

# SPIRIT DOLPHINS



*We're Here to Help!*



Linda Shay



# Spirit Dolphins ... We're Here to Help!

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*Dank je wel, Godfried!*



# Welcome!

*When we open to the unseen realms* that are around us all the time ... when we begin to perceive energies and open to the world of Spirit ... life takes a turn from the ordinary and the mundane.

The Beatles had it right! In those moments, life becomes a wondrous, mysterious, magical mystery tour. I wouldn't have my life any other way.

I was a few years into my own magical mystery tour, living among the majestic red rocks of Sedona, Arizona - a haven for spiritual seekers and adventurers - when the dolphins started "calling" me.

It was perplexing. I was a land girl. I loved mountains and wildflowers. The ocean was beautiful, but it didn't draw me. I only knew about dolphins from watching the beloved TV show, Flipper, as a kid.

"Dolphins? I'm in the desert. I don't get it!" became my frequent refrain every time another 'dolphin calling card' appeared in my life.

I was used to encountering the unexpected. I'd had plenty of weird stuff happen to me on my spiritual journey.

But dolphins? I perceived the whole dolphin thing as trendy, new age woo-woo. (As if I wasn't SO that!)

I questioned and resisted a lot. The dolphins were persistent and creative in finding clever ways to reveal themselves to me.

Early on in my journey, I frequently told people, "The dolphins have turned my life upside down and inside out!"

After saying that for the umpteenth time, I heard the sweetest, softest voice inside me say: "*What we really did was turn your life **right side up!***"

Indeed, that is precisely what the dolphins did.

My journey with Dolphin (my affectionate term for the vast, wise, loving pan-universal Dolphin Consciousness) shifted me in so many ways. I can honestly say I'm a better human because of the dolphins!

Now, I am grateful to lead a heart-centered life. As I go about my daily life, my mind is quiet and still. A ton of judgment has fallen away. The fear that used to be a constant undercurrent in my life has fled. Most of the time, I observe life from the place of wonder and curiosity.

When Dolphin swam into my life in 1996, it was easy for me to receive love from nature, from animals, and from spirit. From my fellow humans? Not so much. A tragic event that occurred in 1994 caused me to unconsciously erect a shield of protection in my energy field that kept human love at bay. When that event happened, humans had become dangerous to me.

The day I commanded that shield to dissolve was a huge turning point in my life. Now, so often I gaze upon my fellow humans – in a crowded restaurant or walking on the sidewalks of a neighborhood I'm passing through, for example - and feel such overwhelming love. It is almost too much to contain. I see my fellow humans as living miracles, as beings of pure Love and Light. This is just one of the countless precious gifts I've received from Dolphin.



While my dolphin journey was sparked to life by a magical encounter with a wild Hawaiian spinner dolphin in early 1996 (read this remarkable story in my book, *Dolphin Love ... From Sea to Land*) it was the Dolphin Consciousness - represented by a vast array of Spirit Dolphins - that kept the adventure alive after I returned home to my life in Sedona.

That life-changing, up-close-and-personal wild dolphin encounter awakened a deep-seated desire in me to *become the quality of Love Dolphin embodies* so I could experience it, and radiate it, all the time, throughout my human life on land. Not just when I was meditating with Dolphin. Not just when I was doing Dolphin Energy Healing. Not just when I was swimming with dolphins. *All the time.*

My spiritual path became simple and clear. I was no longer seeking. I had found my source of Divine Love, Light, Inspiration, and Joy - the dolphins. This was such a surprise!

Over the course of seven amazing years, Dolphin choreographed an inner journey of deep healing, transformation, and ultimately metamorphosis. Throughout those seven years, I was in the mystery. I had no clue what was happening, or why.

My journey culminated one morning in January 2003 when *I woke up brand new*. My fears were gone. My inhibitions were gone. I felt FREE as I never had in this life. It was intoxicating!

I was told by Spirit that I was a *brand new being on Earth*. It wasn't a rebirth. It was a new birth. I was brand new.

The dolphins had performed an experiment on me. Dolphin meticulously blended an aspect of their dolphin consciousness with my human consciousness. Together, we *dissolved the illusion of separation between humans and dolphins*. A new quality of consciousness was created on Earth - *a blended human-dolphin consciousness*.

What I LOVE about the realm of Energy and Spirit is ...

***There are no limitations.  
All things are possible!***

And then the most exciting message came: "Now it's time to gather your pods to share this gift with others."

That was music to my ears and heart! I had always known my journey was leading somewhere. There was a point to it. My inner dolphin journey wasn't just about me.



Physical Earth Dolphins live in Unity-Community. They're 5<sup>th</sup>-dimensional beings who are here to assist us, and our beloved Gaia, in our return to wholeness and joyous well-being. They love this planet and humanity *so much*.

The very first teaching I received from Dolphin was:

***Love heals. Joy transforms.***

Dolphins are pure Love and Joy. Inviting them into your heart, and into your world, can initiate waves of healing, transformation, and loads of magic to unfold in your reality on Earth.

It is my hope, and intention, that this little book ignites new insights and possibilities within you, dear reader. At the end of each chapter are “**Homeplay Invitations**” that are designed to create an engaged, interactive reading experience for you. May you discover – and experience – a delightful sampling of the enormous gifts Dolphin has for you, and all of humanity, at this time!

