one I had saved; I had created a "dream home" folder in the app for when I was ready to buy.

I took it as a sign and the moment I walked into the barn, it felt like home.

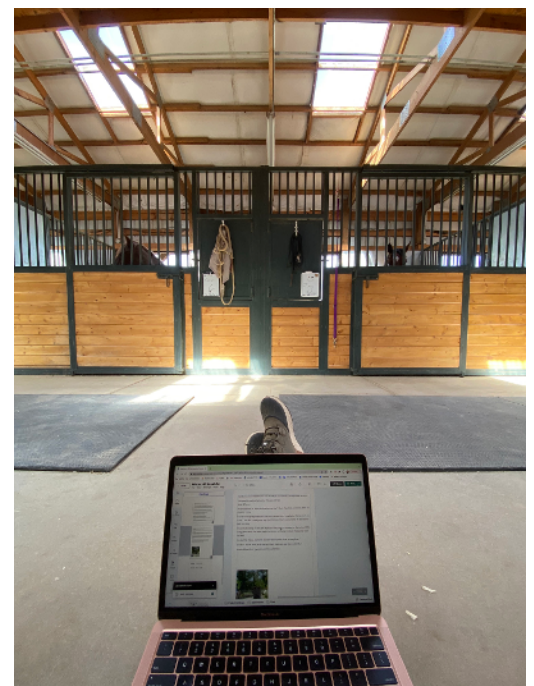
Like a releasing exhale followed by the deep vibrational yes in my gut.

Within a week or so, we had met with the owner, talked through details on what this *self care* situation would look like, and signed a boarding contract for both of my boys.

I put in my 30-day notice with our other ranch & mentally began to prepare for the move.

We spent weeks cleaning stalls, weeding paddocks, and power washing to prepare and now that it's done, babies are moved in, and everyone has settled - I am so happy we made the choice to do this.

I can feel the deep exhale from the horses too.



It feels like home.

Joey is happy because his sister, Carina, got to move with us.

They were inseparable after weaning, we couldn't imagine tearing them apart just yet so we were lucky enough to have her and her mom (a rescued mustang) join us at the new barn.

In a week or so, two more horses will join the crew and we will pause there for a while, settling into the new ranch with six horses.

You wanna hear another crazy *universe* thing?

The woman who is bringing the other two horses hosts corporate equine retreats.

Like... retreats... with horses... and had a vision to expand and do more with it.

I can *not* make this shit up.

When we met, we all sat under a big tree in the back yard, the four of us connecting and sharing about ourselves, our goals, our vision.

Have you ever felt like you're right where you're supposed to be? I've been having a lot of those moments lately.

I told my therapist, it's almost as if I'm having these out of body experiences. It's like I can zoom out and see what the universe is creating for me. I see the life lessons and pivots as stair steps, each person I meet, each opportunity presented... they're all leading me to my soul purpose.

I love my life coaching... and I love what we're doing with our women's retreats. And what if one day it expanded?

What if the property I purchase when the kids graduate is my dream ranch?

What if I build little cabins on it, little tiny homes?

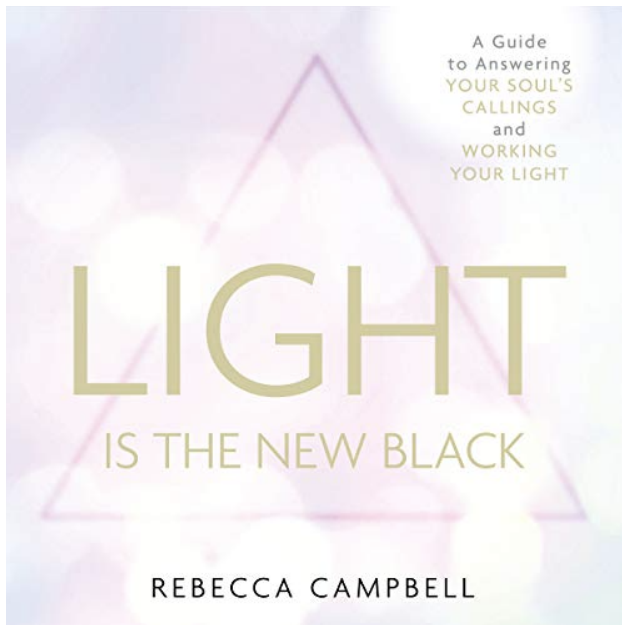
What if I combined my life coaching & my deep, growing love for horses and shared their healing power with other people?

What if I hosted women's retreats right there on my property?

I can see it all. I can feel it all. So clearly it's hard to stay focused on today.

For now, that's what my goal is: **focus on today**. And my tiny action steps.

MUST LISTEN.



I don't care that I've shared this book before. After seeing Rebecca Campbell in person at our Omega Retreat, I knew I had to reread. If you've not read *Light is the New Black* yet, please do so. This is one of the first books I read as I began my spiritual healing journey and it never gets old. I originally downloaded the audio and then bought the paperback because I wanted to highlight every single page. Please... enjoy. xx

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

WORK WITH ME.



Hey, I'm Raina

As I approached my 30's, **life as I knew it shifted.**

I had spent years prior in a marriage with an addict. We met when I was 18 and had two kids by the time I was 20. Drugs, alcohol, sex; his addictions & insecurities projected causing me to develop depression, anxiety, and eating disorders that controlled my life. As a mom of two daughters, I learned very quickly how my decisions could impact them and I decided that my own {mental, physical, and emotional} health needed to take priority.

After filing for divorce, stress caused my body to rebel against my recent Ulcerative Colitis diagnosis and within months, I had surgeries to remove my large intestine and parts of my small, leaving me with a permanent ileostomy.

While everything around me was changing, I learned a strategy that helped me not only stay consistent in my self-focused care & growth but allowed me to increase my monthly income in my businesses & create a new rhythm in my day that gave me my time back.

My thoughts almost drowned me but routine saved me.

With my vision clear, I know exactly what I want my business to look like and how I want to spend my time. I'm realizing the power of one on one connection and how healing it can be to have the face-to-face interaction. I've created courses and a community and nothing hits like my 1:1 coaching.

As we head into Fall and the last quarter of the year, my goal is to help as many women as I can, fall in love with their life now, while actively working towards their vision.