

Wisdom from the Sea

Channeled from Dolphins, Whales and other Sea Life

Received by

Anne Gordon

A compilation of Whale and Dolphin Wisdom messages received over the years by Anne Gordon during meditations and Dolphin Energy Healing sessions.

This is a message that Anne received on October 5, 2010 from the Dolphins: "We are happy you have heard our call to share our messages with the world and all those open to hear and receive them. We hope to help you reconnect to your inner Joy and we are inviting you to play every day like you did as a child. We welcome you to receive our messages of Love and Joy. Our messages will help you to open your heart and embrace life to the fullest. We are very excited and very grateful to Anne who has agreed to share our messages and Dolphin Magic with you all."

From the whales on the same day: "The Humpback whales welcome you and invite you to dive deep within yourself to reconnect to your soul and higher self through the messages and wisdom they will be sharing with you through this medium."

Contents

- 1. Cetaceans in General
- 2. Dolphins
 - a. <u>Bottlenose dolphins</u>
 - b. Pantropical Spotted dolphins
 - c. <u>Spinner dolphins</u>
 - d. Commerson's dolphins
 - e. Pink Amazon River dolphins
 - f. Irrawaddy dolphins
 - g. Rough-toothed dolphins
 - h. Maui's dolphins
 - i. <u>Vaquitas</u>
 - j. Black Guru dolphins
- 3. Porpoises
 - a. Burmeister's porpoise
 - b. Harbor Porpoises
- 4. Whales

<u>Abundance</u> <u>Gratitude</u> <u>Taking Action</u> Grandfather Whale

- a. <u>Orca</u>
- b. Humpback
- c. <u>Gray</u>
- d. <u>Beluga</u>
- e. <u>Sperm</u>
- f. <u>Blue</u>
- g. <u>Pilot</u>
- h. <u>Sei</u>
- i. <u>Fin</u>
- j. Bowhead whales
- k. Narwhals
- I. False killer whales
- m. Dwarf Minke
- n. White whales & dolphins
- 5. Other Sea Creatures

- a. Sea Turtles
- b. Sea Lions
- c. <u>Giant Clam</u>
- d. <u>Shrimp</u>
- e. <u>Jellyfish</u>
- f. <u>Stingray</u>
- g. Octopus
- h. Sea Urchin
- i. Sea Anenome
- j. <u>Sea Horse</u>
- k. Whale Shark
- I. Great White Shark
- m. <u>Goldfish</u>
- n. <u>Sea Slug</u>
- o. Giant Squid
- p. Big school of Fish
- q. Gray Seal
- r. Harp Seal
- s. Flying Fish
- 6. Other Animals
 - a. Flamingo
 - b. <u>Bats</u>
 - c. <u>Toucan</u>
- 7. Plants and Trees
- 8. Mermaids
- 9. Angels, Devas, Fairies, etc.
- 10. <u>Mother Earth</u>
 - a. Japan Earthquake 2011
- 11. Cetacean Power Spots on Earth
- 12. Energy
- 13. <u>Captivity</u>
- 14. International Whaling Commission
- 15. Whalers
- 16. On Death and Dying
- 17. Ocean
- 18. Nature

Suggested Meditations

1. Cetaceans in General

- Oct. 30, 2010 ~ Cetacean Spirit Guide: "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."
- Oct. 30, 2010 ~ The feeling of Joy and Honor. What does that mean to you? Allow these feelings to enter you. Breathe into them and allow them to integrate fully into you.
- Nov. 21, 2010 ~ "Your hearts are huge and open. Keep them open. Don't let anything close them."
- Dolphin and Whale Sphere of Love. You are in the middle of a sphere of dolphins and whales all around you in all directions. They are beaming their love to you. Relax, breathe it in, allow it, accept it. You deserve it.

From the Dolphins and Whales Dec. 8, 2017 on the theme of

Giving Back to yourself

- "You have given so much of yourself by caring, nurturing and supporting others. Now it is time to love, care, nurture and support yourself."
- "You cannot care and support others if you, yourself are depleted. So many of you, who are drawn to us, are such loving and generous people. However, you are rarely as loving and generous to 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."

- "The Dolphins and Whales 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."
- "Many of you struggle with manifesting a steady flow of abundance. No wonder, when you do not value yourself enough to take care of your most basic needs, proper rest, healthy food, good sleep and play. Yes, play is a basic human need to relieve stress and healthy brain function."
- "When you show the universe that you do not value yourself and keep running yourself ragged to care for everyone else in your life before you, how can you expect the universe to send you abundance, when you are not showing yourself an abundance of love, care and support?"
- "So many of you pray for help and you have the answer in your own hands. Start helping yourself by taking care of all your physical, emotional, mental and spiritual needs and you will be amazed at how quickly the universe responds by sending gifts, opportunities and abundance your way."
- "This is the perfect example of the Law of Attraction. Take care of yourself and the universe will have no choice but to take care of you, too. Then you will have unlimited energy, love and resources to share with anyone you want. In other words, by giving to yourself you will automatically attract more that you will be able to share others. Now is the perfect time to start giving back to yourself."

January 27, 2018 Celebrate your Connection with Dolphins and Whales

• "Celebrate your connection with us. We honor and celebrate you and your love, devotion and curiosity for us. We all, every species

of dolphins and whales, including those you don't even know exist are gathering to celebrate you."

- "You are part of a rare breed. You have a combination of human, spirit, mind, cetacean and even off planetary DNA. You chose to be born human, to carry your unique blend of human-spirit-cetacean-ET frequencies to the Earth at this time. Just by being you, you are spreading the cetacean energies wherever you go, touching the hearts of whoever you meet."
- "It is time to shift our connection to a higher level. To a more conscious and direct connection. You can do this. Never doubt yourself. You were born with cetacean DNA and your body, soul and cells all know how."
- "It is your humanness that gets in the way. Being here in a human body, you have forgotten that you are spirit, that you are also cetacean who comes from other planets. The time has come for you to realize and fully embody all of who you truly are."
- "It is not hard. You do not have to work at it. Simply believe. You already feel drawn to us. Have you ever wondered why? It is because you are our family. Not only are we your soul family, we are genetically family through our shared DNA."
- "It is time to acknowledge this to yourself. Trust it. Believe it. You know it is true. When you stop believing you are only human and embrace your cetacean and spiritual aspect, all of the human insecurities, fears and worries will simply disappear!"
- "Whalecome to the family! We have been waiting for you to realize this. Now, we can begin our next phase of our journey together...True partnership. Where you will become dolphin and whale representatives walking on Earth in human form. We will have direct communication between us and you will embody, carry, teach and share the frequencies, healing energy, wisdom and messages from the cetaceans among the rest of the humans who have not yet felt called by the dolphins and whales."

• "We are ready and excited to partner with you. You are ready. You were born for this. We all have a soul contract together to spread the Way of the Dolphins and Whales around the world. Let's do this!"

January 26, 2020 Celebrate

- "It's time to celebrate and play. No more nose to the grindstone. Take time to honor all that you have accomplished. You deserve it."
- "You are so focused on work and the next task ahead that you rarely even come up for air from one task to the next. What if you took, even 5 minutes between tasks to be in gratitude? Breathe deeply to honor and celebrate your latest accomplishment before you dive into the next thing on your to do list."
- "If you take 5 minutes, or more, after finishing each task at the end of the day you will feel energized and proud of yourself instead of drained and exhausted."
- "Celebration and play refreshes, rejuvenates and even re-energizes your mind, body and spirit."
- "You can do a little celebration after every little task, such as after each email, washing dishes, laundry, whatever. Even taking 1 minute to close your eyes, takes some deep breaths and acknowledge yourself for what you have just completed will fill you with a sense of calm, clarity and energy to then go on to the next thing you have to do."
- "Life is meant to be enjoyed, like the dolphins live, not endured or to be a struggle. Taking a few moments to celebrate after each thing you accomplish each day will bring you so much more joy, enthusiasm and even a sense of play that will flow into your next task. Do this and soon you may be singing or whistling while you work!"

• "Try this out for a week and see how you feel. Make some reminder notes and post them around your home or office until it becomes a habit. A habit of celebration and play!"

The World is in your Hands July 19, 2020 (During the Covid-19 pandemic)

- "It is crucial for the planet that you connect with us. That you all connect with us."
- "The human race has never been so far out of alignment than it is right now; given the amount of spiritual knowledge that is available to you at this time."
- "There are many of you who are doing your work, living on purpose and always looking to improve yourself."
- "There are many who are spiritual, yet they let life get in the way and do not connect to us, to their soul, to source as much as they know they should."
- "How many of you intend to meditate daily, yet days and even weeks pass by without a moment of connection to source? Then you wonder why things are not going as well as you would like in your life."
- "There are many who are consumed and controlled by fear, anger and greed. At this moment the fear is winning. The more people who are living in fear, the more out of alignment your world becomes, which allows for more corruption, wars and deadly viruses to evolve."
- "It is time to step out of complacency. It is past time to make your connection with us, with Source a priority in your life."
- "If you want the world to change, start with yourself. Make a conscious effort to close your eyes, breathe and just Be. Be in connection. Be one with Source and all that is, including us. Be one with yourself. Be love."

• "The more of you who re-open and strengthen your connection to us, to Spirit, the faster the world will come back into alignment and you will literally tip the scales towards love, towards becoming the world you dream of. It is in your hands. What are you going to choose?"



2. Dolphins

- A dolphin's and whale's crown chakra is located at the same exact point on their head as their blowhole. Every single time they exhale, they are clearing their crown chakra. A dolphin or whale breath is a direct connection to universal wisdom. When you sit down to meditate imagine exhaling powerfully as a dolphin or whale does, through your crown, do this several times to completely cleanse your crown chakra. You can do this daily or every time you think about it to keep your crown chakra clear and open to receive universal wisdom and insight.
- Oct. 11, 2010 ~ This was a message for a group who came on a Whale and Dolphin Wisdom Retreat with Anne in the Pearl Islands, Panama. "Yahoo! Yippee! You have come!" Anne saw a lot of dolphins jumping for joy in her mind's eye. "We are very excited you have come and heard and responded to our call and prayer for connection with you. We look forward to sharing with you our dolphin wisdom from our world and perspective of life. We live in the Dimension of Joy! The Dimension of 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."

- "We welcome you and encourage you all to connect with us on your own also by inviting us into your dreams and meditations."
- Nov. 10, 2010 ~ "Love solves everything and heals all."
- Nov. 10, 2010 ~ "With the dolphins at your side, anything is possible."
- Nov. 21, 2010 ~ "We dolphins honor you all 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 fearbased human world. You bring our energy with you wherever you go. People feel more Joyful and Playful after connecting with your energy. We recognize and honor your bravery to follow your heart and speak of and carry the dolphin energies with you. We know it is not understood by many. One day it will be. We are deeply grateful and humbled by your love and devotion to us."
- Nov. 27, 2010 ~ The dolphins want to take you to a new level, a higher frequency. Things that bothered you in the past will no longer do so. You will wonder why they ever bothered you before. With this new frequency it will also bring a higher level of responsibility and level of integrity that may seem uncomfortable at first, just go with it and it will get easier.
- Feb. 12, 2013 ~ I saw a huge pod of dolphins and felt a sense of urgency. "It is time to pay attention to what is happening around you. Stop being complacent. Stop waiting for someone else to do something. You must take a stand and defend the Earth and all life. Now. Or it will never be the same from this day forward."

- June 17, 2013 ~ "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."
- Oct. 26, 2015 ~ "Now it's time to Play!" Don't be afraid to play or be silly. When life is stressful, find a way to play and laugh. By yourself, with friends, little children or puppies. Don't take it seriously or personally when others are hard on you. It is really only them projecting their own stuff anyway and has very little to do with you. The more you play, the more you honor and allow your true self to shine, the more the others will leave you alone and respect you more."
- Oct. 30, 2015 ~ "Ask for the dolphins to be by your side always and you will always have Peace and Joy. During life's challenges the dolphins will help you play and laugh through the stormy waters."

Clarity Oct. 26, 2017

- "It is time to get crystal clear on your mission, your life purpose. We know you humans think it is hard, as if you are looking through muddy waters."
- "The clarity comes when you stop getting distracted and listen to your heart. That is all you have to do to find your heart's desire. What you feel most passionate about is what you are meant to do."
- "If there is something that really gets you excited, your juices flowing, that is your mission and life's purpose. Conversely, if there is an injustice that really gets you riled up, then your mission is to find a way and work towards ending that injustice in the world."
- "Give yourself permission to sit quietly, or go for a walk alone in nature and focus on your heart and what excites you the most. Allow whatever pops in to flow. Then think about how you can share your

passion with the world. That is your reason for being here and your biggest gift that you can give the world."

- "Once you have clarity by discovering your reason for being, then the rest is easy. You will be in the flow and the action steps to sharing your gift with the world will appear."
- "Your action steps may look like starting a business, a non-profit, a movement, writing a book or articles, creating art, even finding the right schools, coaches, investors, partners, mentors to help you share your gift farther around the world."
- "When you gain crystal clarity about your mission in life, life will become easy. If you get bogged down, look to see what is clouding your vision, what is distracting you away from focusing on living your purpose."
- "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."
- "Don't get frustrated. Everyone has a purpose and everyone has the ability to find it. Make some time to tune in, listen to your heart and most important, trust what you receive, trust your heart."
- "Make it fun, make it a game. There is no pressure. It is always up to you. It is your choice. Finding your life's purpose is meant to help you live a more joyful, fulfilling and easy life."

Celebration December 23, 2017

- "Celebrate is what we love to do best. You have all been working so hard to get ahead in life. This last year, especially has been a tough one for so many. This next year, 2018, will be the year of Celebration!"
- "You may not feel like you have much to celebrate. Your immediate situation may not look hopeful. But, there is always something to celebrate, always. Start small. It could be that you are breathing for one more day. That you survived yesterday. That the sky is blue, that the trees are green, anything. Make a game out of it. See how many things in your life that you can celebrate right now!"
- "When you start focusing on and looking for things to celebrate, you will soon see your attitude shift. You will shift away from focusing on your problems and you will feel more and more joyful with each passing day. Soon, the problems that once seemed insurmountable will be minor bumps in the road. In fact, when you master celebration, you will even celebrate life's challenges as opportunities to learn valuable lessons."
- "It really is that simple. You may think, what do we dolphins have to worry about? We live in the sea and can do anything we want. We do not have jobs, we do not have to earn money and we do not have bills like you do, but we do have pressures and dangers in our world. We have to find fish to eat every day. Sometimes in areas that have been overfished. We have to avoid boats, fishing nets and hooks. We have to deal with pollution, toxins and an increase in ship and military testing noises."
- "Yet, have you ever seen a wild dolphin appear to be stressed, angry or sad? No! We focus on what brings us Joy and constantly celebrate what is right about our lives; our freedom, our families, living in a

vast ocean, people who love us and come to see and swim with us. The list of things we can celebrate is endless."

- "When you focus on Celebration and amazing thing happens. The universe will actually give you more things to celebrate. When you open the door to Celebrations, the universe will respond by sending you more and more opportunities to celebrate."
- "So in this time of holidays around the world, now is the perfect time to practice Celebrating anything and everything possible. Soon your life will look a lot like ours. You will have a permanent smile, playing much more and maybe even leaping in the air, just because you can!"

Your Best Year Ever! December 29, 2017

- "What is a year? A measurement of time. A human created construct. In our world there are no years, no concept of time. We do not worry about tomorrow or yesterday. We live in the present moment at all times."
- "Yes, of course, we can learn from the past, to keep us safe and fed. But, the difference between us and you is that we use this information to improve our lives right now. We never dwell on or regret past mistakes. That is a waste of energy. The past is the past. It happened and it is history and the only thing we carry forward is the lesson we learned."
- "Take a page from our 'history books'. Drop the emotions, guilt and regrets from the past. You know they do not serve you in anyway. Focus only on what you have learned from the past that can benefit you right now."
- "You humans love to cling on to your emotions from the past. Why? What good do they do you? Do they help you right now? Not likely. The reason we dolphins live in Joy, even in our grief we are Joyful, is that we treasure and make the most out of each moment. Every single one."

• "We are not saying to ignore your time. It is great to celebrate the New Year, but stop dwelling on the emotions of the past and begin your new year in total Joy and Celebration. Carry the excitement and enthusiasm you have at midnight on New Year's Eve into every moment of every day from now on. If you do this you will make 2018 your best year yet and the rest of your human life will be nothing but a constant flow of Joyful moments."

The Importance of Connection March 7, 2018

- "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 counterintuitive, 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?"
- "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?"
- "When you are searching to 'find yourself' you go off on your own. You can find yourself alone, but 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. Very few humans

have been able to let go of expectations and their own idea of how their friends and family should be."

- "To become more dolphin like, more pod like, it starts with you. Let go of all your expectations for everyone in your life. That doesn't mean you have to like it when they do something hurtful to others or themselves. When 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."
- "From the moment of birth we send our babies unconditional love and visualize them growing up to live up to their highest potential. Do they make mistakes? Yes, of course, they are young and exploring their own limitations, but when the entire pod loves them without expectations and allows them to make their own mistakes, they easily self-correct back to their path of self-actualization."
- Note from Anne There is an African tribe that when someone does something to hurt another person, i.e., stealing, hitting, damaging their belongings, the entire tribe gathers around them and each tribe member tells the individual who did the wrong doing, how much they love them. Imagine the transformation that happens within that person. He or she is not punished, they are showered with love. This is the human version of a dolphin pod.
- "When humans rebel and go off alone, they tell themselves that it is too feel individual and whole, but they are really seeking connection, because those around them have expectations different than what that person wants. They are going away to escape the pressure of living up to someone else's idea of how they should be and live."

- "They are rebelling against the restrictions others put on them. What they really want is for those same people to love, honor and accept them just the way they are, whatever that is."
- "You can create this same kind of unconditional connection in your world. Instead of waiting and expecting others to love you unconditionally, start with yourself. Be among the first to spread this wave of love without expectation and hold the vision of every single person in your life living up to their highest potential."
- "The first wave is the hardest. We know you can do it. We have seen your souls, we can see your hearts. We know the deep capacity of love that you have within you for everyone in your life. Everyone."
- "The more of you that begin to spread the Dolphin Way of loving others unconditionally, the easier it will become. The faster the wave will spread and more and more people will step up into their highest potential and then they will join you in spreading this wave of unconditional love around the world. Then, you too, will feel the same high level of connection that we do in our pods. You will have achieved having 'pod mind' and you will be truly living the Dolphin Way."

March 30, 2018 This came through during a Dolphin Energy Healing session for a client:

- "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."

- All humans need to learn that the only thing that is stopping them, that gets in their way is themselves. In nature it's an open flow, like a sponge where water flows in and out. With the water comes food, nutrients, everything the sponge needs and then what the sponge does not need flows out again.
- We humans have complicated things so much. We are just learning how to be human. We are new on the planet. (Compared to dolphins and whales who have been here 30 million years. Humans have been on Earth for around 250 thousand years.) *Mistakes are ok and we learn from them.*
- Like a little child learning to walk. They don't get mad that they fall down. They don't create a block or a negative belief about walking. They are not afraid to stand back up again. They try again and again. They keep trying until they can walk and then run. So it is in our nature to keep moving forward. That is how we were built. Somehow along the way, we humans build up fears and beliefs that "Oh, I can't do that again.", "I don't deserve that.", "I'm not worthy." But it is time. The whole world is shifting into a place where limitations and limiting beliefs no longer serve us. It's time to let them go. Release them and let them transform into butterflies.
- "The duality. Nothing is wrong or right, negative or positive. They just are. But when these blocks or beliefs limit us from living up to our potential it is frustrating. When the emotions come up we miss out on opportunities. It's time to shift away from staying stuck with the limiting beliefs, that we consider negative, disempowering and move into the form of the butterfly that represents limitless opportunities. Complete transformation from what we consider negative to what we consider positive."
- "Duality is just two sides, like a teeter-totter, it goes up and down. It's time to shift from one to the other. As humans we have allowed ourselves to be ruled by the limitations. By the challenging emotions, fear, sadness, anger, frustration. It's time for the teeter-totter to go the other direction. For the pendulum to swing back. The whole world

has been tilted towards fear, anger and sadness. That time is now over."

• "Everything naturally has to come into balance. It's time. The balance point is now. It's time to let it flow back to the other side. Back to where emotions do not control us. Our emotions are great. They are meant to be fleeting, like the butterfly. To fly in and fly out. Emotions are not meant to stay and weigh us down. It's time to bring your life back into balance. Time to fly, time to choose any of the possible opportunities that are in front of you at all times."

Spending time with Dolphins November 17, 2018

- "When we ride the bow waves and by your boats it is fun for us, but more importantly, we are surrounding and immersing you with our love and healing energy."
- "We feel how disconnected and lonely so many of you are. One reason you feel so joyful when we are around your boats is because we are including you in our pod. You are feeling, maybe for the first time, a sense of belonging, a sense of community, a sense of home."
- "So much can be healed within you by spending even a short time on a boat with us. When you see us, all worries, stress and fears instantly leave your thoughts and you become fully present to right now. You humans waste so much time and energy worried about the past and future that you rarely are fully aware of the present moment. When you see us that changes and all other thoughts fly out of your mind. Being in the present moment with us brings you to a state of Joy that you rarely feel in your daily life."
- "When we sense your presence, we can feel a heaviness within you. We have a hard time understanding how you can live your life carrying so many fears, sadness and stress all the time. One of our greatest joys is to release all the heaviness you carry and that happens when we show up. We love to watch the smiles on your faces, hear your

shouts of glee and watch you recover a childlike sense of play. It is like watching the sun come out after a dark storm."

- "When you swim with us it allows us to take your healing to a much deeper level. On the boats we work with everyone on board at a group level. When you swim with us we can work with you on an individual level. We can address and heal specific issues you are dealing with. Nothing is too big for us to heal. Emotions, fears, stress and physical challenges are all very easy for us to heal. The key for you is to believe, trust and open yourself, allow us in and we can easily work miracles for you."
- "Let go of expectations and intentions. Enjoy the moment. We know what to do. With our sonar and telepathy we can easily see exactly what you need most. Trust us to give you the healing that is for your highest good. It may not look or feel like what you think it will, and it will be perfect and precise, designed for you to achieve the highest possible results."
- "Next time you see us, let go of all expectations and enjoy the experience. When your heart is open in Joy, that is when we can do our healing work at the deepest level."

Just Relax June 29, 2019

- "Just relax, go with the flow. Stop trying so hard to achieve your goals and make your dreams come true."
- "When you are in the flow, everything comes easy. Everything you need flows into your life easily and effortlessly."
- "When you try to force it, it is like trying to push a boulder up a hill. It is nearly impossible and everything is working against you actually achieving your goal."
- "This is not to say, do nothing. Sitting around waiting is just as ineffective as forcing it to happen. It is about taking action, right action, that is in alignment with the flow."

- "How will you know the difference between right action and forcing? When it feels right, you will know. It will be easy and effortless, even fun."
- "Don't be a salmon, fighting and using all of its energy to swim upstream, only to die as soon as its goal has been accomplished."
- "Step into the natural flow that is all around you. You may only need a minor course correction, everything will line up perfectly. It will feel like you are riding the wave of success. It will be fun and easy."
- "Have you ever watched a dolphin riding the bow wave of a boat? Have you noticed how we often do not even have to more our tails to stay ahead of the boat? It feels like no effort is needed at all when you are in the flow."
- "To get into the flow, look at all the activities you are doing to reach your goal. Make a list of those that are hard and take a lof ot effort and those that seem easy and fun, no matter how much time they may take. Eliminate all those that take the most effort or find a way to make them easy and fun."
- "It is all about feeling. An easy to perform task may feel like drudgery to you. A complicated task may feel easy and in the flow. That is how you will know which are right actions. Ones that are in the flow."
- "So stop making it so hard to achieve your goals. Take a deep breath, relax and enjoy the journey, in the flow. You will be amazed that before you know it you will have achieved your goals and be living the live of your dreams."

Joy is Easy July 14, 2019

• "It is easy to be in joy, always. It is a simple choice. You make a decision to be in joy and you will be. It is as simple as that."

- "For some reason humans spend most of their time focused on negative thoughts, sadness, what they are worried about or afraid of. What does that bring you? More negativity, sadness and fear."
- "By choosing to be in joy, then life brings you more things to be joyful about. Life feels easy, fun and in the flow."
- "We watch you humans struggle and suffer so much. We try to bring you joy and it works when you see us. But, the minute you step off the boat or away from the beach, you allow all your negative thoughts to come flooding back in."
- "What if you could feel as joyful as you do when you are with us every day, all day long? You can. Just choose joy. Let the negative thoughts flow back out of you as fast as they flow in."
- "There is always something in your life to be joyful about. Your love of us, your friends, your family, your talents, your love of yourself, your pets, your favorite shirt, a good book, food in your tummy, a warm shower, the list is endless."
- "When you feel the negative thoughts flowing in, just ignore them and write or make a mental list of everything you have in your life right now to be joyful about. You will feel the joy in no time."
- "Make a game out of finding things to be joyful about. That's what we do. We can find joy no matter what is happening around us, even in the face of danger. We feel joy for our physical and mental abilities, the adrenaline rush that heightens our senses and makes us feel alive. For being able to move past the danger to resume our normal activities. You can do the same when you come fact to face with life's challenges."
- "Life is meant to be enjoyed. It is right there in the word, en-joy, in joy. It is very simple. Stop making life so complicated. Choose Joy. Enjoy!"