***Oceans of Love & JOY!***  
***Blessings on your journey!***

A handwritten signature in blue ink that reads "Linda". The signature is written in a cursive style with a heart shape integrated into the beginning of the word.



# 1 | Spirit Dolphins 101

***My first encounter with a spirit dolphin*** happened during one of my very first meditation experiences when I was just beginning to explore my spirituality. I tell this story in its entirety as the prologue in my book *Dolphin Love ... From Sea to Land*.

In a group meditation, I embarked upon a spiritual journey with a spirit dolphin that was more real to me than the 3rd-dimensional reality I reluctantly returned to when the meditation ended. At the time, I didn't understand the significance of that encounter. I just considered it another interesting and unusual experience on my spiritual journey, and I let it go.

I didn't think about the dolphins again until a few years later. It was the strangest thing. I had just returned to Sedona after living briefly in Hawaii. Everywhere I went, within minutes of talking to me, people started talking about dolphins!

It was puzzling. I had no idea what the dolphins had to do with me, or what I had to do with them. There were so many unusual and funny ways they reached out to get my attention.

For example, just before leaving Maui, I purchased a carved smoky quartz dolphin pendant, wrapped in a gold wire the shape of a rainbow over the dolphin. I bought the pendant for the grounding and protection qualities of the smoky quartz. The fact that it was a dolphin was inconsequential to me – or so I thought.

After adding a simple gold chain, I wore that necklace constantly. One day, back in Sedona, I walked into my kitchen and noticed something glittering on the floor. I bent down to see what it was and was startled to realize it was a chip from my dolphin pendant.

*That's weird. I don't remember bumping the necklace against anything to break it.*

I looked at the pendant, and sure enough, a piece of the dolphin's tail was broken off. Even though my necklace was now broken, I kept wearing it. I had the feeling I had to have the energy of this stone on my person, all the time. In the following weeks, more pieces mysteriously chipped away, yet I continued wearing the necklace.

Then one day, I noticed it wasn't around my neck anymore. I'd lost it. *How did that happen? I never take it off!*

The next day, I went to a shipping store in West Sedona. While walking back to my car, I saw something sparkling on the sidewalk a little way away from my car. Curious, I went over to see what it was. It was my dolphin necklace!

*How the heck did it get here? I haven't been to this location in weeks!*

That was a complete mystery. I picked up the necklace and put it around my neck again with a huge sigh of relief. Once I'd returned home, I took the necklace off and really looked at it. It no longer resembled a dolphin in any way. Now, it was just a strangely shaped blob of smoky quartz.

I knew the time had come to stop wearing the necklace. *Why am I so reluctant to stop wearing it?* I wondered. *Come on, Linda. It's just a necklace. You can do this.*

I had such hesitation, but I took a deep breath and made the decision to stop wearing it. I still had a strong feeling that I had to keep the crystal close to me. So, I wrapped it in a small silk pouch and dropped it in my purse.

A while later, I attended a weekend workshop by an energy healer from Chicago. We made a connection the first night, and on the second day, he asked me to come to the front of the room for a demonstration.

After some time in silence 'reading' me, he said, "There's a broken necklace in your purse."

"Yes, there is! What does it mean?" I asked hopefully.

"I don't know," he answered. "I just know it's meaningful to you." And then he proceeded to demonstrate his healing technique on me.

*Sheesh!! That wasn't helpful,* I thought to myself when I returned to my seat. *What do the dolphins want? I haven't a clue!*

All these years later, I still have that broken pendant. Right now, it's hanging on a decorative key hook in my kitchen. I look at it from time to time with great fondness.

Now, as I'm writing this story, I realize that crystal was my first physical, tangible link to the dolphins. By wearing that necklace constantly, and then carrying it around in my purse once it was no longer recognizable, that was my way of keeping the dolphin energy close to me. I just didn't realize it at the time.

This is how my dolphin spirit journey began. Some people are born knowing they have a connection to dolphins. They grow up with posters of dolphins plastered on their bedroom walls. Others, like me, are given puzzle pieces over time that, eventually, all come together into a surprising moment of recognition.



By the time I'd landed in Sedona for the second time, everyone I encountered felt the dolphin energy around me. That energy sparked their conversations about dolphins, even though I had nothing to contribute. I felt like I was the last to know.

Eventually, I let in the message that I did, indeed, have a profound connection with dolphins. Not only did I have a connection, the dolphins had a gift to give me – a gift that would not only alter the course of my life, and my life's work, but would heal human hearts and transform human consciousness in ways I couldn't begin to imagine.



## Homeplay Invitation #1

***Pause for a moment and ponder*** if spirit dolphins have been making themselves known to you.

Have you had dolphin dreams? Have odd or mysterious dolphin-related synchronicities happened that you didn't pay much attention to?

Make a list of these things and pay attention from now on.

If you're reading this book, chances are good spirit dolphins are around you, too, sending you signs and messages. Tune in. What are the dolphins telling you?

This is a great topic to journal about.



## 2 | Dolphin Calling Cards

***Spirit dolphins come to us*** in our meditations or dreams. They also send us signs in the outside world, letting us know they're there. Like my dolphin necklace story above. We in the dolphin community call these occurrences 'dolphin calling cards'.

