

# Gray Whale Wisdom

Received direct from the whales  
through Anne Gordon





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# Gray Whales represent Forgiveness

The Gray whales are known as the "Friendliest whales on earth!" as they seek out boats to visit and be touched by people. For over 100 years, San Ignacio lagoon was used by whalers to kill the Gray whales. The Grays were known as "Devil Fish" as they were one of the only species of whale to fight back aggressively against the whalers. Whaling was halted in 1946, which means some of the whales you may meet were the same individuals who were hunted and now they are the friendliest whales on earth! This is the ultimate example of true forgiveness. They would like to share their message of forgiveness with you as we all can use more forgiveness in our lives. Forgiveness of others and most of all forgiveness of yourself.



## **They can see into your soul**

When the Gray whales approach the boats to observe and allow people to touch them and especially when the mothers bring their newborn calves up to be touched and even kissed by humans it is because they see the true hearts and highest potential in each person. They truly see you. They can see into your soul and forgive you for all the things that you feel you have done wrong in your life. They honor you for your courage to be a human at this challenging time on earth. They forgive you and completely trust you to be gentle with them and with the most important thing to them, their babies.

Take that in for a moment. Breathe it in. Acknowledge and accept that if the Gray whales can trust you enough to bring their babies close enough for you to touch them, then you have absolutely no reason at all to not forgive yourself for anything you may have done in the past.



## **Be like the Gray whales**

Be like the Gray whales and see your true heart and acknowledge and accept your highest potential and leave all your guilt and shame for past actions where it belongs...in the past. It is time to step into all you are and can be. The Gray whales forgive you, I forgive you and we give you permission to forgive yourself too.



## Messages from the Gray whales

The messages below I received before I took my first trip to meet the Gray whales in San Ignacio Lagoon in Baja, Mexico in February 2015.

- *“You think you are touching us, but we are touching you.”*
- *“We touch your hands and mouths, your two most important tools of communication. We also blow open your hearts and minds. You will never be the same after being touched by us.”*
- *“Your hearts will be opened to pure forgiveness and your minds will be filled with whale wisdom. Many will never be conscious of the wisdom we impart, but the wisdom will seep out and affect your every thought. Life will never be the same after spending time with us.”*



- *“We are like a light house – our long narrow nose is like a light shining out. When we point it at you it is a third eye to third eye connection, a soul to soul connection. When we do this we truly see you, all of you. You are transparent to us. We are learning about you as you are learning about us. Although our studies and understandings of you are much more advanced.”*
- *“This is one reason we come to the boats, not only to touch your hearts, mind and soul, but to learn much about your species. The lagoons are like our human study laboratory. It is also a way to attract many people to this place so we can open their hearts and minds and infuse our wisdom to soften the world of humanity as each of you return to your daily lives carrying our essence of love and forgiveness and wisdom in your heart, mind and soul as you return to your daily lives.”*



- *The Gray whales are happy to fulfill your dream of touching and connecting with them in a deeper way.*
- *“It is our job to reach out and connect humans with whales in an unforgettable way, through touch, that is undeniable.”*
- *“We are the puppies of the whale world. We are silly, playful and not shy.”*
- *“We love to reach out and let you touch us. We cherish the moment your heart bursts wide open and you can be nowhere else but sharing time and space with us.”*



*The messages below I received before my second trip to see the Gray whales in San Ignacio Lagoon in Baja, Mexico in February 2016.*

- "There will be a white gray whale born soon. This will be a big draw to bring more people to the lagoons. It is not enough of a draw anymore for people to touch us. There is so much competition and distractions in the in the world now. The white calf will focus the world's attention on us more and bring so many more to see us that we can immerse in our healing energy and vibration of forgiveness."*
- "By spending time immersed in our energy it will allow your brain to expand and make more convolutions, giving your brain more surface area and ability to experience life through feeling. Which is the next step in your evolution to a higher consciousness."*
- "Look into our eyes and be brave enough to see yourself as we see you. Trust what we see in you. A beautiful and perfect soul who is bravely traversing the human existence in order to help raise the consciousness of the entire human race on planet Earth."*





