



HARE MEDICINE



*Listening to the Whisper
Before the Leap*

Listen Deeply

Trust Your Timing

Stay Cool in the Heat

Be Ready

Then Leap



A DIVINE ANIMAL KINGDOM WISDOM™ BOOKLET



Welcome to Hare Medicine



Welcome.

Every once in a while, life places an unexpected teacher along our path.

This little booklet begins with one such meeting.

I invite you to walk beside me as a simple encounter with a desert hare becomes an invitation to slow down, listen more deeply, and discover what Hare Medicine might awaken within each of us.

*Perhaps, before these pages are finished,
Hare Medicine will find you, too.*

How Hare Medicine Found Me



*Sometimes the greatest gifts arrive
on an ordinary morning, along a
familiar path.*

It was an ordinary morning.

Or so I thought.

The sun was just beginning to warm the desert as I set out on one of my favorite walks through Dead Horse Ranch. I had followed this familiar path many times before, enjoying the peaceful beauty of the pond, the desert plants, and the distant mountains.

Everything felt wonderfully familiar.

Then, out of the corner of my eye...
I saw something I had never seen before.



At first, I wasn't quite sure
what I was looking at.

It wasn't a rabbit.

Its ears were enormous—almost
too large for its body—and its
long legs gave it a grace unlike
any rabbit I had ever seen.

It stood perfectly still,
alert and aware.

We simply watched one another.

For a few quiet moments,
nothing else seemed to exist.



*In stillness,
we meet the wild heart
of the desert.*



Those Remarkable Ears

He didn't run.

He simply sat there,
looking directly at me.

Those ears...

I had never seen
anything like them.

We stayed there for
a quiet moment,

simply watching
one another.

*In stillness,
true connection
needs no words.*





Then Everything Changed



Without warning,
he gathered himself.

In one effortless
movement,
those long, powerful
legs carried him
across the desert.

Only then did I realize...

I hadn't been
watching a rabbit.

I had just met
my first hare.



*Some moments
arrive to awaken
something within us.*





Gone in a Heartbeat



In the blink
of an eye...

he was already
farther away.

Those long legs
moved with such
power and grace.

The desert swallowed
him whole.

And I stood there,
smiling...

deeply grateful for
a moment I will
never forget.



*Some encounters
stay with us forever.*



An Invitation to Follow

A moment.

A glance.

And something
within me
said...

Follow me.

That was the beginning
of a journey
I never expected—
and one that
continues still.



An Invitation to Wonder

Have you ever had
an unexpected encounter...

*with an animal,
a place,
or a moment
that stayed with you?*

What if it was
an invitation...

*to wonder?
to explore?
to discover something new?*



The More I Learned...

I couldn't stop thinking
about the hare.

So I came home and
began learning about them.

The more I discovered,
the more I realized our
brief encounter had been
the beginning of something
much larger than
I had imagined.



Born Ready

One of the first things
I discovered amazed me.

Unlike rabbits, young hares
are born with their eyes open,
fully furred, and *ready*
to meet the world.



Their very first breath is
an invitation to live,
to move, to grow,
and to trust the journey
that lies ahead.



A Moment to Reflect

What are you ready
to discover today?



Listening Beyond Hearing

Those remarkable ears
weren't just beautiful.

They help the hare hear
the quietest sounds and even
release body heat on warm
desert days.

Nature had equipped the
hare with exactly what it
needed to thrive.

A Moment to Reflect

What might life be
inviting you to listen
to today?



Keeping Your Cool

Those remarkable ears
do more than hear.

They also help the hare
stay cool beneath the
desert sun.

Nature gave the hare
a beautiful way to find
balance, even in
challenging conditions.



A Moment to Reflect

What can help you
stay in balance today?



Ready to Leap

The hare can run at remarkable speeds, reaching up to 40 miles an hour.

But what fascinated me wasn't just how fast it could run.

It was the contrast.

One moment, completely still.

The next...

completely committed.



A Moment to Reflect

Where are you ready
to GO in your life?



Fully Present

Before the hare leaped...
it simply sat.

Watching.

Listening.

Fully present to the moment.

Sometimes, our greatest
strength isn't found in
movement.

Sometimes, it's found in
being completely here.



A Moment to Reflect

How can you be more
fully present today?



What Hare Medicine Taught Me

Hare Medicine taught me...

- ✿ To be ready for what life brings.
- ✿ To listen deeply.
- ✿ To stay in balance,
even when life feels hot
or overwhelming.
- ✿ To be fully present.
- ✿ To trust my timing.
- ✿ To leap with confidence
when the moment is right.
- ✿ To remain curious.
- ✿ To let wonder
become my teacher.



A Final Word

I never expected a quiet walk at Dead Horse Ranch to become the beginning of this journey.

A single encounter with a remarkable hare reminded me that some of life's greatest teachers arrive quietly, ask nothing of us, and then simply invite us to pay attention.

I hope that someday Hare Medicine finds you, too.



*May you go lightly,
stay present,
and leap with joy.*





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Inspired by a Black-tailed Jackrabbit

(a species of hare) encountered at
Dead Horse Ranch State Park
in Cottonwood, Arizona.



With Gratitude



A heartfelt thank you to all the staff at
Dead Horse Ranch State Park for the care
and dedication you bring each day.
Thank you for helping preserve such a beautiful place
where people, wildlife, and the web of life
can flourish together.



Learn More

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