Maybe you're driving down the freeway thinking about something that's troubling you. Suddenly a truck passes you with a big dolphin splashed across the back. Just seeing that big dolphin flying down the freeway makes you giggle. You lighten up. Maybe you think back to that issue that was troubling you and you have a new perspective about it. That's spirit dolphins in action!

Or, from out of the blue, friends start giving you gifts of dolphin jewelry or dolphin objects. Maybe you start receiving greeting cards with dolphins on them. If this starts happening to you, chances are good you have a dolphin connection, and the dolphins are reaching out to you.

Allow their love and joy to wash over you. Don't just brush these events off as a coincidence. Often, they're much more.

Dolphins are masters of synchronicity. One of the definitions of 'synchronicity' in the dictionary is – “The simultaneous occurrence of causally unrelated events and the belief that the simultaneity has meaning beyond mere coincidence.”

Occurrences of dolphin synchronicity lend our ordinary, mundane lives a sense of magic and wonder. By paying attention and noticing these events, and acknowledging they have meaning, you're setting the stage for more synchronicity to flow. That's when life becomes downright JOY-full and FUN!

If Dolphin synchronicity is happening for you, pause. Take a moment to ask Dolphin, in your heart and mind, if they have a message or a gift for you. And then relax, let go, and pay attention to what happens around you.

***Spiritual contacts with the dolphins are every bit as real and meaningful as encounters with physical dolphins.***

As my journey with Dolphin progressed, I realized that for me, as amazing as swimming with dolphins is, it's the *spiritual connection* that feeds me, and fills me up, on all levels.

Only in the realm of spirit can I transcend the limitations of physicality.

Only in Spirit can I merge with Dolphin and become One.

That, to me, is pure bliss!



## Homeplay Invitation #2

***Listen to my Meet Your Dolphin Spirit Guide meditation*** to meet your personal dolphin spirit guide!

(You should have received this meditation MP3 along with this ebook. If not, [email us.](#))



## 3 | Angels of the Sea

*I have a very special spirit friend* named Dr. Peebles. My dear friend, Summer Bacon, is an extraordinary trance medium. It is through Summer that I met Dr. Peebles in the very early days of my Dolphin journey. He became an important source of counsel and wisdom for me when I felt lost and confused, which for many years happened quite often!

Dr. Peebles lovingly and gently kept nudging me along on my dolphin path, assuring me I wasn't crazy. Affirming that what was happening between me and the dolphins was real.

He once told me that the dolphins came to planet Earth at about the same time as the angelic realm and that in many ways their purposes are the same.

Both serve as guardians of the planet and protectors of humanity. The dolphins chose to take physical form here, and so their frequency is a little bit different from that of the angels. It's no accident, then, that throughout time dolphins have been referred to as "angels of the sea."

Dolphins are highly evolved spiritual beings living physical lives here upon planet Earth. I think of them as humanity's spiritual elders. They've been living joyful, peaceful, enlightened lives in the ocean for millions and millions of years.

We humans only showed up a few thousand years ago. We're the new kids on the block – they see us as a young species, with much to learn. The dolphins have observed us since the beginning of our time here, and they help and support us in countless ways, known and unknown.

In today's world, when a dolphin comes to the aid of someone who is injured or in danger, it makes headline news and goes viral via the internet. We are fascinated and inspired by these benevolent creatures of the sea.

Not long ago, a friend who paddleboards every day off the coast of Laguna Beach, California, told me an amazing story.

The day before, two friends of his were kayaking when a pod of dolphins approached them. As soon as the dolphins had their attention, they turned around and headed out to sea. This couple felt the dolphins wanted them to follow them. They had a motorized kayak and were able

to follow the dolphins quite easily. After going far out from shore, they saw something floating in the water in the distance. As they drew nearer, they realized a woman was floating there. She was naked and barely conscious, but she was alive. They pulled her into their kayak and got her safely to shore where a medical team was waiting to help her.

That pod of dolphins knew exactly what to do to save that woman's life. These kinds of things happen over and over. The dolphins are innately benevolent. They don't ask or expect anything in return for their generosity and kindness.

I feel extraordinarily grateful that the dolphins chose to come to Earth in physical form. Their presence is a huge gift to the planet, and to humanity.



### Homeplay Invitation #3

**Watch this 3-part video series** of a Summer Bacon special event featuring me as the guest: [“High Tea with Dr. P”](#). Watch Summer Bacon in action channeling Dr. Peebles as we talk in-depth about many delightful dolphin topics. It’s fascinating!



## 4 | Spirit Dolphins on Earth

*I define "Spirit Dolphin" as a source of dolphin energy* and consciousness that transcends time, space, and physicality. I have a vast team of spirit dolphins in service to me. Both in support of me personally, and in support of the work I'm doing to share Dolphin Love, Joy, and Consciousness with my fellow humans.

So, who are the dolphins, really?

Dolphins don't source from planet Earth. The physical dolphins that reside here are manifestations of a highly evolved extra-terrestrial consciousness. According to some sources, including the Dogon tribe of Western Africa, the dolphins come from a planet in the Sirius B star system.

