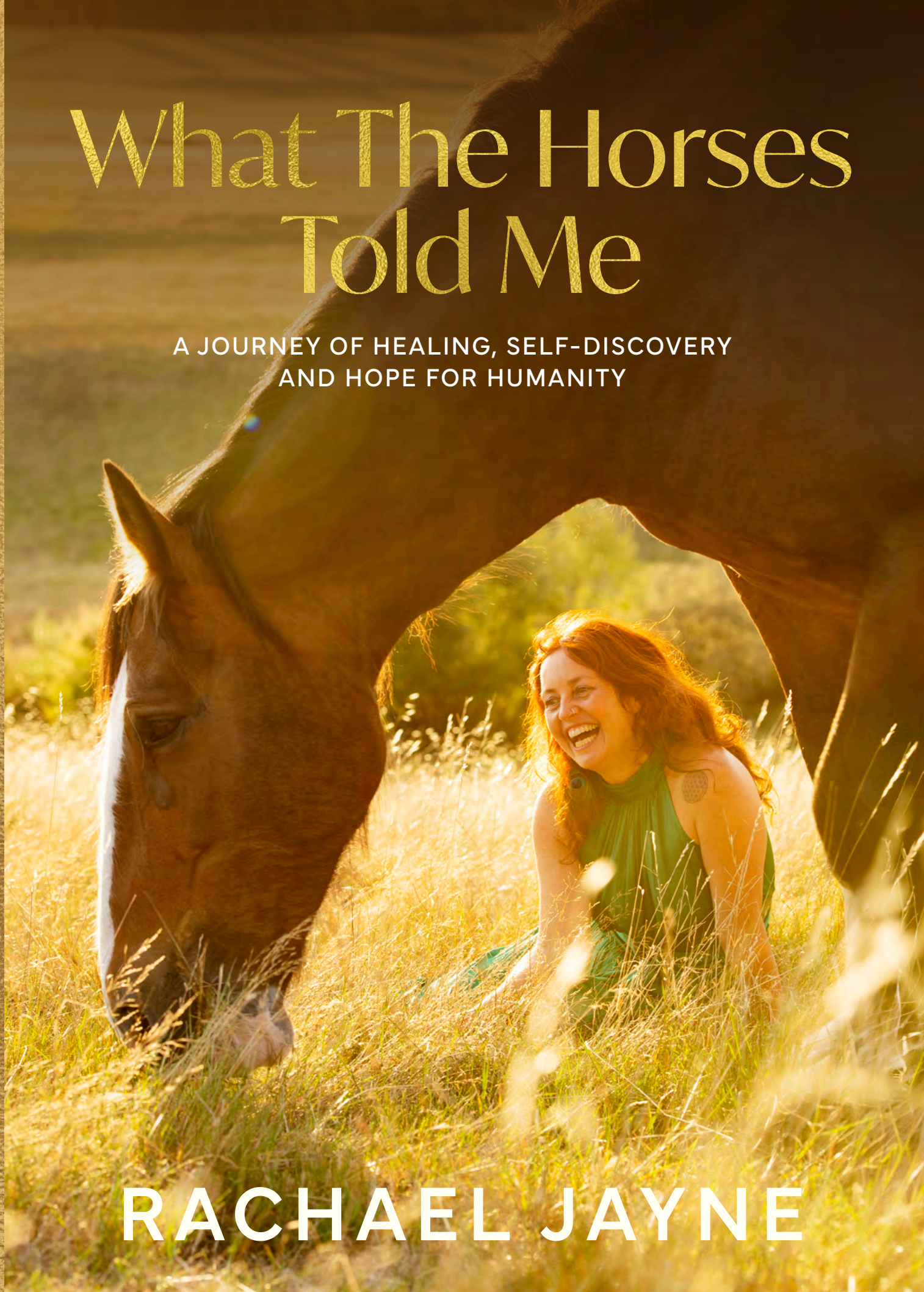
What The Horses Told Me

A JOURNEY OF HEALING, SELF-DISCOVERY
AND HOPE FOR HUMANITY



RACHAEL JAYNE

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AND HOPE FOR HUMANITY

RACHAEL JAYNE

PRAISE FOR
'WHAT THE HORSES TOLD ME'

The writing, the message and the interior design of this book are beautiful! This is an important read for those who seek an understanding of our horses' desires and true purpose on the planet at this time. As someone who began this work in the 80s, I found a soul sister in this gorgeous and compelling book.

