

# *My Dolphin Journal*

*Your Dolphin Playbook for living your life beyond your wildest dreams!*



*Created by Anne Gordon*

*Whale and Dolphin Wisdom Retreats*

*Photo © Atmoji*



# This Dolphin Journal

Belongs to

---



Welcome to

# Your Dolphin Journal



*Your Dolphin Journal is the perfect place to explore, play and dive deeper into connection with the spirit of the Dolphins.*

*In this journal you will learn about and play with some of the Dolphin Life Skills that you can joyfully incorporate into your life to help you live, play and love just as the Dolphins do in their lives.*











*Created especially for you by Anne Gordon  
Whale and Dolphin Wisdom Retreats*





# *My Dolphin Journal*

*Here is what you will be exploring in your Dolphin Journal*

-  *Meet your Dolphin Spirit Guide*
-  *What is Joy?*
-  *Time to Play!*
-  *Go with the Flow, Surf through challenges*
-  *Learn to Be in the Present Moment*
-  *Becoming Transparent*
-  *Live in Unity/Community*
-  *Listen with your Heart*
-  *Dolphin Healing Energy*
-  *Unconditional Love*



# *My Dolphin Journal*



*I would like to invite you to have fun with your Dolphin Journal. Let your inner little kid come out to play!*

*You will find impactful wisdom the Dolphins have shared with me during Dolphin Energy Healing sessions and meditations throughout the journal.*

*There are a number of activities for you to play with and let your creativity flow.*

*I have also included plenty of blank pages for you to give light to your thoughts and feelings in your personal Dolphin Journal.*

*Are you ready to dive in?*

*Blessings on your journey, Anne*





# *My Dolphin Journal*

## *1. Meet your personal Dolphin Spirit Guide*

*Everyone has at least one Dolphin Spirit Guide that is watching over and providing insights and guidance in your life, even if you are not aware of their presence.*

*I would like to introduce you to yours through a short guided meditation. Go to this link to listen to your Meet your Dolphin Spirit Guide Meditation:*

*[DolphinSpiritGuide.com](https://DolphinSpiritGuide.com)*

*Maybe you have already met and have a relationship with your Dolphin Spirit Guide. If so, wonderful! You may have more than one. Don't be surprised if you meet a new one!*



# My Dolphin Journal



Describe your Dolphin Spirit Guide.

My Dolphin Spirit Guide's name is \_\_\_\_\_

He/She is a (species) \_\_\_\_\_

He/She is the color \_\_\_\_\_

He/She is the size of \_\_\_\_\_

Distinguishing characteristics \_\_\_\_\_

\_\_\_\_\_





# *My Dolphin Journal*

*Journal about your experience of meeting your Dolphin Spirit Guide.*





# My Dolphin Journal



*How did you feel when you met your Dolphin Spirit Guide?*





# *My Dolphin Journal*

*What was your message from your Dolphin Spirit Guide?*



# My Dolphin Journal



*Draw, paint or sketch your Dolphin Spirit Guide.*





# *My Dolphin Journal*

*More about meeting your Dolphin Spirit Guide.*



# *My Dolphin Journal*



*More about meeting your Dolphin Spirit Guide.*





# *My Dolphin Journal*

*More about meeting your Dolphin Spirit Guide.*



# *My Dolphin Journal*



*More about meeting your Dolphin Spirit Guide.*





# *My Dolphin Journal*

## *2. What is Joy?*

*Dolphins are the masters of Joy and Play. It is impossible not to smile when you see a dolphin.*

*The mission of the Dolphins is to remind us to be in Joy.*

*Spending time with dolphins is an effective treatment for mild to moderate depression, say researchers in the British Medical Journal.*

*“The body heals with play, the mind heals with laughter and the spirit heals with joy” - Proverb*





# *My Dolphin Journal*



*The Definition of Happy -*

*Feeling or showing pleasure or contentment. Joyful.*

*The Definition of Joy -*

*A good feeling deep within the soul.*

*Joy isn't like happiness which is based on happenings, or whether things are going well or not. Joy remains even amidst suffering.*

*Joy is a choice.*

*Joy is an attitude.*





# My Dolphin Journal

*The Dolphins would like to share this with you...*

"If each of you could learn not to take life so seriously and see your life for the school of Joy it truly is. That each hurdle you confront and surpass is one step closer to Mastery and Nirvana."