My sense is that on the physical plane, this information is true. However, that's just one small part of the big picture. To me, Dolphin is more than that - bigger than that. Dolphin once gave me a simplified image of their consciousness. They showed me a never-ending spiral that stretches out to eternity in one direction, and to infinity in the other direction. Their consciousness is so vast, it spans universes! It can't be contained or limited to a single planet or star system.

I gave up, a long time ago, trying to comprehend who the dolphins are and how they do what they do. It's beyond my human ability to conceive. I just know that they help me, and a lot of others like me, a lot, and I'm grateful!

Dolphin told me it's their greatest JOY to be in service to humanity on Earth. Despite the egregious acts we humans have done and continue to do - to them and to whales - they continue to love us and this planet unconditionally. The scope of their love for us takes my breath away.



There are spirit dolphins who reside right here, on planet Earth. The Sedona spirit dolphins are an example of that.

Many years ago, Linda Dillon, a well-known and beloved spiritual counselor and channel, invited me to lead a dolphin energy playshop at her annual retreat in Sedona. Participants came from all over the country. Even though my presentation wasn't until Sunday, she invited me to attend the entire retreat as her guest.

In the opening ceremony on Friday night, I was quite surprised when the Sedona spirit dolphins came to me and asked to be introduced to this group. I didn't even know these spirit dolphins existed!

In all my years doing dolphin energy healings and dolphin meditations in Sedona, I had never met them. I'm not usually clairvoyant, but this night, I saw these spirit dolphins very clearly in my mind's eye. They were the same color as the Sedona earth - a rich, rust red.

Sharing the Sedona dolphins with this group was really fun. By the time it was my turn to share the dolphin frequencies, everyone was completely open from the exquisite and powerful energies Linda Dillon had already brought through. The dolphins didn't have to do anything, energetically, to prepare the group to receive. They were able to dive right in and get to work – rather, to play.

I was experimenting with sound at that time in my journey, and so I took a risk and opened the meditation with my dolphin sounds. I then led a brief guided visualization into the dolphin energies. Finally, I entered into silence and held space while the group received directly from the spirit dolphins gathered.

As the meditation wound down, the Sedona dolphins gave me a picture of the participants seated on the floor, in pairs, sitting back-to-back, so that the backs of their heart spaces were touching. Then they showed me an image of me going around the room putting my hands on the fronts of the heart spaces of each pair, running energy, connecting their hearts. Once the human hearts received the dolphin energy, the energy traveled up into the heavens, and down into the earth, creating a pillar of light that enveloped each pair and emanated outward in all directions.

When everyone was back from the dolphin energy meditation, I told them about the vision the dolphins had given me and asked if they wanted to experience that. "YES!" they exclaimed with great enthusiasm. And so, we did that. It was beautiful and profound.

We completed the playshop in a standing circle, all making our own dolphin sounds, which is just silly and fun. I like to leave them laughing!

What was particularly sweet for me was what happened when the retreat was over. While hanging out in the parking lot talking to some folks, off in the distance, I heard echoes of eeeee-eeee's traveling through the ethers from all directions. Participants were making dolphin sounds, followed by lots of giggling and laughter while packing up their cars. Human-made dolphin sounds reverberated through the air until everyone had gone home. Hearing everyone play as they left the retreat filled my heart with gratitude and joy!

*Mission accomplished, dolphins!* I thought to myself.

Two participants emailed me upon their return home with wonderful stories. One said two Sedona spirit dolphins went home with her, so they could make a connection with the dolphins in the ocean near where she lived. Another said some Sedona spirit dolphins went home with her to help heal the coastal waters where she lived.

Just when I think I know what to expect from the dolphins, they surprise me. I was excited to meet my hometown spirit dolphins after all these years. And, it was thrilling to hear about the ways some of them went out into the larger world to be of service!



## Homeplay Invitation #4

***Step away from your worldly cares and concerns for a little while.*** Take a dolphin energy vacation! There are tons of videos on YouTube to take you into the dolphins' world. Here's the trick – resist the urge to multitask. Enter into your dolphin vacation as you would a meditation. Select a video, press play, and then relax, release, and surrender. Prepare to be transported to a kinder, gentler place!

Here are two links to get you into the flow. This one is made by dear friends of mine. It features wild Hawaiian spinner dolphins accompanied by singing crystal bowls:

<https://www.youtube.com/watch?v=P-aGBYKviQc> (3:39)

And this one is audio-only of natural whale and dolphin sounds:

<https://www.youtube.com/watch?v=Y-dmGhxyfpc> (59:11)

Bliss out and enJOY!!





## 5 | Dolphins in Service to Humanity

*This message came from my spirit friend, Dr. Peebles, early in my dolphin journey:*

***“The dolphins are here in service to you in this lifetime.  
It's not the other way around.”***

He said this to me a number of times. It took me a while to understand what he meant by this, and what, exactly, I was to do about it.