Melisa Pearce
Psychotherapist, fellow Author and CEO of Touched by a Horse

What the Horses Told Me is a deeply moving invitation to slow down, listen more deeply and reconnect with the wisdom within ourselves, nature and the world around us. Through her profound relationship with her herd of horses, Rachael Jayne explores healing, self-discovery, love, grief, courage and hope, offering practical wisdom, reflections and resources that readers can return to time and again.

LiYana Silver
Relationship Coach & Author of *'Waking Up in the Dark Night of Divorce'* and *'Feminine Genius'*

As a Master Life Coach, I have spent more than two decades helping people navigate change, and I know the value of practical wisdom that creates lasting transformation. What the Horses Told Me is a deeply moving and beautifully crafted book that blends heartfelt stories with practical insights for everyday life. Every page invites reflection, healing and hope. It is visually breathtaking and filled with timeless lessons that will stay with you long after you have finished reading.

Shannah Kennedy
8 x Author and Master Life Strategist

This is not just a book. It is a portal.

An opportunity to step into an extraordinary world that will crack your heart and soul wide open. An offering to humanity so profound that it leaves you feeling vibrationally upgraded. It is no coincidence that we have souls like Rachael here at this time in our evolution.

Showing us the true nature of these majestic beings and what they are here to teach us. They are master healers on this planet, and through Rachael's channellings of their messages and her deep understanding of the human condition, we are gifted with snippets of wisdom that feel like energetic medicine flowing from beyond the veil.

Simone Buchanan
Reiki Master, Actor, Director

The rawness and the love contained in these pages are palpable, brave and pioneering. This beautiful book comes as close as words can to capturing what these extraordinary animals awaken in your heart, but nothing compares to experiencing it yourself. Thank you, Rachael, for bringing us closer to new Earth energy.

Sonya Karras
Co-Author of *'The Two Worlds of Your Teenager'*

For anyone looking for less distraction and more peace. The good news is you already have everything you need. The resources in this beautiful book are just the icing on the cake. A gentle nudge to remember who we are and why we're here.

Kath Dolan
Freelance Journalist and Feature Writer for Green Magazine

What The Horses Told Me

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This book uses personal stories and examples from clients to highlight key points. Some names have been changed to protect individual privacy.

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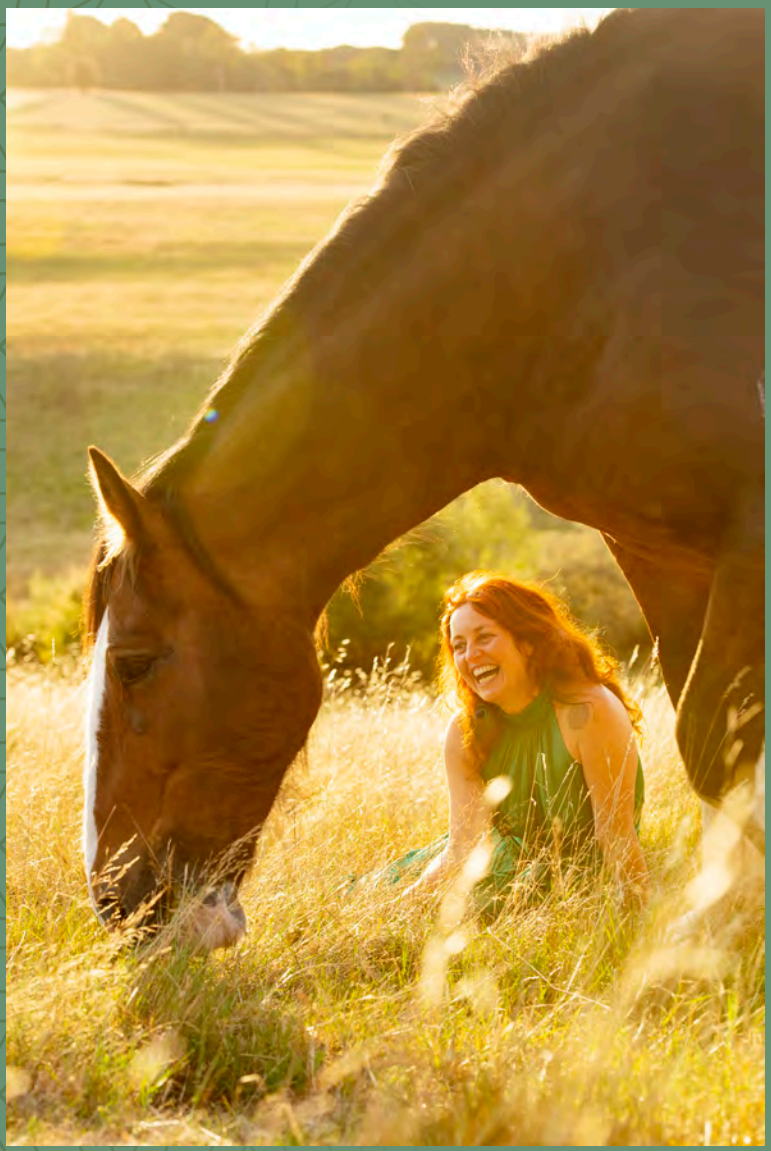
DEDICATION