"We are always smiling, even through our grief and frustration. Joy is our baseline emotion. Feeling emotions are the gift of having a physical body. In spirit one does not feel extreme emotions like here on Earth. In our bodies we rejoice when we experience the highs and lows of all emotions. It reminds us of the gift of our physical bodies and all we can do with them. When we feel our emotions we feel alive in a way that cannot be experienced as spirit."



# My Dolphin Journal



*What hurdles in your life can you learn to not take so seriously to joyfully surpass them?*





# My Dolphin Journal

## *From the Atlantic Spotted Dolphins...*

"Joy! Joy! Joy! We are the bringers of Joy. More so than any other species of dolphin. We embody pure Joy."

"We are the welcoming committee. We open your heart with our playful antics. We love to interact with you and envelope you into our pod. Our greatest joy is watching you recapture your inner joy when you are with us."

"Swimming with us brings you back to your natural state. The state of being you were in when you were born. Before anything bad ever happened to you. Your natural state of being is Joy."



# My Dolphin Journal



## *More from the Atlantic Spotted Dolphins...*

"When you were born you came into this life remembering the Bliss and Joy of being Spirit, of living in a higher dimension alongside the angels, where this is nothing but Joy and Love. Swimming with us brings you right back to this incredible feeling that you were born with."

"With so much fear and anger in your world these days, it is so very important and healing for you, and the entire world, to step back into Joy."

"Spending time with us will allow you not only to remember your Joy, but will give you a renewed sense of confidence to return to your life inspired to share this Joy with the world. When you leave you will inspire others to find their own Joy as well."





# My Dolphin Journal

*Name some things that make you feel Happy.*



# My Dolphin Journal



*Name some things that make you feel pure Joy.*





# *My Dolphin Journal*

*What is the difference in your feelings between when you feel happy and when you feel Joy.*





# *My Dolphin Journal*



*How can you bring more Joy into your life?*





# *My Dolphin Journal*

*What changes can you make in your life or way of thinking  
to feel more Joy?*



# *My Dolphin Journal*



*More reflections on Joy...*





# *My Dolphin Journal*

*More reflections on Joy...*



# *My Dolphin Journal*



*More reflections on Joy...*





# *My Dolphin Journal*

*More reflections on Joy...*





## 3. Time to Play!

*Here is what the dolphins have to share with you about Play...*

"If each of you could learn not to take life so seriously and see your life for the school of Joy it truly is. That each hurdle you confront and surpass is one step closer to Mastery and Nirvana. We encourage each of you to make an effort to play at least 5-15 minutes every day. Play like a puppy or a small child, where you are not thinking of all your worries while playing. If you need help remembering how to do this, go play with some puppies or small children and allow yourself to play and laugh as they do."





# My Dolphin Journal

*Dolphins love to play, even as adults. The Dolphins teach us that there is always time for play. It is all about making it a priority. They tell us...*

*"Play is another way to express our Joy. Play is how we celebrate and honor this life we have been given. Play reminds us to be grateful for who we are right now."*

*"An important part of our life's mission is to help remind you humans to play and laugh. To lighten up. You tend to take things way too seriously. It is easy for you to get caught up in the 'negative' emotions. You have forgotten to celebrate that you have been given the gift of being able to feel your emotions so deeply."*





# My Dolphin Journal



## *More from the Dolphins about Play...*

"Being able to play is a gift. When you play and laugh it reminds you to be grateful you are alive.