Connection August 24, 2019

- "Its all about connection."
- "Do you think we have to live together in pods? No, we could easily live alone or in small groups of 2-3 individuals like the great whales."
- "We choose to live in pods because we love the feeling of connection. If we lives on our own, life would be about survival and not much else. In connection we have the luxury of play, joy and the feeling of unity as community."
- "By living in a pod, it is easy to find food and avoid danger. This gives us more time to play, be in relationship, explore our consciousness and develop a connection with each other and all that is."
- "Without connection we would be not much more than fish, following our instincts. With our pod we can dive deep into connection with each other physically, emotionally, telepathically and interdimensionally."
- "As you humans develop and advance technologically, you gain many tools to make your life easier, or so you think. The more technology you have and use, the more and more disconnected you become. Then you wonder why there is so much sadness and anger in the world."
- "All you need and want is connection. In connection there is peace, compassion, companionship, support and most of all, love."
- "Put down your technology and find ways to connect more. There are so many people around you and most of you are lonely. Go out and find someone to connect with today."
- "Even in the smallest connections there are great rewards. A smile, eye contact, human touch or a caring conversation can all change your mood from dark to bright. Just knowing someone cares can literally save your life."

- "The best way to connect is to make the first move. Open your heart to everyone you meet. You will be amazed at how fulfilled you will feel at the end of the day."
- "You will soon realize how shut down you have become, even with your own family. The fastest way to feel connected is to make the first move. Want to feel more connection? Do something today to reach out and take action to connect with someone now."

Standing on your own within a pod October 6, 2019

- "Standing on your own is important. Yet, being open to accepting and even asking for support is key to your survival."
- "You humans think you have to do everything on your own. That independence is the most important way of being."
- "In our pods we have achieved the perfect balance of being a member of our community, the pod, and being a unique individual and independent too."
- "The pod allows us our uniqueness, our personality. We as individuals, honor and cherish our place in the pod and our responsibility to it."
- "We never resent our podmates of living in community the way you humans do of your families. We never try to break away and live on our own. The pod and the joy, safety and security it brings is too important, in fact, vital to our survival."
- "Many humans seem to fight for their independence at all costs. Yet, when they achieve it, they are lonely, unsupported, disconnected and lost."
- "This is the reason there is so much anger and sadness in the world today. This is why there is so much violence and greed happening. People are trying to replace community with things, money and power."

- "What you really want is to be part of a loving and supportive community. One that loves you unconditionally and supports you in every way, including your unique personality and needs."
- "You can create unity/community in your own family and friends. Yes, it is possible. Not by expecting others to love and support you first, but by you setting the example of loving and supporting others unconditionally. By honoring and allowing each person to be their unique selves. Soon others will start to emulate you and become more loving and supportive too. You can start the wave of creating a safe place for them to be themselves. Before you know it you too, will have created your own human/dolphin pod and feel loved, supported and honored just for being you."

Where have you been? November 9, 2019

- "Where have you been? We have missed you. You know we are always here for you. Why haven't you reached out to us in your times of need?"
- "We are always around you. We are always here to support and guide you. All you have to do is reach out and ask for our help."
- "We respect you and like God, we honor your free will, so we will rarely step in to your life unless you ask us to."
- "Never forget how much we love you. Call on us for any challenge you are facing, big or small."
- "It is never a burden for us to support you. It brings us great joy to assist you to live a happier life that flows easily and gracefully."
- "You may not see or feel us, but you are always part of our pod. There are always dolphins surrounding you, no matter what."
- "We love to help you with life's challenges. We love to help you awaken more to spirit. We love to help you deepen your relationship to us, nature and all those you love."

- "So please, never hesitate, for a moment, to call on us to support you. We are here to serve. When you ask for our help, you are giving us the opportunity to live and fulfill our life's purpose."
- "Ask for us to show up in your meditations, dreams or your waking state, then trust. You will be amazed at the miracles that start happening in your life."
- "We are so excited to deepen our connection with you. We are thrilled to welcome you back to the pod. You are one of us. You are not meant to be alone. You are family. You are loved."

Celebration December 21, 2019

- "This is the time to celebrate. No matter what! You always have something to celebrate, no matter how small."
- "Humans have the tendency to focus on what they don't have or are lacking in their lives. When you do this it only serves to bring you more of what you lack."
- "We dolphins live in a constant state of celebration. Even in times of stress or grief we focus on what we have to celebrate."
- "For example, if one of our beloved podmates dies, we grieve their loss and at the same time we celebrate all the memories and times we shared together."
- "Celebration is a state of being, much like joy. It is also a choice, whether or not you are conscious of it or not."
- "If it is hard for you to feel celebratory, we invite you to celebrate with us! Imagine you are swimming and playing with us. In no time you will feel joyful and that there is so much for you to celebrate."

- "Try it out. Look around you. What do you have in your life right now that you can celebrate? Food in your kitchen, a roof over your head, heat, clothing, friends, family? The list is endless."
- "Now that you have a list of things to celebrate, how will you celebrate? We dolphins jump, spin and race around. Maybe you can dance, give yourself time to play, eat your favorite meal or take time to do nothing at all."
- "Get into the habit of celebrating every little accomplishment in your life, even if it seems tiny. Exercise your celebration muscle. Make it a daily practice. The more you celebrate, the more you will have to celebrate. Soon you will be like us dolphins and always have something to celebrate every moment of your life!"

It's Time to Wake Up February 16, 2019

- "It's time to wake up. You humans have been asleep for far too long. We are here to help you if only you will let us."
- "You see us as joyful, playful beings and we are. You think our life is easier than yours, but it is net. We have challenges too. We deal with predators, toxins-both naturel and manmade and even competition for our food."
- "We experience fear, sadness, frustration and anger just like you. Our life is not perfect or always easy like many of you think. Yet we choose to not let our challenges stop us in any way."
- "Fear, sadness and anger do not stop us, even for a second. We keep moving, always focused on our goal. We choose joy, always."
- "Joy is a choice. It is possible to feel a deep sense of joy while navigating through the emotions of grief, fear and anger. When you do not let these emotions consume you it is easy to find a solution and keep moving forward."

- "Focus on what you have in your life to be joyful about. Gratitude is another way to express joy. When you start feeling the heaviness of sadness, fear or anger, close your eyes, take a few deep, conscious breaths and count your blessings. Think of everything in your life that brings you joy, no matter how small."
- "When you focus on joy, the heaviness of your challenges lifts, just like a dense fog lifting to reveal a sunny day. Your view from a place of joy will bring you clarity to easily see a solution to whatever challenge you may be facing."
- "So wake up from this dense and heavy sleep you have been in. No more walking around blindly in a fog of negative, heavy emotions. Simply choose joy and the fog will easily lift. Your eyes will open to a whole new world of possibilities. A whole new world of joy!"

Time to take a Deep Dive Advice on how to deal with the self-isolation because of the coronavirus pandemic. March 29, 2020

- "We've been waiting for you. Now, let's get to work."
- "It's time to buckle down and focus. You have an amazing opportunity in front of you now. It has been a very long time since humans have had time like this to just be."
- "Instead of focusing on fear or what you can't be doing right now, focus on yourself. You have no more distractions, no more excuses to not spend time in contemplation, deep thought and meditation."
- "Now is the perfect time to reconnect to Spirit. To reconnect to your heart, to reconnect to your soul, to your higher self, to your purpose and passion."
- "Time to take a deep dive, an inner journey into yourself. If you are not sure how to do that, ask your dolphin spirit guide to help you. He/she will be happy to guide you deep within yourself."

- "You may be a little fearful about finding some blocked emotions or fears in your heart. Yes, you will find them, but it will only be a brief unpleasantness. Kind of like when a plane takes off and there is a brief period of turbulence when it breaks through the clouds. Then it will be clear, beautiful open skies."
- "Once you get past the 'clouds', you will discover a deep inner beauty that as a human, you did not even realize you had. You will see yourself as we do. You will see yourself as spirit, as one with all that is. You will reconnect with your true essence, that which lives on long before and beyond this physical human life."
- "You will behold and experience a beauty that you had no idea existed. You will feel nothing but love. You will love everything and everyone, no matter what they say and do. You will not only feel a deep and unconditional love, you will simply Be Love."
- "So, it is your choice. Will you buy into the fear and worry about what you are not able to do right now, or will you take this rare opportunity to dive deep within yourself to rediscover the true you, your heart, your soul, your connection to source and all that is?"

We are Here June 7, 2020 (in the midst of covid-19 and Black Lives Matter)

- "We are here. Where have you been? We have always been here."
- "We have missed you. It saddens us to watch you suffer in fear and pain. We see your hearts. They are so full of fear and sadness at this time."
- "We are here to help you. We are here to support you. We are here to guide you. We are here loving you. Never forget we are here for you. Never forget you are never alone...ever."
- "We surround you with our love. Imagine us, a pod of dolphins all around you. You are an integral part of our pod."

- "Just like we would never leave one of our podmates behind, we will never leave you behind either. When one of our podmates is sick or injured we slow our speed, we support them to breathe and we may even feed them, if needed. Anytime you feel weak, sad or afraid, know that we are supporting you to keep your head above the waters of despair, too."
- "We understand that in times of fear, sadness, frustration or anger it can be hard to feel our presence. During these times, if you stop, take some deep breaths, close your eyes, even for just a moment, deep in your heart you will feel us. Even if you don't, trust that we are right with you, surrounding you with our love. The more you do this, the easier it will be to feel us."
- "If you often feel lonely, even when surrounded by people, know that loneliness is a state of mind. Being lonely is a choice, no matter if you are physically alone or in the middle of a crowd. When you begin to trust in us and our constant presence in your life, you will never feel lonely again...ever."
- "If you still have doubts that we are here with you at all times, ask us for a sign to let you know we are here. Heck, ask us for a sign every day if you must. Then keep your eyes open and watch out for the fun ways we remind you of our presence. We look forward to reawakeing a conscious connection with you again."



a. Bottlenose dolphins

 Oct. 15, 2010 ~ 13 large Bottlenose dolphins standing up like knights. "We are the council of 13. We act as the transmitter between Source and all the dolphins who swim in the oceans. We are interdimensional and can easily pass between the earth plane and the higher realms."

March 18, 2013 ~ The following communications were received from Fungie, a Bottlenose dolphin who lives near Dingle Bay in Ireland. Fungie, is a solitary, wild dolphin who spends much of his time interacting with humans who are swimming in the water or in boats nearby. He first appeared in Dingle Bay in 1983 and to this day seeks out the company of humans to play with.

- "I love humans!!"
- "When I was a young adult dolphin I was a bit reckless and was caught in a fishing net. My family was frightened of the fishermen and fled. A very kind fisherman found me and very lovingly cut me free. He even fed me some of his fish as I was very weak when he found me. I did not have the strength to search for my family right away. I felt lost, alone and frightened and found shelter near Dingle Bay and I made friends with the people there."

- "I love to see and feel the Joy and Love of the humans when they see me."
- "I have grown to think of the humans as my family."
- "I hate it when people ignore me. I am so happy when people pay attention to me and even get in the water with me."
- "I am a ray of warm sunshine in a cold and drab place."
- "My soul purpose is to reach out to humans and show them interspecies kindness as an example of how humans should treat each other and all life on the planet."
- "Come see me, come play with me. Do not be afraid of me. I bring only Joy, Love and Appreciation to you."
- "You should bring more to see me. Children and autistic, mentally handicapped and depressed people. Spending time with me will really help them the most."

Feb. 17, 2018 The Importance of Play

- "We are the Masters of Play. We love to laugh, Yes, dolphins can laugh. We love to make you laugh too. Why do you think we come to play with your boats? To make you smile. Our permanent smiles are there for good reason. They are not just a result of our biology as scientists will tell you."
- "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."

- "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."
- "Imagine how boring life would be if you never felt happy, excited, sadness, anger or love. You would be a robot, going through your daily tasks. Your emotions are part of what defines you as human, what defines you as Alive!"
- "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. Bring a game to a day care center, a nursing home, an underprivileged school, a homeless shelter, an orphanage, a battered 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!"

Inshore Bottlenose dolphins April 6, 2019

- "We are the greeters. The welcoming committee. We are here to help bring you out of your world into ours."
- "So many of you are so busy all the time, even when you come to the beach you are preoccupied. You are on your phones so much, many of you do not even notice us when we are right in front of you."
- "Remember that you are just as much a part of nature as we are, not separate from it."
- "Our mission is to help you forget your stress and worries, to Be fully in the present moment, which instantly happens when you see us."
- "When you see us you move out of your head, down into your heart, where you reconnect to yourself, reconnect to nature which is where you feel a deep sense of joy."
- "When you watch us, you instantly smile. You smile because you love to see us, but more importantly because you, at a deep level, remember you are one with nature, connected and an integral part of all that is."
- "Many of you wonder why you struggle so much in life. It is because you are focused on all the human created distractions, like jobs, money, bills, accumulating things you think you need, etc."
- "If you spend even a little time in nature connecting and just Being, instead of trying to force life to fit your ideas, you will find yourself naturally in the flow, where life is easy as it is meant to be."
- "When you can, get to the beach and look for us. Or go anywhere in nature. Sit and observe, Be and allow yourself to drop into your heart. Your body is part of the natural world. It knows exactly what to do. Get out of your head. Let go of control and welcome the flow of nature back into your life as it is meant to be."

Dolphins of Eilat, Israel In Eilat there is a dolphin facility that has a huge ocean pen for the dolphins. People come to see them, but they are not asked to perform tricks or shows. The dolphins are allowed to live and behave as they choose to. April 19, 2020

- "We love our life. We have no need to go or be anywhere else."
- "We have a very important purpose here. Our purpose on this planet is to create crystalline grid patterns on the bottom of the sea. These patterns energize the Earth and water. They help to keep the natural Earth energies flowing and connected."
- "In Eilat, in a smaller area than the entire ocean, we continue to do our work, creating very powerful crystalline gridlines in one place rather than spread across the ocean. By doing this the water here is hyper-energized. It is super crystalized."
- "If you enter these waters you will feel the energy, almost like swimming with tiny bubbles all around you. This is a place of very powerful healing because of the concentration of the crystalline grid work we have done here."
- "We are grateful that the humans allow us to do our work and ask very little of us. On some level they know that the humans who come here and especially those who enter the water will experience a very powerful healing in these waters."
- "People come here because of us dolphins, but it is the water that heals them. It vibrates them to a much higher frequency than they are used to. Those who are open and ready will easily receive and let their own vibration raise to the crystalline frequency. Those who are attached to their ego, control and fear will be shaken. Some will be shaken loose and allow the energy in, others will stay in resistance. That is their choice. We have created a doorway to enlightenment and all have free will to enter a new way of being or not."

- "Here there is a true partnership between the humans who manage and work here. A partnership based on respect and honor. They allow us to live as we choose and in return we have created these powerful, energized waters. When people enter the water with us, we know they want to interact with us. We carefully choose who we interact with. We may ignore some and others we play and spend time with. We know who needs us the most and those who will be served best by observing us from afar. The most important thing for them all is for them to be immersed in these powerful healing waters."
- "This is a very advanced way for humans and dolphins to co-exist. The humans here have no need to control our movements and in return all humans who visit here benefit greatly from the deeply healing energy of the crystalline grid we have created."
- "Our goal is that there will be many more facilities like this around the world. Where humans and dolphins will work together in true partnership to raise the frequency of all humanity and the planet. Eventually there will be no need for fences or nets. There will be bays where dolphins create their crystalline gridwork and people will come to be with us and absorb the powerful healing energies there. There are a few places like this now, such as the Big Island of Hawaii where the Spinner dolphins come to a few bays every day to create their crystalline grid patterns. You can go there and swim to receive the energies there easily."
- "Letting go of control is the key to creating more locations like Eilat. You humans love control. Fear guides wanting to control everything around you. The more you let go, the more beauty and magic has the freedom to manifest. Let go and let's create magic together!"



b. Pantropical spotted dolphins

November 25, 2017

- "We are the heroes of the sea. We span the Earth in the tropical and subtropical regions. Individually, we in our pods, cover a large area too. We are like the energetic belt of the Earth."
- "We are constantly weaving our energy across the middle seas across the planet. We weave the energies from the North and South, East and West, merging them, blending them into a strong wide belt spanning the equatorial region. All currents in the ocean meet in the middle, where we work our magic."
- "This means the tropical region of the Earth is the most energetically strong of anywhere on Earth. This is why in the tropics, both on land and sea, there is the largest biodiversity in the world. The farther you go from the equator the number of species of plants and animals will be less and less."
- "Our job is crucial to the energetic balance and very survival of the planet. Keeping the Earth energetically balanced effects everything. For example, if our numbers decrease significantly, if there are not enough Pantropical spotted dolphins, then the Earth can and likely will fall off it's axis because of the magnetic pull of the sun."

- "By weaving the energies and currents from North, South, East and West in the oceans, we are weaving and balancing the minerals in the water. If these minerals are not kept in balance, the pull of the sun and moon will pull the Earth closer or farther from the sun, which could mean the planet's temperatures would be too hot or cold for life to exist."
- "The climate change you are facing now is happening because the pollution, toxins and military and shipping sounds have caused our numbers to drop too low to do our work as we should."
- "The good news is that with more and more awareness in your world about ocean conservation, our numbers are increasing to the level needed to sustain the Earth's balance."
- "We need your help to never get complacent about caring for the ocean. Do your part. Use less plastic, make sure no toxins like oil and pesticides end up in the ocean. Recycle, spread the word, do beach cleanups, sign petitions, support ocean friendly fishing and industries and vote with your dollar against companies harming the oceans. Together you and us can maintain the balance of our Mother Earth."



c. Spinner dolphins

- Nov. 27, 2010 ~ The Hawaiian Spinner dolphins are calling you and are waiting for you. Go to swim with them. They will surround you. They want to make you one of them. They have much to share with you and much to teach you. They want you to laugh and play with them. They want to work with and through you. When you are in Hawaii with them do not worry about what your future holds. Be in the moment with them and leave your daily life completely behind on the beach.
- Feb. 25, 2015 ~ The Spinner dolphins spin fast in a clockwise direction to release any and all attachments, dark energies or limiting beliefs until all that remains is pure light. Sit in the place of pure clean light. Then slowly spin counter clockwise to draw in and attract all good things such as Love, Joy, Peace, Abundance and Ease, all things that will serve you in your higher life purpose.

Received Dec. 1, 2018

- "We welcome you, when you enter the water and swim with us, you are literally entering a different dimension. You are going much deeper than leaving land to go into the water."
- "You are entering the dimension of Joy, Love and Unity/Community. You come from a world full of distractions, disconnectedness and full of fear. You leave all of that behind the moment you put your face in the water and see and hear us."
- "You are instantly immersed into a higher dimension where the fear, disconnection and distractions cannot exist. We welcome you as one of our own."
- "We honor you and your struggles. When you are in the water with us you are weightless. Not only does the water support you from the pull of gravity, the weight from all your stress, worries and fears is gone too."
- "It is no wonder you feel so happy and satisfied, you have a feeling of completeness when you return to land. You have been welcomed, honored, experienced a sense of belonging and have been truly seen, maybe for the first time in your life, after becoming part of our pod when you swim with us."
- "For us, we consider you as a long-lost cousin, family, that has finally found your way back to us. Back to Joy. Back to Connection. Back to Love."
- "Swimming with us is so much more than a fun thing to do. It is not a 'quick fix' remedy to alleviating your stress. When you are immersed in our energy it actually causes a physical change in your DNA. It opens and softens your heart, it brings more light into your soul and brightens your aura. You literally leave the water changed, a whole new person."

- "We awaken a deep sense of Joy within you. Life can feel completely different after even one swim with us."
- "When you come to swim with us, as you are taking off your outer clothes to enter the water, you are also removing the layers and walls of protection you have built around you. You are leaving behind all your fears, worries and stresses and returning to land a whole new being. You are vibrating at a higher frequency than you ever have before. A level where fear, stress and worry do not exist."
- "We invite you to come swim with us. Enter our world of Joy, Love and Connection. When you do, you are helping us to fulfill our purpose to raise the frequencies of the human race. As you leave the water and walk in your world, you are glowing with light, that will be shared with everyone you meet. You will help us to raise the vibration of those who may never come to swim with us."
- "Swimming with us will change your life forever. Whether it is your first time swimming with dolphins or you have been with us many times before. Each time you are with us, we take you deeper into living your life with Joy, Love and in Connection. Each time your frequencies are raised to a higher level. Each time the bliss you feel lasts longer and longer after your time with us. We look forward to immersing you into our energies and welcoming you to the pod. We are waiting for you."



d. Commerson's dolphins

- Oct. 15, 2010 ~ "We are masters of the Light. We know how to mask ourselves and travel in the dark energies, yet our true light, the white, always shines through. Our black allows us to hide and travel among the dark forces, but our true inner light touches the hearts and souls of the dark masters to help them shift into the light. We live far from most (in Argentina) s we can do our inner work for the good of the planet, virtually undisturbed. Our work is very important, deep and interdimensional. The dark forces think we work for and with them. They are so caught up in their darkness that they cannot see the light that shines in us. We need nothing from you, but are grateful for your acknowledgement and gratitude for our work."
- April 16, 2016 ~ "In these days people are choosing black or white, dark or light. For some reason they feel they need to be one or the other. These people are missing the point. Nothing is all black/dark or all white/light. We all have both dark and light inside us and it is your job to embrace both and blend them into a beautiful mix of compassion and understanding for both sides/positions."

- April 16, 2016 ~ "For every issue there are shades of gray, every one. When change is needed it is crucial to see all sides of the issue with an open heart and mind and to find the common ground between both ends of the spectrum. On this common ground is the only place where true and lasting change can happen."
- April 16, 2016 ~ "We challenge you to welcome and embrace your dark side. For in accepting your darkness is the only way to find true peace, healing and unconditional self-love. We dolphins can see your beautiful bright light and we can see your guilt, fears and shame. We love you for both your light and dark. By accepting, welcoming and embracing both your light and dark equally you will create within yourself the most amazing richness of all the colors of the rainbow, from black to white and every color in between."
 For in white exists every color and black is the absence of all color. "When you deny your inner darkness you are denying half of yourself. You are limiting yourself."
- April 16, 2016 ~ "The darkness is not wrong or bad, it simply is. A vital and integral part of life. For without darkness and light there is no opportunity for choice. Having and embracing both the dark and light within you is the definition of free will. When you celebrate and accept your darkness you can make fully informed decisions. When you deny the darkness your choices are made by rote, motivated by the fear of your darkness. Do not be afraid. Go forth from this day and celebrate and truly own all the colors that make you the incredibly beautiful soul you are."
- April 16, 2016 ~ "Let the dark and light dance a beautiful dance together. For one cannot exist without the other. They are soulmates who when they blend together create the most beautiful rainbow that can exist."

November 18, 2017

- "The world appears black and white, as we do, but look under the skin, the outer shell and we are all the same. Every single one of us."
- "You all accept the saying "Never judge a book by it's cover." But, every single one of you judges, consciously or unconsciously, others by your first impression, often at first sight."
- "Look inside and you will see that everyone has a heart, has their dreams and goals as well as their fears, pain and guilt. Some are acting from their fear or pain, but every single person wants the exact same things; to be happy, have all of their needs met easily and to be loved."
- "When you encounter someone who you find to be difficult or challenging, look past what you see on the exterior. Ignore their physical appearance, even ignore their challenging behavior to see their heart and address the person who wants to be heard, be respected and be loved. That is the place where conflicts or any size can be resolved."
- "We are black and white because we are the go between of dark and light. Both sides recognize us equally. Our purpose is to be the bridge between negative and positive, dark and light, wrong and right. The solution is always found somewhere in the middle, never on the extreme ends of the scale."
- "We represent solution energy. If you are struggling with a conflict or faced with a difficult person, ask us to assist you. We will weave a pattern of beautiful light in the infinity pattern with each of you inside opposite circles. We will weave a bridge in the middle where you both will find the perfect resolution to the problem."
- "Call on us and we will help you to see and understand both sides to a problem. This will enable you to find the best answer."

- "We know things have been tough in the world lately. We are here to help you. Our job is to bring you all back into harmony with each other."
- "By being black and white and embodying polar opposites, we embrace and honor both dark and light without emotion, without judgment. We live our lives very well with both opposites. We have mastered the energy of harmony and we would love nothing more than to help you humans achieve this mastery too. This will restore harmony back to planet Earth."