To my herd of horses both past and present
You have taught me so much and thank you for the faith that I could be a spokesperson for your wisdom.

Boomer, you were the catalyst for such personal growth and learning. I love that you walk beside me still from the other side of the veil.

To the human herd
My life is full of mentors and people who inspire me. There are too many to name over decades, but thank you for sharing your wisdom and letting it become part of mine.



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INTRODUCTION

Welcome, friend. I'm so glad this beautiful book has made its way into your hands. Creating it has been a true labour of the heart.

My name is Rachael, and I find myself unexpectedly divorced, a scribe for the consciousness of horses and a spokesperson for how horses are here to support humanity at this time. To say I didn't see any of this coming is an understatement, yet it is my absolute delight to share this journey with you.

In 2022, my playful relationship with writing took an unusual – and life-changing – turn when I began a 40-day writing practice. I committed to writing for 30 minutes each day, curious to see what might emerge if I offered the process dedicated time and space.

On day seven, the words flowing through my pen suggested I go and sit with my herd of horses. The next morning, journal in hand, I joined them. At the time, I had four horses that I worked alongside as part of my life's work and business, Heart of the Horse. Through this work, I introduce clients to the healing power of horses and the profound, lasting ways they can support people. This work is often referred to as equine therapy or equine-assisted learning.

Well, on this day the most profound wisdom landed on my pages: the horses are offering those they encounter a vibrational medicine. My mare Octavia was the one communicating with me, describing:

"We are a vehicle for spirit to move through us in an amplified way. That is why the gift of stillness and presence is the most potent way to access the subtle healing vibrations we emit."

She went on to say:

"You could look upon us as activation stations that jumpstart a reconnection process."

I have included the full transmission in the first chapter. Many of the sentences are potent and exquisite, exploring complex topics with an ease that makes them deeply accessible.

Over the next few years, I filled more than eight journals with profound wisdom from the consciousness of horses. From the moment I began receiving these transmissions – often referred to as channelling – they made it clear that what I was scribing was meant to be shared widely.

These teachings are a balm. They cut straight to the heart, soothing the intensity of modern life at this pivotal time on planet Earth. I didn't know how I would bring them into fruition; yet, instinctively, I always knew it was important that others could absorb and learn from the transmissions, just as I had.

