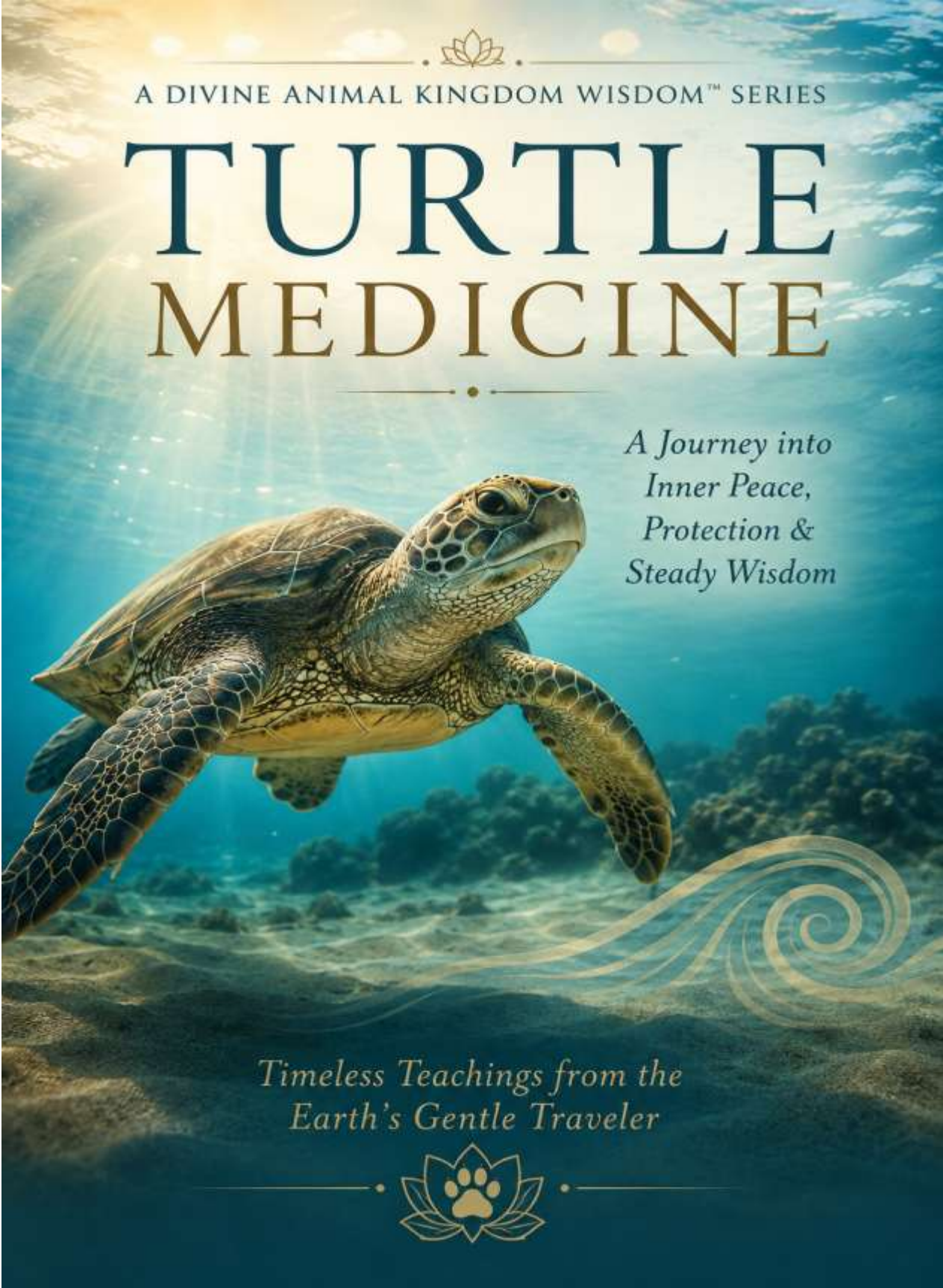




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A DIVINE ANIMAL KINGDOM WISDOM™ SERIES

TURTLE MEDICINE

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*A Journey into
Inner Peace,
Protection &
Steady Wisdom*

*Timeless Teachings from the
Earth's Gentle Traveler*





A DIVINE ANIMAL KINGDOM WISDOM™ SERIES

Welcome to the
**Divine Animal
Kingdom**
Wisdom™



Every animal is a doorway. Through their presence, behavior, and natural way of being, they mirror back timeless lessons for our journey.