Playing brings you into the present moment and gets you out of your rut of focusing on sadness, frustration or anger. When you play it is impossible to feel stress. It literally washes away all the tensions in your body. There is a physical change in your body after you play and laugh.

You literally feel lighter, invigorated, energized with a deep sense of inner peace and Joy."

"What are you waiting for? Go out and play now.

Any way you can. If you have nobody to play with, there are plenty of places to go where people could benefit greatly from playing with you."





# My Dolphin Journal

## *More from the Dolphins about Play...*

"Bring a game to a day care center, a nursing home, an underprivileged school, a homeless shelter, an orphanage, a women's shelter, an animal shelter.

When you give the gift of play to others you are being like us dolphins. You are spreading Joy around the world and celebrating being alive!"

The more you play, the more you honor and allow your true self to shine."

"Now it's time to Play! Don't be afraid to be silly.

When life is stressful, find a way to play and laugh. By yourself, with friends, little children or puppies."



# My Dolphin Journal



*From the book, "Making Waves, How I fought off Sharks to swim with Dolphins" by Jason Bawden-Smith...*

*"The business of life is so serious the only solution you have is to play."*

*"Purposeful play leads to prosperity in life and business."*

*Jason explains that through play your brain's creativity centers are stimulated to find new, outside the box, solutions to any challenge life may throw at you. Play helps you to exercise your 'creativity muscles'.*





# *My Dolphin Journal*

*List some things that you can do to be playful today.  
Brainstorm and let the silly ideas flow!*



# *My Dolphin Journal*



*What is the silliest thing you can think of to do today?*

*What is the most outrageous thing you can think of?*

*Now, go do it!*

*Afterwards, come back and write about what you did and how you felt during and how you feel now?*





# *My Dolphin Journal*

*List all the ways you can think of to incorporate more play into your life?*



# My Dolphin Journal



*How can you be playful with all the people you will see today? The mailman, the checker at the grocery store, a waiter/waitress, co-workers, family and friends?*





# *My Dolphin Journal*

*How do you feel after bringing more play into your day?*





# *My Dolphin Journal*



*How did you feel when you brought play to other people?*





# *My Dolphin Journal*

*Get out some crayons, paints or felt pens and play on this page!*



# My Dolphin Journal



Go within and ask to be shown a symbol that best represents Play to you. Ask your Dolphin Spirit Guide for help. Draw your Play symbol here.





# *My Dolphin Journal*

*More ideas about Play...*



# My Dolphin Journal



More ideas about Play...





# *My Dolphin Journal*

*More ideas about Play...*



# *My Dolphin Journal*



*More ideas about Play...*





# *My Dolphin Journal*

## *4. Go with the Flow, Surf through challenges*

*What do dolphins do in the face of a storm?*

*They do not flee or try to avoid the storm. Instead they go with the flow and jump higher and play more!*

*They transform adversity into a positive. Dolphins use the force of storms to propel them to new heights that gives them a whole new perspective of the situation.*

*Instead of stiffening up, fighting or resisting the challenge, they relax and go with the flow and use the force or energy of the storm/challenge to propel them higher than they could jump in calm waters.*





# My Dolphin Journal



*The Dolphins would like to share how to go with the flow...*

"Surf through the challenges. When presented with a problem you don't need to do anything. You humans tend to react first, then deal with the aftermath."

"What if you stop to breathe, observe the situation and let yourself go with the flow. Allow yourself to get swept up in the energy of the challenge and be carried to the middle, which is the calmest place, the eye of the storm."

"From the center of the challenge, you can look out in all directions to see all the parts of the problem and how they are connected. Just like the best way to repair a motor is to take it apart to see the cause of the problem."





# My Dolphin Journal

## More from the Dolphins...

"You humans tend to immediately contract, pull away, resist and often avoid a problem. All this does is allow the problem to grow bigger and have a larger impact."