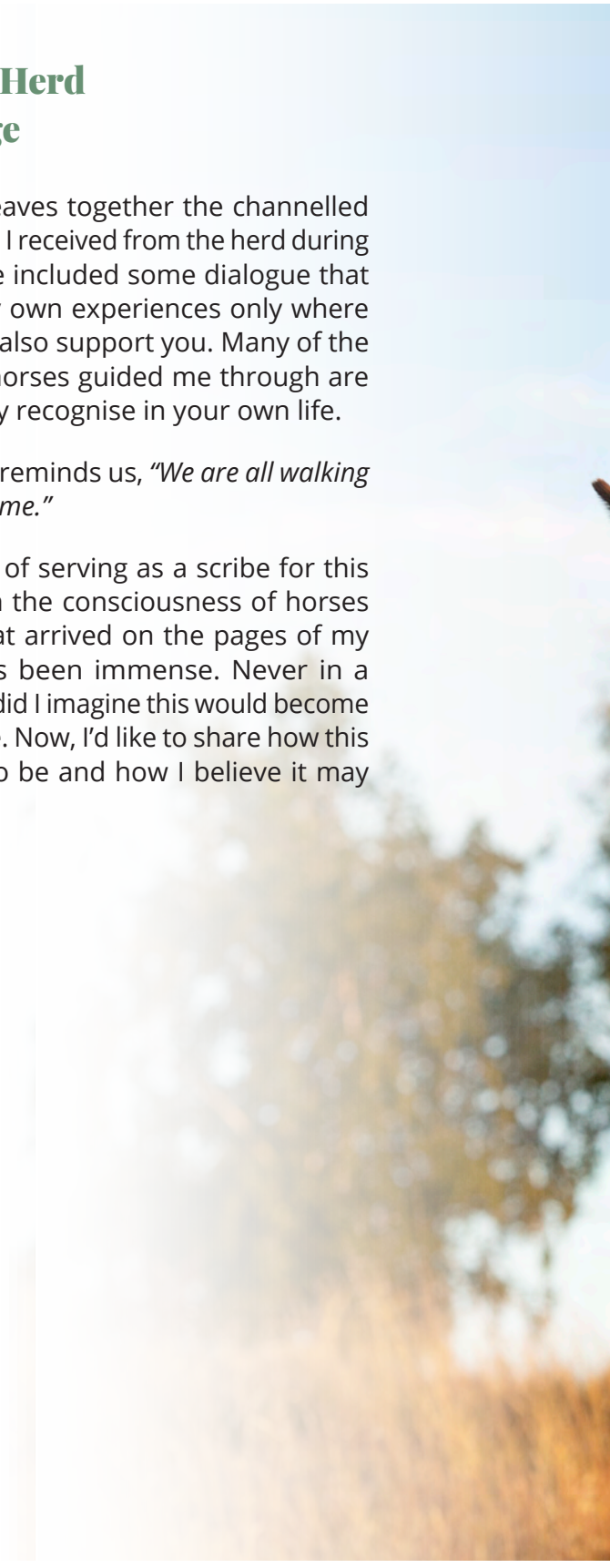
Whenever I spent time scribing the words or reading back over them, I felt a deep sense of comfort and inner peace simply from being in their presence.

From the Herd to the Page

This book weaves together the channelled transmissions I received from the herd during that time. I've included some dialogue that relates to my own experiences only where I felt it might also support you. Many of the themes the horses guided me through are ones you may recognise in your own life.

As Ram Dass reminds us, *"We are all walking each other home."*

The privilege of serving as a scribe for this wisdom from the consciousness of horses – wisdom that arrived on the pages of my journal – has been immense. Never in a million years did I imagine this would become part of my life. Now, I'd like to share how this book came to be and how I believe it may support you.







My Journey of Healing and Discovery

I approached writing this book with anticipation and curiosity, unsure where the pages would take me. I had no map or structure, only my unfolding experience and a deep trust in the whispers of my intuition. Synchronicities appeared often, confirming that I was on the right path.

Weaving together these teachings, stories and reflections became a medicine for myself as well. Writing this book helped me reorient myself while my 30-year marriage was unravelling.

Some readers may find strength in my personal healing journey. Others may be drawn to the work I do with horses and how it might support their own lives. Many will be surprised by the eloquence of the channelled horse wisdom and how relatable it is to their own experiences. The wonderful stories of clients and my herd of horses demonstrate the profound healing possible when we spend time with horses in this way.

But first, let me properly introduce myself before we dive deeper.

Let Me Introduce Myself

Before I introduce you to the herd and share their remarkable personalities and wisdom, I'd like to share a little of my own story and what brought me to this moment. I feel deeply grateful to live where I do, to work in my life's passions and to have the freedom to show up in service in a way that feels true to me. At the same time, I've been navigating the most challenging three years of my life, oscillating between faith and fear.

When I began weaving this book together, I was in the early months of separation from my partner of thirty years and husband of twenty-one. By the time I completed it, I was newly divorced and finding my feet. Our separation unfolded slowly, unconventionally and often painfully. We tried many paths back to one another and while this prolonged the grief, it also brought peace in knowing we explored every possibility before letting go.