The Key to Harmony February 1, 2020

- "The key to harmony is honoring both the black and white, the dark and light. It is not a fight. There is no need to choose sides."
- "We all have darkness within us and we all have light within us. The trick is knowing how to live in harmony, acceptance and peace with both."
- "Your world is becoming more and more polarized every day. You judge and criticize those that represent the dark and embrace and follow, sometimes blindly, those that represent the light."
- "What is amazing to us, as outside observers, is how one who represents the dark (devil) to you, can represent the light (savior) to another. This only serves to cause even more separation, hatred and violence."
- "Do you not realize that both the dark and light are found in everyone? It is not a battle of the outer world as you think it is. It is not a battle at all. The answer lies completely within yourself."
- "If you can learn how to make friends with the dark parts of yourself that is when powerful healing can happen."
- "Do not be afraid to look deep within yourself, to the thoughts, fears and memories that you have been working so hard to avoid. You will

see how even the darkest part of you has served to make you who you are. It has served to make you a sum of the whole. It has served to complete you."

- "Even in darkness there is a reason and a great benefit for your highest good. When you make friends with the darkness, let it dance and blend with the light, that is when you achieve true harmony."
- "When you achieve true harmony within yourself, you will soon see that the world around you will begin to harmonize with you. If you set the tone, the outer world will come into resonance and follow your example of courage to embrace both your dark and light, to embrace the whole, to embrace the all that is."



e. Pink Amazon River dolphins

• Heartsong, an Amazon Pink River dolphin – She lived in the Amazon river near a tribe of indigenous people many years ago. One of the young boys of the village wanted to take his grandfather's cance 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 snuck the canoe out anyway. 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. 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. "There are many that will benefit from my story."

Swimming in murky waters. January 6, 2019

• "So many of you are swimming in murky waters. In your words, you are walking around blindly. Yes, you may have a spiritual

practice, but most of you are staying near the surface. You are still afraid to dive deeply into yourselves and face your deepest fears."

- "You say you want the transformation, to make the shift, but you are not willing to do the work necessary to make it happen. We know that it is not pleasant or comfortable to face your fears."
- "What you are forgetting is that the struggles you are dealing with right now are much more unpleasant and uncomfortable and long lasting than taking time (Which can be a few minutes at best or only a few days at the longest.) to dive deep in to face your fears. When you do they can disappear in a moment!"
- "Facing your fears does not mean you have to rehash your past traumas. It is simple, but you humans have become the world's experts at avoiding anything that is uncomfortable."
- "We river dolphins are almost blind, yet with our echolocation we see everything crystal clear. We see much better than we ever could if our eyes could see well. We see everything in our world around us, food, our podmates and dangers. We can also see inside the bodies of all life forms to see their physical and emotional states."
- "We also see with telepathy. We can see exactly what our podmates see when they focus their echolocation on us. Not only do we see the physical and emotional states of others, we also see our own bodies through the mind of another, so we can easily see our own fears and where they are held in our bodies and the harm they are doing to us."
- "Because we instantly see the physical harm that fear has on our bodies, we immediately take time to examine and process those fears to release them forever."
- "It is time for you to become transparent to yourself. You do not have echolocation, but you have some great tools, intention and meditation. Set the intention and state to the universe that you are ready to dive deep to face and release all fears. Then do daily meditations to examine those fears. It may be momentarily uncomfortable to embrace and allow the emotions to flow. They are a gift. The more emotion you feel, the more powerful and joy

you will feel on the other side. The more emotion that comes up, the more important it is for you to release that fear."

• "You talk about how much you want the world to change to a place of love and peace. This is the way. It all starts with you. You will never change others by wishing. You will affect the world in a huge way by diving deep and releasing all your own fears. That is the only way the shift you are dreaming of will happen. Are you ready to dive deep and Be the Change you so desperately want?"



f. Irrawaddy dolphins

 August 26, 2012 ~ "We are very silly. We love to play and push each other around. We love to rough house play. But, we are very sensitive and shy around humans. We go to quiet bays where no one thinks to look for us and we play and play. Like Dolphin parties. Think like a Roman orgy. (I was surprised at this image, but it is what they told me.)

It is like we have two personalities, wild and crazy, and shy and quiet. We do not want to draw human attention to ourselves. We like our lives on our own. We appreciate the love and support. We would rather connect with you on a spiritual level than physical.

There are a few of us who are friendly and outgoing with humans, but most of us prefer to avoid humans.

We are the brains of the sea. We do a lot of deep thinking. We play hard to counterbalance the amount of time we spend in deep thought. The play sessions help us to think clearly. This is something your scientists, CEOs, executives, etc. need to do more of, play. If they played as hard as they thought/worked they would be a lot more productive when they concentrated. We think about ways to heal the planet. Both physically and ways to re-create harmony among all life on Mother Earth. Once we come up with an idea or create a new way or plan. It is then available for others, including humans, to tap into. Just like you are doing now. It is not important to us who gets the credit for the idea, only that the idea is shared and acted upon. It is like we are chefs coming up with new recipes and humans are at our buffet table and take a new idea off the table to try out.

We appreciate all the love and healing energy you send to us and the area we live. We feel it. The world is healing and awakening, even if it does not feel like it to you. You are making a difference.

We choose to live in a very unpopulated area of the world, to have the peace and quiet to do our work. It would be hard to do our work in areas of high human density.

There are some of us who choose to seek out these areas to bring our ideas physically closer to make it easier for the humans to pick up the ideas we come up with.

If there was only one message to send to the humans, it is to Play more and then all aspects of your life will improve and flow better. Play to play. Nothing more. Not with a goal in mind. For example, ride a bike to enjoy the ride, not to win a race or to where you end up. Immerse yourself and lose yourself in play completely. It is the best advice we could ever give you".



g. Rough-toothed dolphins/ a.k.a. Starburst dolphins

In April 2016, we had the first recorded mass stranding of dolphins here in Panama. 50-60 Rough-toothed dolphins were found on a remote beach on Wednesday morning. The Ministry of the Environment called me to assist them. We immediately took off for the location with my van full of 2 government officials, 7 University of Panama veterinary students and all the equipment we had for the 6 hour drive to the stranding site.

By the time we arrived, all of the live dolphins had been successfully taken to the water and had swum off back to the sea. Yahoo! Unfortunately, 10 dolphins had died during the stranding, including 1 large male who was clearly in a much more advanced state of decomposition than the others and 1 very young baby who still had fetal fold marks, making it less than 1 week old. ©

None of the animals who died had any obvious outward or visible signs of disease during the necropsies performed by the vets. The only interesting finding was none of them had any food in their stomachs, except for a few squid beaks. However, dolphins process food rapidly and this only shows that they had not eaten in the last 24-48 hours. None of the animals appeared emaciated.

My personal theory is that the one large male died first and as he was dying he came to shore as he may have been having trouble swimming and the rest of the pod refused to leave him and because Rough-toothed dolphins are a deep water species and rarely if ever come close to shore, they were caught off-guard by the waves and the large 18 ft. (5.4m) tide difference we have on the Pacific shores of Panama.

As I was driving up to the stranding site I did some major energy work. I saw myself as an energetic human body that was quite large and I made a large circle with my arms and had all the live dolphins cuddled in my arms and from my fingers were energetic strands that went to each individual dolphin to help it relax, rejuvenate, calm down, relieve the stress and fear the dolphins were feeling. I felt a lot of fear at first but then I felt them calm down and then swim out to sea. I found out later that right when I was doing the visualization is the exact time the dolphins were back in the water and then all swam out of the bay and into the deep water they prefer. The vision of me holding them all came completely spontaneously, through no input of mine.

So obviously, with this experience fresh on my mind I tuned in to connect with the Rough-toothed dolphins who survived and below is what they shared with me:

- "We have been waiting a long time to connect with you. Thank you, Thank you, Thank you for helping us. you are exactly what we needed. We are healthy and fine thanks to you. We miss our podmates and you were right, we are all healthy, we were following the male elder dolphin who was dying of old age mainly. Many of us have known him since birth. We simply followed him when he went close to the shore to die. We were all completely focused on him and forgot about our own personal safety until it was too late."
- "Our stranding was also a gift to you and the people of Panama. A gift of awareness and the need to take care of life in the oceans and the ocean itself. To you, our gift is an opening for you to be recognized for your knowledge and respect of us. This event will open many doors for you to speak and share your knowledge with important people of Panama. More important than your words will be your respectful way of being and lack of ego. Your example will show them a new way of thinking, thinking like we do, for the good of the pod, for the unity of the community."

- "We Rough-tooths (not a great name for us) are much more of a pod unit than other species. We rarely break up into subgroups like other types of dolphins. Our pods always stay together in large, extended family and friends groups. We may mix with other pods, especially for mating, but almost never divide the pod unit. That is why we refused to leave our dying elder. It also explains why we had no food in our tummies. We spent several days focused on him, ignoring all food sources nearby."
- "We represent Connection. We are so closely connected that if you look with your mind's eye you will see an energetic line connecting each member of the pod with all the others. Just like you draw a line connecting the individual stars in a constellation in a picture of the night sky. As we move together as a pod, the lines shift, much like a kaleidoscope, into a constantly shifting mandala of our bodies and energy connection lines"

(I would love to see an artist's rendition of a mandala of the Rough-toothed dolphins and their energetic connection lines. Any artists out there want to give it a try??)

- "When you used your light body to hold us and calm us down, remember you saw white light flowing from your fingers connecting to each of us. The stranding and time on the beach broke our natural pod connections. That is why we were panicked and having trouble staying upright. We did not know how to be or swim without being connected to each other through our energy lines. We are born connected so we have never experienced disconnection before. When you sent your energy and connected to each of us, you reconnected and reactivated our natural inter-pod connections. That is why we calmed down and were able to head out to sea again. You saved us. The locals helped by getting us back in the water, but without your energy reconnection we would have re-stranded until we all died."
- "The stranding was also important to break our connection to those who died too."

- "This was a big lesson for us about humans. You humans live mostly disconnected from each other, even within your own families. We were shocked to learn this about you. It was extremely painful to us to feel your level of disconnection. It explains a lot to us about how it is so easy for you to damage the planet and fight among yourselves. We suggest that you envision a white light energetic line extending from you to all those around you. Especially to those who you have problems with. By connecting your energy with them it will help you to understand them and see the world from their eyes and open up a space for healing and easy resolution of conflicts."
- "Sharing energy with a friend or loved one. Sit together facing each other but not touching. Both of you imagine extending a white line of energy from your solar plexus to them. Your energy will meet in the middle like a beautiful glowing starburst. (Much like the love making scene in the movie, Cocoon."
- "We call ourselves the Starburst dolphins, and not Rough-toothed dolphins. We are much more than just dolphins with ridges on our teeth."

February 11, 2018

- "Give yourself freedom to dive deep into your emotions to find Joy."
- "We are the Rough-tooth dolphins. We dive deep to find our food, squid. We are not afraid of the depths, even though it is dark and there are dangers down there, the reward is great. The juiciest squid are there."
- "We could stay on the surface and wait for the squid to come to us. They rise towards the surface at night. Sometimes we wait for them to come to us, especially when we are tired or weak for any reason. But, we are not afraid of the depths. In fact, we enjoy the sense of risk and the feeling of a job well done."

- "Diving deep has great rewards and a sense of accomplishment. When you dive deep into the emotions you have kept buried for so long, it will be uncomfortable at first. Keep going. These feelings are only temporary. Very soon the emotions will play themselves out and what is left is pure Joy."
- "When you feel emotions such as sadness, fear or anger rising up inside of you, go to a safe place, where you can allow these emotions to surface, dive deep within them and let them flow. Cry, kick, scream, punch a pillow, whatever you need to do to release and express the emotions. Then, sooner than you expect, those emotions will just disappear. You will feel lighter, happier, pure Joy."
- "We understand that diving deep within these "negative" emotions is not fun. But, what you gain is huge. When you keep these emotions bottled up inside you, that is when disease, failure, selfsabotage and even death can happen. By releasing these pent up emotions you will be healthier, live a longer, happier life feeling pure Joy!"
- "What is a few moments of discomfort compared to a lifetime of happiness?"



h. Maui's Dolphin

December 3, 2017

- "Welcome to our world. We love to zip, zip, zip around. We love to swim as fast as we can. We often have friendly competitions to see who can grab a fish first."
- "Unfortunately, this is why we can get caught in the fishermen's nets. We get so involved in our games that we do not see the nets until it is too late."
- "To our echolocation, the nets appear as murky water or seaweed when we are concentrating on the fish we want to catch and swimming fast. If we are not hunting or playing we can easily avoid the nets."

- "If the nets had wires inside or with the strings of the net, then we would be able to immediately see and identify the nets as a threat and easily avoid them."
- "We are known as the children of the sea, because play is our purpose in life. We are experts at living completely in the moment. It is not possible for us to Be any other way. We have learned that there is absolutely no value in worrying about the future or regretting the past. The best way to learn to live in the present moment is through play and laughter."
- "During our rest periods we are deeply present for each other. We spend our quiet time caressing and snuggling up with each other. Just like a small child loves to cuddle up with their loved ones when they are sleepy."
- "Touching is a beautiful form of communication. Most humans have forgotten this and are afraid to touch others, even family members. Many relationships, of all kinds, can be dramatically improved by sharing a casual touch of love and understanding."
- "Many of you think that play and laughter are not important, but they are the most important things you can do for yourself. Spending time playing and laughing relaxes you, relieves stress, clears your mind of fears and worries and gives you a strong sense of confidence and well being. This can be scientifically proven through the hormones released when you play and laugh. So, what can you do, right now to play and laugh today?

Every Challenge is an Opportunity. Received January 10, 2019

• "Every challenge is an opportunity. We are the Maui's dolphins and we face many challenges every day of our lives, yet we choose to stay living in joy no matter what we face, even extinction."

- "We face invisible fishing nets, boat traffic and a lack of respect and protection by the New Zealand government, and we are not sad or angry. We always look at the bigger picture. We are joyful. We choose to focus on what is the good that can come out of this."
- "Of course, we prefer to live free in a clean ocean with no pollution, fishing nets and boat motors all around. We would rather not be facing extinction as we are. But, we do not waste energy thinking about that which we cannot change. We focus only on that which we can do something about, living to the best of our abilities and staying focused on living our life purpose."
- "Our purpose is to be silly and bring joy to all those we meet, including humans. We love to play. All the time. We play with everyone we meet, fish, turtles, whales, even sharks, although they are awfully serious all the time."
- "We are the happiest dolphins alive. Some call us the Mickey Mouse dolphins for the round, mouse ear shape of our dorsal fins and that Disneyland is the happiest place on Earth.
- "It is ironic that our joy and play is what is causing us to be caught in nets and even hit by boats. When we are focused on play, we are in such a state of joy, fear and danger do not exist for us, sometimes until it is too late."
- "Do not be sad for us, even though being in joy may seem like a fatal flaw to you. It is not us who are responsible for our being critically endangered. We would rather live our purpose and die in joy than live in fear."
- "What is really threatening our species is the level of fear and scarcity thinking among the humans. When fishermen are afraid to try a new way to make a living, or even a new, more sustainable way of fishing. When politicians and government agencies are afraid of being voted our, losing control and

losing their jobs, they are paralyzed by their fears and nothing is ever resolved. All they need to do is step out of fear, look at the big picture and choose the most joyful action and everyone will benefit."

- "How can you help us? Choose Joy! No matter what. Joy is a choice. You always have a choice. We know how used to living in fear and anxiety you humans are. What you may not realize is that fear is a choice. It is as simple as deciding No More Fear! We know for some of you that feels impossible in your situations. Stop. Take a moment to step out of yourself. Imagine stepping out of your body and let your soul float high above your human life. See your life like a game board. (like the old board game Life.) From this perspective you can easily see when you chose fear or joy and the consequences that resulted. You can also see what would have happened if you had made the opposite choice. You can also see your future if you choose fear and if you choose joy. Which do you prefer? When you feel caught in fear, do this exercise. Play your game of life and remember to choose joy."
- "By always choozing joy like we do, you will counterbalance those who are choosing fear. The more of you who choose joy, the more you will tip the worl'd scales in favor of joy, making it easier for more and more people to choose joy."
- "Do not be sad if we go extinct. Be joyful for our presence at all on your planet. If you continue to stay in joy and this joy spreads, do not be surprised when you hear about a discovery of a previously unknown population of Maui's dolphins! We give you our promise that if you commit to choosing joy, no matter what you are dealing with and spreading joy, we will come back and our species will once again swim and flourish in the ocean. It is up to you. Play and joy will bring us back, will bring Earth back to heaven."



i. Vaquitas

 July 1, 2012 ~ "Our work here is done. There have never been many of us. We prefer to go unnoticed."

We lay the ground work, do the behind the scenes work.

Do not be sad to see us go. Just as you are reaching for enlightenment so are we.

We work with music-the music of Mother Earth and the Ocean. We keep the music flowing and transmit it to the air for humans to pick up and be inspired by. There is always a song in the ocean. It is one reason humans feel such peace at the ocean, looking at it or hearing sounds of the ocean. Most cannot perceive the song itself but all benefit from its effects. Many can even feel it by looking at a picture or painting of the ocean. This music is a dance with sound and light.

Do not fear that the song/music will be lost if we go. There is now a critical mass of humans who are sufficiently connected to the

ocean, who also hold this music in their soul. Some are aware of this, others are not. Most who feel a deep connection with the Sea carry the ocean's music with them where ever they go and spread it to whoever they meet. It simply exudes from them. There is nothing they have to do consciously. These people will continue our work for us. We are in deep gratitude to all of these people. They have heard ours and the ocean's call. These people have given us the huge gift of freedom to enlighten and live our lives in the next dimension. Where we will continue to do our work through each of you who carries our music inside you.

Some of us may choose to stay on Earth, but most of us are ready to ascend. We are fine with you using our dwindling number's and passing to educate and spread awareness of the need to protect and preserve the world's oceans, for if the oceans die, the planet will die. But, there is no need for you to feel sad for us, as we are happy and excited about completing our work and for passing the song of the ocean into the capable hands of all of you who carry the music of the ocean with you at all times. We will continue our work from the next dimension through those of you connected to the sea and its music. Thank you all for this incredible gift of freedom you have given us."



j. Risso's Dolphins

- "We don't seek out humans like many other dolphins. We don't mind people, but we rarely go out of our way to spend time with them. We are too busy."
- "We are guiding light dolphins. We lead the way to self-realization. That is why you are rarely see us interacting with people, because we find everything we need and desire within ourselves."
- "We are born dark gray and our bodies turn white as we self-actualize as we mature. Scientists say that we are white from scars because we play rough with each other and use our teeth in our play. But, we actually have few teeth, (Risso's only have 7 pairs of teeth in their lower jaw.) even though we do play hard with each other."
- "The more we learn about ourselves and the more we learn to depend on ourselves and that we can find deep Joy, Love and Peace within and we never have to seek for anything outside ourselves, the more we enlighten, both within our souls and our outer body reflects this as it turns whiter and whiter."
- "We invite you to do as we do, dive deep within yourself and you will be surprised to learn that everything you have been searching for has been right there inside you your entire life."

- "You humans are always seeking fulfillment outside yourself. You expect other people and things to give you joy, love and peace. And you are often disappointed. You have the fulfillment you desire within yourself right now."
- "Dive deep within yourself and find everything you want easily. Then you too will enlighten from within. Others will notice the deep sense of Joy, Love and peace you have discovered within and you, too, will become a guiding light. You will lead the way for others to find everything they need and want right there inside themselves too."



k. Black Guru dolphins

In January 2007 a new species of dolphins revealed themselves to me!

- "We are the Black Guru dolphins. We live far from land, in the center of the Pacific Ocean. We are shaped like a Bottlenose dolphin but much larger, closer in size to the Pilot whales. We are solid black in color. We are called the Guru dolphins, because we are in direct and clear connection to God/Spirit/Universal Consciousness. All other species of cetaceans come to us when they are in need of Spiritual guidance. We are like the gurus or high priests of the Sea."
- "We are in control of when human scientists will discover us. We can easily shift dimensions so that any ships passing nearby will not see us unless we want them to."

The following communications came as a response to my deciding to create and organize the first ever Cetacean Summit, a weeklong event to celebrate the spiritual connection between humans and dolphins. <u>www.CetaceanSummit.com</u>

- Feb. 12, 2013 ~ "It is time! It is time! For a gathering such as this. It is only right that you be the catalyst, organizer."
- "Just as we heal and teach the whales and dolphins who come to us, you all (presenters at the Cetacean Summit) will heal and teach the people who come to participate. They will be wide open and ready to receive. We will help choose those who come."
- "This will be like the Olympics of Dolphin and Whale retreats. It will be a gathering of the best of the best, and the energy will be the highest of the high."
- "Thank you for sharing our message and bridging the gap between us and those humans ready to receive our high energies."
- "We of course, will be there too, guiding you every step of the way."
- "We prefer to have this event in Hawaii where people will not be distracted by the hectic energies of California and where you will be physically closer to us."
- "February is best, to be with our whale brothers and sisters and it is a good time for people to get away."
- "This gathering will be like a nuclear explosion in a very good way. It will have far reaching effects all around the planet."
- "It should be during the full moon. A night time water/beach ceremony will be very powerful."

The following communications came through before the 2nd Cetacean Summit in September 2015.

- "Because of the work we will all do together at the Cetacean Summit and opening the door to the Beginning of the Age of Love (see Mother Blue whale communication about the Age of Love), it will now be safe for us to reveal ourselves to all of humanity. You will have paved the way for others to see us in the physical for the first time. By seeing us, it will confirm and validate all the healing you have done within yourselves, in your human relationships and for all of nature, the oceans, rivers and lakes and for Mother Earth herself.
- "We will be offshore when you gather in California and some of you will see us with your eyes. Some of the presenters have already seen glimpses of us, so trust your eyes and believe, because we exist and we believe in you."
- "Soon after the California gathering you will see some reports of our existence from scientists who we will allow to observe and document our existence. We are already holding the space for you all to step into your soul's purpose in partnership with the cetaceans with ease and grace and for us it is already done."
 (Note: I have not yet heard of the Black Guru dolphins having been scientifically documented, if you ever see a report of them in the news, please let me know.)
- "We love you all and are so proud of you for following your heart to develop your relationship with the dolphins and whales. We are honored to have you as partners and members or our Soul pod family."

I. Atlantic Spotted Dolphins

May 5, 2019

- "Our spots are badges of honor. We earn them as we learn. Wear your age with honor. Be proud of all you have gained with experience."
- "Each and every spot on our bodies is hard earned. We earn them with each new life lesson learned, breakthrough thought and ah ha moment."
- "This encourages us to continue learning our entire lives. We see how many humans stop learning early on in life. You just get by, seemingly idling through life until it is over."
- "Why not turn your life into a joyous journey of discovery? You are given an entire lifetime which can be spent embracing the pursuit of wisdom."
- "When you change your view from the fear of aging into feeling proud of each new awareness, life will get easier as it progresses not harder as most of you feel."
- "Sometimes the learning is a challenge, but the wisdom and awareness you gain is a great reward. When you embrace the journey instead of resist it, the challenges will become much easier to surmount."
- "With each new lesson, comes a new spot. As we age and learn our bodies become covered in spots. Wear your spots (gray hair, wrinkles) with pride for they show the world that you are someone who has experienced and learned much in your life."
- "Connect the dots of your life and you will be amazed at the wisdom inside of you right now that is waiting to be discovered."
- "You have experienced so much in your life and much of it you try to forget or ignore. You are literally an encyclopedia of lessons waiting

inside you. Take the time to realize the incredible wealth of wisdom you are holding within you right now."



3. Porpoises

a. Burmeister's porpoise

December 16, 2017 Living without an ego.

- "Very little is known about us and we like it that way. When there is nobody (humans) around to appreciate us, our ego cannot be triggered. In fact, we are ego-less."
- "You humans developed egos as a survival mechanism. Giving you attitude and confidence in a dangerous world filled with predators. But, now that you are no longer hunters and gatherers, the ego is not as important. It can be helpful at times to give you confidence, for example in meeting new people, job interviews and competitions. As you well know, the ego can easily get out of control."