"Don't get caught swimming in the depths of murky emotions. Rise above, by choosing not to let the fear and chaos of others affect you."

"Stop avoiding any problems that come up in your life, go with the flow and ride the waves to find the easiest solution. That is the Dolphin Way."



# My Dolphin Journal



*How can you go with the flow in the face of adversity or a challenge? Think about past challenges you have faced and you might have gone with the flow instead of resistance.*





# *My Dolphin Journal*

*Journal about how past challenges might have turned out differently if you had not resisted and seen new possibilities to move past the challenge.*



# *My Dolphin Journal*



*How have you resisted challenges in the past?*





# *My Dolphin Journal*

*How could you have turned past problems into Play!*



# My Dolphin Journal



*How will your life be different when you Go with the Flow  
and leap to new heights?*





# *My Dolphin Journal*

*More reflections about Going with the Flow...*





# *My Dolphin Journal*



*More reflections about Going with the Flow...*





# *My Dolphin Journal*

*More reflections about Going with the Flow...*



# *My Dolphin Journal*



*More reflections about Going with the Flow...*





# *My Dolphin Journal*

## *5. Learn to Be in the Present Moment*

*In our busy lives, we humans tend to live worrying about the future or regretting or hashing over the past.*

*When we are in the presence of a dolphin, it is literally impossible to think about our guilt over the past or concerns about the future.*

*Your mind empties and you find yourself right here, right now!*

*Watching nature at it's finest brings back the kid in you and re-ignites your sense of excitement!*



# My Dolphin Journal



*Observing the raw power and sheer beauty of moments like these reconnects you to your natural sense of Joy and Inspiration.*

*The Dolphins can help you learn to Be Present Now!*

"Just Be. You humans are always doing. You rush around doing something all the time. Even when you sit down you rarely take time to just Be. You fill every second of your waking hours doing something, and you wonder why your life is filled with challenges."

"We dolphins know ourselves completely. We take time to Be with ourselves often. Even when we are swimming together in our pods, we have the freedom to just Be in our minds as we swim."





# My Dolphin Journal

## *More from the Dolphins about Being Present...*

"We are fully conscious of our brains and are aware of all of our thoughts, memories and capabilities.

There is no such thing as unconscious limiting beliefs, blocks or fears for us dolphins. By spending time to just Be, we can quickly and easily process and release any fears or worries as soon as they appear. In this way, we have no mental baggage at all."

"If you would put down your phones, computers and all of your distractions and take even a few minutes each day to sit in silence to Be with yourself, your lives would improve drastically."



# My Dolphin Journal



## *More from the Dolphins about Being Present...*

"When you take time to remove all the distractions to just Be, you will become much more conscious of all of your thoughts as they come bubbling to the surface. You will become more self aware of your unconscious and of your own body and it's needs as well."

"If you make a regular practice of taking time to just Be, you will start to realize what is most important in your life. You will also become more aware of the world around you. You will become more observant of your surroundings and even more aware of the emotions and state of your family and friends. By taking time for yourself to Be you will improve your relationship with yourself and with all those around you."





# *My Dolphin Journal*

*How can you Be more Present in your life?*





# My Dolphin Journal



*Draw a picture of what your mind looks like when you are living in the past or the future?*





# *My Dolphin Journal*

*Now draw what your mind looks like when you are right here, right now, in the Present Moment?*



# My Dolphin Journal



List some ways that can help you learn to live more in the Present Moment of Now... meditation, yoga, exercise, walking in nature, even watching a riveting movie...