Finding myself so far from the life I had imagined has been born of deep loss and heartbreak. To feel unchosen by the person I thought would walk beside me for life brought me to my knees. I was cracked open in ways I didn't know were possible. It sounds cliché, but it felt exactly like that – a midlife crisis for the masculine meeting menopause for the feminine in a full-on train crash.

DARK NIGHTS OF THE SOUL

Despite decades of experience in healing work, my well stocked toolbox felt suddenly inadequate. I had to seek new guidance, therapies and ways of listening inward as I moved through what can only be described as a prolonged dark night of the soul. (Whoever coined that phrase clearly underestimated how plural it can be.)

Being divorced was something I felt certain would never be part of my world. With both my husband and me coming from divorced families, I was deeply committed to keeping our connection alive and not becoming complacent. That intention served us well for 27 years.

Then came the global pandemic and the harsh mandates and lockdowns we experienced in Victoria, Australia. These divided my husband and me in ways we had never previously encountered. For him to be effectively 'locked in' Australia, unable to return freely to his homeland of England for the best part of three years, had an enormous impact on his mental health. This, alongside our children leaving home and the profound social divisions that emerged around us during those years, created further strain. Such fracturing policies divided families, friendships and communities across the globe. It was a very dark time for many, and the collective trauma in Victoria is still being felt. I took out my exact stance.

These external pressures formed the perfect storm, stirring what was fractured and unhealed within both of us and placing it squarely in our laps, with nowhere to go but through the mud of it all. The intensity of our separation was magnified by my husband's decision to return permanently to the UK. The ramifications for us as a couple and as a close-knit family were profound. Living in Australia, we could not have been physically further apart.

I have been a seeker for most of my adult life, and it feels as though this was the perfect storm to bring every part of my toolbox into use and to dig deeply into my own soul. For weeks at a time, my once robust resources felt inadequate, nudging me towards new supports, practices and practitioners. I was in a profound period of unravelling, grieving the loss of so many things I held sacred. Much of what had once felt stable was falling away rapidly; it was as though I were in freefall, being pushed into the abyss of the unknown.

Being cracked open so completely drew me into my writing – as a healing tool to soothe the loneliness of living alone and a way to transmute my pain. This personal unravelling became the missing link in understanding how to Integrate the channelled transmissions from the horses I had gathered over the years into a book. I could now share them through specific themes drawn from my own life, alongside what the horses had told me.

Throughout these pages, I share extracts from my journals, words that became medicine for my own wounded heart. Every practice, mantra, healing or meditation I mention is something I have lived, relied upon and still return to. I believe these words are not only for me. In fact, this is what landed in my journal today, as I decided to sit and bring all these elements of this creation together.

"This was my path to be initiated into this version of me. I clearly needed the pain, the chaos and the grief to completely rock my very existence. From that place of being wholly cracked open, I have excavated deeply and built a new foundation within myself that truly holds me firmly in self. These important soul stepping stones on this life path needed to be done solo. Because if another was part of the building of new foundations, the very essence and structure of my world would be compromised if the relationship were to end. Regardless now what I choose to create in the way of relationships – it will be from a wholesome place. Of deep connection. Of mutual respect. And I won't need the other to be okay within myself. This is a milestone achievement. I am proud of myself."



A LIFE OF HEALING AND SERVICE

While this chapter of my life has been deeply challenging, it does not define the whole of me. I am a mother to two beautiful humans in their 20s. I love animals, travel, sacred sites, moon cycles, yoga, horse-riding, food, nature, people and all things healing. For over 20 years, my work has centred on empowering others and helping them feel safe within themselves. This is the same medicine the horses offer – and it is why this work resonates so deeply between us. From this shared purpose, Heart of the Horse was born.

It's important to say that this book is not only for those experiencing separation or heartbreak. Many of the transmissions arrived long before this chapter of my life. While our circumstances may differ, the pathways through darkness often share common threads.

I've come to believe that our most painful initiations are not only for personal growth, but for the wisdom they allow us to pass on. It seems my cracking open so deeply has inspired me to share my vulnerability, a way to illuminate the path a little more gently for you, should you find yourself walking similar terrain.

