

♥ DIVINE ANIMAL KINGDOM WISDOM™ ♥



Sacred Encounter *with the* *Bison*

A Journey of Belonging,
Ancient Strength,
and the Living Earth



Listen. Belong.
Remember.



Sacred Encounters ♥ Journeys of Presence, Connection & Wonder ♥



My Heartfelt Thanks



My heartfelt thanks to the bison of Yellowstone.
Thank you for welcoming me into your ancient world...
for reminding me that true strength can be peaceful,
and for showing me what it means to belong
to the living Earth.

Thank you for receiving my Animal Reiki,
for listening to the heartbeat of my bison drum,
and for helping me remember that same quiet
rhythm within myself.



I carry your quiet strength in my heart.

Every Animal Is a Doorway

Every animal is a doorway.
Every encounter is an invitation.
Every page is a portal.

The animals of the Earth have walked with us
since the beginning of time.
They bring gifts of wisdom, healing, and remembrance...
not just for the world, but for our own hearts.

As you open these pages, may you open your senses,
your heart, and your soul to the timeless medicine
of the bison.

This is not a journey of learning about bison.
It is an invitation to experience your relationship
with Bison Medicine and discover what
strength, belonging, and ancient wisdom
may be waiting for you.



Welcome to Bison Medicine



Some animals quietly call us back again and again.
Each time I return to Yellowstone,
I know I will meet the bison.
They never ask to be noticed.
They simply continue being exactly
what they have always been.
Every encounter leaves me feeling more grounded,
more peaceful, and a little more
at home on the Earth.



Reflection

- ♥ When have I felt a deep sense of belonging in nature?
- ♥ What might Bison Medicine be inviting me to remember?



How Bison Medicine Found Me

Some places quietly become
part of our story.
For me, that place is Yellowstone.
Each time I return, I find
myself searching the valleys
for the bison.
They never perform.
They simply live with the land
in a way that feels ancient,
steady, and true.
Without realizing it, they
became some of my
greatest teachers.

Reflection

- ♥ What place in nature
continues to call me back?
- ♥ Which relationships have
quietly shaped who I am?





Ancient Ones

Standing beside a bison
feels like standing beside
another age of the Earth.

They carry a wisdom
that is quiet, steady,
and deeply rooted.

They remind me that
some truths never change.

Their presence slows me
down and brings me home
to what really matters.

Reflection

- ♥ What ancient wisdom might Bison Medicine be inviting me to remember?
- ♥ Where in my life do I need to slow down and return to what matters most?





One Heart, Many Bodies

Bison live in herds, yet each one is respected and free to be itself.

They move together with trust, aware that none of them walks alone.

Their strength comes from unity, not sameness.

We are stronger when we remember we belong to something greater.

Reflection

- ♥ How do I experience the strength of connection in my own life?
- ♥ Who are my "herd"—the people or beings who remind me I am never alone?





Belonging

Bison belong to the land,
to the herd, and to
the rhythm of life.

They remind me that true
belonging is not about fitting in—
it is about remembering
where we came from.

When we know we belong,
we can relax, trust,
and be fully ourselves.

✿ Reflection ✿

- ♥ Where in my life do I feel
a deep sense of belonging?
- ♥ What would it feel like to
remember that I belong
just as I am?





The Heartbeat of the Earth

Bison move with the rhythm
of something ancient and true.