## We work with the Sun

- *"We are sun worshipers. That is one reason we spy hop so much. We love to feel the warmth and direct, unfiltered energy of the sun on our faces. We see the sun as geometric energy patterns. In very ancient times we worked with the Mayans and the sun to align grid lines on the land. Sunset and sunrise are very sacred times for us."*
- *"We are of the Earth and not other planets. That is one reason we are bottom feeders, We love the feel of the soft mud on our faces. To us it feels like being in the womb. The womb of the Earth."*



## Self Forgiveness

*These messages came through in February 2017*

- *"You are learning much about forgiveness. Now it is time to focus your forgiveness on the hardest person of all to forgive, yourself."*
- *"Why is it so hard for you humans to forgive and honor yourselves? Do you not see that without forgiving, loving and respecting yourself, it is not possible to truly forgive, love and respect anyone else?"*
- *"It is time to practice Self-Forgiveness. It is the most important lesson you can learn here on Earth."*



- *"We whales and dolphins have a daily Self-Forgiveness routine. Every day at sunrise and sunset we consciously forgive ourselves. We tell ourselves that we love ourselves and give thanks for our current lives and situation, no matter what the situation is at the time. We suggest you humans do the same. Your lives, level of inner peace and happiness will never be the same."*
- *"Without Self-Forgiveness all that you regret will stay with you and become a magnet to attract more of what you regret. Let it all go. Be as kind and loving to yourself as you are to your friends and family."*
- *"It is very simple. At least once a day you can tell yourself:"*  
***I forgive me.***  
***I love myself.***  
***Thank you for all that I am, where I am and who I am in the world.***



## The importance of staying grounded

This was received in September 2017 from the Gray whales

- *“Envision roots growing down from your body, out through your feet, deep into the Earth, spreading down and out in all directions.”*
- *“You humans are so easily distracted, even more so these days with technology and your busy lives. No wonder you feel stressed and can easily fall into sadness and fear. The answer is very simple. Take time to ground yourself.”*



- *“The best way to ground is by walking or sitting barefoot on the Earth. Sit on the grass, a rock, the roots of a tree, anywhere in nature. Close your eyes and imagine roots growing down through your spine and feet deep into the Earth. Allow your imagination to flow freely to see how deep and where your roots will go.”*
- *“If you cannot go outside, sit comfortably wherever you are, close your eyes and imagine yourself outdoors, in nature and let your roots grow into the Earth.”*
- *“By doing this grounding exercise, you will feel a calming sense of peace and your mind will not feel cluttered or scattered, it will be open and easier to focus. You may even feel your center of gravity at the base of your spine, where you are strongest.”*



## Whales of the Earth

- *“Ground yourself as often as you need to. Once a week, once a day, even several times a day. It can be very helpful when you feel distracted, unable to focus, struggling to find a solution to a problem and when you are stressed, fearful or upset.”*
- *“The Gray whales are whales of the Earth. We feed by rooting in the soft mud, searching for fish and shellfish. We love the feeling of burying our faces in the mud. We have a very close connection to Mother Earth. We help keep the lines of communication open between the land and sea.”*
- *“We also help exchange minerals from the soil into the ocean, so that other marine life can access them to survive. We introduce oxygen from the water into the sand or mud on the sea floor. This helps bring life to the soil itself.”*



- *“Taking time to ground yourself will not only help you maintain a calm and positive mindset, it will also help you breathe deeper, stand taller and keep your body healthy and strong.”*
- *“When you stand taller, you will also align your spine, which helps your body’s energy to flow unblocked. It also aligns your soul to your higher purpose. When you send your roots into the Earth, your mind opens up, just like a tree spreading its branches and leaves out to receive the maximum amount of sunshine. Your mind will open wide to receive maximum inspiration and divine guidance.”*



## In Gratitude.

I hope you have enjoyed learning from these messages from the Gray whales. It is an honor for me to have a connection with the Gray whales and to be able to share their words of wisdom with you.

If you would like to learn more about me and taking a trip with me to see the Gray whales as well as Dolphins, Humpback whales, Orca whales and more.

Check out my website:

**[WhaleandDolphinWisdomRetreats.com](http://WhaleandDolphinWisdomRetreats.com)**