When people learn I work with dolphin energy, many ask me about the various plights the dolphins suffer here upon the planet. When that started happening, I'd come away asking Dolphin, *“What can I do? How am I to relate to these horrible, tragic events you experience, often at the hands of us humans?”*

Dolphin's reply was always the same:

***“Stay in your joy. Stay in your love. Heal yourself. Live the life of your dreams.  
That is how you can best serve us, humanity, and the planet.”***

Dolphin has demonstrated to me, time and again, that they do not want my energy and attention going toward "saving" them. That's not my mission. The more I understand who the dolphins are, and what they are capable of, I realize that they have ways of taking care of themselves that we humans can't even conceive.

They would much rather I spend my precious time and energy going within and saving myself. Indeed, the seven years I spent immersed in their field of healing love and transformative joy was all about that.

With Dolphin by my side, I freed myself from my self-created fishing nets - the barriers and boundaries I'd spent lifetimes erecting, thinking they would keep me safe in the world. In reality, those barriers held my highest manifestations of life and love at bay.

That unforgettable morning in January 2003 when I woke up brand new, I was free. I remember thinking, with great relief and amazement: *The hard part's over. Now, my life is about creating.*

Only when we humans bring an end to the constant conflicts, battles, and wars that rage inside of us, can the need for conflict and war that is contained in our mass consciousness begin to dissolve and disappear.

With our permission, spirit dolphins can support us in cleansing and purifying our thoughts, bodies, and emotions. They can help us learn to love ourselves, and all of life, unconditionally. As we heal our physical bodies, the planetary body of Mother Earth heals. As we heal our inner ocean of emotions, the oceans of Earth heal. As within, so without.

***“Be the peace you wish to see in the world.” - Martin Luther King***



To reinforce the idea that the dolphins are here in service to humanity, we received a profound communication (channeled through my partner in this work, David Rosenthal) from **Archie**, our Golden Dolphin Spirit Guide and spokesdolphin for the Cetacean Council that guides us in this sacred service. The purpose of this communication was to elevate our awareness of the bigger picture of what Dolphin and we are doing together.

This is what Archie told us, on behalf of Dolphin:

***“It is our desire to heal the hearts of humanity--all of humanity.***

***“You have used these words, but you are only beginning to let yourself feel them, let alone think about what that will mean and can mean.***

***“If we were to speak in terms of time, this school that you are creating for us, and for yourself, of course, and for humanity – but this school that you are creating for us, is part of a progression in time which – of course it goes back thousands of years, but most directly, began, let us say 65 years ago and continues 200 to 250 years into the future. And your personal role in this plan extends for, it would be helpful to think of it as extending for the next 40-50 years.”***

This message stirred David and me to our core. It feels huge. And, we know we're not doing this alone. We have tremendous spiritual support.

There are many gifted dolphin ambassadors in the world today. Each has a piece of the exquisite tapestry Dolphin is weaving in and around our planet for the purpose of human and planetary healing and awakening.

David and I feel honored to be a part of this inter-species, inter-dimensional pod of humans and cetaceans. We joyfully weave the rainbow thread of our unique contribution into the larger tapestry of Dolphin's vision of a healed and whole planet Earth.



One week, Dolphin brought two clients to me for healing sessions. Both were preparing to go out into the world to fulfill their missions. They came to me for dolphin energy sessions to help them release their fears and doubts and to receive spiritual support.

At the end of their sessions, each received a vision of spirit dolphins for as far as the eye could see. Legions of spirit dolphins came to be in service to them. Both clients came out of their sessions sobbing and speechless. They were overwhelmed by the immense love they felt. They were in awe of the scope and magnitude of Dolphin support that was being made available to them.

In both sessions, Dolphin demonstrated that, in spirit form, they have access to limitless resources. It is Dolphin's great joy to provide support to those who strive to uplift the quality of life and love upon planet Earth.



When 9/11 happened, David was in New Jersey on a business trip. He was near the Jersey shore, 30 miles from the World Trade Center. I was home alone in California. With the time difference,

it was 6 a.m. when I received his call. I was still asleep. I picked up the phone and heard David's voice pierce through my not-awake-yet fog, "We're at war."

"What?!"

"We're at war. Turn on the TV. The World Trade Center has been attacked."

I turned on the TV and watched the horrifying scene unfold on the screen before me. We stayed on the phone together, watching the devastation in stunned silence. *How is this possible?*

David told me all flights had been canceled and the airports were closed. He didn't know when he'd be able to fly home. We didn't want to hang up. We didn't want to lose the precious voice connection we had with one another. Finally, we did hang up, and I went on watching the news until I couldn't bear any more.

Then I turned off the TV and let my grief flow. I cried and cried. And then I felt a shift inside - a gentle internal tremor that served as a pattern interrupt.

I closed my eyes and reached out to my spirit. "*Take me to where I need to be right now.*" Instantly, the grief fell away. Peace, silence, and stillness permeated my being. I was taken into a state of pure beingness I refer to as the God-space. I stayed there for an indeterminate amount of time.

This story is one example of how Dolphin supports me in honoring my human emotions when they arise, and then shifting into a higher state of consciousness at the appropriate moment, to avoid getting sucked into an unproductive pit of despair.