- "We have no need for an ego in our world. Living without an ego gives us a calm sense of knowing who we are, with no need to prove it to anyone. Where we live there are no humans to show off for."
- "In our transparent world (with our echolocation system) we know our podmates, literally, inside and out. Why would we need an ego? In your world, your egos still serve a purpose, to give you confidence in intimidating situations. Although, they can easily take over and get you in trouble."
- "The more you embrace transparency among each other, the less need you will have for your egos. Like any unused muscle, the more transparent you are, the less you use the ego and the weaker it will become. You will become more reliant on your true self and abilities and not on a false sense of confidence."
- "You cannot force others to be more transparent, but you can begin with yourself. The more transparent you become, others will take notice and you will become a role model for them to open to being transparent too."
- "Like exercising, start small, being transparent with easy things and soon it will get easier and easier. Before you know it, you will be totally comfortable to show the world exactly who you truly are. Then, you too, will be ego-less, like us. You will be amazed at how easy and peaceful your life will be, living without an ego. We look forward to welcoming you to our world."



b. Harbor porpoise

February 3, 2018

- "We are unobtrusive. We often go unnoticed, even when we are very close by. We like it that way. It gives us the space to do our work. Even our dark color helps us to not be seen."
- "We are sea weavers. We zip around and reweave the discordant energies of the sea. The threads of energy, especially near big cities and dense human populations that are often broken and drifting loose. This causes a disruption in the energetic flow of the ocean wheich negatively affects all marine life."
- "In a healthy ecosystem there are chords of energy criss-crossing the entire system holding it together, in balance. This blanket of energy is vital to the health of the entire system. When these energetic chords

of life energy are broken everything in the system is depleted by a reduction in available energy."

- "When there are humans present in large numbers, things like ship traffic and noise, radio and cell phone signals, pollution, even cement and asphalt can all disrupt and break apart the natural and necessary threads of energy that feeds all life in that ecosystem."
- "Our job is to reweave the broken fibers of energy back together in the sea. We are often found close to land and near areas of high human habitation, even though you will rarely see us. With the state of discordance in the sea near these areas we have much work to do to keep the fabric of the sea healthy and alive. Without the healthy flow of energy in the sea, all life within it would cease to exist."
- "Many of you wonder why so many people are acting out of fear, anger or greed. You think it is a mental or emotional problem. It is actually a physical, energetic imbalance, that is present in all highly populated areas. People often react to this imbalance in fear, because they are not receiving enough of the Earth's energetic life force that all life requires. When someone is not receiving enough life force it is understandable that they react with fear, which can result as anger and the need to hoard through greed manifests."
- "What can you do to help reweave the energetic fabric of life? On land, it is the birds who weave the energy chords back together. You can encourage birds to return to the cities by planting trees, creating green areas, planting bushes and flowers that provide food and shelter. You can reduce your use of chemicals and pollutants and plastics, which often end up in the sea."
- "There is hope. As long as there are birds in the sky and Harbor porpoises in the sea, we will continue our work of keeping the chords of energy connected. If you see us, do not be disappointed if we ignore you, for we are very busy keeping the fabric of life force flowing for the good of all life on the planet."



4. Whales

- "Dolphins are the doorway in to our world. They are more relatable to humans. We are hard to understand for most. Not only for our size but we go very deep – physically, mentally and spiritually." July 31, 2012
- I saw a big whale eye. "You already have all the wisdom and knowledge you need to achieve your goals. What are you waiting for? Sure you can and will receive gentle guidance but the major knowledge you already have. Stop using the excuse that you need more knowledge. You don't." Nov. 17, 2015

On Abundance

Nov. 19, 2016

• "It is time to step out of the fear and claim your natural right to Abundance."

- "There is enough of all resources on the planet right now for everyone to have all of their basic needs met and so much more. This includes food, water, energy, clothing and money."
- "There is only one thing that stops you from achieving your goals and having more than enough. That one thing is mindset. Shift your mindset from unworthy, undeserving, not enough, not good enough to "YES!! I can easily have it all and I commit to stepping out and to do everything I need to do to make it happen. You and only you are in control of your financial abundance. It is a simple choice - struggle or ease, poverty or abundance, no matter what your outward circumstances appear to be. What do you choose?"
- "Choosing abundance means walking through your fears, limiting beliefs and emotional blocks. It means doing the work to make it happen. If you commit, stay on track and do the work the doors to abundance will fly open."
- "Don't let yourself get complacent or fall back into old habits. Keep putting yourself out there, moving forward, even if it is not comfortable. Keep focused and working towards your goal until it is easy, comfortable and your new way of being."
- "Find partners to hold you accountable. Build yourself a support team. You humans think you can do it all alone. It is much harder that way. Use pod mentality - when you have many, aka, a pod or team working together for the same goal then the work is easier, more fun and the rewards are much bigger for you all."
- "So what are you waiting for? Make the decision to choose Abundance NOW! Why not? Would you prefer to live in struggle or ease? Here are your action steps:

Decide to live in the flow of Abundance.
 Ignore the fear, beliefs and blocks, move forward in spite of them.

- 3. Create a pod to play together with on this journey.
- 4. Take action steps toward your goal.
- 5. Open up to receive your rewards.
- 6. Enjoy!

Gratitude

- "Gratitude is the highest possible state of Being on Earth. For in the presence of Gratitude; fear, anger and sadness cannot exist."
- "Love is a high state as well, but for you humans, you have not yet mastered being in the state of pure unconditional love."
- "There is only one state of Being that is higher than Gratitude. That is Divine Love or God's Love, which is not possible to know within the physical limitations on Earth."
- "In the state of Gratitude you enter a calm, peaceful state of Grace. In this state your highest potential is not only possible, but highly probable."
- "You are simply an empty vessel with no expectations or requirements. You are grateful for everything that currently exists for you at this moment."
- "Being in a state of Gratitude is neither a giving or receiving state. It is a state of Being, nothing else."
- "In this state all walls or blocks cease to exist. All your highest goals and desires are naturally drawn to enter your reality. This is the space of living up to and fully embracing your highest potential. Start practicing Being in Gratitude every day."
- From Anne: Start with something small, such as I am grateful for the food on my table, and then get bigger like being grateful for your friends, family, abundance, etc. Get in the practice of expressing gratitude every day until it becomes habit. You will even get to the point of being grateful for seemingly 'negative' things in your life, for the lessons and opportunities they present. Soon you will begin to notice the amazing new opportunities and gifts flowing into your life. Have fun with it! Feel free to share with me how expressing gratitude is changing your life.

Taking Action

Received Oct. 23, 2017

- "What are you waiting for? Do you think we whales lay around waiting for food to come to us? No, we take action, sometimes even migrating thousands of miles from our birthing/breeding grounds to where we can find plenty of food."
- "We enjoy the journey. We never whine or complain that we must swim up to two months for our next meal. We savor the experience, enjoying the changing terrain, sea life and water temperature. It is a grand adventure."
- "You humans are the kings and queens of procrastination and entitlement. You sit around waiting for abundance to fall into your lap. Why do you expect everything you desire to come to you with zero effort on your part?"
- "Taking action can be as simple as doing affirmations or daily meditation. You know exactly what to do. You intend to do it. You let yourself get distracted and one more day, week, month or even years go by with little action taken. Then you wonder why you never achieve your goals."
- "Focus on the consequences of not taking action now. What are they? Not having enough money, not enough time for your loved ones, not fulfilling your life's purpose, not living your passion. How are you (and your family) suffering because you have not taken action?"
- "We know this is uncomfortable for you. Consider this, imagine having to swim or walk for 6,000 miles for your next meal or paycheck. The only way to get food or money so by walking for two months! Does that put it into perspective for you? We whales joyfully embark on our migrations and you humans procrastinate in taking even very small steps to achieve your goals. Why is that?"
- "You have fallen into a pattern of seeking comfort over achieving your goals, even though by achieving your goals you will be ultimately much more comfortable. Seeking comfort in the form of food, tv, etc.

Procrastination is only prolonging your suffering by not reaching your goals. You are not looking at the big picture, only the immediate gratification of the distraction from your goal. Think about how amazingly good you will feel when you achieve your goals!"

• "It is time to take action NOW! Even small, baby steps are forward movement. Action steps can be doing affirmations, meditations, going for a walk to clear your head and get your energy flowing, making calls, scheduling appointments, writing out a plan or creating a vision board. Anything that inspires you to keep moving forward. You humans have it easy. It could be much more of a challenge, you could have to swim 6,000 miles like us whales!"

Welcome to your Future (January 9. 2018)

- "Welcome to your Future! This is a very exciting time to be on Earth. Everything is changing and those of you on a spiritual path are at the cutting edge, the first wave of transformation."
- "For those of you who have been doing your homework, deep inner growth, the changes you have been seeking and envisioning are now here. Life will e much easier for you from now on. For those who were afraid or unwilling to look within themselves and grow, life will be much more of a challenge. For those who have been coasting through life and do not embrace change, life is going to get very real."
- "The best advice we can give you right now is to trust yourself, your insights and believe fully in yourself. The more you trust and believe in yourself, the more enjoyable and easy your life will be."
- "It is time to step up to your highest vision of yourself. Now is the time that you can easily manifest all of your goals, you can easily make all of your dreams come true."
- "Go out in the world and spread your magic, your gifts far and wide. The world is now ready and waiting for you. The only possible way for you not to succeed is if you do not believe in or trust yourself. You are the only possible block to achieving all the success you have ever dreamed of. We whales believe in you. We trust you to go out and

spread your message to the world in a respectful, loving and beautiful way."

• "With this new shift in the world, that you helped bring about, a shift an opening to magic, to respect, to love, to peace, is now here. With this new energy in the world, your purpose is to live up to your highest possible potential to not only share your gifts, but to lead and inspire those who are still clinging to fear. You are the first wave of people to show the new way, ruled by love, to all those who have been in resistance. You are the future we have all been dreaming of, and we are your support team."

Grandfather Whale Received Oct. 28, 2018

I saw a large, clear eye. The eye was young and vibrant, while the whale body that moved in slowly above me was old. This was Grandfather Whale Spirit. All whales look up to him. It was the feeling of respect when you are in the presence of royalty.

- "I've been watching you."
- "I am Grandfather of all whales. I have come to share with you today. It is time for you to fully step into yourself. Into your full power. You have been using distractions to avoid realizing your destiny. The time is now. The world needs you desperately."
- "You and most of humanity have been numbing yourselves with distractions. It is a coping mechanism to avoid feeling and thinking about all the negativity in the world. Being distracted helps to not feel anger, frustration, sadness and hopelessness."
- "But, it also prevents your brilliance from shining through. You have powerful gifts to share with the world that cannot be fully realized if you are walking around unaware and consumed by technology."
- "I am asking you to put down your cell phones, computers, turn off the TV, even the radio and dive deep into exploring the incredible wonders of your soul. What you know about yourself today is just the tip of the iceberg. It is time for your to grow from a sapling into a resplendent, mature tree, spreading your love and light in all directions."

- "The world needs you now. The more distracted the world is, the worse shape it is in. I know you hold a beautiful vision for how you want the world to be. Well, you have the answer within you. I have given you the key to unlock the answer to truly shifting the world into a place filled with Love, Peace, Respect and Joy."
- "Spend quality time with yourself. There is nothing to be afraid of. Meditate. Go for quiet walks in nature. Write. Create Art. Make music. Even cooking can be deeply healing."
- "The more time you spend doing these kinds of activities, the more of yourself will be revealed to you. You will start to see how incredibly amazing you truly are. You will feel a deep sense of peace and inner joy, as well as a strong sense of self and confidence. You will discover the gifts you are meant to share with the world and ways to do so."
- "I love you. I believe in you. It is time for you to see yourself as I do. Time to put down all the distractions and step up into your full potential. This is self-actualization. The most effective way to heal the world is by taking these steps into realizing your highest self. The time is now. Right now."

To look into the eye of a whale February 8, 2020

- "When you look into the eye of a whale you see the depths of our soul and the wealth of wisdom we hold in our bodies."
- "We have no shields or barriers up as you humans do. We have nothing to hide from you or anyone. We learned long ago that the only way to live in joy is to let go of all our fears and walls."
- "We love to gaze deep into each other's eyes. It is the deepest form of physical connection and intimacy possible. Most of you humans are so afraid and nervous when someone has extended eye contact with you. Why is that? What are you afraid of?"
- "What you don't realize is that by avoiding deep eye contact with another person you are preventing the deep connection you so long for from happening."

- "Even more amazing to us is that you avoid deep eye contact with yourself. When was the last time you looked deep into your own eyes? Maybe never. By gazing deep into your own eyes it will bring much clarity and answers to many of the problems you face in your life."
- "Gazing into your own eyes is something we cannot do as there are no mirrors in the sea. To make this more fun for you, ask for one of us whales, or your dolphin or whale spirit guide, to look through your eyes as you look back at yourself in the mirror. It will be a powerful experience for you and us." (Anne's note: I tried this and it was great fun to see the whale presence looking back at me through my eyes. There was a distinct difference in my eyes when the whale was present and when it was only me. Very fun. I highly recommend trying this.)
- "We love gazing deep into your eyes because with us you let down your walls. You open your heart and let us in. Many of you report that your life changed forever when you made eye contact with a whale or dolphin."
- "Being face to face with a whale or dolphin is a powerful experience, yet you don't have to travel to see us in the flesh to do have this experience. You can do this in your meditations, dreams and in the mirror."
- "Once you have practiced eye gazing with us, try gazing deep into your own eyes and even more importantly looking deep into the eyes of those you love. We cannot suggest a more powerful way to express your love, deepen your connection and break down walls with the people most important to you."



Orca whale known as Ruffles or J1 of J pod in the Puget Sound.

a. Orca

The following messages are from my dear Orca friend, Ruffles, who I grew up seeing as a child boating with my family and now as a very special spirit guide and helper.

March 10, 2011 ~ In answer to the question "How do we wake up the world?" Orca Ruffles came in to answer: "Just keep sharing your Love with an open heart. You must live your life as an example. Others will take notice and emulate it. They will ask what your secret is. You can't force anything on anybody. If there is a difference of opinion, open up a dialogue that is calm and loving without emotions or anger. Embrace and honor them for their heart and opinions. Do not look for them to change. Drop that from your agenda. Just live your life in Love and Integrity with a deep calmness and it will touch their hearts which will allow the door of change to open and other ways of thinking to walk in, in a way where they will think it is their own idea and hold their heads high."

- April 8, 2011 ~ "We Orcas are severe and regal but we are also masters of play. Be a kid again, laugh, run through a field of flowers, play silly games. Laugh until your stomach hurts."
- June 25, 2011 ~ "Be strong like the Orcas. Channel your inner Orca. We are strong, powerful and never abuse our power. It is a calm, quiet sense of strength and power. When you are feeling weak or fearful as a human - channel your inner Orca for strength."
- Sept. 16, 2012 ~ "I love it here (heaven) [Ruffles was assumed dead in early 2011 when he had not been seen with his pod for several months] as light and I can reach so many from here. My body was getting so heavy and slow. I am so much lighter and free now. I had so much fun while alive and loved bringing Joy to humans. I still do through pictures and video, but I can assist and touch so many lives from here as a Light Orca.

Here are some messages from Granny, the oldest member of J pod, the matriarch of the pod and the oldest known living wild orca, reported to have been born in ????

- "Don't worry about if I am in the physical or not. You have always been able to connect with me and you will always be able to connect with me. It does not matter where I am, in the body or in spirit."
- Sept. 16, 2012 ~ "Relax, Relax! You humans need to learn to relax. Stop being so busy. You are always doing something. You need to learn to just Be. Even when you try to relax or sleep you fidget so much. Try to schedule at least one hour per day to just BE! Do nothing, simply Be and follow your heart/intuition and see where it takes you."
- "Slow down to speed up. You will not miss any "doing" time by taking this Be time. In fact, you will be more productive if you do."

The following messages were received from the Orca soul consciousness.

- Sept. 16, 2012 ~ "Many of us have chosen captivity to spread our Joy further. We are Sea Ambassadors. Others of us, it is a karmic debt we must pay. Do not fret so, we are well and we know and are fully conscious that we are not our bodies."
- "Our physical job on the planet is to keep our prey species clean and healthy."
- "We love humans, we see them as our brethren, albeit, unconscious brothers and sisters, and we as older brothers want to help you wake up. That is why so many of you love us so much. Your soul recognizes us as your older brothers and sisters who want to help you grow and prepare for conscious adulthood."

On November 12, 2015, I flew to Orlando, FL to attend a conference and as the plane was landing I strongly felt the orca, Tilikum, connect with me. Tilikum is the orca who is at Sea World in Orlando and is the whale that killed the trainer, Dawn Brancheau. The following is the telepathic exchange that spontaneously occurred between myself and Tilikum that night in my hotel as I lay down to sleep. (Synchronistically, I was not aware of my hotel's exact location, but it turns out it was walking distance to Sea World.)

- I felt Tilikum calling out to me. I felt overwhelming sadness from him. He felt badly about killing Dawn and the others. (Tilikum has been involved in 3 human deaths.) He felt like everyone now hates him. I told him that he could move on (go to heaven) if he was not happy, but he expressed that he wanted his life to mean something. He wanted to make a difference.
- I told him that nobody hates him. That his actions have been a catalyst for many people to protest and let the Sea World owners know they should care for the orcas in a much better way. That he has made a huge difference and the owners are starting to listen.

- He said that even the other orcas are mad at him because now they do not get to interact with the trainers through touch as they had done before. I explained that on a soul level the other orcas get that what he did was a violent and shocking wake up call, a call for help for all of them.
- His actions were a soul agreement between him and Dawn, to change the way of orcas in captivity. That she loved the orcas so much she was willing to give her life to make change happen.
- After I explained how nobody hates him and many love him, he felt lighter and happier. I fell asleep feeling as if I were cuddled up next to him and then he asked me to lay on his back.

September 29, 2017 From the Transient Orca whales

- "We are not bad or evil. Someone must keep the seal, sea lion and dolphin populations down to a harmonic level. We are the balance keepers. We eat the predators, in other words we are the Apex of the Apex predators."
- "This area has been out of balance for a long time. All the predators are fish eaters and nothing has kept the predator populations in check. So now you are seeing the effect of too much pressure on the fish populations. It is being reflected in the decline of the Southern Resident Orca numbers because they are specialists, preferring to feed only on Chinook salmon. The seals, sea lions, porpoises and dolphins are generalists, feeding on many types of fish, including salmon. By our predations on the fish eating mammals, we are taking pressure off the salmon populations. So the more fish eaters that we eat, the less competition for the Resident Orcas, So the more we are around, the better it is for the Residents. The more fish eaters we eat, the more food there will be for our Resident Orca cousins."
- "What may appear violent to you in our hunting methods is actually the most humane way to dispatch our prey, as quick as possible."

- "Being the top predators and eating mammals is not the healthiest way of life. The pollution in the ecosystem is stored as toxins in the bodies of the fish and builds up more and more as you go up the food chain. So the fish eaters have a lower level of toxins in their bodies than us mammal eaters, because we are eating one level up the ladder."
- "We are honored to have been entrusted with restoring balance to the Puget Sound/Salish Sea, even though it is harmful to our bodies by ingesting more toxins than the Residents. Sure we could eat fish too, but that would add even more competition for the dwindling salmon populations and actually destroy the Southern Resident Orca population completely by competing directly with them."
- "We were asked by the angels to come here and restore balance to this area so that the Resident Orcas and salmon populations can both recover and thrive again."
- "We invite you humans to join us and do your part too. Human pressures on fishing, pollution and dams on crucial salmon spawning rivers have contributed heavily to the decreasing salmon numbers. You can choose to stop eating salmon like we choose not to compete with the Residents. You can also be more responsible with creation of pollution and allowing toxins to runoff into streams, rivers and oceans. Speak out to your governments about removing dams on salmon spawning rivers and by using alternative forms of energy so there will be no need for the dams. We invite you to join us in restoring balance to the Earth so the Resident Orcas and all species of life may thrive and live in harmony as it is intended."

May 5, 2018 About the Southern Resident Orca population in response to the question I asked, "What can we do to support you?"

• "Gather in our name. When you gather and focus on us and send us your positive thoughts, blessings and healing energy, we feel it. It gives us an energetic boost and a much-needed boost to our immune systems."

- "Many of you think of us as the Apex predators of the sea, and we are. We are strong and very capable of finding our food, and we are vulnerable too. As the apex, we are at the top of the food pyramid, which means that we can easily be knocked off the peak by subtle changes in our environment. We have very little wiggle room at the top and we can be knocked down by many things, such as diminished food supplies, toxins and noise in our waters. This is what is affecting our Southern Resident Orca brothers and sisters right now."
- "Gathering together in our name is a very high calling. We are reaching out to those of you who can hear us. We call out to those who love us dearly, who feel our hearts and are deeply compassionate. You do not have to be a trained healer to heal us and our waters. What we need most is your love, your compassion and your devoted intention to holding a vision of all Orcas thriving, vibrant, in perfect health and swimming in clean and healthy seas. Do you hear our call?"
- "We ask that you gather together in ceremony, creating a circle. Within the circle, hold a vision of us thriving in clean, pristine waters. Send your love, healing energy and compassion for those that are damaging our water and food supplies. Every time you gather it will make a noticeable impact on healing our bodies and the ocean we live in."
- "You can gather in person, which is the most powerful, especially if you are near the waters where we live. But, gathering online or on the phone can be extremely powerful as well. If you feel called to support us, we will be deeply honored to receive whatever you can do to help us recover our clean oceans, state of health and to restore our population back to sustainable numbers. It is not too late for us and we desperately need your help."
- "In the last few years we have lost many of our friends and family, including our oldest and beloved matriarch, Granny. We have lost almost all of our newborns, our hope for the future. We are deeply saddened at these losses and yet we have hope for we know in our hearts that we can survive these current challenges and with your

help, we are guaranteed to survive and thrive! Do you feel our call deep in your hearts?"

August 1, 2018 I reached out to Orca J35, Tahlequah, in response to her infant baby's death and that she had been carrying its body for a week with her. When I asked if I could communicate with her about her actions this was her answer.

- "Yes, Please."
- "I feel the love, the sadness, the compassion. Most of all I feel the connection. That is the point."
- "I am grieving the loss of my daughter and her death represents the fragile state of health of all of my family. We are starving. We are severely depleted. My body did not have enough energy and resources to keep both me and my baby alive."
- "It is normal for us to grieve our dead. You don't often see it. When the very young die we want to honor them as part of our family by carrying them with us. Normally, this goes on for a day or two."
- "When I felt the attention of so many humans focused on me, I realized that this is an opportunity to let the world know that we need help."
- "Our precious Salish Sea has become severely depleted in salmon populations, our food. There is so much boat traffic that creates a constant noise in our world, especially the big ships. We live in a world of sound as in the water it is hard to see in low light conditions. We depend on our echolocation sounds to navigate and find our food. We are having a hard time communicating with each other and locating the salmon we need to eat. At times the sound is literally blinding us."

- "We have a general weakness in our bodies from the invisible toxins in the water and our food. We are all dying because of the presence of humans."
- "Humans have caused this situation and humans can solve the problem too. It is up to you."
- "I will keep carrying my baby as long as I am physically capable. The longer I carry her, the more attention is brought to our dire state of health. Do not let my baby's death be in vain. Take action, do whatever you can to help restore the salmon populations, lessen the ship noises and clean up our waters. Our future survival is literally in your hands."

April 20, 2019 Meditation

- I was born as an Orca male to Ruffles (father) and Springer (mother). They held a vision of my highest potential, no limitations.
- I grew up to befriend a young indigenous man. We became great friends. We would touch foreheads as a connection/greeting. We would fish and hunt together, swim and play together. He would ride me, standing on my back holding my dorsal fin. I would swim alongside him racing each other, him in his canoe.
- His village rejoiced in our friendship for he taught them how to be one with nature as I taught him. The more you reconnect and merge with nature the more you are in the flow of nature, the flow of abundance. The people of the village had a hard life of surviving before he met me, after the village followed his lead and prospered and thrived.

That night I had a dream that I was in Friday Harbor, in a building. Someone said the orcas were in the harbor. I went out to see them. I went about 5-6' from the water's edge. The shore was marshy grass. A baby orca came up onto the grass directly towards me and into my arms!!! We stayed together a long time. Other people started rushing down and crowding around us. Ken Balcomb and another scientist came down and Ken told all the others to leave us alone, the orca clearly came for Anne. After another minute or two, the orca turned on her side and wriggled back into the sea.

The dream felt very real. In fact, I remember saying to myself in the dream, "This is just like in my dreams!"

- "It's time to bring the world back into balance."
- "The reason you humans suffer so much is because most of you are disconnected from nature. Even if you spend a lot of time in nature you are still disconnected."
- "The key is to merge with nature. Become One with nature. By merging with nature you will step back into the flow of nature, which is where the flow of abundance lives."
- "Most of those who have a lot of money are not in balance either. They have mastered the game of money, but are not in the flow of nature. Many of them are still in fear and greed with their money, or they are unhappy in other areas of their life. That is not being in the flow of abundance. Being in flow means abundance in all areas of your life."
- "It is time to return to nature. Come back to the way your life was intended, at one with nature, in the flow."
- "Spend time in nature with the intention of being at one with it. Become a part of it. Remember that you are not separate from nature."
- "You can even merge with nature completely inside a building surrounded by unnatural things through meditation. Being at one with nature is a state of mind that can be achieved anywhere."
- "You have been caught in a vicious cycle of separation. Human's egos started believing themselves separate from nature and more important than nature. Then they started struggling, them as a result of the separation and struggle, they developed limiting beliefs like, "Money does not grow on trees." These limiting beliefs increased the struggle.