If this is helpful to you, it also helps me settle into acceptance of the greater plan and trust in the divine guidance that has brought all of this about. It feels empowering to acknowledge that this tumultuous journey has become the catalyst for you and me to share time together within the pages of this book.

I know and trust that these circumstances are by my soul's design, guiding me onto a new path that pull together all my life experiences. I've discovered a way to combine personal development, spirituality, horses, healing modalities and the soul's evolution into a single offering. In a recent healing session, it became clear that my mission is to be an 'Ambassador and Architect of New Earth Energies'. I am happy with that – and let this book stand as a testament to it.



THE CALL TO WRITE THIS BOOK

I always sensed I would write a book, though the subject eluded me for years. I wrote everywhere: ashrams, holy places, under full moons and the ordinariness of daily life. I kept my trusted journals always close by, with a quest like anticipation of when the clarity of a topic would land for me to really run with. I never expected my own unravelling to become the catalyst. Yet it offered the perfect inspiration to weave the horses' wisdom into something meaningful and grounded.

MY PATH IN HOLISTIC HEALING

Healing modalities have been a lifelong passion. I've trained in many and will continue to do so, always first embodying them myself before sharing them with others. As we move through the book together, you'll see how I incorporate these modalities into a unique and deeply supportive healing experience.

My Years as a Birth Doula

My professional path in holistic health and wellbeing began 20 years ago, when I ran my own business as a birth doula for a decade. I loved empowering couples as they prepared to become parents and saw myself as a holistic wise woman, supporting mothers and, in turn, humanity, to welcome babies into this world as gently as possible. I worked with Reiki, reflexology, hypno-birthing and energy practices to support women alongside their medical care in clinics and hospitals.

From Birth to Recovery

When the on-call demands of birth work began to drain my energy, I transitioned into a holistic residential rehabilitation centre. Clients arrived for month-long stays, often at the end of their tether due to addiction or crisis. There, I offered reflexology, Reiki, energy healing, meditation and visualisation to some of the most traumatised people in society. This chapter taught me that people can heal from almost any circumstance when core wounds beneath addiction, grief, anxiety or depression are gently and skilfully addressed, allowing new foundations to form.

Practicing Kundalini Yoga

In 2019, I trained as a Kundalini Yoga teacher in Rishikesh, India – combining my love of yoga, travel and spiritual practice. Kundalini's meditations, mantras and inward focus have become central to my work. I regularly prescribe mantra and sound practices for healing, nervous system regulation and emotional resilience… and yes, the horses adore them, too.

You can follow me on Spotify (Rachael122) to enjoy playlists of high-vibrational music for your home, workplace, with your children or pets, or as a gentle way to begin your day. These sacred sounds subtly infuse your space and being, creating a supportive and uplifting field of energy. Music and sacred sound are woven throughout this book, with invitations to explore practices that may support you.

Healing with Horses

In 2019, I formalised my desire to incorporate horses into my healing work through certification in Equine-Assisted Learning with the Victorian Equine Psychotherapy Institute. This highly regarded and rigorous training taught me how to work with the wisdom of horses in a facilitated setting to support people through life challenges. Combined with two decades of healing practice, it has shaped an equine-based healing experience unlike any other.

In 2023, I completed a certification in Soul Purpose Life Coaching, which complements my work with horses. These processes help people clarify their unique dharma and begin aligning with their soul's mission on Earth.

The integration of these modalities informs everything I do. I work with people through individual and group sessions with the horses, and now primarily through one-, three- and five-day Healing with Horses and Wellness Retreats that bring these practices together in a powerful way. I'm delighted to share elements of this work here, to help



your own life toolbox feel more supported and resourced.

For this book, I knew I wanted to weave the healing power of horses with their channelled wisdom, alongside practical tools that create an experiential reading journey. In my practice, I see how deeply people long for new ways to support themselves, so I've included a range of resources you may choose to explore. The photographs of the herd are an important part of this offering, helping you feel the essence of what horses can provide, wherever you are in the world.

Throughout the book, clients share their experiences in their own words, offering insight into the subtle yet profound healing that unfolds in the presence of horses.