I can always count on my dolphin spirit guides to remind me, in the most loving and gentle way, to ... stay in my joy, stay in my love, heal myself, and live the life of my dreams. *Thank you, beloveds.*



## Homeplay Invitation #5

***Search Google or YouTube for “dolphins helping humans.”*** This video of *8 Most Unbelievable Dolphin Rescue Stories* is one to see: <https://www.youtube.com/watch?v=vrFw31UKb68>

This video documents dolphins protecting an underwater videographer from a hammerhead shark: <https://www.youtube.com/watch?v=T3pXhU5vzas>



## 6 | Asking Spirit Dolphins for Help

***When we invite our spirit dolphins to help us*** in our daily lives, the mundane becomes truly magical and wondrous. Spirit dolphins are amazing problem solvers. They're SO creative. And, they have the best sense of humor!

Here are just some of the ways I ask spirit dolphins for help. I share these examples to stimulate your curiosity and creativity as you begin nurturing a meaningful relationship with your dolphin spirit guides.

### Healing Support for Yourself and Others

Dolphin Energy is wonderfully healing. A big aspect of my partnership with Dolphin is to demonstrate that it's not necessary to be with dolphins physically to receive their healing and transformational gifts.

**When I hear of a friend or loved one in need**, for example, when someone is ill or in an accident, I'll say something like ...

***"Dolphins, please send a team to be with \_\_\_(name)\_\_\_ to give healing love and support, to the degree their soul gives permission, and stay with them for as long as it serves."***

**When I'm driving and pass an accident**, I immediately ask spirit dolphins to lend their support to all involved.

**When I hear an ambulance**, I ask spirit dolphins to help whoever is in need.

**If you're dealing with a health issue**, just before going to sleep at night, invite a team of spirit dolphins in to give you healing support. Trust that a team has answered your call, even if you don't feel them. Talk to the team from your heart and tell them what's going on. And then say something like ...

***“Dolphins, I give you complete permission to enter into my body while I sleep.  
Please make adjustments to my frequencies that serve my greatest good  
at this time.”***

## While Traveling

**On travel day**, I ask for a 'travel team' to be with me, to support me through all aspects of the trip, from beginning to end.

**When I'm hanging out at the airport**, I ask spirit dolphins to swim through the entire airport, spreading love, joy, harmony, and flow to all - the passengers, crew, staff, and the airplanes.

**Once on board**, I ask a team of spirit dolphins to travel with us, to ensure a smooth and safe flight for us all. (Spirit dolphins LOVE to fly fast alongside our airplanes!)

**Once I arrive safely at my destination**, I thank my team for their great support!

## While Driving

**Ever stuck in traffic?** Turn it into a bliss-fest by silently blessing everyone on the road with dolphin love and joy!

**While driving**, bless all the vehicles, drivers, and passengers on the road with dolphin love and joy.

## While Standing in Line

**Invite spirit dolphins to fill** up the store or building with their presence and to bless all present with their love and joy.

## Parking

**You've probably heard of parking angels.** Well, spirit dolphins can help in this area as well!

I discovered this when David and I were visiting his sister, Linda, in Boston years ago. We wanted to go shopping in Harvard Square during a day she was working. She'd often told us about that area, and we wanted to experience it for ourselves.

As she was headed off to work that morning, Linda encouraged us to take the bus rather than drive. "Parking is impossible there," she said. After a pause, she gave us a specific location to try to park, should we decide to drive.

When the time came to leave, neither of us felt excited about taking the bus. We agreed we'd take the car and hope for the best.

Without even thinking about it, I closed my eyes for a moment and said inside myself, *"Dolphins, help us find a parking spot where Linda told us."*

I was new at this whole asking-my-dolphin-guides-for-help thing. I was amazed to feel a tangible *whoosh* in the air and sense an enthusiastic pod of spirit dolphins taking off to fulfill their assignment!

David drove the busy mid-day streets of Boston and I navigated. As we approached the section of Harvard Square Linda had told us about, my jaw dropped when I saw not one, not two, but four consecutive parking spaces wide open, waiting for us.

I burst out laughing. *"Thank you, Dolphins! But we only need one spot!"*

Clearly, they wanted to get my attention and send a message. If there had been just one spot open, we may have dismissed our good fortune as good luck.

I could feel the dolphins were so proud of themselves! It made me giggle.



## Making the Mundane Fun and Playful!

**Once I got comfortable asking spirit dolphins** to help others, and I received sufficient feedback that it seemed to be working, I woke up one morning with the question: *"What about me?"*

I thought about my day. The unpleasant task of bookkeeping that was awaiting me loomed up as something I couldn't put off any longer. In no reality was I excited about doing that task.

This request formulated inside of me: *"Okay, dolphins, I have to do the bookkeeping today. If anyone can make that task fun and playful, it's you. Help!"*

And then I got out of bed and got on with my day. Honestly, I forgot about my request.

The most astonishing thing happened that afternoon. It was as if I dropped into my body in one moment to find myself two-thirds of the way through the big stack of receipts that needed to be entered into Quicken. I had a receipt in my hand, and it was alive! It had a personality. It was brimming with life force!

I couldn't believe it. I put that receipt down and picked up the next, and I experienced the same thing. It was magical!

I was in such a state of child-like wonder and joy as I processed the rest of the receipts, it didn't feel like work at all! Indeed, it was play!

That experience really got my attention. Dolphin had just passed a huge test. *These spirit dolphins are something else!* I chuckled to myself. *If they could make bookkeeping fun, what else are they capable of?*

An extended period of experimentation had begun that continues to this day!