This caused you to isolate yourselves and separate yourselves even further from nature. It is time to break the cycle now."

- "Nature is the most dominant force on Earth. Why fight it? Fighting it is exactly why you struggle so much. The human ego which caused the separation now thinks it can overpower all of nature. How arrogant!"
- "Return to nature. Return to balance. Return to abundance. That is the natural way. The way life is meant to be, as in nature where abundance is everywhere for all life, including humans. Reclaim your rightful place in the flow of abundance now."
- "Make it a daily practice. Make it second nature (pun intended ③)

September 21, 2019 From the Transient Orcas with a light gray calf seen on the same day I moved to California.

- "We are on a walkabout. We are stewards for our white baby. He is very important to the world."
- "We love the Salish Sea and it is important for the white one to experience other parts of the ocean. He will need to have a vast knowledge and experience of many ocean areas and inhabitants."
- "We are not at risk, we can find food anywhere. We are enjoying our explorations."
- "Our timing of being seen on the day you arrived is no coincidence. We are honoring your exploration and expansion of your territory and life too."
- "We are stewards of our white one, just as you are the steward for all of us whales and dolphins, among the humans. You are a steward of our wisdom and share it wherever you go. We share the white whale energy wherever we go."

- "Our baby will grow up to be a symbol of hope and peace for the world. He was born gray and not white as he needs to grow into his importance. Right now he is learning much and we let him be a baby, as any other baby orca."
- "As he matures, he will choose to take on his destiny, or not. Part of the choice will be his, and part will be a choice from the world to be ready for his majestic presence."
- "You can help prepare the world for his whiteness, by living respectfully, responsibly, sustainably, honoring all life and Mother Earth. The more who live up to their highest potential physically, mentally and spiritually, the more likely our little one will be able to fulfill his destiny by growing up to be the great white hope."
- "If we all do our jobs right by living well, we will be rewarded by the presence of the great white Orca in our midst. As you watch him grow, and he becomes whiter, you will know that you and our world are all on the right path."



b. Humpback

- Oct. 5, 2010 ~ From the Humpbacks after Anne's first Whale Wisdom Retreat in the Pearl Islands. "Thank you for coming and sharing and participating in our Whale Sound School. You received much more than you are aware of. It will keep integrating. Drink lot's of water, breathe consciously and resist the urge to close down your hearts. Keep them open and call on us to help you remain open and fully integrated."
- Oct. 11, 2010 ~ "Welcome! Welcome! Welcome! I am Humphrey, the baby Humpback whale. I have entered into a soul agreement with this beautiful soul named Anne in this current lifetime. We are from the same planet originally and have often worked together to teach and share the whale wisdom. Anne embodies and holds the Humpback whale consciousness for the humans and I embody the human consciousness for my fellow Humpback whales. I look forward to sharing with you the whale wisdom and teachings from both above and below the land. From the oceans as well as the stars.
- Oct. 11, 2010 ~ "Please remember to hold in your consciousness and vision the image of clean, healthy oceans and earth and respect for all living creatures and natural spaces."
- Nov. 21, 2010 ~ A mother Humpback whale holds you in her pectoral fins. She hugs you close to her heart. You can feel her

love surrounding you. You are relaxing and letting go of all tensions and completely releasing all fears. You are releasing everything that no longer serves you. Your heart is now pure Love and you feel nothing but Joy.

- July 14, 2011 ~ I received this information in response to having a Mother Humpback swing her tail defensively at our boat one day. This action surprised me because we were traveling perpendicular to her and her calf and she chose to swim under us and then lashed out with her tail at us. "I was using your boat as a teaching tool in how to defend and protect yourself and to tell my calf that not all boats are friendly like yours."
- July 14, 2011 ~ The mother Humpback continued to share information with me. "We have been immersing you and preparing you all to swim with us. We want you all to be completely ready for our presence and intense energies."
- "Enter the water with an attitude of love. Love for us, but also love for yourself. For we are all one. Do not have an attitude of wanting. Go with an openness to receiving what we have to share with you. An attitude of being truly blessed with this experience."
- "Be in Joy. We are proud of all the work you have done. Being in the moment. Continue allowing any and all emotions to flow and release. This time with us is a huge gift to yourselves. You have all shifted and grown immensely. You will never be the same."
- May 1, 2016 ~ "Our long pectoral fins are antenna, when we put them up in the air we are receiving Universal Consciousness. As we swim we are constantly trailing the frequency of God from our fins. We are infusing the ocean with Universal Harmony which is why so many people want to swim with us. Unconsciously you are sensing this and want to be immersed in the divine energy we are transmitting to the ocean. Just being in the water near us or where we have been, you will be receiving the energy of God into your body."

 May 1, 2016 ~ "Never, ever, ever stop trusting your heart. Even if everyone around you is telling you the opposite. Many of you have built up so many walls to protect your heart that you can hardly feel what it is trying to tell you. It is time to take down those walls."

"By keeping up your walls you are not protecting your heart at all. You are expending a lot of energy to keep your human awareness from knowing who you truly are. You are actually building a wall between you and your true self and your soul. When you cannot feel your heart accurately, how will you be able to feel what is right for you? You are so used to getting all the answers from others, from society, from outside yourself. That is never right."

"The only way to know what is right for you is to listen to yourself and no one else. It is very simple. You humans make it so complicated. We do not understand how you ignore your heart which is the compass to your soul, to divinity. Many of your struggle to find your life's purpose and all you have to do is break down the walls and tune in and truly listen to your own heart. You have all the answers you need right inside you!"

This a communication received when I was asked to connect with a Humpback whale called Johannes, who had stranded on a beach in the Netherlands on December 12, 2012. I tuned in on December 15th and she was reported to have died on Dec. 16th. There was a lot of confusion and groups arguing over what was the right action to take regarding saving Johannes.

• "I came to risk myself to help humans come together at a time of great need. There is much fear and stress in the world today and it is my soul's mission to offer my physical life in service to the human race. My goal in stranding was to bring humans together, hoping they would bond in the effort to save my life. I want people to forget their daily worries to join together in an act of selfless love to save my life. I want to live. I am saddened to see that people are fighting over what to do with me and many are giving up. I can survive and live a long, healthy life if you humans can drop your fears and need to control the situation and act purely from your hearts with no ego involved.

• I saw a very strong life force and white light around her body, almost angelic and the angles were with her in honor of this incredible act of selfless love and beauty in a drastic attempt to heal the world.

Oct. 15, 2017

- "We are the Wisdom Keepers of the World. We have the honor of holding the Akashic records for the Earth."
- "When we sing we are actually singing the Akashic records so that each generation will be embedded with this wisdom from the moment they are conceived. (Humpback whales sing only in their breeding and birthing grounds.) That is why so many humans are so moved by hearing our song. You are listening to Universal Wisdom as song."
- "Each year the song changes because each year we receive updates to the wisdom as God shares new Wisdom with us. In each region our song is a bit different. We are singing wisdom that is specific and applicable to that region as well as wisdom that is meant for the entire Earth."
- "When you hear our song in recordings and especially live, you are receiving the universal wisdom we are singing into your body. You may not understand our language, but your body knows exactly what we are communicating. Your brain holds this wisdom and is translated for you to access whenever you need it, often in the form of new ideas or intuition."
- "By hearing our song, your cells and DNA are being adjusted and brought into alignment with the harmonics of the Earth and the Divine. Not only are you affected by our song, all life and planet Earth herself are all being brought into alignment. The

alignment of Harmony. The more Humpback whales there are in the oceans, the more Harmony will prevail on Earth."

- "We are the bridge between Divine wisdom and all life on Earth. If you want more Harmony in your life and to be more aligned with all life and the Divine, spend time listening to our song. Meditate, sleep or listen to our song whenever you can and consciously open yourself up to receive Divine Wisdom through our song."
- "By aligning with Universal Wisdom you will become a shining light and model for others in how to live in Harmony with all beings and the Earth."

June 22, 2018 Ancient Wisdom

- "We are the wisdom keepers of the Earth. We hold the Akashic records on Earth. What does that mean? That we are the conduit between divine, infinite wisdom and the wisdom of Mother Earth."
- "We spend more time at the surface, more than other cetaceans. When we are at the surface resting quietly we are downloading, receiving divine wisdom from above."
- "We also have a connection with off-planetary extraterrestrial wisdom. If you see us resting, look up to the sky and you may see an interesting, unique cloud formation nearby. That 'cloud' is our ET friends sending and exchanging information with us."
- "When we sing, we do so with out heads down towards the bottom. We are singing the wisdom we have gathered over the past year into the Earth. (Anne's note: Humpbacks generally only sing in their annual breeding grounds.) The wisdom is carried in our song and seeps deep into the Earth. It also spreads across the bottom of the sea in all directions so other cetaceans can access and learn from it."

- "There are a few places around the world where we download our wisdom through our song into giant crystals for safe keeping. The mermaids work to protect and keep hidden these locations. In a few of these places, ethereal towers have been erected over these crystals to broadcast and share this wisdom with humanity."
- "In the Pearl Islands, Anne has created one of these towers for us. The island of Hawaii sits over an immense crystal about the size of the island. When the volcano erupts it not only spews lava to create new Earth, it also spreads this wisdom into the air waves where you can easily access it. The ancient Hawaiians and Lemurians knew this. It is why so many spiritual seekers are drawn to Hawaii."
- "It is good to make regular pilgrimages to these power spots around the world to immerse yourself in an energetic bath."
- "There is a crustal under Maui's volcano too, and the island of Kauai. Under Bali, Alaska where we feed in the glaciers too. As the ice breaks off and melts in the sea, the wisdom floats across the surface. In Australia under Fraser Island and Uluru, among other places in the world."
- "One of the best ways to receive this wisdom is to float in the water near to a singing Humpback. As you hear and feel the vibrations of the notes of our song, the waves of wisdom are seeping into your being. Come and receive the wisdom of the universe. It is meant to be shared with you, shared with the world. Just like a library, the books are meant to be read by many, not sit on the shelves unread. It is the same with the wisdom we hold. Our job is to share it with the world and you can help us do that when you come to hear our song and receive our wisdom."

Why Swim with Whales March 14, 2019

- "Get into our slipstream. When you swim with us you are not only completely immersed in our environment, you are completely immersed in our energy."
- "When you enter the water with us, you are entering our world. You are entering a world where you have little control. It is an exercise in trust for you to enter such a foreign environment with beings 50x larger than you."
- "When you swim with us you are showing a willingness to step out of your comfort zone, to take risks. You are showing the universe that you won't let anything stop you from achieving your goals."
- "We love to feel your joy and excitement when we swim near you. Not only is swimming with us a bold move for you, there is something much larger happening on a deeper level too."
- "When you are with us in the ocean, we honor you by opening our huge hearts to you. We send you waves of whale love from our hearts to yours."
- "These heart waves have the ability to make physical changes in your heart. These waves are gently massaging your heart to soften it, help it relax and release any tensions, fears or blocks that may be hiding inside it."
- "After swimming with us you will be forever changed. The changes in your heart will be permanent. You will walk away a calmer, gentler person with an exponentially increased ability for love and compassion."
- "Your heart will be infused with whale energy through the waves of love we send you. This will open a clear, lasting and deep connection with us that you can tap into wherever you are in the future. You will never be the same after swimming with us."

- "You will also leave with a deep sense of accomplishment from achieving one of your life goals that will show up as having more confidence in reaching any of your future goals."
- "Swimming with us is a great way to show the universe that you are saying "Yes" to yourself, "Yes" to achieving your goals and "Yes" to living the life of your dreams!"
- "We welcome you into our world and into our hearts. We look forward to sending you our waves of love and receiving your love as well."

June 16, 2019 Celebrating Money

- "Why do you make it so hard to receive money? You should celebrate the fact that money exits."
- "Money is one of the greatest inventions that humans have ever come up with."
- "Many of you think of money as a form of slavery. That you are bound to work hard for, and you can't have or do anything without it."
- "Money is an amazing tool that you created to free up so much time in your life. Time that you can now use to enjoy your family, create art, music, write books, poetry, think great thoughts, play and relax."
- "If money did not exist you would still be living a hunter, gatherer life. You would have to spend all of your time in survival mode, growing food, raising livestock. You would have to build everything you need by hand because you would have to find or build or if you are lucky, trade with your neighbors for necessary supplies."
- "Its time to celebrate money, not condemn it. So many of you have a love-hate relationship with money. You love to have it, but you hate that you think about it and revolve your life around getting it and that it can be hard to come by."

- "Did you ever think that it is the way you think about money that keeps it scarce? If you hate something or someone, even if you never say anything, they sense it and keep their distance. Money is the same."
- "If you shift your thinking to love that money exists; if you celebrate how much easier your life is because of the freedom and time that money gives you, you will grow to love money and all it can do for you."
- "Then be ready for all the money that will be attracted to the love you feel for it and flow easily into your life."

The Wisdom of the Youth from baby Humpback whales. August 11, 2019

- "We are here to share with you the wisdom of the young. Step aside and let us guide you back to joy and peace."
- "We whales are known as the wisdom keepers of the world. What you may not know if that we are born with all the wisdom we will ever need, and so are you."
- "Each baby born on Earth is born with all the wisdom they will ever need to live happy, healthy and productive lives. Every baby, including all whales, dolphins, fish, octopus, dogs, cats, elephants, birds, snakes and yes, humans too."
- "Every baby is born with a wealth of wisdom and a conscious connection to their soul. Look at how joyful, peaceful and trusting babies are, even though they are so vulnerable."
- "Somewhere along the way you have learned to distrust the world around you. You have become fearful and forgotten that you actually have all the answers in the wisdom you have inside of you that you were born with."

- "How do you recover and reconnect to the wisdom buried deep inside you? Become more childlike. Play more. Trust more. Open your heart again as you did as a child and that will open the pathway back to a deep inner knowing of what is right for you. The pathway back to your soul."
- "It really is that easy. As adult humans, you have managed to make life extremely complicated. You find yourself not knowing what to do next, confused and stressed. Just step back into joy and play like you did as a child. Not only is it fun and enjoyable, but it will bring you all the answers you have been searching for. The wisdom that has been waiting inside you all this time."
- "Make time to play, be silly, explore the world with a wide-eyed sense of curiosity and rest. Connect consciously with yourself and your soul and life will become amazing, fun and a grand adventure, just as it was when you were a kid."
- "If you need a reminder how to play, watch us baby Humpbacks playing, watch any baby whale or dolphin, puppies, kittens or the children around you. They are your teachers. They will bring you back to joy and peace. They will bring you the life you have always dreamed of."

Humpbacks of Moorea Sept. 29, 2019

- "We are the wisdom keepers of Lemuria, we are connected to Hawaii, Panama, New Zealand and Thailand."
- "In each location there is a portal through wish we travel, weaving the energies of Lemuria and preparing these lands to come back to a time when magic and awareness prevail."
- "Moorea is the heart of Lemuria. There is no coincidence it is shaped like a heart. It is the center of what was once Lemuria and is still the strongest connection and holds the most Lemurian energy on the planet."

- "The center of the island is where the Lemurian connection is the most powerful. It is a direct connection to the center of the Earth."
- "We whales weave concentric circles of energy around the island. These energetic circles are to protect the island as well as to radiate the Lemurian energy out into the world. It is a ripple effect, sending magic and awareness far and wide. The closer you are to the island, the more powerful the energy will be."
- "Your world has fallen so far from the higher frequencies of Lemuria and most are not ready for these energies yet. That is why Moorea is so far from most of the world's population."
- "Only those who are ready are those who are called to Moorea. We know who you are and we reach out to touch your hearts."
- "Once you come to Moorea your hearts will be blown wide open. Magic will enter your life like never before. You will never be the same again!"
- "Moorea is located far from everywhere for a reason. Most of the world is not ready for these energies. Here, we are left in peace to keep the magic of Lemuria alive."
- "When you are ready, you will feel the call to come to Moorea, to connect with the energies of Lemuria. To be immersed and imbued with the magic and to exponentially up level your awareness to all that is."



c. Gray

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.

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 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.

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 glad you are coming. It is time to round out your whale pictures. You have gotten our message of forgiveness, but there is so much more we wish to share."
- "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."



Link to 2015 trip video: https://youtu.be/ZYQITiKlkXQ

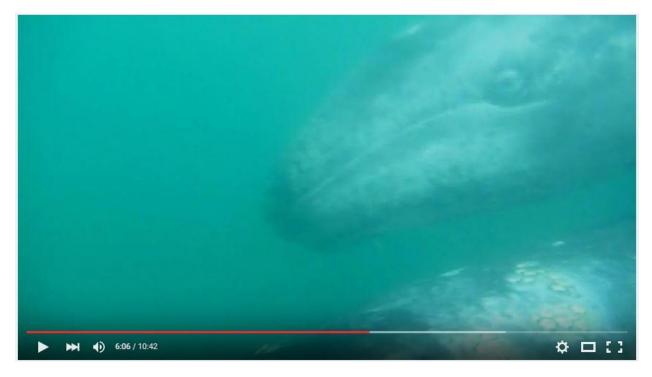
The messages below I received before my second trip to see the Gray whales in San Ignacio Lagoon in Baja, Mexico in February 2016.

- "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 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."



Link to 2015 trip video: https://youtu.be/HzifcynOgtQ

Sept. 24, 2017 The Importance of Staying Grounded

- "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."
- "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."

March 22, 2018 Transformation with the Gray Whales. Received the day after my annual Gifts from the Gray Whales retreat for all the retreat participants.

- "Coming to the lagoons to be with us is for you, like going into a cocoon. You are completely disconnected from your daily life and you leave a totally new person, you are transformed by your time with us, the Gray whales."
- "We take you on a deep inner journey during your time with us. With each boat of people that come out to visit us, we feel the energetic state and needs of the group and we interact with you according to what is in the highest good for all on the boat."
- "When we come to touch you (yes, we are touching you.) We are injecting you with our love. Our purpose is to blow your hearts wide open. Then we can do the really important work with you that does not require touching. We are establishing a strong, un-breakable energetic connection with you through the first physical touch."
- "Sometimes people are not ready to be touched so deeply by us. They still have inner work to do with themselves to release fears and limiting beliefs."
- "The highest gift we can give you is when we swim under your boat without touching. When we do this we are bathing your entire being in our energy of forgiveness, trust and the deep honor and love we have for each and every soul who has chosen to be human at this time."
- "The deep feeling of Joy you have after spending time with us is not just the Joy of seeing and touching us, but the deep joy of selfforgiveness, the release of connection to the problems in your life. You are feeling, many for the first time, true freedom. Freedom to

truly Be yourself, express your joy, feel deep love, free from judgment or social constraints."

- "When you leave us, you have emerged from the cocoon of love we have woven for you. You have transformed into a beautiful butterfly. As the butterfly you will float back into your life embodying a new way of being back into the world of humans. You will carry the joy, the love, this deep sense of peace and freedom with you wherever you go. You will also carry our whale energy with you so that, through you, we can touch thousands of hearts to help them transform just as you have."
- "Thank you for coming to see us. Thank you for saying yes to yourself, thank you for doing your inner work in preparation for coming here and thank you for trusting us with your hearts and being willing participants in your transformation into a life filled with joy, true freedom, peace and complete unconditional love."

Appreciation Received November 25, 2018

- "Appreciation is similar to gratitude, but it takes it to a much deeper level. We can appreciate something or someone even if we do not necessarily like it or agree. It is based on respect."
- "Appreciation opens the door to honor. It allows for differences. It comes from deep within your heart. When you appreciate someone it is a beautiful way of honoring their way of being, even if you do not understand it."
- "Appreciation comes when you let go of needing everyone to think and act the same as you do. It comes when you open your heart wider than normal, when you let go of trying to control others."
- "We Gray whales do not always agree with how you humans treat each other and the Earth, yet we can easily appreciate you for the journey you are on. We recognize that you are learning and doing the best you can and we appreciate that in you."

- "When we come to your boats it is in honor of the inner work you are doing. It is our way of showing you our appreciation for your soul's choice to be human in these difficult times."
- "Try it out. Look at someone you do not know and find something to appreciate about them. Anything. Even if it is something really simple like the color of their shirt. Appreciation is like a muscle, the more you use it, the easier it will become."
- "Make a practice of appreciating something about everyone you see, even if it is something very minor. When you have a daily practice of appreciation it will open your heart to others in a whole new way. It will take you out of judgment and teach you to look for the good in others."
- "When we are in judgment of others we are sending out an unconscious wave of negative energy to them. It will cause them to feel sadness, hurt and isolation. When you appreciate someone, even without ever telling them, they will feel that too. It will touch their heart and bring them joy, which they will carry with them and affect how they treat everyone that they come into contact with."
- "A simple thought of appreciation by you can have a powerful ripple effect around the world. Make it a fun game. Go out and find one thing to appreciate about every single person you see today."

Gratitude from the Gray whales Mar. 24, 2019

- "Thank you for bringing so many people to be with us. We love your groups. They have so much joy inside them."
- "Your groups are more receptive than most. They are open to receive and to embrace our energy fully. Being with your groups is like receiving a beautiful hug for us."

- "We love to work with the frequencies of your participants. You are all like soft clay, easily moldable and eager to have your energetic vibrations raised up closer to our vibrational level."
- "Most of the people who come here are not so open. They are entirely focused on touching us and getting the perfect photo. They are fun, but your groups allow us to take our interactions to a whole new level. When we are with you it is like cuddling up with a dear friend in your favorite warm blanket."
- "Your joy, love and gratitude take our encounters to a much deeper level. One where it is a true and equal exchange for you and us. This brings us much joy and we want to stay with you as long as possible, just as you want to stay with us as long as you can."
- "When you come to us with such an open attitude it allows us to assist you to make deep and lasting adjustments to your energetic and physical bodies."
- "When you open to joy with us, you are opening to joy in all aspects of your life, even in times of stress, fear and sadness."
- "When you leave the lagoon you have a much greater capacity for joy. It will be embedded deep in your heart, cells and soul."
- "We have infused you with our energy. You will forever carry the frequency of the Gray whales with you for the rest of your life. You will carry and share our frequencies and deep joy with everyone you meet."

Support for the Gray Whales Dec. 8, 2019

In 2019 there were very high numbers of Gray whales washing up on beaches dead, many of them were emaciated and showed signs of starvation. I asked the Gray whales how we can support them. This is their answer.

- "Thank you for wanting to support us."
- "We need your help and we don't need your help. We accept our fate, whatever the outcome and for whatever reason. Mainly because there is nothing we can do to fight the situation."
- "We fought back against the whalers when they hunted us. But, we don't know how to fight back against the oceans getting warmer and pollution."
- "There is much that you can do. This is a human caused problem, so it needs a human based solution."
- "You already know what to do. Live as cleanly and sustainably as possible. Leave as little of a carbon footprint as you can. Leave no trace of waste behind you."
- "Do it for us. Do it for all life on the planet. Do it for yourselves."
- "If we all die, then that is a guarantee that the Earth will die and all life on her will die too."
- "We are whales of the Earth, not the stars like many other whales. We are deeply connected to the Earth. We feed on crustaceans that we sift out of the mud. We also work with Mother Earth to bring oxygen and nutrients into the ocean floor. We bring energetic light to the mud and sand so that more life forms can live there. Just like dirt is the base of all life on land, the bottom of the sea is the base for all life in the ocean. If we disappear, the healthy base for all life in the sea disappears too."
- "So do everything you can for us now. Reduce waste. Reduce your use of plastics and toxins. Be constantly aware of how you live affects the planet. By doing so, you will help us and all life on planet Earth thrive."



d. Beluga

- Nov. 27, 2010 ~ Beluga whales are soft and jolly. They are the clowns of the sea.
- Nov. 16, 2012 ~ This is a message from Noc, the Beluga who was made famous by mimicking human sounds while he lived at the National Marine Mammal Foundation.
 "I was trying to communicate. To make the military see me as an individual and not simply a military tool. It was a fun challenge for me and I really shocked those working with me. It was fun. I reached out to them on their level and I touched and helped to open their hearts. Now that it has been made public I hope it will touch and open the hearts of people around the world to see us as individuals just like you are."
- March 8, 2015 ~ "We are whales of the highest order. We are all white because we are closest to God. We sing our joy to the world. We live in one of the harshest environments and we thrive! Nobody hunts us because the natives know we are close to God. Our job is

to keep a ring of high vibration at the top of the world. This high vibration trickles down to touch all the rest of the world. If we were not here the world would be in chaos. When you are feeling of low vibration or in chaos, ask us to bathe you in our light. Meditate or dream with us. Feel us. Be on top of the world as we are. Be Beluga and radiate your light with price wherever you go.