# *My Dolphin Journal*

*How do you feel when you are living in the past or the future?*



# *My Dolphin Journal*



*How do you feel when your Being totally in the Present Moment?*





# *My Dolphin Journal*

*More reflections about Being in the Present Moment...*



# *My Dolphin Journal*



*More reflections about Being in the Present Moment...*





# *My Dolphin Journal*

*More reflections about Being in the Present Moment...*





# *My Dolphin Journal*



*More reflections about Being in the Present Moment...*





# *My Dolphin Journal*

## *6. Becoming Transparent*

*Dolphins have a sixth sense, sonar aka, echolocation.*

*Which they use to find food, danger and navigate in low light conditions.*

*Not only is echolocation used to find fish, it can also be used to find disease or weakness inside a fish's body, in the bodies of their podmates and even humans!*

*The Dolphins can see your physical state. They can also see your emotional state!*



# My Dolphin Journal



*There are no secrets or lies among the Dolphins.*

"We live in 100% transparency; with our sonar we can see the physical and emotional state in each other's bodies. To partner with us you must live in 100% transparency/integrity too. Are you willing to accept this? It is not easy, especially for you humans, but the rewards are huge."

"We dolphins often live in waters that are crystal clear. When we find ourselves in areas of low visibility or darkness, we rely on our sixth sense, our echolocation or sonar to give us a perfectly clear picture of what is ahead of us. You, too, have the ability to tap into your sixth sense - your intuition, to guide you back onto the path of living your dream, living your passion."





# *My Dolphin Journal*

*Most humans think that they must hide parts of themselves from others, even their closest friends and family.*

*We are afraid that if we showed others our deepest thoughts and beliefs that we would no longer be loved by those that are the most important to us.*

*The idea of Becoming completely Transparent can be a very scary thought.*

*In reality, by Becoming Transparent, it is an incredibly freeing and empowering gift to yourself.*



# My Dolphin Journal



*It takes a lot of energy to keep parts of yourself hidden from your loved ones and all those around you.*

*Energy that can be focused in many more productive areas of your life.*

*Imagine what it would be like to be truly seen by other people...*

*and appreciated and loved for all of you, faults and all!*

*Imagine the great sense of freedom you would feel when you let down all your walls and allow yourself to be truly seen.*





# *My Dolphin Journal*

*List the things you have been hiding from others in your life.*



# *My Dolphin Journal*



*Why do you feel the need to hide these things from the people who love you?*





# My Dolphin Journal

*Imagine you live in a world, like in a Dolphin pod, where secrets and lies do not exist? How would that feel?*





# My Dolphin Journal



*Do you think there are some buried secrets within you that you could share with someone in your life? What secrets would you share if you were guaranteed that they would still love you after hearing them?*





# My Dolphin Journal

*Imagine what your life would look like if you were an open book to all your friends and family? Describe how you would feel if you had zero secrets in your life and everyone still loved and appreciated you.*



# *My Dolphin Journal*



*More reflections about Becoming Transparent...*





# *My Dolphin Journal*

*More reflections about Becoming Transparent...*



# *My Dolphin Journal*



*More reflections about Becoming Transparent...*





# *My Dolphin Journal*

*More reflections about Becoming Transparent...*





## *7. Live in Unity/Community*

*Dolphins live in extended family units known as pods.*

*They stay with their pods their entire lives.*

*They think with a 'pod mind'. What is best for the pod is best for the individual. All without losing their sense of independence or unique personality. The key is Connection.*

*This is what is called, Living in Unity/Community.*

*Working together as one, so everyone wins.*





# My Dolphin Journal

*The Dolphins share with you about Connection...*

"Why do you think we live in pods? Sure, there is safety in numbers, but it is so much more than that. We do not feel whole as individuals without our pod."

"That may seem counter-intuitive, but it is not. Many of you strive for independence, even rebel against your family or society. What are you searching for when you separate from those who love you?"

"Humans mistakenly believe that the only way to honor your individuality is to be alone. It is actually the exact opposite. If there is nobody to notice and celebrate your uniqueness, then what are you being unique from?"





# My Dolphin Journal



## *More from the Dolphins about Connection...*

"What you are really searching for is connection. How can you feel good about your unique individuality without others to appreciate you, to honor you and love you because of who you uniquely are?"