## Decluttering

**Have you been putting off decluttering** a closet, a room, or your entire home? Invite a team of spirit dolphins to help make it fun and playful! Then relax, let go, and observe what happens.

## Moving

**Procrastinating about packing for a move?** Ask a team of spirit dolphins to help you! I've experienced many moving miracles.

## Sphere of Dolphin Love and Joy

**Visiting the family over the holidays?** Dreading the friction and drama? A day or two before your departure, invite a team of spirit dolphins to create a *Sphere of Love and Joy* around the home where your family will gather. And then assign a team to keep the sphere active throughout the duration of your stay.

In the early days of David's and my relationship, I greatly enjoyed meeting and visiting his family members one-on-one. It was when they gathered as a family that the energy became too intense for me.

We were approaching the Thanksgiving trip one year, and my body was already contracting in anticipation of those stressful meals that did nothing to support good digestion.

The idea came in to place a Sphere of Dolphin Love and Joy around the Rosenthal family home. I asked the dolphins to do that and then forgot about it.

At the end of our third dinner together, David's mom exclaimed, with a huge smile on her face: "This has been THE best Thanksgiving visit ever!"

Everybody beamed in agreement, "Yes, it has!"

It didn't register for me, at the time, that the dolphins had anything to do with that.

On our last day together, four of us 'kids' decided to go to the outlet mall nearby to take advantage of the holiday sales.

As soon as we were in the car and on our way, the bickering started between two siblings. My tummy tensed up. It went on for a while until sibling #3 intervened to make peace.

It wasn't until then that I realized I'd placed the Dolphin Sphere around the home, and we weren't there anymore. The contrast was so apparent, it was shocking! That was when I realized just how powerful the Dolphin Sphere of Love and Joy is!

This treasure can be used any time you're about to enter into a challenging conversation or situation. In preparation, ask Dolphin to create a Dolphin Sphere of Love and Joy that all involved may enter into when the time comes. Relax, let go, and allow the healing and transformative energies of Dolphin to work their magic.

## Working on a Creative Project?

**Assign a team of spirit dolphins to your project** to inspire you, and to keep the project flowing with grace and ease.



## Homeplay Invitation #6

*Your creative juices may be flowing by now* with ways to invite spirit dolphins to support you in creating a loving, joyful, productive, and adventurous life!

I invite you to pause for a moment, drop into your heart and ask spirit dolphins to support you in overcoming a specific challenge or struggle you're dealing with in life.

Dolphin has assured me it's not possible to ask them for too much. Remember, in the realm of spirit, Dolphin has access to unlimited resources. It is their great JOY to help and support us!

You may wish to keep a journal of your dolphin experiences. Where attention goes, energy flows!

I'd love to hear some of your stories of how Dolphin helped you. Please feel free to email me to share. You can reach me at [connect@dolphinity.com](mailto:connect@dolphinity.com).



## 7 | My Dolphin Spirit Guide Story

***This is a rather embarrassing story to tell.*** Many years into my own dolphin journey, at a point when I had led countless meditations to help my fellow humans meet their personal dolphin spirit guides, it occurred to me, *Hey! I haven't met MY personal dolphin spirit guide!*

I felt myself to be in connection with the entirety of the Dolphin Consciousness, which I experience as an amorphous field of high, fine frequencies of love, light, joy, wisdom, and inspiration. It didn't occur to me that I may have a primary dolphin spirit guide that's just for me.

One day in 2006 or so, as I sat down to meditate, I asked for my own personal dolphin spirit guide to come to me. I sensed the presence of an exquisite pearlescent white female dolphin. Her presence took my breath away! Even before I could ask what her name was, I heard, "*Iris.*"

And then I proceeded to do what I say not to do in my dolphin spirit guide meditations. I judged the name. LOL.

I engaged in very human behavior. I compared Iris to David's guide, Archie, who told us we could think of him as the Dolphin aspect of Archangel Michael.

*Iris. Really? How can she measure up to Archie?* My ego was totally tweaked.

So, then I heard – or made up – a different spelling for my guide than the way the flower is spelled. I heard, or saw: IrUs, as in "I are Us." I interpreted that to mean IrUs was *my* spokesdolphin for the totality of the Dolphin Consciousness.

*Ahhhh, that's better.* My ego was happy now. *IrUs is important too.*

Oh geez ..... LOL

A few years later, David and I attended a Rosenthal family reunion in the Berkshires to celebrate his dad's 70<sup>th</sup> birthday. It was a magnificent trip, filled with open-air symphony concerts, great food, and visits to art museums and fun shops.

When the weekend was over, the family carpooled back to Boston, where David's sister Linda lived. Sister Linda and I went in her car, and David went in another car with the rest of the family.

En route to Boston, Linda asked if I'd be interested in a brief side trip to a cute little town she'd been hearing about. We could stop there for lunch.

"Sure!" I replied. I was game for anything.

We arrived at this quaint little town, walked around, had lunch, and meandered through some of the shops.

One shop we entered was crammed with so much stuff – pretty stuff, artistic stuff, but so much stuff, it was overwhelming. Linda browsed until she found something to buy.