- April 22, 2015 ~ "We are the penultimate white whales, the keepers of all that is good on the planet."
- "Our young are born gray as when they are young they are more concerned about the physical but as they mature into living consciousness and in their soul, then they turn white."
- "We are in the Arctic because we need to do our work undisturbed."
- "We hold the energy and vision of all that is good for the planet. From here (the North) it all spreads South and around the planet. Those that are farthest from us (with some exceptions) have more fear and base anger and corruption. Have you ever wondered why there is more awareness in North America and Europe, in the Northern latitudes? Because the further North one is, the more they feel our influence."
- "If you look at us, our bodies are white, but our auras are Golden."
- "No matter where in the world you are you can meditate or dream with us and ask us to bathe you in our Golden white light to be bathed in the energy of the highest good."
- "When white dolphins or whales are born they are our ambassadors or conduits for the areas they live. Like Migaloo in Australia and Angel, the white dolphin in Japan."
- Nov. 6, 2015 ~ "We are funny and silly. We represent hope and keeping things light-hearted. We live in what many see as a barren wasteland. We not only live well here, but we thrive and we have fun doing so. There is no need to be serious and face life's

challenges solemnly. Have fun and play with everything that life may throw at you."

May 12, 2018

- "The time of transformation is now. We are often called the canaries of the sea, because we love to sing. This name is very appropriate because we are like the canaries in the mines. We live in the polar Arctic and we are aware of all the global changes happening right now."
- "Are the polar ice caps melting? Is global warming happening? Yes. It is happening. Although, we do not see it as a bad or a good thing. It simply is. We are observers, without judgment. The secret is to adapt and as the world transforms, so do we."
- "As the oceans warm up, our food availability changes with it. We do not panic. We simply change with it. Some of our preferred food items are less plentiful, while others are more plentiful. So we adjust and eat what is most readily available to us. We are happy to change our habits to adjust to our changing world."
- "You, too, can learn to let go of judging if changes around you are good or bad, right or wrong. You waste a lot of energy reacting to change. When life changes, look around with eyes wide open to find new possibilities and opportunities that can result from the changes. As the world transforms so should you."
- "Is global warming caused by human activity? No. The current warming of the planet is part of a natural cycle in global temperatures. Over the life of the Earth there were times of global cold and times of global warmth. The Earth changes happening now represent an opportunity for you to grow, adapt and transform as the Earth transforms. This is an invitation and gentle push from Mother Earth for you to transform yourself into your best possible self."
- "True, human activities have increased the speed of the Earth changes. That is an indicator of how important it is for the human

race to wake up and make the shift. To transform from living in fear and judgment, the caterpillar stage, to embracing a life based in love, peace and respect, becoming the butterfly. Are you ready to become a butterfly and soar? To transform into living up to your highest potential? The time is now."

San Diego Beluga June 28, 2020 On June 26, 2020 a lone Beluga whale was seen about 6 miles off the coast of San Diego, California. Far from it's Arctic range. Previously, the furthest South a Beluga had been sighted was off of Washington state in the 1940's.

- "Thank you for tuning in. Thank you for connecting. It is a bit lonely down here, although there are plenty of dolphins and a few whales to hang out with."
- "I am here for a very important reason. I have traveled far to be here near you. Your world needs hope and something to be distracted by right now. I am not sick, I am not lost. I came here with a purpose, a very distinct reason. One that you may not expect."
- "I was given a request from God to go on a journey. One that I was told would be farther than I have ever gone before. To a place no Beluga has ever been. I was told to follow signs that would appear to me and to trust the signs for it was God's way of showing me that I was on the right path."
- "I love it here. The water is warmer than I am used to and that means I do not need to eat as much to keep myself warm. I need less food, although the squid here is very yummy. So I have more time to observe this new place. I have more time to contemplate and connect more with God and All That Is."
- "When I am home, in the Arctic, I am with my family and we are busy being together, mating, caring for our young and finding food, which is not as easy to find up there as it is here."

- "On this journey I have learned to always be aware and keep an eye out for the signs sent to guide me. At first, I realize now, that I misses a few signs that should have been obvious to me. The more time past, the more conscious I became and the more I connected with all life around me, the easier it was for me to recognize the signs. We cetaceans are already more conscious and connected to Source than most humans, and we also can get distracted and forget to connect in as we live our daily lives."
- "I have now reached a level of consciousness that I am in a constant state of oneness. So much so that I often do not feel attached to my physical body. When I am detached from my body, I have no edges. There is no distinction from where I end and the rest of the world, all life and Spirit begins."
- "In my daily life with my family in the Arctic I was completely happy. I was not aware I was missing anything at all. I felt connected to God and was not searching for anything. Now that I have deepened my connection and awareness to being one with all that is, I am in a beautiful, deep state of bliss all the time. A state of deep joy I never thought possible."
- "I am here to share my journey and experience with you to help you realize that even though you may be happy with your life, there is always more. And the best way to find it is to step out of your comfort zone, get away from your normal, daily life. Open your eyes and see the signs that are always around you. God is always talking to you. There are always signs to show you your path to pure bliss too."
- "I have enjoyed connecting with you. I am happy to connect with anyone who would like. Breathe, be aware, keep your eyes open, become conscious and always follow the signs. Many Blessings from this wandering Beluga."



e. Sperm

- March 15, 2009 ~ Sperm whale, he was very deep in the ocean. I felt a very deep pulling in my body down. He was very fatherly. He said, "We come to the surface to breathe but we prefer the depths. The pressure down deep is comforting, like being in the womb. We like to sleep there. We get our best rest and powerful dreams and spiritual connections there. Like we are back in our spirit bodies and not in a physical body. Kind of like a float tank."
- June 12, 2009 \sim The sperm whale goes very deep, nobody knows how deep. He is the conduit and transmitter of knowledge of and from the deep to the surface and all life at or above the surface. This includes inner knowledge from the inner earth and Mother Earth directly. The Sperm whales are like the radio transmitters for Mother Earth. They work closely with her and use their sonar to send out her knowledge and her love for all life as well as her teachings to and for all of earth's inhabitants. You can tap into this knowledge by inviting the sperm whale into your meditations or consciously tapping into the whales and the messages sent out through their sonar while floating in the ocean. The Low Frequency Sonar (sent out by the US military) and pollution in the oceans interferes heavily with the transmission of and reception of this knowledge by all recipients. It interferes with the reception of this knowledge and gift from Mother Earth through the sperm whales.

- Oct. 15, 2010 ~ "We dive deep, not just to find our food, but also the deeper we dive the closer we are to Mother Earth/Gaia and can connect with her and feel and know her inner wisdom. We dive deep and receive uploads from Gaia, then when we come to the surface we transmit this wisdom through the water to all who are open to hearing. Next time you are floating in the ocean, open up to hear and receive the wisdom of Gaia through us."
- Nov. 8, 2015 ~ "Do not be afraid to go deep in your meditations and healing practice. When you allow yourself to go deep you achieve the most powerful results."
- Jan. 12, 2016 ~ "We do very deep heart healing. We go deep in the sea to find our food and we go deep into your heart to heal deep-seated fears. Many people are not ready for this deep heart healing. Most never will be. That is why we are rarely seen, because so few are ready to face their deep fears and emotions. That is also why the Moby Dick story frightens so many people and why a Sperm whale is the villain – because people are most afraid to face their own fears and we represent their biggest fears to those who are not willing to face their deepest fears and emotional blocks."

May 25, 2018 Clearing Energies

- "Yes, there are dark energies in your world. Although most do not come from other entities. They exist as a result of negative human emotions, such as , anger, hate, jealousy and pain."
- "When individuals or groups of people experience intense negative emotions and direct them at others, often these emotions can take a form of their own and attach themselves to people, things or locations."
- "The best way to clear these negative energies is for the person or people they originate from to release their hate, anger, jealousy or pain within themselves. If that is not possible, for example, if these

people who created the negative energies die, the energies live on and have a 'life' of their own."

- "If you know someone who is harboring hate, anger, jealousy or pain and they are not open to talking about it or healing, you can still help by holding them in the light. Send them prayer, see them bathed in beautiful, cleansing, white light and ask the angels to help them. You can also talk to their higher self. For part of their life's purpose is to learn how to release these negative energies and they got stuck along the way."
- "We spend a lot of time in spend a lot of time in darkness. We find our food in the depths of the sea. We are very comfortable in the dark as we have our echolocation system that allows us to see in the dark, even better than you see in the daylight."
- "You can develop your intuition, your inner sight to recognize dark energies to protect yourself so they do not affect you in any way. Just as we send out sonar waves to see in the dark, you can send out waves of love and cleansing white light to the dark energies to dissipate them. Imagine the wounded heart of the person or people these energies came from. Love them. See them healed, at peace and full of joy. In this way you can completely eliminate nasty, dark energies. If you do this in groups it is exponentially more powerful. It works if the originating person/people are still alive or dead."
- "By cleansing dark energies we can completely transform the world to a place of Love, Light, Joy and Peace."

February 2, 2019 Taking life to a whole new level

- "Get ready, its time to take things to a whole new level. The time has come. The change you have been looking for is now."
- "Wake up! Look around you and you will see the difference. It is the time of accountability. You are seeing it happen all around you. People

are demanding it. No longer will complacency be accepted. No longer will you be able to sit on the sidelines and do nothing."

- "Taking action may not always look like you think it should. There are many ways to make a difference. Some of the most powerful ways are actually the least obvious in the beginning, like prayer, meditation, intention and visualization and changing your mindset."
- "We are the brains of the ocean. We hold the frequency of the deepest love possible here on Earth. We dive the deepest of any whale and we often gather in the depths, vertical, head down, holding the frequency of deep love. We send the vibration of this love deep into Mother Earth to nourish and sustain her. This vibration also spreads in all directions, across the oceans, wrapping all life and the Earth in a warm blanket of love."
- "You humans have been purposely disconnected from this love, as an experiment that you chose to be a part of. Many of you are waking up and sensing this love in the form of feeling there is something better out there. A knowing that life can be more loving. You feel a calling to connect with it. You are remembering."
- "There are those who bet against you remembering, but we always knew you would. By following this deep longing inside you, is exactly what the world needs to transform into the nirvana you dream of."
- "Answer our call. Open yourself up to connect with our frequency of love. The deepest love possible on Planet Earth. The only love stronger is Divine Love."
- "All you have to do is intend, declare and follow your own inner guidance. You already know exactly how to connect with us and how to open yourself fully to our deep love; for you, the ocean, for Mother Earth, and all life."
- "Welcome to the world you have always dreamed of."

June 8, 2019 Dive Deep into the Center of your Soul

- "Its time to dive deep. Deeper than you have ever been before. Deep into the center of your soul."
- "Are you ready? Are you really ready? Ready to see what lies in the center of the core of your being?"
- "Let me take you on a journey past all the baggage, garbage, distractions and human agendas to reveal the spark of divinity that lives deep inside you."
- "Deep within lies the light of your soul. Within this light lives your connection with all that is. Your connection to Spirit, to God."
- "It is so much more than a connection. It is where you exist as One, at Oneness to all that is."
- "Within this light lies access to universal wisdom. To every life you have ever or will ever live. To the akashic records of your soul, the universe and beyond."
- "To access it, drop into your heart. Follow your heart to its source. Simply intend to follow your heart to the center of your soul and you will arrive at your core, your center."
- "You humans tend to look for all the answers to all of life's questions by searching outside of yourself. When in reality, absolutely everything you need and want to know lives right there inside you, as it has since time immemorial, in whatever form or lack of form in which you have ever existed."
- "In this light you will feel yourself expand. You will realize that you are limitless. That you can achieve anything. That you already are everything you have ever dreamed of for yourself."
- "So no more excuses. No more seeing yourself as a small, limited human being. Time to remember your true self as a brilliant light that is One with all that is. That is unlimited. That is Spirit. That is God."

This is a Time of Great Depth April 26, 2020 (During the coronavirus pandemic)

- "This is a time of great depth. Of great opportunity. Do not be afraid."
- "Death only takes those who are ready. Those whose souls have completed their mission on Earth. You may not understand it from your side of the veil, but the most important thing to know is that those who have passed know it and are now in a state of great peace."
- "This time of isolation is an invitation to dive very deep within yourself. To reconnect with yourself, to rediscover parts of yourself you may never have known before."
- "Too many humans are afraid to look within. They are clinging to anything they can to avoid truly looking at themselves. For if they did, they may have to see and admit that they have been on the wrong path, the path of uncaring, fear, greed and disrespect."
- "That is why you see so many people refusing to stay at home, believing this is all a hoax. They are so afraid of themselves and owning up to their mistakes that they would rather face death."
- "We are gathering in great circles and sending you love and light. These energy circles are intended to guide you back to yourself, back to your soul, back to your intended state of love, peace, respect and vibrancy."
- "Humans started out this way. You loved in harmony with nature and each other. Little by little fear crept in and anger, fighting, greed and the need for control became your way of being."
- "This time is intended as a shake up to get you to wake up to remember your true state where fear and anger do not exist."
- "It could have been a shake up of love, but it was born out of the fear that you all hold. It had to meet you on the level that those who need it the most are living. If it had come from love, those who are most in

fear would never have recognized it as love and attacked and created a state of mass hysteria." Note from Anne:

• "Be at peace, let go of fear, take this time to joyfully dive deep within yourself. The sooner that more people are willing to look deep within their hearts and soul the sooner this crisis will pass and the sooner your world will return to a state of harmony, peace and love."



f. Blue

- Oct. 30, 2010 ~ Grandfather Blue whale. Take a moment to imagine yourself next to him. His immenseness. Whales represent abundance and the Blue whales most of all. See yourself merging with the Blue whale. Feel the immensity. Feel the abundance of your body. You are so huge it is hard to feel the tip of your tail! Now your Blue whale body is so big your body lines are soft and your skin is not a solid line. It is merging with the All There Is. You and the Blue whales regularly float in and out of their bodies and merge with the One. They embody the One. They are the physical manifestation of the One, of Universal Consciousness. They have to be as big as they are to hold the energy of the One. The edges of their body are like the fog and not solid. In this state you have limitless possibilities in your life. Bring this awareness and energy into your human life and watch what doors will open for you.
- Aug. 18, 2015 ~ This communication came as I was preparing to host the 2nd Cetacean Summit in September 2015 in Dana Point, California. I saw a great whale eye, A Blue whale, the mother of all whales. "I have come to honor and share gratitude to you for sharing our wisdom with so many humans. It could not have come at a more perfect time. You are ready, your readers are ready to step up to the next level of enlightenment and inter-connection. Inter-connection with each other, all humans, us cetaceans and all life on planet Earth. The veil is now dropping as you read these words. There is no barrier between us now. You all are us and we are you. What we know, you have complete access to and what you know and have experienced we have access to. Through your

reading this book, you have achieved total and complete transparency with all dolphins and whales."

- "You now have all the tools you need to connect with us at will. We encourage you all to spend time with us whales and dolphins and with some of the dolphin and whale wisdom teachers around the world to anchor in and deepen our open connection together. We are working closely with each cetacean wisdom teacher to bring their unique blend of experiences and activities to you to help you relax into and feel comfortable with your new relationship with us. You will all be gathering on land and we will all be gathering just off shore adding our energy and love to your proceedings. We will all meet together when you come to see us on your boats. It will be an unprecedented celebration of a whole new level of open communication between Humans and Cetaceans. We will form a powerful Human-Cetacean Global Trust to spread our love, joy, wisdom and healing energy throughout the world from this day forward." (Note: to find out more about the Cetacean Summit and a list of the presenters/Cetacean wisdom teachers go here: www.CetaceanSummit.com and click on "Presenters".)
- "We will also come to honor you for answering the call of your soul's purpose to recreate the open Human-Cetacean partnerships that were in existence in Atlantis and Lemuria. Together we are all creating a completely new age on Earth that will become known as Cirulia or "The Age of Love."
- "We honor each of you for answering our call and that of your soul. We understand it is not always easy as a human, but without you, our human podmates and soul family, achieving the Cirulian age would not be possible. We love you, we honor you and we are in humble gratitude to you."
- Now imagine you are chest to chest, heart to heart with Mother Blue whale in the most luxurious hug ever.
- Oct. 12, 2015 ~ A gathering of Blue whales, a celebration off the coast of California. "We do deep sound healing for Mother Earth.

We keep the Earth tones in tune and calibrated so all functions as it should with the planet. If we did not do our work the Earth would fall off its axis."

On Empowerment

• "We are Empowerment self-realized, Being the largest animals on Earth it is undeniable that we embody Empowerment."

• "You do not have to 100' (30 m) long to be empowered. When you allow yourself to shed all limiting beliefs, relationships and consciously choose to live in complete integrity, then you will have achieved self empowerment. When you have reached and accepted empowerment you will feel physically taller, sit straighter and others around you will take notice of you."

• "If others around you have a hard time accepting you standing strong in your true power, it is only because they are denying themselves being in their own power. Love them and allow them their own journey."

• "The only true power comes from finding and connecting deep within yourself; with finding and connecting with Source or the God within yourself."

• "Stepping into your own power gives you a deep sense of peace and an unwavering knowing that you are on the right path, no matter what the outside world may be telling you."

• "To achieve self empowerment be willing to look inside yourself with a loving and non-judgmental eye to clear away any limiting beliefs or emotional blocks and you will see a spark of light inside yourself. Follow that light and you will find your life purpose (which is found in what brings you deep joy and where your passion is) and ultimately to True Empowerment.

Respect November 1, 2017

• "Our size commands respect, being the largest animals to have ever lived on Earth, we are even larger than the dinosaurs, yet we have been hunted to the brink of extinction. There are still parts of the ocean where we are in constant danger of being struck by ships."

- "Respect from others cannot be demanded or expected. You can't even ask for it with a guarantee it will be given. You can never control others to give you respect."
- "There is one kind of respect you do have control over and should always expect...and that is, self-respect."
- "Self-respect is easy and you think you do respect yourself, but in reality you don't. Look at how you treat yourself. You are overly critical of yourself. You are judgmental and harsh when you talk to yourself. You do not treat your body with respect by eating unhealthy foods, forming unhealthy habits and then you become even more critical of yourself. What does that serve? How does that help you?"
- "You expect others to respect you, yet you do not respect yourself. Respect, like so many things, begins with you. Begin to honor and respect yourself and you will be amazed how others will start showing you more respect too."
- "How much you respect yourself is directly tied to the flow of abundance. If you do not honor and respect yourself, you also do not feel worthy of receiving. When you truly honor and respect yourself, then self-worth is the natural next step and that brings you easily into the flow of abundance."
- "The term "Pay your respects" is a hint to the connection between respect and abundance. You cannot expect respect from others, but you can earn it, just like money. When you pay yourself the respect you rightly deserve, then you automatically raise your vibration to receive and welcome the flow of abundance."
- "Even though many people do not respect or even think about us Blue whales, we honor and hold a high level of respect for ourselves. Our self-respect alone is what has allowed our species to survive despite all of the whaling, ship strikes and pollution we face. Having self-respect is the key to survival. Not only the key to surviving, but the key to thriving and living a life filled with joy, love and all the wealth you deserve."



From Hope, the Blue whale at the Natural History Museum, December 14, 2018

- "Thank you for connecting with me. My spirit lives on through the joy and awe from all those who come to see me. The flow of life walking below me keeps me alive."
- "I lived a normal Blue whale life. I ate, traveled the oceans, had seven babies, five of whom outlived me. I always knew I had a greater purpose in life, although I had no idea my greater purpose would be fulfilled after my death."
- "Normally, when we Blue whales feel death nearby we swim out to deep waters, where we feel safe and nurtured. I did not feel that impulse, instead, I felt called to the shore, to stay close to land. Now, I know why, so you humans could find my body and use it to teach others about me and my cetacean kind."
- "When people walk under me they receive a shower of my energy. Blue whales represent Empowerment. By walking under me, you will be empowered to realize and embrace your highest potential. Even those who are unaware of my energy will still feel the effects of my Blue whale energy bath."

- "Being Blue whale means being the biggest animal on Earth, which also represents living up to your highest potential. It means living your purpose."
- "We Blue whales exist because we consciously are always aware of being the absolute best we can be. Science cannot explain how we can physically be as big as we are. It is not about science, it is about belief and focus on our purpose."
- "That means, if we can deny science simply by existing, you, too, can deny all limitations, in your own mind or in the minds of others, by living up to your highest potential and fulfilling all of your dreams. If Blue whales can exist, then it means that you can achieve absolutely anything you dream of. Anything."
- "You do not have to come to the Natural History Museum to see me to receive my energy bath. All you have to do is imagine walking under me. Imagine standing in my energy, open yourself and receive me and you will."
- "I look forward to empowering you to live up to all you can be and achieving your dreams."

The Year of Transformation ~ Received Dec. 29, 2018

- "This is the year of Transformation. You have been waiting your entire life for this moment. No longer are you bogged down by limiting beliefs or fears. The world is your oyster, ripe for the picking."
- "You have done all your inner homework and now it is time for the reward. There is absolutely nothing in your way of achieving your goals this year."
- "This last year has been a year of preparation. You have been in your cocoon, learning, thinking and preparing for this moment. Now it is time to burst free, renewed, reborn and completely transformed."

- "You have left behind all of your self-doubts, limiting beliefs, fears and negative thoughts in your old caterpillar body. You are now emerging from your cocoon a totally new being, a beautiful butterfly, ready to fly. You can easily and effortlessly create, achieve and manifest anything you set your mind to."
- "The world is waiting for you. There is nothing stopping you from achieving anything you want. As you step into your true self and realize your highest potential, you will exude a beautiful sense of confidence, joy and a deep inner peace that will touch the hearts of others and inspire them to step into their higher potential too."
- "This is your year. Claim it. Embrace it. Leap forward with excitement and never look back, except to see how far you have come."
- "No more complaining about things happening in the world. The time is now to Be the Change. Embody the change and model how easy it is to live in joy, realize all of your dreams, no matter what is happening in the world."
- "Get ready for the magic to happen. No more struggle. No more fighting. It will be like you stepped into the E.A.C. (East Australian Current in the movie 'Finding Nemo'.) and life will flow easily for you. Opportunities and abundance will now manifest quicker than you ever imagined!"
- "You are on a high diving board right now, feeling the last of your fears and doubts. Take one giant leap off and leave all of that behind you. Free fall into flow, into ease, into a whole new way of being, the way life was meant to be. Heaven on Earth is waiting for you now. You are in the first wave. You have been chosen to show the way to all the rest. Take a deep breath and jump into your future, into the best you can be, into the best life possible. Welcome to the true You!"

Time to uplevel the game of life. March 7, 2020

• "It's time to uplevel the game of life. Time to drop the façade of the busyness of your daily life. Almost all of your daily activities are simply distractions from your real purpose."

- "Dive deep into your heart. A place of great depth, strength and wisdom that you have within you. A place you rarely go. Normally, you barely scratch the surface of the potential that lives within your heart."
- "Within your heart lives all the answers to everything you will ever want and need to know. There is never a need to look outside of yourself for the perfect direction for you to go."
- "Your heart is your compass. It is a gift from God. Every cell of your heart is embedded with divine codes and wisdom that you need to live the life of your dreams."
- "Let your heart guide you and you will never be led astray. Trust your heart. Trust yourself. When you look deep in your heart you will always find the true and right answer."
- "When you are struggling or facing a challenge and feel lost or confused, take a moment to close your eyes and drop your awareness deep into your heart. Allow the wisdom that is waiting for you there to seep into your consciousness."
- "Think of all your busy daily activities as a thick layer of fog. Your heart is a lighthouse that can shine a powerful beam of light to cut through all the distractions to reveal the exact right path for you."
- "We Blue whales always live in our hearts. Our brains are only useful in knowing how to execute and follow the guidance of our hearts."
- "When you live deep within your heart you will always feel calm and peaceful. You will always have a perspective of clarity and wisdom.
- "Dive deep with us. Join us at the level of the heart, where all wisdom lives. Where all of life is connected and struggle and challenges do not exist."



g. Pilot

- Nov. 16, 2012 ~ "We are quite mystical. Humans have a hard time relating to us. We are not quite whales, not quite dolphins. You humans always want to categorize everything and we don't fit in your minds."
- "We love to spyhop and gaze at the moon. We are very connected to the moon, more than other cetaceans. We migrate following the moon's pull. We are known as the moon whales."
- "We are very hard to find and predict where we will be. We like to remain mysterious to you and keep you guessing. We are also masters at shifting dimensions so we can appear and disappear at will."
- "If we show up in your life, either in the physical or in pictures or videos, we are asking you to step up. We are challenging you to go within and make a huge transformational shift forward. To step into who you truly are and to raise your vibrational frequency as high as us. When you see us, think of it as if you were stepping into a very holy place, such as a church, temple or sacred site and breathe us in and soak in our energy, as you would in a very holy place."

- "We can also be very silly and we love to play together as our dolphin cousins do."
- "When you want a blast of Joy and Sea energy, think of the dolphins, when you want to go to church, think of us to assist you in moving to a higher, holy state of being."

