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"777 portal! Abundance - step into power - release anger re: worthiness & self-doubt.

*I am stepping into the next level **today!** Exhale.*

Things feel so - unknown - yet... aligned - so, I'm trusting that I'm where I need to be & that I'm on the path that's meant for me.

Whew!

It's hard, to surrender and trust while slowly releasing what's comfortable.

As unaligned as it's felt, social media has been such a comfortable space for me to be in, sharing pieces of my day.

NEXT LEVEL.

Sharing has always been from a place of "should" though, not a want - not always.

This feels like the time to really step into those wants.

What do I want to do?

How do I want to share?

How do I want to spend my day?

My energy? This season?

I want to live in it more, capturing the moments for me, no one else.

I want to move slow without the pressure of sharing my slowness, without the urge to prove that it's possible for others.

I want my energy to be mine, to be spent on creating.

I want to write, sharing in a safe space.

I want to collaborate, I want to laugh, I want to connect.

I want to continue to feel like my time is mine - fully.

It's been 5 days of this shift & no one in the world has probably noticed except me - and that's okay. That's not a bad thing.

I want expansion - this next season feels like that.

Social media and my hamster wheel have kept me in this comfortable discomfort, living proof that you can create a life of time freedom yet, I've had chains on my wrists, unable to truly enjoy the time freedom I've built.

Maybe it's time for me to create a new vision, this shift feels life giving.

What does that look & feel like now? Expansive - opening, energetic.

And there is more coming.

Andrea & I sat for a couple hours yesterday to plan our Joyful Essence Women's Retreat - and whoa - talk about expansive!

This is perhaps the missing piece - the next step I've been looking for, to step into the full,

embodied, adventurous, connected version of myself I've been craving.

It feels so good, so aligned, and I cannot wait to experience this.

777 portals open - I'm fully diving in."

It's me. I'm back, haha!

Several people asked if I skipped my "July" Newsletter and I didn't, I just combined June/July into one. You missed me?

I missed you.

Writing was never a passion of mine until the last few years, journaling sparked it for me. I feel grateful to have this space to share, this space to introduce a little more of *me* every month.

So much is shifting.

So much, yet not too much. You know what I mean?

I told my therapist the other day: "It's like I'm above *me*, zoomed out, looking at my life. Right now I can see all of these things, like steps or puzzle pieces, that are gently stacking and aligning, evolving my life into what's next. My next season.

Each conversation.

Each life event.

Each new connection.

They're all lining up and connecting in ways that are just blowing my mind.

In ways that I can't help but look at in awe.

In ways that I can't help but trust, surrender, and allow *her* (the universe) to work her magic.

So that's where I am, in a space of allowing, in a space of leaning fully into community and the connections that set my soul on fire.

MEMORY LANE.

I've written before about how I was never a girls' girl.

Most of my friends in high school were boys, and in my teens-20's, I just accepted that, not really craving anything different.

Married at the age of 20, my entire identity went into my marriage and my two daughters, and I told myself it's all I needed.

Friends eventually just caused unwanted anxiety, frustration, and abandonment issues.

At age 25, I found myself leaning into online communities as I dove into a network marketing business, focused around wellness.

I remember sharing on social media & being in awe at the amount of people that flooded into my inbox, craving that need for connection.

I had started for my own accountability not realizing how much the community I was apart of, became my accountability.

I spent the next decade building friendships within that community, some beautiful and some temporary, that shaped so much of who I am today. We'd vacation together 4-5 times/year, face-time one another in between traveling, communicate daily from the comfort of our own homes.

They grew with me, through illness, divorce, single parenting, dating - all of it.

And then we had a global pandemic. For me, everything changed.

With eyes wide open, who "Raina" was began to shift and with that, I started to let go of old ways of thinking, speaking, and behaving. That created a bit of separation between me and the community I had created.

Which, happens.



Navigating through the pandemic felt like a solo mission. I was in a new relationship, a new home, newly divorced and healed from having my final ileostomy surgeries, and yet, I felt myself in the midst of an identity crisis.

This is when I started journaling.

It felt like I needed a place to share my thoughts and true feelings while no *person* felt safe.

I talked through my single-parenting struggles and shed tears onto the pages and I wrote, mourning and angry about past-lives lived.

I navigated my new reality and the relationships in it, realizing how loud and clear my inner voice is when I slowed down to hear her.

I moved homes and not long after, let go of a relationship that wasn't meant for me.

Even with my two daughters and two dogs under the same roof, loneliness, more than ever before, sent chills through my entire body as I noticed how *alone* I felt.

I could be standing the middle of the city, with the buzz of people all around and I'd still feel lonely. I spent weeks letting myself wallow in the pit of negativity before I recognized (through reading, writing, and silence) what needed to shift.

Raina, had completely lost herself over the last several years. No longer did she feel



confident or in alignment, instead she spent her days questioning herself and worrying about the next steps.

I read in a book: *Whatever you're unhappy with in your life, whatever you feel like you didn't get in your relationships, is exactly what you need to be giving yourself.*

There it was, the secret to fulfilling **Raina**: listening to what she needed and acting on that, not waiting for someone or something to fill that gap.