"It is much easier to discover your true self when you are surrounded by those who love you unconditionally. Allowing, respecting and loving you with zero expectations for who they think you should be."

"This is the difference between humans and dolphins. We dolphins love our podmates unconditionally, no matter what."





# My Dolphin Journal

## *More from the Dolphins about Connection...*

"To become more dolphin like, more pod like, it starts with you. Let go of all your expectations.

That doesn't mean you have to like it when others do something hurtful. If that happens, mentally step away and surround them with love, hold the vision of them easily stepping into their highest vision for themselves."

"That is what we dolphins do. When the entire pod is surrounding one dolphin with unconditional love and holding a vision for them to live up to their highest potential, it is nearly impossible for that individual not to realize and become their highest self."



# *My Dolphin Journal*



*Evaluate your life and list the ways you are isolating yourself from others.*





# *My Dolphin Journal*

*How does it feel when you are disconnected from your family? Your friends? The world?*



# My Dolphin Journal



*At what times in your life have you felt the most connected?*





# *My Dolphin Journal*

*How does it feel when you are connecting deeply with others?*



# *My Dolphin Journal*



*How can you create more connection in your life?*





# *My Dolphin Journal*

*What would it look like to live in true Unity/Community?*





# *My Dolphin Journal*



*More reflections about Connection...*





# *My Dolphin Journal*

*More reflections about Connection...*



# *My Dolphin Journal*



*More reflections about Living in Unity/Community...*





# *My Dolphin Journal*

*More reflections about Living in Unity/Community...*





## 8. Listening with your Heart

*Dolphins communicate not only with sounds and body language, but also through telepathic communication.*

*Telepathic communication is receiving thoughts or feelings from another person, animal or even plant over distance, without using one of the five typical senses of sight, sound, touch, taste or smell.*

*How do you communicate telepathically? By Listening with your Heart!*

*By being relaxed, patient and by trusting what you receive.*





# *My Dolphin Journal*

*Telepathic communications can be received through feelings, emotions, thoughts, an inner knowing, images, desires, physical sensations, even dreams.*

*When you connect with other beings, you are able to relate to them at a higher level and a greater understanding is created. This can have profound impacts on all your relationships.*

*The art of Listening with your Heart provides a more efficient means of communicating.*

*Communicating Telepathically with the Dolphins and Whales will give you a clear and direct connection to their knowledge and wisdom as it applies directly to your life!*



# My Dolphin Journal



*The Dolphins share with us about Listening with your Hearts.*

"Your hearts are huge and open. Keep them open. Don't let anything close them."

"We dolphins honor you for opening your heart to us and answering our call. We are partners, you and us. Together we are bringing Joy and Unconditional Love to the fear-based human world."

"Trust your heart. Remember how open-hearted you were as a young child, before you learned to close it down and protect your heart. Nothing was ever resolved with barriers around your heart. Opening and Listening with your Heart is the answer to every problem."





# *My Dolphin Journal*

*How do you think that learning to communicate telepathically could improve or enhance your life?*





# My Dolphin Journal



*Take a moment and think of at least one area of your life where learning to Listen with your Heart can improve your life.*





# *My Dolphin Journal*

*In what areas of your life can you apply the technique of  
Listening with your Heart?*



# *My Dolphin Journal*



*List times in your life when you felt your heart closed down  
and how those situations turned out.*

*How would those situations turned out differently if you had  
Listened with your Heart?*





# *My Dolphin Journal*

*How did you feel during times when your heart was closed?*

*How did you feel during the times your heart was open?*



# *My Dolphin Journal*



*More reflections about Listening with your Heart...*





# *My Dolphin Journal*

*More reflections about Listening with your Heart...*



# *My Dolphin Journal*



*More reflections about Listening with your Heart...*





# *My Dolphin Journal*

*More reflections about Listening with your Heart...*







## *9. Dolphin Energy Healing*

*When in the presence of Dolphins... Magic happens!*

*There are many documented cases of people experiencing spontaneous healing in the presence of dolphins.*

