

Dolphin Essence by Hazel Raven

Dolphin Essence - Higher Consciousness

The Dolphins are the keepers of the wisdom of Atlantis

The name is originally from Greek *δελφίς* (*delphis*), "dolphin", which was related to the Greek *δελφύς* (*delphus*), "womb". The animal's name can therefore be interpreted as meaning "a 'fish' with a womb". The name was transmitted via the Latin *delphinus* (the romanization of the later Greek *δελφῖνος* - *delphinos*), which in Middle Latin became *dolphinus* and in Old French *daulphin*, which reintroduced the *ph* into the word. Dolphins are descendants of terrestrial mammals. Dolphins have a streamlined fusiform body, adapted for fast swimming. Most dolphins have acute eyesight, both in and out of the water, and they can hear frequencies ten times or more above the upper limit of adult human hearing. Dolphins are often regarded as one of Earth's most intelligent animals. Dolphins are social, living in pods of up to a dozen individuals. Dolphins are capable of making a broad range of beautiful sounds using nasal airsacs located just below the blowhole. Dolphins occasionally leap above the water surface and play is an important part of dolphin culture. Dolphins enjoy riding waves and frequently surf coastal swells and the bow waves of boats, at times "leaping" between the dual bow waves of a moving catamaran.

Mythology

Dolphins have long played a role in human culture. Dolphins are common in Greek mythology and there are many coins from ancient Greece which feature a man or boy or deity riding on the back of a dolphin. The Ancient Greeks welcomed dolphins; spotting dolphins riding in a ship's wake was considered a good omen. In Hindu mythology, the Ganges River Dolphin is associated with Ganga, the deity of the Ganges river. There are many legends where Dolphins have picked up and carried drowning sailors to a safe shore.

When we think of dolphins, the picture that usually comes to our mind is of sleek, finned bodies cutting through crystal clear blue water, cheerful, serene faces and high-pitched, excited noise. Dolphins are graceful sea creatures that breath air. Besides being fascinating, beautiful animals, dolphins are powerful symbols to humans.

Dolphins are believed to be master healers the 'angels of the oceans'. They invite you to come and play, spreading love and gratitude in sound waves of tranquillity. They encourage you to just be, as they gently lift the vibration of all beings they come into contact with. This new Dolphin Essence will help you connect to the wonderful healing energies of the Dolphins and unity consciousness as they swiftly raise you into the higher dimensions of love as you release your fears.

Dolphins in the wild are playful and seem to be completely carefree. Often in the course of deep personal reflection, the dolphin can become a guide and a companion, taking us to a safe sacred place.

Dolphin Essence - Higher Consciousness

Dolphins are master healers, the 'angels of the oceans', uplifting the vibratory signature of all beings they come into contact with. This essence will help you connect to the wonderful healing energies of the Dolphins. Awakening you to higher truths, bringing joy, abundance, peace, tranquillity and deep Soul harmony. Helps reduce stress and fear. Helps develop empathy with others.

Crystals used in this essence

Aragonite (blue)

Aqua Aura Quartz see page 171 of **Crystal Healing the Complete Practitioner's Guide**.

Aquamarine see page(s) 172, 173 of **Crystal Healing the Complete Practitioner's Guide**.

Coral (white, natural heart shape)

Gold see page 202 of **Crystal Healing the Complete Practitioner's Guide**.

Jeremejevite

Larimar see page 216/7 of **Crystal Healing the Complete Practitioner's Guide**.

Pearl (white)

Dolphin Meditation

Inspired by my Dolphin guide '**Star Fire**'

Welcome to this meditation to receive healing, spiritual nourishment and the Dolphins 'higher consciousness'.

Make sure you will not be disturbed.

To this end, switch off the phone, dim the lights in the room and light a candle, these are simply to relax yourself and bring your focus to a meditative state.

Soothing music can be playing softly in the background.