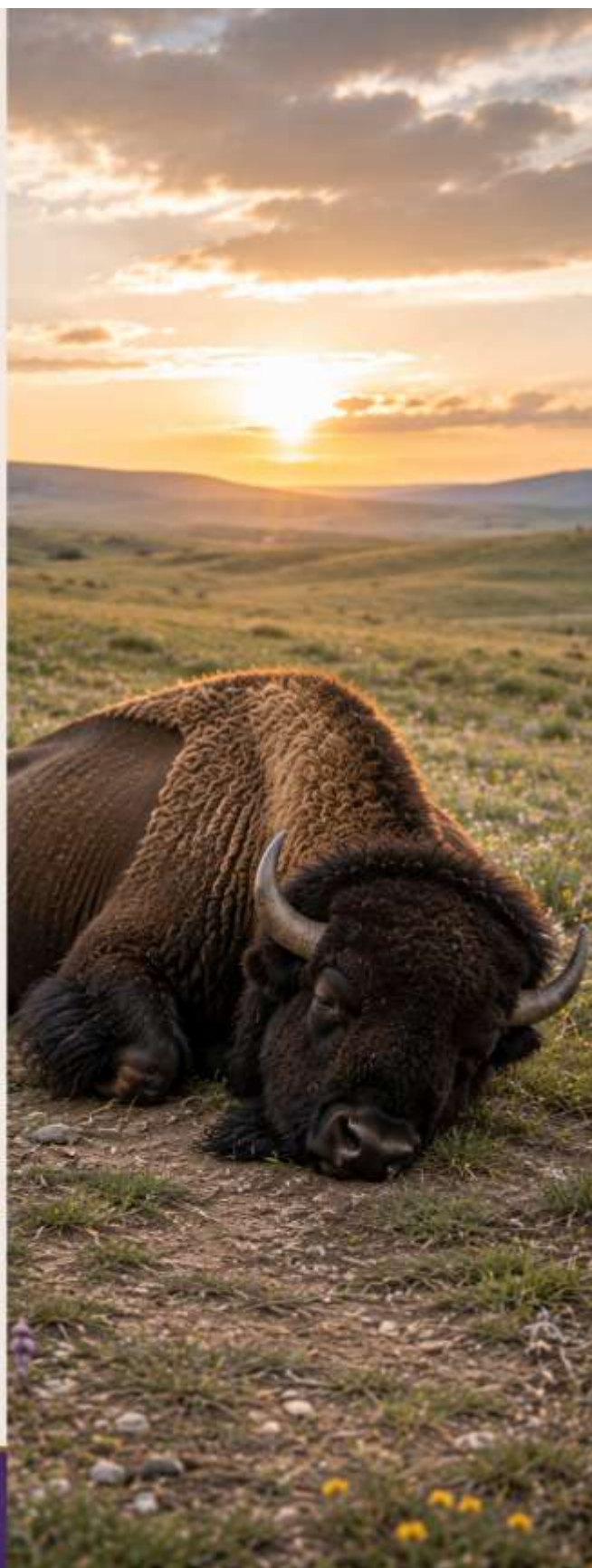
They remind me that the Earth
is alive, breathing, and always
in motion.

When we slow down and listen,
we can feel that heartbeat
within us too.

We are not separate from
the Earth—we are part of
its sacred song.

✿ Reflection ✿

- ♥ How do I experience
the heartbeat of the Earth
in my own life?
- ♥ What helps me slow down
and remember that I am
part of something sacred
and alive?





Standing Alone

Bison are not afraid
to stand alone.
They do not need
to be everywhere.

They trust who they are
and what they carry.
Their strength is steady,
not loud.

They remind me that
sometimes I need space
to hear my own wisdom
and feel my own power.

In standing alone,
I remember that
I am never truly alone.

Reflection

- ♥ When do I need time alone
to reconnect with myself?
- ♥ How can I trust my own
strength, even when
I stand alone?





Living Bison Medicine

Bison live as a reminder of what matters most. They move together, honor the land, and protect their young.

They teach me about strength with gentleness, community, and balance.

Living Bison Medicine means choosing to walk in respect, to care for the Earth, and to act from the heart.

It is remembering that we are part of the herd, the land, and something much greater.

Reflection

- ♥ What does the bison herd teach me about how I want to live and relate?
- ♥ How can I honor the land and all my relations in my daily life?



Sacred Encounters ♥ Journeys of Presence,

♥ Connection & Wonder ♥





Final Reflection

Dear Friend,

My medicine is
to remind you...

You are part of
something sacred.

You are stronger
than you know.

You belong here.

You carry the power
to create a kinder world.

Reflection

- What message from the bison resonates most deeply with me right now?
- How will I carry this wisdom with me as I move forward?





Sacred Encounter with the Bison

A Journey for Reflection



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*With deep gratitude to the bison of
Yellowstone National Park for allowing me
to connect to Bison Medicine.*



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