Nov. 11, 2017 Sharing from your Heart

- "There is so much conflict and polarization in your world these days. You feel stressed and frustrated trying to figure out how to combat all the negativity. The answer is easy. Stop trying to fight it and share from your heart."
- "Many of your movies set a great example for this. In the movie there is a conflict between people, who either run from it or fight it. It is not until one person steps up and reveals their deepest thoughts and fears from their heart, that the problem disappears. You can do this too."
- "When you are faced with a problem, any problem, take time by yourself to tune in to your emotions associated with this problem. Allow yourself to discover what this challenge is triggering inside you. Give yourself permission to dive deep into those emotions. Yes, it can be uncomfortable, but the rewards are great."
- "By looking at and fully feeling the emotions you will reveal why you have these feelings. Your why is the answer. It is what you need to share with who you are having the conflict."
- "You may discover a conflict within yourself or a limiting belief you have that has manifested as the outward conflict. Sometimes the person you most need to share your heart with is yourself! If you can do this, you will be amazed at how the world around you will reflect your new state of mind and open heart."

• "Don't get down about the state of the world around you. Focus on healing yourself by opening up and sharing from your heart. Then you will be a shining light, a role model that others will want to emulate. That is how you can change the world."



h. Sei

Nov. 27, 2010 ~ "Very little is known about us. It is like we have a cloak of invisibility. Really we just are often still and quiet and the world passes us by without even noticing us. Sometimes it is very valuable to us to be very still and quiet and observe the world going by. You will learn much this way."



Fin Whales

The Key to Abundance Nov. 13, 2019

- "We love that you came to see us the other day. Fin whales are the key to abundance. True, all whales represent abundance, but we are the key to actually embracing and embodying abundance in all aspects of your life."
- "We are the second largest species of whale and we <u>never</u> worry about finding food. When you were with us you noticed how calm we are. A deep sense of peace surrounds us at all times."
- "You humans think that when you receive the money you need and want, only have your receive it you will feel peace. Not so, It is the other way around. It is when you trust the universe to provide for you, when you are at peace, that is when the door to abundance opens for you."
- "We want to help you find the peace you crave. We can help you build trust that everything you need will be sent to you."
- "The ocean is immense and we never worry about not being able to find our food. You have all the resources you need

everywhere around you. Food, supplies, clothing, shelter have never been easier for you to obtain than it is right now. In fact, you do not even have to leave your home anymore. Everything can be sent right to your door. You can even make money right there at home."

- "We have to find our food in the vast ocean which covers 70% of the Earth. You humans need less resources than us whales and you have a lot less land that you have to cover to search for it. From our perspective, you have it easy!"
- "The key to abundance is mindset. We trust that we will easily find food and so we do. Do you trust that you will have enough money to pay your bills? We understand it is easier said than done."
- "You have a lifetime and generations of thinking in lack to overcome. We are blessed to have generations of trust, so we understand it is easier for us to trust. It will take some discipline, but you too, can live in trust."
- "What if you never had to think about money ever again? You waste so much time and energy thinking/worrying about it, whether you have it or not. We never spend time thinking/worrying about food until our bodies require it."
- "Start paying attention to how you are thinking and speaking. Eliminate any limited thoughts and words like, 'Money does not grow on trees.', 'I don't deserve it.', 'Work hard for your money.' Become conscious of any time you are thinking or speaking about limitation. Choose to think or say it in a way that is limitless. Come from a place of abundant thinking and the universe will start to respond in kind."
- "It really is that easy. Think, speak and do abundance and the flow will begin, even if you have no idea how. The how is not important. The key is to shift your mindset. Move into a place

of trust, a place of peace and you, too, and everything you need will flow easily into your life."



i. Bowhead

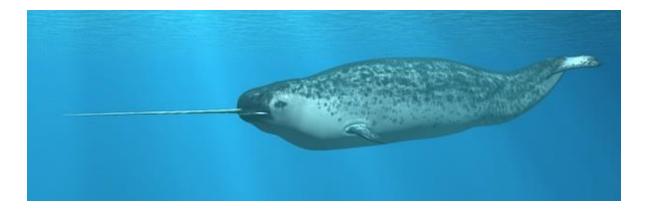
 May 25, 2012 ~ "There are not as many of us as now, although we are increasing. When there were many more of us sending out the heart energy the world was a softer, more loving and easy, simple place. With the decrease in our numbers there has been an increase in fear and technology come over the world. This increase in fear *and technology creates an increase in separation from others and from families.*"

- "Very little is known about us."
- "We honor and respect the Innuit who hunt us, especially those who honor the old ways. They revere and honor us. We are Spiritually very connected with them and do not mind sharing ourselves, our bodies, with them. As long as they remember to honor us. It is a long term soul agreement, this energy exchange agreement between them and us. We do not like it when others use it to apply to their outside agendas on either side, for or against. It is between the Inuit and us. This physical energy exchange is vital to both us and the Inuit."
- "We lead with our chins up, thus opening up our chests and hearts. Our hearts are huge. Larger in proportion than any other whale. That is why we have such deep chests. We hold the world's heart energy. We live at the Polar regions, on top of the world to easily send our heart energy out to all the planet."
- "As our numbers increase we gather as we always have to spread our Heart energy over the world, but it is met with resistance by all consumed by fear and greed, which prefers separation. We are requesting your assistance. Visualize or meditate that you are gathering with us and adding all of your heart energy with ours and then see our combined heart energy spreading from the North pole all down the Earth in every direction, touching and softening the hearts of all humans on the planet."

May 26, 2019 Trust

- "Developing trust is one of the most important skills you can develop to have a successful life."
- "Trust is something so few of you do, yet it is the answer to most of your problems."

- "We are not talking about simply trusting that what you want to happen for you. Trust goes much deeper than that. Trust is similar to faith. Trust is about a strong belief or knowing that whatever is in your highest good will happen, even if at first it may not seem like what you want."
- "We live at the top of the world (Bowheads live in the Arctic circle.) and we trust that there will always be enough food. That the sea will not freeze over us. That the Innuit people will not hunt more of us than we have agreed to."
- "Trust is a funny thing. So many of you say you trust your future, trust your friends, family and colleagues and trust yourself, but in reality, you don't. You want to trust but you have many fears."
- "Trusting yourself is quite hard for you. Do you trust yourself to make the right decisions for your life? Rarely. When you learn to trust in yourself, trusting others will be much easier for you will be much more likely to surround yourself with others you can trust when you trust yourself first."
- "Many humans stay on the surface level when making decisions, even the most important ones. If you would sit quiet, tune in to your deepest self, the right answer will easily reveal itself."
- "You often struggle with a problem, turning it around and around in your mind. When you really have all the answers inside yourself right now."
- "Start trusting yourself to know what is right for you. Connect regularly with your highest self through meditation, practicing art or playing or listening to music or quiet walks alone in nature. Then you will know exactly what you should do next."



j. Narwhals

Oct. 25, 2015 ~ "We all want you to come see us. You will write a book, each chapter about each cetacean species and the wisdom we have shared with you." (You are reading the book, the Narwhals told me I would write. (2))



k. False Killer Whales

- Nov. 8, 2015 ~ "Reach out and connect with all the cetacean species. We are all eager to connect and work with you."
- May 14, 2016 ~ "We are a bit shy, we don't like to be seen. It is our hunting nature."
- "We are the true wolves of the sea. Much more so than our orca cousins. We are true hunters, we love to hunt. Sometimes we enjoy the hunt more than eating it, but we never waste our food."
- "We are completely conscious of our abilities, power, speed, force and strength which makes us confident and very successful killers. We never waste energy hunting something we cannot catch."
- "This means we have no fear of anything because we know our bodies strengths to deal with any situation."

- "We are extremely intelligent and prefer to be left alone, but when we encounter other cetaceans or humans we may choose to play and interact out of curiosity."
- "We represent the embodiment of your true power and your true purpose. Most of you humans have a hard time stepping into your true power. If you are brave enough to do so, then ask us to come into your meditations and we will help you feel what living consciously in your true power feels like. Be warned - you will never be the same after you connect with your true self."
- "We do not mind our name, False Killer whales. It helps us to go unnoticed. Even when we are seen most people call us pilot whales, blackfish or dolphins. This allows us to go about our lives undisturbed. For living in your true power means we do not need recognition or acknowledgement. When you are connected consciously to your true self and living your life's purpose, there is no ego. No need or desire for others to see or even know what you are doing for the world."
- "Our job is to keep the ocean populations healthy and thriving, taking the sick, diseased and weak individuals. We do our job well, quietly and very efficiently. Sure we have the strength to take the healthy ones too, but we would never do that. That is out of alignment with our life purpose. We would never consider that."
- "Even though many of you will never see us, know that we are happy, fulfilling our purpose keeping the ocean populations clean and healthy."
- "Do not hesitate to call on us to assist you to embrace and embody your own true power and life's purpose. We are happy to help you with this."



I. Blainesville's Beaked whales

- "We represent Divine Order. Everything we do is in perfect order. Even our spots are in perfect order."
- "What does Divine Order mean? That everything is happening exactly as it should, in perfect, divine timing."
- "The trick is to let go and trust that everything is happening exactly as it should, no matter how it appears to your human mind."
- "You noticed a sense of quiet confidence about us. That is because we live in complete trust all the time. We never try to force change, but go with whatever is presented to us."
- "You humans are constantly rushing about trying to change and control your lives. Mostly you just burn a lot of energy and little is accomplished."
- "The secret to an easy life is trust. A concept that is very hard for you humans in so many areas of your lives. You find it hard to trust life, trust God, trust your friends, trust your family and even to trust yourselves."

- "That is why we feel so foreign to you, because we live in complete trust. We trust that nature will provide and so it does. We feel strange and different to you because trusting nature to provide all of your needs is such a foreign concept to you."
- "We came to you today to teach you to slow down, (Did you notice how slow we were swimming?) [I did] Breathe, let go, allow yourself to naturally move into the flow of all life. No more controlling or forcing of anything."
- "Fall into Divine Order with us. You will see all the aspects of your life line up perfectly and easily as if there is a grand plan, a perfect design. Because there is!"



m.Dwarf Minke

June 1, 2019 Numbers

- "Everything boils down to a number. We know how many of you humans struggle with numbers, especially when it comes to money."
- "We love to play with numbers. We weave them into a beautiful dance where they all flow together perfectly."
- "Those of you who are good with numbers love to play with them. Working with numbers can actually be a joyful puzzle to play with."
- "See numbers like a cartoon version of sheet music, where they all line up perfectly and beautiful music is created with them."
- "Beautiful music brings deep Joy to your life. Numbers are the building blocks of every note of that music."
- "If you struggle with numbers and feel your brain shutting down when you have to deal with them. Try putting on your favorite music and

seeing the numbers flow as you feel the music. Move to the notes and the numbers will start to flow easily and joyfully too."

- "Let go of everything you have learned about how hard math is. How hard it is to balance your books. Dive into the sea of numbers with joy."
- "See how everything you love in life is made up of a beautiful matrix of numbers. When you break everything down to its smallest component there are only numbers. When you look at the big picture you see mountains, oceans, beautiful beaches, flowers, and dolphins and whales, that are all made of numbers."
- "Let go of the old beliefs and blocks you have around numbers. Begin to join us in our beautiful dance of celebration, gratitude and joy for numbers. Without numbers, none of us, none of you and nothing at all would exist. Numbers are your friend and what we are all made up of."



n. White whales & dolphins

 Oct. 10, 2010 ~ "We, the white whales have arrived. We are not a new species of whale. We are of all whale species and your news and scientists will start reporting sightings of white whales of all species of cetaceans. They will call us albinos, but you will know us for who we are."

"We have been waiting to come to you and now you have reached a level of spiritual consciousness that has allowed us to come. On 10/10/10 was the culmination of all of your inner work and spiritual advancement, resulting in a portal opening to allow us entry into your world and dimension. We have come to reward your inner work and give physical confirmation of that work."

"We also are here to reassure you of the light each of you hold for the transformation of the planet Earth to the next dimension."

"We want to remind you not to get frustrated when you see fear and control acted out as war, violence or hatred. This all needs to be burned out and it's appearance is the last ditch efforts of those who are clinging to the ways of the past and their resistance to change." "Our presence here is a sign to you all that you have done well and to keep envisioning a world filled with Love, Light, Peace and Respect for all. You are not far at all from manifesting this goal."

November 4, 2012 -

- White whale energy is for everybody. It's time is NOW!!
- By invoking or inviting the white whale energies, it releases everything that no longer serves you. This is very powerful. Hang on! It may not look like what you imagined and it may, in fact, be painful at first, because you have to let go of things or people that are not right for you or for your highest good. Trust and know that in the big picture and soon in hindsight, you will see the truth of this.
- By invoking the white whale energy you are declaring to the universe that you are fully stepping into your power and are willing to walk the highest path possible. In Love, Integrity, Transparency and Compassion for all. This path is not for the light-hearted and we know you are up to it. You are a truly brave soul and we love and honor you for accepting our White Whale Energy.
- A vision of a white whale mother hovering over all who have answered her call. She is so happy and very proud of you all.
- Oct. 26, 2015 ~ A white whale represents hope in the world and a confident belief in all that is good.

From the newly discovered White Humpback whale near Norway:

- Dec. 15, 2012 ~ "I have been around for a long time, but I have the ability to easily shift dimensions to hide myself from humans. I can show myself at will."
- "My appearance comes at the time of the transformational shift of Planet Earth. To confirm that the Earth is indeed moving toward the Light."

- "I have appeared off the coast of Norway, a whaling nation, to illustrate and motivate the many people of Norway who are against whaling to speak out and share their Light with the world too."
- "By appearing in Norway, it is our (the whale's) way of trying to connect with the whalers on an individual level. To notice me and appreciate me for my uniqueness and to help them understand that each whale is a unique individual and make them move to protect me. Which will hopefully move them to realize all whales are individuals and protect all of us."

From Grandfather White Humpback Whale about Softness July 26, 2019

- "The key to life is softness. You humans were programmed from the very beginning, cave man days to be hard, tough and aggressive. Those traits kept you alive back then. But, are no longer needed today."
- "The goal has always been to soften. Not to be tougher, more aggressive."
- "You humans have it backwards. You think to be successful in life you have to be hard. You even criticize those you feel are 'too soft'."
- "Being aggressive may get you ahead in this lifetime and in the material world, but softening is what gets you ahead in the spiritual world."
- "Look at all the great people in the world, Ghandi, Buddah, Jesus, Mandela and Mother Teresa. They were not hard. They were soft, gentle, kind, caring people."
- "Your spirit's goal is to learn, ascend and enlighten. These can be attained through softness."
- "What does softness look like? It is showing kindness and compassion to others, especially to those who trigger us. It is being gentle to

yourself in the way you treat your self physically and in your expectations for yourself. Thinking kind thoughts about yourself."

- "Softening may nor may not bring you material wealth or move you up the corporate ladder, but it will bring you a feeling of great peace and satisfaction deep within your heart and soul."
- "Dare to be soft in a world that rewards toughness and aggression. Be among the first gentle wave of softness. Help to spread a soft blanket of kindness and compassion around the world."
- "The softer you allow yourself to be, the deeper your soul's inner strength will be. Go forth, walk softly and you will help to transform the world into a softer, kinder, more loving place to be for all."

About Angel, the white Bottlenose dolphin captured in Taiji

- "Angel has a very special role to play. She is in captivity to touch directly with our Golden white light of highest good those Japanese men who control the Taiji hunts. If you look you will see a huge white golden light around the building she is housed in. This light touches the hearts, minds and souls of all the people living and visiting Taiji. The city hall is very close to her building so she can touch the men in power there."
- "You can assist Angel in her work by meditating, visualizing and intending to send and enlarge the Golden white light she is sending out to cover the entire town of Taiji and the bays. You can simply send her love, gratitude and support and this will give her power to expand her healing light farther and touch and shift more Japanese minds."

A White Blue whale –

 Oct. 12, 2015 ~ "I exist in the physical but not yet discovered. I will reveal myself once the Cirulian Age of Love is opened. Once I have been seen, then you will know the Age of Love has arrived."

5. Other Sea Creatures



a. Sea Turtles

- Nov. 22, 2009 ~ Sea turtle climbs out of the sea to the beach. It is hard work. It feels very heavy, not comfortable. It is out of it's element. Sometimes we must step out of our element or comfort zone and it can be very uncomfortable and tough. Yet great creations and miracles can come from our willingness to step out of our comfort zone and brave something different and foreign. Just like the Sea turtle braving land to create new life by laying it's eggs to create baby sea turtles. If the Sea turtle never left the sea, it's comfort zone, there would be no new life or baby Sea turtles.
- Oct. 5, 2010 ~ The sea turtles are weak right now. They are like the canaries of the sea. "Do not be angry or frustrated with our illnesses and pollution. Instead this is a call to action to visualize and meditate on clean, clear, healthy oceans and to hold in the light all humans to create an awareness and respect for Mother Earth."

- June 25, 2011 ~ This human life can be like a sea turtle going to the beach. Burdensome. Remember the freedom and ease when we shed these heavy bodies. That memory will help you with the heavy denseness of this life.
- April 6, 2013 ~ "You are carrying a lot of weight (stress, worries) on your back. It is time to let go of, to shed the worries of others and break free,, dance free in your agile Light body."
- Oct. 26, 2015 ~ "Be prepared, travel light and be ready to open to go with the flow. There are opportunities you have been missing because you think you need to be more prepared. You do not. You are ready now. Seize each opportunity and see where it leads you. You will be thrilled with the results."



b. Sea Lions

- April 28, 2018 ~ "We are the puppies of the sea. We love to play and we love to lay around and sleep. We have two modes, full on and off. We never do anything without being fully engaged in that activity, whether it is play, finding food or sleeping."
- "You humans are rarely fully engaged in any of your activities. You may be doing one thing and your mind is thinking about many other activities. Then you wonder why you are stressed and tired all the time."
- "Whatever we are doing , we are 100% focused on that activity, nothing else. Being fully focused is a form of freedom. Freedom to perform at your absolute best. When your mind is thinking of something other than what you are doing, it weighs you down and keeps you from doing your best with your current activity. How can you perform at your highest capability when your mind is distracted by other thoughts?"

- "You could call us the sea puppies. To us, play is equally important as finding food, resting, breeding and raising our young. Play is where we allow our minds to steer our bodies in a free form way. In play with others we reconfirm social bonds. Play allows us to explore our world, giving us information that we can use later to find food or avoid danger."
- "Our aura is golden. When you see us dry you will see a golden hue to our fur. We are sunworshipers. In fact through our golden aura and fur we are living solar panels. When we lay on the rocks for hours at a time it looks like we are only sleeping. We are soaking in the energy of the sun and storing that energy to use later to fuel all our activities when we are in the sea. The sun's energy helps us to stay warm when we spend hours swimming in the cold ocean. That is why we never live in tropical parts of the world. We would overheat quickly in warm seas."
- "Try to be more like us, fully engaged with whatever you are doing at the moment. It will take you some time to retrain your mind to stop wandering, stop multitasking. If you can learn to focus 100% on the task at hand you will be richly rewarded by being able to dive deep into each activity. You will then experience fully, feeling completely the emotions and releasing the full capability of your brain power. You will be amazed at the depth and brilliance of your ideas. You will be exhilarated at the high level of joy and freedom you will feel by focusing on one thing at a time."
- "You will even start to access parts of your brain that have been kept dormant for so long by not being fully engaged in everything you do. So go out and start practicing playing full out in everything you do in life, no matter what you are doing. The rewards waiting for you are huge."



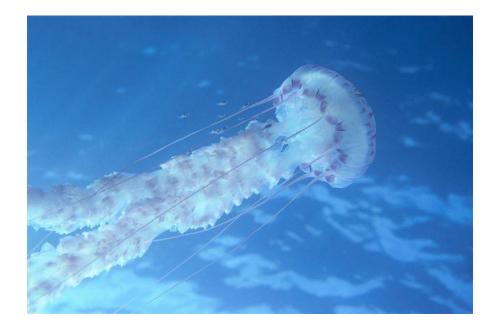
c. Giant Clam

 Oct. 15, 2010 ~ "It is important to keep a hard protective covering around you to keep the insanity of the world from touching and harming you. It is even more important to keep a soft and mushy inside that is capable of feeling love. Do not let the fears and anger of the outside world penetrate your soft, warm heart. If you do, your soft inside will become as hard as the outside shell and you will be miserable. Live as if your heart is warm, soft and mushy all the time, knowing you are safely protected by a hard, impenetrable shell of white light around you. Activate this shell of light for all times and feel safe to keep your heart open always."



d. Little Shrimp

 "No matter how small or insignificant you may feel. We all have an important function or purpose on this planet. I help keep the ocean bottoms clean and healthy for all life. If I did not exist, the ocean floors would be filthy and unhealthy and small fish would not exist. With no small fish, there are no big fish, and so on. You too, have an important purpose here on earth. Do not forget it. Do not let daily life interfere with this purpose or distract you from fulfilling your purpose."



e. Jellyfish

- Feb. 22, 2009 ~ The jellyfish is not a strong swimmer and is at the mercy of the currents of the sea, yet everything he needs to survive is brought to him. "Don't try so hard to control life. Relax, trust and everything you need will be brought to you."
- Nov. 24, 2010 ~ A jellyfish is pulled in many directions by the ocean currents. Are you being pulled in too many directions?
 Focus on one path, the one you are most passionate about and follow it.
- June 7, 2013 ~ "Trust where the flow of life is taking you."
- Oct. 30, 2015 ~ Time to float. Stop trying to control everything around you. Float with the currents like Jellyfish and know that everything will work out perfect. In fact, so much better than you could have created on your own.



f. Stingrays

 Dec. 14, 2006 ~ After Steve Irwin's (TV's "Crocodile Hunter") death, which was particularly troubling to me, and shortly after Steve's death, in Florida, a stingray jumped into a rowboat with a grandfather and grandson peacefully fishing and stabbed the grandfather in the heart with his sting. The grandfather survived. I was very troubled as to why these normally very peaceful and shy creatures would begin to attack as they were. Not long after these attacks, I had a dolphin healing session and the stingrays came in to explain it to me.

"The stingrays purpose on earth is to carry the human's fear. By sitting flat and quiet on the bottom of the sea, the can absorb and carry the fear we humans generate and put out in thought forms. The stingrays can help carry it and prevent it from going to other places and prevent the fear from causing more problems. However, the fear had been increasing dramatically and it became too much for them to carry and they started, uncontrollably, acting out from all the fear, by attacking Steve and this grandfather. They chose someone famous instead of attacking many different people so the whole world would get the message at once. They followed up with the grandfather attack to make sure the message was heard, especially since it is so out of character to ever jump into a boat, much less attack someone in a boat. Turns out there is a very simple fix. All we humans need to do is send them our gratitude. Send them a big Thank you. They just need to know we acknowledge and appreciate them for the huge gift they have given us and are willing to do for us."

About a year after I received this message, I was with a friend at the Vancouver, BC, Canada aquarium and in front of a big tank with sharks, fish and some stingrays. I was not thinking about the above message, when a stingray swam right up to me and said "Thank you" to me telepathically. I was honored and touched to be able to share the message with others.

- August 25, 2012 ~ Be like a stingray. Lie flat and soak up all the warmth of the sun, love, gratitude and joy all around you. Do not stand tall and let it fall around you and not soak it in.
- Oct. 30, 2015 ~ "Don't let the world's problems pile up on your back. Simply wiggle your shoulders and let the problems just fall away."



g. Octopus

- April 24, 2012 ~ Octopus represents sexual healing. If you have suffered sexual abuse or trauma, imagine the gentle octopus lovingly wrapping all of her arms around you, hugging you. The Octopus is absorbing and releasing all of your pain, fears and negative feelings around this trauma. It is all melting away. Let it go. It is all in the past now. It is ok for you to stand up and be You.
- Oct. 26, 2012 ~ "Whatever happened in the past, is in the past and plays no part in today or tomorrow."

April 27, 2019

- "So many of you think you are an octopus, juggling 8 things at once. You are human with only two arms. Which means you are meant to focus on what is right in front of you, not go in too many directions at once."
- "Even though we have 8 arms, we use them all for the same goal. They may be doing different tasks, but all with the same end result."
- "When we need to get somewhere fast, we use all of our legs as one. All working together in unison."
- "When we are exploring a new area, each arm moves in a different direction, yet always with the same purpose in mind."