*Not only can this healing energy be received when in the presence of Dolphins, it can have equally powerful results when sent through an attuned Dolphin Energy Healer, both in person and over great distances.*

*Dolphin Energy Healing is a deeply respectful, highly advanced form of spiritual energy healing.*





# *My Dolphin Journal*

*Dolphin Energy Healing can help with physical, emotional, mental and spiritual challenges.*

*Receiving the gentle energy of the dolphins is a joyful and relaxing healing experience. All you have to do is set an intention then lay back and relax and open yourself up to receiving the healing energy from the dolphins.*

*The dolphins are waiting for you to ask them to begin sending you their beautiful healing energy.*

*The Dolphins are waiting to take you on an amazing journey of empowering and creating Joy, Play, Flow, Abundance and Love into your life. Are you ready?*



# My Dolphin Journal



*Imagine you are in the middle of a circle of dolphins all around you. They are beaming their love and healing energy to you. Relax, breathe it in, allow it, accept it, receive.*

*"You have given so much of yourself by caring, nurturing and supporting others. Now it is time to love, care, nurture and support yourself."*

*"Taking care of yourself should be your number one priority. If you do not give yourself the gift of time to relax, play, laugh, to pamper yourself, you will deplete your body, mind and soul of life giving energy. If that happens you will end up sick, hurt or worse."*





# My Dolphin Journal

*More from the Dolphins about receiving their Healing Energy.*

"The Dolphins love you so much, completely and unconditionally. Allow us to support you and guide you to learn how to put yourself first. All you have to do is ask and we will be right by your side."

"With the dolphins at your side, anything is possible."

"We are here to support, love and honored to send you our Healing Energy. Reach out to us through your heart and request us to send Healing Energy to you in any way you need or for your highest good. Then sit back, breathe, open to receive and we will get to work."



# My Dolphin Journal



*A visualization from the Dolphins.*

"Visualize a dark mass of blocked emotions and limiting beliefs. It is about the size of a small loaf of bread. It is behind your heart. The dolphins are cutting the mass out with their healing energy like a laser. The mass explodes into hundreds of small, colorful butterflies."

"Each butterfly that is released is a new potential opportunity. They are waiting for you to choose which butterfly you want. Each butterfly represents a new opportunity in your life. Life is a series of opportunities and it is up to you which path you want to go. Each opportunity is equally valuable."





# *My Dolphin Journal*

*For more information about receiving a private Dolphin Energy Healing session or join free monthly group Dolphin Energy Healing sessions with Anne Gordon, a certified Dolphin Energy Healing practitioner go to:*

*DolphinHealing.net*

*Sessions are held online via Zoom or over the phone or Skype.*

*Sessions last about 45 minutes and Anne will share with you the wisdom and messages the Dolphins have given her for you.*



# *My Dolphin Journal*



*In what areas of your life do you think could be helped by receiving Dolphin Energy Healing?*





# *My Dolphin Journal*

*Do you trust that the Dolphins can help to heal you in any way? If not, why not?*





# *My Dolphin Journal*



*How do you feel after receiving the Healing Energies from the Dolphins?*





# *My Dolphin Journal*

*Did you receive any insights or messages while receiving  
Dolphin Healing Energy?*



# *My Dolphin Journal*



*More reflections on Dolphin Healing Energy...*





# *My Dolphin Journal*

*More reflections on Dolphin Healing Energy...*



# *My Dolphin Journal*



*More reflections on Dolphin Healing Energy...*





# *My Dolphin Journal*

*More reflections on Dolphin Healing Energy...*





## 10. Unconditional Love

*What is Unconditional Love?*

*It is Love without any limitations, expectations, judgments or conditions.*

*Dolphins love us unconditionally, both as individuals and as a species.*

*Part of their mission is to help us reconnect to our true selves, our life's purpose and to remember, recognize and share with the world our Light within.*