These booklets are *invitations to pause, observe, and open your heart* to the wisdom around you.

May the animals we share this life with awaken *wonder*, deepen *connection*, and inspire you to live with greater *awareness, respect, and love*.

*We are all connected.
We are all One Web of Life.*





A DIVINE ANIMAL KINGDOM WISDOM™ SERIES

Ancient Wisdom



Sea turtles have traveled
Earth's oceans for more than
100 million years.
Through changing tides and
changing worlds, they have
endured with quiet grace.

Perhaps ancient wisdom is
not something we must find.
Perhaps it is something we
gently remember within
ourselves.



A Moment of Reflection

*What ancient wisdom within me
is quietly waiting to be remembered?*





Home Is Within



The turtle carries its home wherever it travels. It never forgets where it belongs.

Perhaps our truest home is not a place, but the quiet peace we carry within ourselves.

When we return to that inner home, we discover we have never truly been lost.



A Moment of Reflection

Where do I feel most at home within myself?





The Wisdom of Going Slowly



The turtle never seems to hurry,
yet it reaches where it needs to go.

Our lives are often filled with
pressure to move faster, do more,
and arrive sooner. Turtle Medicine
gently reminds us that a peaceful,
steady pace often leads us exactly
where we are meant to be.



A Moment of Reflection



*Where might slowing down
bring greater peace to my life?*





Swimming Beside Trust



For more than two decades,
I quietly swam beside
Hawaiian green sea turtles
in the waters of Kona.
Though they could easily
swim away, they often
continued peacefully on
their journey.

They have taught me that
trust can be quiet.
Sometimes the wisest path is
simply moving forward with
calm presence.



A Moment of Reflection

*Where can I choose trust
instead of fear today?*





The Gift of Respect



On the beaches of Kona, Hawaiian green sea turtles often rest undisturbed. People are asked to admire them from a respectful distance.

They have taught me that love does not need to come closer. Sometimes the greatest gift we can offer another living being is the freedom to simply be.



A Moment of Reflection

How can I show love by honoring healthy boundaries?





Rest Without Guilt



Sea turtles spend time swimming, feeding, and resting. Often, several rest peacefully together on the same beach, each honoring the other's quiet space.

They remind me that rest is part of life's natural rhythm. When we honor our need to pause, we return with greater peace and strength.



A Moment of Reflection

*Where might I give myself
permission to truly rest?*





Protected, Yet Open



The turtle carries its shell
wherever it goes.
It offers protection without
closing the turtle off
from life.

Turtle Medicine reminds me
that healthy boundaries allow
us to stay open to love, beauty,
and new experiences while
honoring our own
well-being.



A Moment of Reflection

*Where can I protect my peace
while keeping my heart open?*





Trusting the Tides



Sea turtles cannot control the tides, yet they know when to rest, when to swim, and when to journey.

Turtle Medicine reminds me that life unfolds in seasons. I do not need to force the current when I can learn to trust its flow.



A Moment of Reflection

*Where can I trust the
natural timing of my life?*





Closing Blessing



May Turtle Medicine remind
you to carry your home within,
to move at the *pace of peace*,
and to trust the wisdom that
unfolds *in its own time*.

May you honor both connection
and healthy boundaries, rest
without guilt, and journey
through life with a *quiet*,
open heart.

May the ancient spirit of the
turtle walk beside you, guiding
you gently *home to yourself*.





A DIVINE ANIMAL KINGDOM WISDOM™ SERIES

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*With heartfelt gratitude
to all the beautiful sea turtles
on the Big Island of Hawaii.*



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