So, I made a list. A list of all the things I wanted to

start doing that were completely and totally for me and no one else.

And then, I put in aligned action.

COMMUNITY.

With stale energy cleared from my life, I began to rebuild.

I craved physical touch, so I scheduled monthly massages.

I yearned for adventure, so I started to put more on my calendar that got me out of my bubble and into the world.

I had a deep need for laughter, connection, and community.

So I took action to get uncomfortable and lean into that.

I'd go to the Farmer's Market and lift my chin, sharing smiles & eye contact for free.

I doubled my riding lessons weekly so I could engage with a community that grounded & challenged me outside of my comfort zone.

I signed up for weekly yoga classes, even though I'd spent the last decade working out in the bubble of my home.

In each space, I grew.

The Raina as I knew her, started to slowly fade away as a more confident, alive, energetic, and empowered woman came in to take her place.

In one moment, her vision changed.

No longer was she "*on her own*" instead, there was a world to lean on if she needed to rest her feet.

I began to develop deep connections as I stepped into relationships that left me feeling expanded, not contracted.

Conversations that created a motivated energy to make daily decisions to move forward, not back.



One weekly yoga class at a local studio turned into 3-4 pilates classes weekly as I started to grow closer to one of the teachers there.

We'd find ourselves at a local coffee shop, brunch place for mimosas, or taco spot, laughing & connecting over life, spirituality, family, experiences, and vision... Like two long lost souls who were reconnecting after years lost.

During one of our post-pilates brunch dates, she tossed the idea of creating a women's retreat my way and simultaneously, chills covered our bodies and I said *hell yes*.

Community was a large missing piece of my life.

Not just people, but an empowering, expanding, and aligned group of people who would provide a beautiful energy exchange with me.

We spent the rest of the time throwing ideas around, connecting over what we'd like to share, to teach, to leave people with, each of us with a *deep* feeling like this was exactly the direction we needed to take both individually and with our relationship.

The next week, we had a 20-person venue booked.

The following week we planned an itinerary.

And weekly ever since, we've planned a coffee or brunch date to continue getting clear on our vision, plan our first event, and at the same time, tears of joy and giggles of excitement for this vision we shared.

It feels surreal some days. Especially when I grab my old journals and flip back.

The tear stained pages where *Raina* questioned whether this was *as good as it gets?*

I see now, the puzzle pieces.

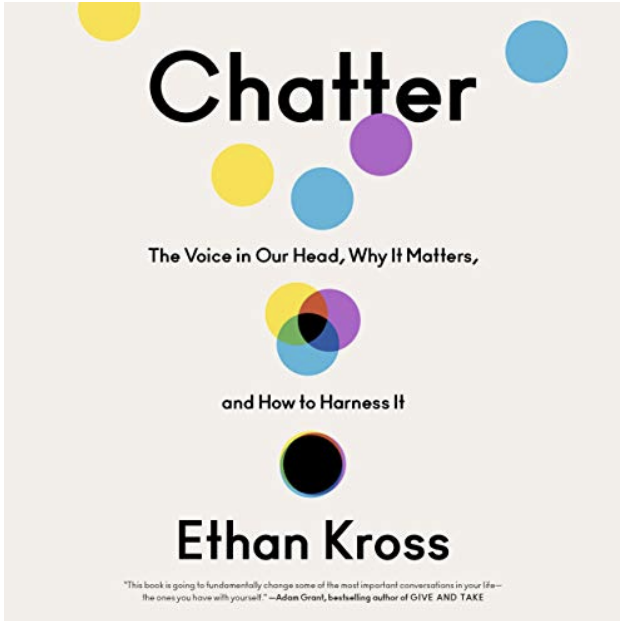
The stairs in front of me.

The life lessons and experiences I thought were going to break me only became one of the steps towards a bigger picture.

So today - I am choosing to lean fully into that trust, the surrender, to allow.



MUST LISTEN.



I started reading this book recently, it was suggested by my therapist so I figured it would be a good one for *me*. And it was. I suffer, like most of us, from chronic noise between my ears. In a day, I can feel on top of the world and at my lowest, all in one breath, based on the thoughts I allow to surface. This book cleared it, gave it a name, meaning, and helped me learn a few more tools to combat it, preventing paralysis.

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

WORK WITH US.



CLICK TO JOIN THE WAITLIST: Retreat tickets will be on sale 9/9

A 5-Day Women's Retreat designed for you to cultivate joy, deep connection, and inner freedom!

Our goal is to hold the space for you to learn how to show up authentically and unapologetically in alignment with your highest self.

Andrea and I are overwhelming excited and honored to be able to put together this transformational women's retreat, hosting 18* women in Bucerías, Mexico. We've created a beautiful itinerary, booked amazing excursions, and will be holding the space so that each woman who joins us is sure to head back home with a new outlook, community, and energy that will help them create aligned action towards the life they're wanting to live.

We are excited to see you there.