Make yourself comfortable in a chair, or sit cross-legged, or in the half lotus or full lotus posture: these classic forms make a triangular path for the energy field and stop it dissipating in all directions. For long meditations choose to sit in a comfortable steady posture with the spine and neck held erect but not tense. The psychic current must be able to flow unimpeded from the base of the spine to the top of the head. When sitting, face north or east to take advantage of favourable magnetic vibrations. If sitting in a chair,

choose a straight backed chair to give support and stop your diaphragm cramping. Your feet should be flat on the floor, your hands resting palms up on your knees or place your hands on your thighs, palms upward, and join your thumbs to your index fingers. Do not let your head loll forward as this will restrict your breathing.

Now pull the shoulders back ever so slightly and lift the chin a little, so there is a small pull on the back of the neck; this will ease the blood flow to the brain.

Mist your aura with the **Dolphin Essence**as you do so, begin to relax and close your eyes, focus on your breathing until you feel a deep sense of peace. You will become aware of your body and the tiny motions that occur even when you are sitting perfectly still.

Feel yourself surrounded by the **Dolphin Essence** energy, see it as a bright aquamarine light surrounding and protecting your aura.

Slowly breath in this bright aquamarine light and with each out breath release all the negative events and people who are causing you trouble at this time. This is an important step.

When you are ready, take your awareness down to your Earth Star chakra beneath your feet, feel it activating and connecting to the great magnetic crystal at the heart of Gaia.

Then, ever so gently move your awareness to your Soul Star chakra, above your head. Feel it activating as you move into 'allowing' the heavenly energies to descend into your body.

Then, feel the heavenly and earthly energies merging at your beautiful heart chakra.

You now feel the energies of unconditional love begin to flow through you, activating your 'Higher Heart' or 'One Heart' chakra with the crystalline turquoise ray of Oneness.

Now, I want you to see yourself outside in nature, it is a beautiful warm sunny day, the air is magical, sparkling with life-fore.

Allow yourself to tune into your surroundings as you see before you a beautiful aquamarine pool of dancing, shimmering light.

Go into this pool of light, immerse yourself fully, feel this calming, tranquil energy.

Letting go of all of your worries and fears, feel them washed away and transmuted by the aquamarine pool of light

Whether you can swim or not in our physical world, here with the Dolphins you can move with delightful freedom and grace.

Dolphins were traditionally seen as the saviours and protectors of travellers, so even if the water gets a little deeper, you should feel no fear when a sleek gray body gently brushes against you and you hear a friendly inquiring chirp.

Allow yourself to be guided by your Dolphin.

Allow the experience to gently unfold as you communicate telepathically with your new friend and receive 'Higher Consciousness', ancient wisdom and deep love.

Stay in this energy as long as you wish.

To conclude the Dolphin meditation session, thank your Dolphin and give it your heartfelt love.

Gently begin to drift back to normal everyday waking consciousness and acknowledge the room around you, feel the floor beneath your feet, the weight of your body in the chair, wriggle your toes and fingers, and finally have a small drink of water to ground yourself. While the meditation session is taking place, any sensations - such as tingling, a feeling of heaviness or lightness, energy surges or shifts of perception - are simply an indication that energies are balancing and integrating.

At any time you can return to the a beautiful aquamarine pool of dancing, shimmering light to connect with another Dolphin or the same Dolphin.

In your journal write down your experiences of the Dolphin meditation.

What did your Dolphin look like?

What colour was it?

Was it male or female?

Did your Dolphin tell you it's name?

Did your Dolphin give you a gift?

Next time you can ask your Dolphin if you can ride on its back. Imagine it taking off, moving swiftly through the water. Feel the water as you move through it, the sensation of the Dolphin's body beneath you. Allow your Dolphin to carry you. As you move together, enjoy the experience. Then, when you feel ready ask your Dolphin to bring you safely back to the land.

If, at any time you feel uncomfortable, you can swiftly end the visit by thinking of your physical body in this present moment.