

Shared by Anne Gordon de Barrigón on June 10, 2017

As you may already know, this year has been quite a challenge for me both personally and professionally. Tourism in Panama is at an all time low. All tour operators are reporting 50-75% below numbers in tours and clients! There are many theories why tourism is so low now, but whatever the reasons, the results are that many people who work in tourism in Panama, including myself are finding it extremely hard to make ends meet.

In the last two years I have spent a lot of time and money on taking courses, attending seminars, workshops, enrolled in coaching programs, all geared towards building my business, marketing, promotion and developing new offers and products. I have worked hard at implementing what I have learned and literally everything I have promoted, launched and offered has fallen completely flat! Including offers that I made in the past that worked, did not work this year.

I felt as if someone had literally put a curse on me! Like there was a shield around me blocking anything that would bring me some income. I became very frustrated, afraid to hope or try anything new and honestly, I fell into a deep depression.

I had some wonderful support to help me through my feelings of sadness and with guidance from my Dolphin and Whale spirit friends and speaking with my dear friend, [Jillian Rutledge](#), we realized that the Dolphins and Whales allow themselves to feel whatever emotion comes up. In fact, they dive deep into the feeling and do not resist or ignore it. This is an amazing experience. Is it pleasant? Not in the beginning, but the beauty is that by giving yourself permission to cry and fully feel whatever emotion comes up, it passes very quickly and soon, I was back at a place of hope and in a state of peace about the future.

**Then the magic happened!** In prayer and meditation, I asked for guidance and within a few days, I heard some unsettling news that got me thinking. Thinking about this "shield" blocking any financial gain from coming in. I realized that "No, I did not have a shield around me at all." Instead, I had an anchor around my neck weighing me down. What was that anchor? It was a limiting belief that I had to support everyone else around me first, before I could take care of myself.

I then realized how all of my adult life I had always given and financially supported everyone else around me and there was rarely anything left over for me. When I trained animals for school programs and the film business I always made sure I had money to feed and care for the animals before I ate. More recently, I have made sure my husband, his family and his village are taken care of before me. I know, I know, logically I already knew that if I do not take care of me, how can I take care of anyone else. But, for the first time, I really got it. I had never before realized how it applied to me and my life. I get it! Time to take care of me first! It is even scary to write that, because it is not how I have lived for most of my life. It is time to change, NOW!

My friend, Jillian, helped me to work through this debilitating block that I did not even know I had. My connection with the dolphins and whales helped me to feel loved, honored and supported at every step along my journey, which meant I never lost confidence in who I am and what I have to offer the world. I am so excited about this **miracle breakthrough** I have just had and can't wait to implement the changes I need to make in order to support myself first. Will it be easy? No. I have some major and very difficult changes to make in my life, but in the end, everyone I have supported in the past will also win, even more than before, as now I will be taking care of all my needs first, so that I can take care of everyone else in a much healthier way. Just a week after making the decision in my life to support myself first, I already saw more money flowing in and tour requests in my inbox!

Why am I telling you all of this with? Because I would like to share with you all the wisdom and learnings that brought me to have my huge Ah Ha moment and support you in having your own miraculous life-changing breakthrough too. Are you up for it? Are you ready for your own life-changing Ah Ha moment?

Jillian and I have created a new group coaching program based on our very in depth conversations about how the dolphins and whales live in harmony with the Earth and live in an easy and graceful flow of natural abundance every day. What we will teach you is what we have learned in our lives spent with the cetaceans and the last year of discussing the dolphin way and whale wisdom and how we can apply it in our lives. We have learned and grown so much and now we want to share what we have learned with you to support you in having your own miracle breakthrough!

In the **Prosperity Pod** we will not only teach you what we have learned in our lives to open up to the flow of abundance, but the entire group will share, brainstorm and discuss the wisdom and life-affirming concepts the dolphins and whales model for us. By joining the Prosperity Pod, you will instantly have a group of like-minded friends who are walking the same path, right alongside you, assisting you to have your Ah Ha breakthrough and to support you in making the decisions and changes in your life to step into the New You, step into your true power and realize your highest potential!

Find out everything you need to know about joining Jillian, myself and your podmate support group in

the [Prosperity Pod](#)

or [wwwTheProsperityPod.com](http://www.TheProsperityPod.com)

Jillian and I would be honored to have you join us in the Prosperity Pod and we are thrilled at the idea of supporting and guiding you to have your own miracle breakthrough.

Feel free to email me any questions or comments you might have about the Prosperity Pod or my story. [Anne@WhaleWatchingPanama.com](mailto:Anne@WhaleWatchingPanama.com)