EVERYTHING IS ENERGY AND IT'S HERE FOR YOU

In honour of all things quantum, this book draws on the extraordinary healing capacities available to us as science and spirituality increasingly converge. In healing, the quantum energy field refers to the subtle, interconnected energy that permeates everything. It suggests that healing can occur even when the healer and receiver are not physically together, as energy is not bound by distance and intention can influence wellbeing across space and time.

We recognise this through practices such as prayer, shamanic traditions, Reiki and other modalities that allow healing to be received remotely. It's the same energetic field that alerts us when a loved one is in need or when someone we've been thinking of suddenly reaches out.

I wanted powerful healing intentions and energetic coding to be deeply embedded within this book. The master copy was taken to the herd, where we held a sacred ceremony in their presence, joined by close companions from my life. We invoked healing of the highest order, imbuing these pages with frequencies of transformation, guidance and support. Simply by opening this book, these energies are available for you to receive.

To deepen this experience, you may wish to set a healing intention as you read, imagine your body aligning to its fullest potential or quietly offer the mantra:

"I am open to receiving what my deepest, innate self is ready to unlock within me."

I won't be surprised to hear from readers who feel a particular connection with one of the horses or sense their presence in subtle ways. Horses are exquisitely attuned to the quantum field, as you'll discover in the chapters ahead.

HORSES AS HEALERS

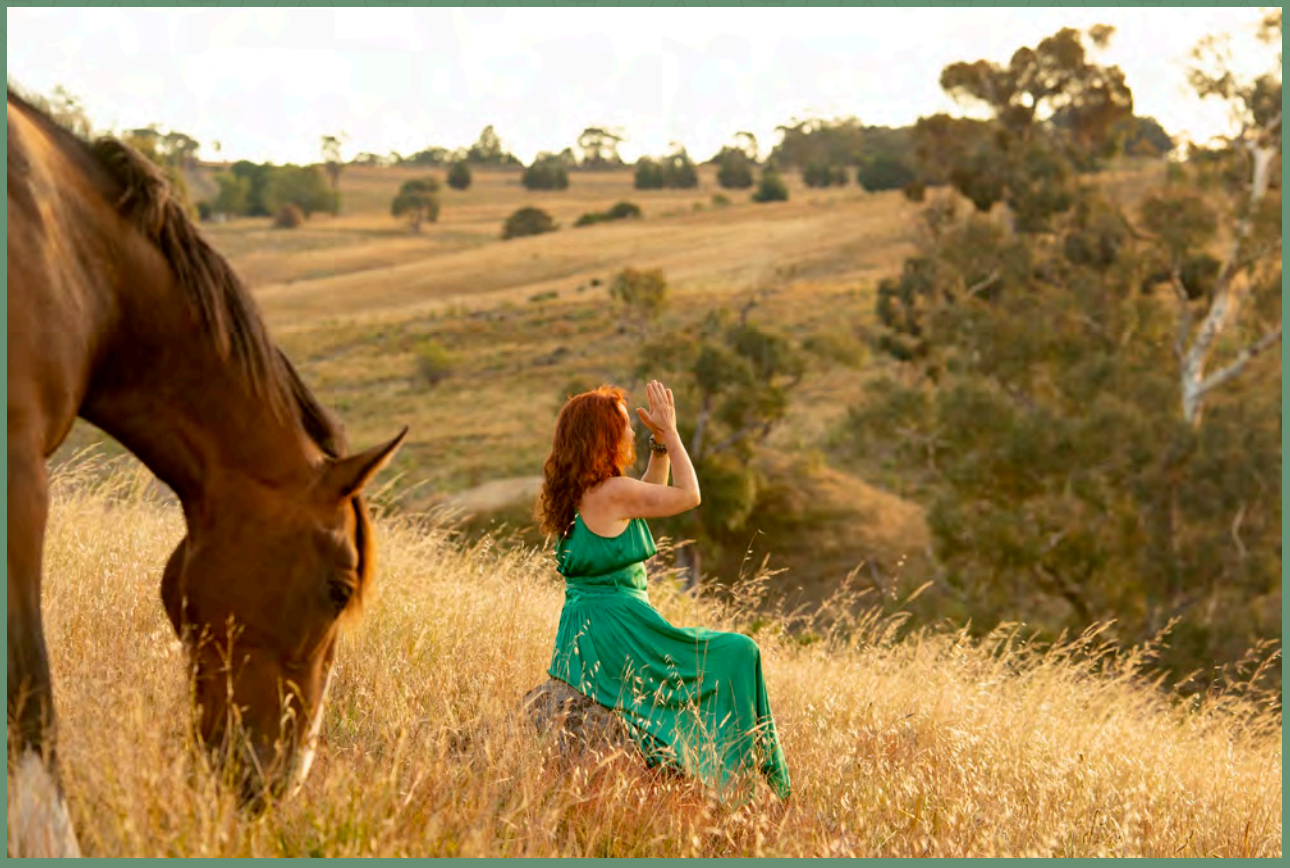
Much of the healing horses offer to those who spend time with them can be described as energy work. This is the heart of how I have evolved my practice with my herd. Over time, it has become more of a spiritual offering than traditional equine-assisted learning or therapy.