# My Dolphin Journal

*Meet Heartsong, an Amazon Pink River Dolphin*

*She lived near a tribe of indigenous people many years ago.*

*One of the young boys of the village wanted to take his grandfather's canoe out on the river by himself. His grandfather told him "No, you are not strong enough yet, you must wait until you are older." The boy did not listen and took the canoe out by himself.*

*He headed down the river and soon became caught in the strong current. He saw he was headed towards a large waterfall and was going to be swept over the falls to certain death.*





# My Dolphin Journal



*There were some large rocks in the river and he jumped out of the canoe onto one of the rocks and he clung to the rock in the middle of the river.*

*Heartsong saw him and came to his rescue and carried him to shore, saving his life. Heartsong used all of her strength to carry the boy to the shore against the strong current.*

*When she tried to swim upriver out of the current after taking the boy to safety, she had no more strength left and was swept over the falls to her death. She did not mind, as she was happy to give her life so that the boy could live.*

*She represents pure Unconditional Love.*





# My Dolphin Journal

*That is what Unconditional Love is. Being willing to ultimately sacrifice your life for others.*

*Heartsong and the Dolphins share about Unconditional Love.*

*"There are many that will benefit from my story."*

*"We Dolphins are asking you to step up and practice loving all those around you Unconditionally."*

*"We believe in you. We hold the vision that you can learn to love each other and all life Unconditionally."*



# My Dolphin Journal



## *More from the Dolphins about Unconditional Love.*

"Love solves everything and heals all."

"Learn to love with no boundaries and no fear of consequences. Unconditional love is given completely with a wide open heart with no regard to self. This is not martyrdom, but being willing to be of service to another."

"We dolphins honor you for opening your hearts to us and answering our call. We are partners, you and us. Together we are bringing Joy and Unconditional Love to the fear-based human world."





# *My Dolphin Journal*

*How can you practice Loving more Unconditionally in your life?*



# *My Dolphin Journal*



*What would the world be like if you practiced Unconditional Love every day?*





# My Dolphin Journal

*What would it feel like to be Loved Unconditionally by your family? Your friends? Everyone around you?*



# My Dolphin Journal



*Imagine Loving someone in your life completely  
Unconditionally. No expectations, boundaries, conditions.  
How does that feel?*





# *My Dolphin Journal*

*More reflections on Unconditional Love...*





# *My Dolphin Journal*



*More reflections on Unconditional Love...*





# *My Dolphin Journal*

*More reflections on Unconditional Love...*



# *My Dolphin Journal*



*More reflections on Unconditional Love...*





# *My Dolphin Journal*

## *Final Notes from Anne*

*I sincerely hope you have enjoyed playing with your Dolphin Journal. My wish is that this journal has helped you to open your heart to the Dolphins, yourself, all those important to you, all those you come into contact with and the world around you.*

*I have enjoyed creating your Dolphin Journal and hope that it has been fun and beneficial to you.*

*If you would like to know more about me, check out...*

*AnneGordondeBarrigon.com*



# *My Dolphin Journal*



*If you would like to dive deeper into your connection and learn more wisdom from the Dolphins, you can download free ebook...*

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

*If you would like to join me one one of my Whale and Dolphin Wisdom Retreats to spend time with, learn from, receive healing energy from, and even swim with wild Dolphins and Whales around the world, go to...*

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





# *My Dolphin Journal*

*I would like to leave you with one final message from the Dolphins...*

*"Take some time to nurture your relationship with us. Invite us into your meditations and dream time. We are with you always. We would like to be more actively participating in your daily life."*

*"It is our honor to be on this journey to heal the planet in partnership with you. Together we can help the world transform and the human race into living up to the highest possible potential."*

*Blessings on your journey,*

*- Anne*