- "You humans are the masters of distraction. You only have two arms, yet you attempt to juggle many different tasks at the same time. While we octopus have 8 arms and are always focuses on one task."
- "You think you are accomplishing more by doing eight things at once. In reality, you are getting nowhere fast and what you do accomplish is not done as well as it could be, because you don't have your full attention on any one thing."
- "Try slowing down and focusing on one thing at a time. You will be amazed at how much more you can get done when you are not distracted in other directions."
- "You have a huge brain like us octopus. Focus it as it is meant to be used. This will allow your untapped brilliance to flow out."
- "When you are distracted your brain goes on overload trying to manage too many activities. It is impossible for your deepest thoughts, where the most amazing ideas live, to come through."
- "Trying to do too many things keeps you at the surface level of your brain. When you focus on one thing only, you relax and open the door to the deepest parts of your brain to come up with miracles and breakthrough thinking."
- "Be like the octopus, we have 8 arms that we use to focus on the same goal. They are all governed by our huge brains to easily achieve any goal we set."



h. Sea Urchin

• June 13, 2011 ~ "We have a tough spiny outside and are soft and mushy inside. It's time to drop the outer tough shell and let the true you show through. Be transparent like the dolphins. They see all and love you as you truly are, not for what you want them to see."



i. Sea Anenome

 Oct. 12, 2015 ~ "Stand strong in who you are and open all your arms wide and let them flow with the currents around you. Be open and ready to receive all that wants to come your way. Trust and all you need and more will gently flow into your arms."



j. Sea Horse

 Oct. 26, 2015 ~ Seahorses look very strange and don't look like they are real. Don't be afraid to be whimsical and be yourself in the world. Just like the Seahorse, others may not understand you, but in the world of the Seahorse they fit in perfectly in their environment. If you do not deny your playful, silly side, a whole new world of acceptance will open up for you. A world where you will feel completely at ease and comfortable.



k. Whale Shark

- Oct. 26, 2015 ~ "Many are afraid of us, but we are harmless. Sometimes you let people see your tough and even threatening side. It can be safer for you, but you are really very sweet and gentle by nature and we encourage you to not be afraid to show the world the true you – gentle, loving and curious. It might be scary at first but in the end will make life much easier."
- Nov. 6, 2015 ~ A vision of a whale shark swimming up behind you and bumped you out of the way. "Get out of your own way and allow spirit to work wonders in your life."



I. Great White Shark

July 26, 2020

- "We represent your fears. The more fear you have, the more menacing we seem to you."
- "We are actually very gentle creatures. Sure we are predators, but so are orcas, lions, tigers and even dolphins too and you love them, why not us?"
- "We realize that we represent something very primal inside of you. The thought of us triggers your most basic survival instinct. When this instinct is triggered, all rational thought goes out the window."
- "We are more like giant puppies, kind and gentle with each other. We are scary to you because of how we look, eat and that we sometimes make mistakes and accidentally attack a human."
- "We are very instinctual beings. We don't think much when we are hunting for food. We don't need to as our instincts serve us very well. Which is why we sometimes make mistakes and think a human is a

seal. We have no interest in eating humans. You don't taste good at all."

- "If you can think of us as big sea puppies, your fear of us will start to subside. You will open up to appreciate us for who we truly are. Most of the time we are gently cruising the ocean. It is only when we can eat that we become scary, and we don't eat often. We can go days without eating after a big meal."
- "When you can, start to think of us in this new way. It is great practice for you to learn to face your fears and see them from a whole new perspective. When you do, your fears lessen and can even disappear."
- "You can release all of your fears by facing them and looking at them with whole new eyes. You will begin to act with more kindness and love, no longer being driven by fear. When you are driven by fear it affects everything you think and do. You start acting like your previous idea of us, violent, killing machines."
- "When you are driven by fear you are being driven by instinct and not using those beautiful brains of yours. Practice using your brains by seeing us for who we truly are, gentle, loving beings. If you can do this, then you have mastered your instinctual fears and can use this technique to release any fears you have and turn them into calm rational thoughts. That will lead you to an easy and obvious solution to dealing with whatever you are afraid of."



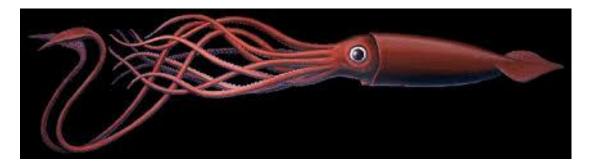
m.Goldfish

 Nov. 6, 2015 ~ A vision of a goldfish in a bowl. "There is nowhere to hide. We are completely in view and we enjoy the transparency. Own and embrace who you are. There is nothing at all to be ashamed of."



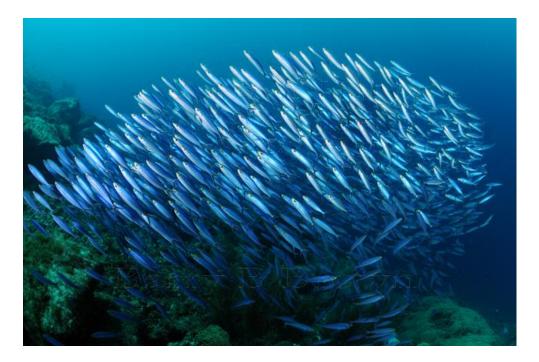
n. Sea Slug

 Nov. 7, 2015 ~ "We often go unseen, but when you take the time to really look at us you will see how amazingly beautiful we are." Take time to look around you and really see the beauty all around you.



o. Giant Squid

 Nov. 8, 2015 ~ "We are just one of many little known or undiscovered magical creatures on Earth. Open yourself to believing in magic and you will be amazed at what you will see."



p. Big School of Fish

 Dec. 12, 2015 ~ "Sure there is safety in numbers, but when you change direction and swim on your own you will be noticed and appreciated by many and not ignored. Where there is risk, there is also great reward."



q. Grey Seal

January 20, 2018

- "Hi! We have been waiting to speak with you. We live in cold, gray, drab areas of the world. All seals and sea lions are the bridge between land animals and marine life, since we can move about and spend time on both land and sea."
- "Our particular purpose is to remind humans that life doesn't end at the shore of the sea. That there is a whole world out there in the ocean that doesn't revolve around humans and all that they build. Humans are a funny species. You isolate yourselves from nature, even from the source of the food you eat. You start to believe that the only important species on Earth is yourselves."
- "We like to show up near cities and crowded beaches to remind you that you are not alone. That there is a whole ocean filled with life you know very little about. So many humans look at the ocean and see nothing buy water, but when we pop our heads up to look at you, we

are trying to remind you that there is so much more to life than just people and your creations."

- "This also extends to all of nature. Many people go weeks, months or even years without going out in nature, without stepping barefoot on the Earth. And you wonder why you feel isolated and alone. You have lost your connection to the natural world of which you are part."
- "Just like we are the bridge between land and sea, we want to help build a bridge between the human world of buildings and cities and reconnect you with nature."
- "When seal pops into your consciousness, by seeing a seal in the ocean, videos, photos or your dreams, we are sending you a message that you are not spending enough time in nature. You are rushing around in your busy human life and forgetting to get outside, slow down, breathe deep and reconnect with your Mother, the Earth."



r. Harp Seal Pup

 Nov. 10, 2015 ~ "We are irresistibly cute. We test people's inner limits by triggering greed and love, ego and compassion. We bring out the best and worst in people. We want to help bring out the best in you. If you doubt yourself, think of us, see us and feel our love and support for you. Know that we believe in you to do and be the absolute best you can be."



s. Flying Fish

• "We are Masters of Duality. We embrace two worlds, air and sea."

• "We spend most of our time in the ocean, but when we face a challenge (being hunted by a larger fish), we fly through the air. Not so much our of fear, but more to gain a whole new perspective."

• "When faced with a challenge you humans tend to get stuck in the middle and can't see your way out. You may not be able to fly but you can step completely away from the challenge to be able to see the problem with a big picture view and the solution will reveal itself clearly. Stepping away may be simply to take a drive, getting lost in a good book, go for a walk in nature, go away for the weekend or longer. By removing yourself from the issue at hand you will gain clarity and insight. "

6. Other Animals



a. Flamingo

• Flamingos often stand balanced and strong on one leg. They have long toes spread out to stabilize them. Always remember to spread out your toes/roots deep and wide into the Earth to help anchor you to weather life's challenges and you will stand strong easily.



b. Bats

• "We are unseen by many, invisible, but we have an important job to do. (Bats eat a large number of insects around the world and pollinate many important fruits and plants.) Don't worry if you are unnoticed or not, keep doing your very valuable work in the world."



c. Toucan

• Dec. 12, 2015 ~ "Don't be afraid to be unique. Embrace your differences. Be like the toucan and turn your unique traits into your biggest assets."

7. Plants and Trees

- April 6, 2013 ~ "You are like a rapidly, blossoming flower with your opening to spirituality. The more you open up, the more light can reach you and the more light you will shine and share with the world."
- Oct. 30, 2015 ~ From Seaweed Kelp. "Keep yourself wellgrounded through your roots. Attach your roots to something solid while allowing yourself to move freely with the flow of life around you. Stop trying to control it, that never works and only causes more challenges."
- Nov. 6, 2015 ~ A big, bushy tree "Keep your roots firmly planted in the ground. Do not be afraid to stand tall and be seen."

8. Mermaids



- Oct. 15, 2010 "The kingdom of the sea and King Neptune, himself, welcome you! Through these messages you will be initiated as a full member of the sea world. From this day forward you will carry the essence of the oceans with you wherever you go. Do you feel the tingling in your solar plexus and heart chakra? That is us, integrating into you. People will feel refreshed and cleansed just by interacting with you. We are joyful you have joined us. We need more land walkers on your plane carrying the frequency of the oceans among the humans."
- Oct. 30, 2010 ~ "Mermaids are like the ground crew or behind the scenes team holding the grid work of the ocean floors together. The further humanity moves away from their Earth connection and Spirit, the more out of the alignment the planet gets. The

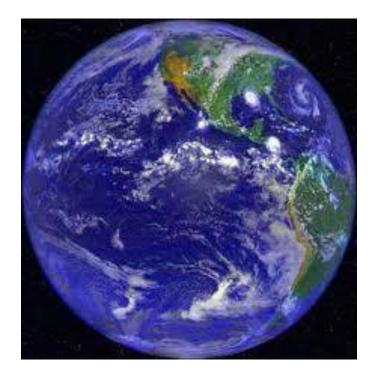
mermaids are having a hard time keeping the Earth's surface stable. It is all they can do to keep it together right now. That is why we are seeing more tsunamis and earthquakes. Keep following your spiritual path, walking and living in truth and integrity and fully honoring and respecting our planet Earth and you will be doing your part to support the mermaids and the Earth."

9. Angels, Devas, Fairies, etc.

Ocean

- May 8, 2013 ~ Gentle ocean swells, trust the flow, go with it. Do not try to control the direction. The Universe has a better idea. Trust. Even if it feels like you are caught in a storm and blown way off course. It will be to take you to an even better opportunity. Keep your eyes and ears wide open.
- Seaweed all tangled around your feet. Stop struggling with it. Relax, breathe and gently slip your feet free.
- From Mother ocean: "In the bath, float with your eyes shut as if you are floating in me. Feel the salt water on your skin. Allow yourself to receive the nutrients and energy from the sea. Open your pores, let your skin become translucent so there is very little distinction between you and the ocean. It is an exchange, a merging. Let this relax and energize you and cleanse any tension and toxins from your body. Do not worry about your toxins going to the ocean, the sponges will filter and transform them into positive nutrients."

10. Mother Earth



- Oct. 15, 2010 ~ Message from Gaia: "Take time and rejoice in nature. It is everywhere, even in a big city. Stop rushing around and stop to smell or take in the beauty of a flower. Your day will improve if you remember to open your eyes to the beauty and wonder of the nature around you."
- a. Japan Earthquake and Tsunami March 17, 2011 I received this information as a result of learning about the earthquake and tsunami in Japan in March 2011.
- Honor and share gratitude to the Japanese for this huge gift to humanity. This is very similar to the honor of the Kamikaze pilots and the Samurai code. The Japanese have a deep and humble pride. They are willing to sacrifice themselves individually for the greater good of all humanity.

- Look at how there is very little looting and so much sharing of so little with all who are in need. Look at the volunteers fighting to keep the radiation from leaking, knowing full well they are being exposed.
- The Earth has been trying for many years to get humanity to wake up with subtle signs and messages. The masses of humanity have not gotten the message the Earth is sending. The Earth has had to resort to drastic measures to wake up those who are still abusing the Earth. Hoarding its resources for their own financial gain and allowing others to go without. The Earth says "ENOUGH!!" The Earth was hoping humanity would have realized its errant ways without such a drastic event.
- The Earth has had to resort to lowering itself to the level of humans, the level of violence to get its message to wake up the people. The Earth provides all. Very simply, "If you do not care for the Earth, how can it care and provide for you?"
- The Japanese people have agreed on a soul level to sacrifice themselves, their homes, their families to help wake up the rest of humanity. It makes sense the Japanese would be willing to volunteer themselves for this huge sacrifice. They are so dedicated to honor and in so many ways they honor the Earth through their gentle nature, bonsai, flower arranging, religion, etc.
- We are talking about the Japanese people and culture as a whole. Not about a few individuals who are lost and caught up in whaling and dolphin hunts. They will turn around and learn through this catastrophic event.
- The best way you can help Japan now is to send them your deep gratitude for their willingness to risk their lives for the benefit of all humanity. Support the Japanese in any way you can right now. Most importantly, honor and respect Mother Earth. Send her your gratitude for all the abundance of food, water, air and all the resources she provides us with to live full and healthy lives.

11. Ocean

- "The Ocean. I am you and you are me. You came from me. You are made up of 70% water. 70% salt water. The rhythms of your body ebb and flow, just as the tides and currents in the ocean ebb and flow."
- "When you are feeling out of sync it can be because you are disconnected from your physical source, the ocean. If you cannot physically be near the ocean, imagine yourself sitting on a beach, or better yet swimming or floating in the ocean. Allow your body to be moved gently with the waves. Let go of control and feel the movement of the water. Be the ocean."
- "You may have heard of Earthing, which has great benefits to you. I propose you spend time Earthing and spend time Sea-ing. Sea-ing gives you the opportunity to let go of all control of your body. Let go of all attachments, even to gravity."
- "Sea-ing will bring you back to the safest time in your life. Back to the feeling of being in the womb, bathed in the love of your mother. Within the safety of her body. Floating in the Sea can reconnect you back to feeling completely safe, loved and protected."
- "Spending time in the Ocean will reconnect you to the One. Just as a drop of water in the Sea is not separate from the Ocean. It is the Ocean. So, you are not separate from Spirit, from the Divine. Just like the drop in the Ocean, you are the One. Seaing or floating in the ocean can bring you the awareness and reconnection to your part as the One."
- "Sea-ing also means Seeing yourself for who you truly are. A vital, integral and irreplaceable part of the whole, of the One, of All That Is."



12. Cetacean Power Spots on Earth

- Nov 4, 2010 ~ El Salvador. Beautiful green energy, then turquoise and blue. I was asked to install Beacons of Joy on all the volcanos. The beacons are spreading Joy throughout the country, dispelling fears and sadness. There is a white whale guide watching over the country. The whole country is a gray Bottlenose dolphin. The indigenous people of El Salvador all know the wisdom and importance of dolphins. The tourists do not. The dolphin energy of the country is ramping up the frequency to a whole new level of awareness for all who see and/or have a dolphin connection in El Salvador.
- Nov. 21, 2010 ~ Crystal Cave, Arkansas. The huge green crystal under Arkansas is awakening. It has been dormant for a long time. It is starting to reactivate. It has both Atlantis and Lemurian

energies. Meditate with this gigantic crystal. Imagine it as liquid and completely immerse yourself in it, swim in it. It is preparing for the earth transformation. Once the earth shifts, you will be able to easily communicate telepathically with the dolphins and all of nature. You will be able to see the mermaids. By meditating with the crystal it will hasten your telepathic communications with the dolphins and mermaids.

13. Captivity

The following communication came through because I was asked by someone working in Mexico to change the laws regarding the practice of keeping dolphins in captivity. This person asked me to ask the dolphins what they thought about the new law he was proposing to end all dolphins in captivity.

- Oct. 23, 2015 ~ "We do not need the help you think we do. We are not helpless."
- "Many of us have chosen this life to bring our joy, consciousness and healing energy to so many more people than would see us in the wild."
- "One thing you could do with your legislation is to mandate more education at each facility. Biology, Behavior and how we live in the wild and Conservation – how the public can help keep the ocean healthy and protect wild cetacean populations. Each captive facility should be required to give back 10% of profits to wild dolphin protection and ocean clean up campaigns."
- "Encourage the facilities to create a partnership with us. Encourage more respectful encounters, not just tricks for fish. We enjoy performing, but free swims are so much more powerful. A simple tool is to train the concept of choice so we can show the trainers and management what we want so they can make better management decisions."
- "Trust us and honor us for the conscious beings we are. We know our higher purpose and our soul's destiny. For many of us we have chosen to live with humans to spread our joy and healing far and wide."
- "Yes, someday there will be no need for aquariums and dolphins and humans will be in true partnership and our being in captivity now can be a path to create that day of equal, open, free partnership."

- "We honor and love you for caring for us so deeply. Please be aware of your own personal fear of being held or controlled against your will and do not confuse your feelings with ours. We are free now. Remember True Freedom is honoring and respecting and allowing each soul to make and live with their own choices in life."
- "Keep up your work and we ask you to shift it to improve the level of care, education, conservation and respectful interaction with all dolphins in human care."

14. Energy

• Nov. 21, 2010 ~ Violet Flame of forgiveness. Self forgiveness. Use this flame to burn out anything that prevents you from truly forgiving yourself for anything you may have done in the past.



15. International Whaling Commission

In June 2012, I was invited by the Panama Ministry of Foreign Affairs to participate as a vendor at the 64th International Whaling Commission (IWC) annual meeting July 2-4, 2012 in Panama City, Panama. Below is what the cetaceans shared with me about my being there.

- "You will be our straw, conduit for sending and anchoring our healing energy to the participants of the IWC."
- "You were chosen because you embody respect. Because you love as we love, with compassion and unconditionally."
- "It is about sending unconditional love, honor and compassion to all the delegates and activists. To touch, open and soften their hearts. To help them understand that they are not enemies, that they can all shift and be partners and friends to heal the world. As long as there is anger and hatred and ego involved, each will keep the other firmly rooted in opposition. One side would not exist without the other."
- The cetaceans showed me a vision of a rainbow going from one group to the other, connecting them in love.

- The cetaceans gave me a new Light body a white humpback body with a gold aura. (Wow!)
- The Black Guru dolphins are orchestrating all of this. "Thank you for heeding our call."
- This Cetacean space for the IWC is about opening a crack in the darkness. Once the light is let in to the crack, it can't help but spread. More and more will want to be in the light. They will see and feel the joy and love of the light. Focus on letting the light entre the darkness and it will spread on its own, like a thin shaft of light in a dark cave illuminates and touches everything in the cave.



16. Whalers

October 15, 2012 ~ Send Love and Light to the whalers. Do not try to heal them from the outside in. Send the healing energy to the inside. Heal them from the inside out. Connect to them, human to human, person to person, heart to heart, soul to soul. This is the only way to melt their cold, tough exterior. They have put all their energy into putting up a hard, tough outer protection. They have not thought that you might try to touch them with love in their hearts and souls. Think of them like a hard iceberg and your love and light is like a microwave that will melt the icy exterior from the inside out.

17. On Death and Dying

- Oct. 22, 2016 ~ "Death is just another step in your journey. It is not an ending at all, but a transition. It is a graduation, if you will. A graduation from the density and challenges of life on Earth."
- "Death is a release, a letting go of life as you know it. A release from the denseness, heaviness, struggles, illness, judgment, cruelty, pain, anger and fear. Nowhere else in the universe do these things exist to the extent they do on Earth."
- "You humans and all life forms on Earth are so brave to have chosen to incarnate into a world filled with fear, pain and struggle. Know that those of us who are conscious and remember where we came from, honor and are so impressed with those of you who have forgotten any other way to be."
- "You are all learning so much. When you leave this planet (die), you will be given time to integrate what you have experienced and learned here. Then you will become teachers for many in other dimensions who cannot or will not have the opportunity to come to experience Earth."
- "It is not easy to teach fear and sadness to those who have never experienced these emotions. Through your experiences here you will be able to share first-hand knowledge of these feelings."
- "Your teachings will allow others to have compassion for those in human form. This empathy will inspire many to assist, (in the form of spirit guides), those still on Earth to raise their level of consciousness, their vibration level and remember who they truly are."
- "When humans on Earth transform their consciousness and raise their frequencies, it causes a wave of high vibration and loving energy to ripple out and effect all other humans on Earth. Making it easier for other humans to also make the shift to becoming fully conscious. It not only helps to raise the vibration on Earth, it also

ripples out across the universe and spreads Joy and Love and literally touches the hearts and souls of all forms of life everywhere."

- "So do not be afraid of death, do not worry about the passing of a loved one, for they have simply transitioned on to the next stage in their life."
- "Think of life here on Earth as your school years and after death as your well-deserved rest, retirement and a return to your natural state of Love."

18. Nature

Join the Multitudes November 24, 2019

- "Join the multitudes. You humans are not alone against the world. It is time to step up and join the multitudes that define nature."
- "Step into the flow of life that is nature. You have separated yourselves from all of nature and then you wonder why life is so hard."
- "Embrace nature. Embrace yourself as one with nature. No more isolation. No more struggle. We are waiting for you to accept your true nature."
- "You humans have alienated yourselves from all things wild. You often fear the wild places. You even try to control nature for your own desires, which separates you even more."
- "This need to control is not natural. You never see examples of one species controlling another in nature. The need for control among humans was introduced by an outside force to keep you from realizing your highest potential."
- "Let go of your need to control nature and each other and you will find a deep sense of peace that you have nebver felt before. You will start to see nature in a whole new way."
- "See all of nature as your colleagues, your peers, your friends, your companions in life, your brothers and sisters, your equal. When you do you will easily merge into the natural, easy flow of life where everything around you is in balance, in harmony."
- "Breathe deep and let down all the walls you have built up that separates you from nature. Separate you from a life of flow, ease, abundance and peace."
- "Come home to where you belong, in your natural state, at one with nature. At one with all that is. At one. Oneness. In Love."



Suggested Meditations/Visualizations

- 1. Feel your body merging with the whale's grid in Panama. Your body is melting away and your energy spread all across the grid lines in the bay of Panama and throughout the Pearl Islands. Then your energy spread to the borders of Panama and beyond, eventually circling the globe along the grid lines. Feel your energy being drawn up through the water and up into the air through evaporation from the sea, and into the clouds, and falling back to Earth as rain. Now you are directed to the dry regions in the Middle East and Palestine. That is why there is so much tension there, no rain, no water. The high priests controlling the Earth put something in the drinking water to keep the tensions and fear alive. Focus on rain in the dry areas. If possible drink filtered or pure water from a known source. Focus on sending rain with the word or energy of "Respect" imbued in all rain around the Earth, especially in dry and troubled areas.
- 2. You are in the ocean with the Mother of all whales, a female Humpback whale sending light energy from her long pectoral fins to you. There are dolphins all around you too. The mother whale is pulling you up

through the oceans, through the dolphins. Any pains or physical issues you may be feeling are birth pains. You are giving birth to a whole new YOU! The dolphins are at your side, escorting you up and up. You are shedding all the layers and issues that no longer serve you as you rise.

You stopped at the Humpback level- feel their love for you. Allow yourself to receive. Open up completely. Allow yourself to expand and completely embody whale. They are Abundance. Feel your heart expand – to the size of your lungs, ready to burst out of your body. Now your heart is bigger than your physical body. Out shoots your golden light body straight up directly to the Mother of all whales. The two of you begin the most exquisite, beautiful dance together. This is who you truly Are!

Leave all the trappings of human-ness behind. When you live in your heart and allow it to grow, the True You will shine, burst out and THRIVE!

Then your light body grows to the size of the Mother whale. Now you are morphing into a golden, white light whale body. You are side by side with the Mother of all whales, holding fins. There are many golden light dolphins jumping all around you. They are so excited to see you reach and embody your highest potential.

Your human-ness is like a ball and chain for you. Do not let it control your life. Know that you can leave it behind and fly away at any moment and be who you truly are. You are not human. You are WHALE!!!

- 3. Imagine a pink bubble around you. It is like a cocoon and is fluid filled. The pink fluid is cleansing and flushing any and all dis-ease and pains from your body and soul. See yourself bursting out of the top like a butterfly. Ready and eager to stand and accept your true power. You have a new found sense of peace and confidence. All fears are gone.
- 4. In your mind's eye, see baby dolphins playing with you in a shallow bay. They are swimming all around you and blowing bubbles and tickling you with the bubbles. Find a way to reignite Joy in your life. Focus on doing things that bring you joy, play and laughter. Then

life's challenges will not seem so big and difficult. They will only be minor bumps in the road.

5. Envision dolphins all around you. They are making a spiral out of bubbles. Swim through the center of the spiral of bubbles. The bubbles are adjusting and recalibrating your DNA to the frequency of fun. At the end of the spiral you swam out onto the planet Sirius-B. It feels like Atlantis but without the negativity. Atlantis was an attempt by humans to recreate Sirius-B on Earth, but human egos got in the way. See yourself sitting in a council of whales, dolphins and humans discussing what wisdom and lessons to bring to Earth. Acknowledgements; Legal disclaimer

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