At the centre of my work is helping people shift from dense, heavy emotional states to more integrated, coherent ones.

My role is to create sacred spaces where humans and horses can connect, often following the cues and guidance of my herd. Through this book, I hope to share their unique healing abilities. I will do my best to describe the energy work alongside the physical presence of these extraordinary animals. I am also grateful to the many clients who have shared their experiences in their own words, giving you, the reader, a window into the subtle yet powerful gifts the horses offer to everyone who enters their sphere.







HOW TO USE THIS BOOK

Before you begin, a gentle invitation: use this book in whatever way feels right for you.

You may find comfort and peace simply by spending time with the images, feeling the heart and connection between the horses and the people they meet. If one horse seems to call to you, trust that pull and allow yourself to tune into their frequency. You can also find the horses in motion on my social media channels if you feel drawn to know them more deeply (TikTok and YouTube at @heartofthehorseaustralia and Instagram @heartofthehorse).

You may be especially drawn to the written horse transmissions. If so, I encourage you to read them slowly and allow the words to land fully in your body and being. These messages carry energetic depth and speed-reading may cause you to miss the gold woven throughout the pages. This may also be a book you return to again and again. Open it at random, like an oracle, and receive the message meant for you in that moment.

The Three Voices Within These Pages

There are three distinct voices woven throughout the book.

MY OWN VOICE

This is me speaking directly to you, offering reflections, context and personal insights throughout each chapter.

HORSE TRANSMISSIONS

The channelled transmissions from the horses are set out on parchment paper, just as they arrived in my beloved journals. Many of these sentences are potent, exquisite teachings that can stand alone as quotes. You may feel inspired to write them down, place them somewhere visible or return to them often. I love keeping meaningful quotes on my fridge or mirror and I also keep a journal dedicated solely to inspiration, something I turn to whenever I need grounding or upliftment.

CLIENT STORIES

Client experiences are set apart in testimonial boxes, making it easy to recognise their voices and journeys. These stories offer lived examples of how the horses work and the profound healing that can unfold in shared spaces.

Chapters, Themes and Shared Wisdom

Each chapter explores a specific life theme and includes relevant transmissions I received from the herd, alongside my own reflections. In some cases, a client's story fits seamlessly within the chapter, offering another layer of insight. My hope is that this

collective weaving supports whatever you may be navigating in your own life or deepens your understanding of the extraordinary capacity horses have to heal when we meet them with presence.

A Living Healing Toolbox

This book is also intended to be a living healing toolbox, something you return to when your spirit needs lifting. You may like to meditate with the image of a horse or notice how certain sentences touch your heart each time you read them.

At the back of the book, you'll find a Toolbox for Life section, outlining various healing modalities, therapies and practices you may wish to explore. You might feel inspired to seek equine-assisted work in your local area or perhaps be drawn to spend time with us on a retreat in Central Victoria, Australia.

Meditations, Audio and Ongoing Connection

Throughout the book, you'll find links inviting you to share meditations and channellings with the herd and me. I've also recorded guided meditations and visualisations while in the presence of the horses, which are shared at the end of selected chapters.

Many people tell me they feel a strong sense of heart medicine simply by watching or listening to the horses from the paddock. I've also planned an audiobook that will be available in 2026.

However you choose to journey with this book, trust your inner guidance. Listen for the whispers of your own soul... they will lead you exactly where you need to go.