While I stood behind her waiting for her to complete her purchase, my eyes were drawn up, up, up to a painting that was hanging at the very top of the wall, nuzzled up against the ceiling. I felt my energy completely drawn into that painting and was so surprised to feel tears well up in my eyes.

*Why am I tearing up?*

I felt like I was in a trance. When the saleswoman completed with Linda, I pointed to the painting. "May I see that?" I asked, trying my darndest to keep my emotions in check.

"Of course. Let me get a ladder and get it down for you. Just a sec."

My body was quivering. I was so perplexed as to why I was having such a visceral response to that painting.

The saleswoman removed it carefully from the wall and displayed it at eye level, so I could get a better look at it. It was breathtakingly beautiful in an elegantly simple way.

It was a tall, narrow painting of a white iris – two feathery pure white flowers with just hints of yellow, standing in a white vase, set inside a rich turquoise-colored display alcove in a white wall.

This painting took my breath away, and I had no idea why.

We didn't have cell phones back then, so I had no way of calling David to talk about the possibility of my purchasing this painting. We didn't have extra money lying around at that time. Between the painting and shipping costs, I'd be spending about \$400 if I bought the painting. That was a lot to spend without consulting with David.

But I knew I had to have it. I took a deep breath and told the saleswoman I'd take it.

When the painting finally arrived at our home in Sedona, I was excited, and a little bit nervous, to show it to David. He liked it, but there was nothing special about it for him. He totally supported me in buying it though. He could see it meant a lot to me.

Since that day, in all our homes, I've found a special spot to hang that painting. The artwork in our homes is primarily dolphins and whales, so this piece is a bit of a departure. But I have always felt this painting's significance, even though I didn't understand it.

It wasn't until many years later, when I was in my bathroom in the Clarkdale, Arizona, house, that I looked at the painting's reflection in the mirror.

Turning around to face the painting, I asked, *"What is it about you that's so special?"*

And then, I gasped. *You're an Iris! My dolphin spirit guide's name is "IrUs!" She's white. You're white. Oh!!!*

A surge of excitement coursed through me as I ran through the house in search of David to share my discovery. How I had not made that connection before is a mystery!

My beautiful IrUs wanted me to have a physical representation of her in my home. Her spectacular, pristine, divine feminine energy is imbued in the painting of her namesake flower that is a part of my human world. Wow!

But even with that, I rarely called upon IrUs in my meditations. Sometimes I did, but I didn't really feel very much, so I let go, and continued to connect with the Dolphin Consciousness as a whole in my meditations.

And then, in March 2019, another piece of the puzzle fell into place.

I was visiting my goddaughter, Alana, at her new job at the Sedona Creative Life Center. She gave me a tour of the places in the center I'd not seen before. She kept talking about the library, and how much she loved that room.

When we entered the library, I quickly saw that this was just a random collection of lots and lots of books people have donated to the center over the years. We had fun perusing the shelves and commented to one another about the books we were seeing.

And then we both found ourselves standing in front of a section of books on symbolism. Alana has always been fascinated by sacred symbols. She opened a few books, expecting to see symbols, but it was all text describing the symbols.

"That's lame," Alana said with disappointment. "How can there be a book about symbols without pictures of the symbol?"

I picked out a book and opened it to a page. My eyes landed on the word "Iris."

My body energy jumped in delight and excitement as I read ... “IRIS – The flower, from its multi-colored blooms, took its name from the Greek goddess, Iris, who presided over the rainbow.”

*What?!* Shivers were streaming through my body.

“Alana! Listen to this!”

I read the words out loud to Alana and then shared with her, “My Dolphin Spirit Guide’s name is Iris, and dolphins are carriers of the rainbow ray!”

Neither of us had ever heard of the Greek goddess Iris, but now my Dolphin guide’s name made total sense! And, now, I accepted the spelling of her name as Iris. My ego was placated to learn of the goddess connection! LOL.

A few days later, I came across channeled writing that came through me during a Sedona writing retreat I attended the prior October. I was stunned to read these words written in my handwriting ...

“I am Iris, your spokesdolphin, carrier of the Divine Feminine Rainbow Ray. I have been with you since the beginning.”

Oh my!



## Homeplay Invitation #7

**Explore creative ways to connect deeply** with your personal dolphin spirit guide. One way to do this is, as you wake up in the morning, connect with your guide by name and say something like:

***“\_\_(Name)\_\_, I invite you to swim closely by my side throughout my day today.  
Support me in keeping my receiving channels open to your Love, Light, Joy,  
Inspiration and Truth!”***

And then, enter into your day with curiosity and openness. At day’s end, review your day, being alert for ways Dolphin may have intervened. Journal your discoveries and remember to thank Dolphin for their love and support in your life! What can you ask them to support you with the next day?



## 8 | Mikey's Message

*This book is not complete without* this exquisite message from an amazing being of the feline persuasion - Mikey the Cat:

*People can learn a lot from dolphins ...  
to live in harmony, to create love between people,  
to live the life they were meant to live.*

*When people come into contact with dolphin energy,  
they realize their source ...  
and their future.*

Our beloved Dutch podmate and holistic veterinarian, Gerda van Gemert, sent us an email a few days after her first Dolphin School weekend. The theme for that weekend was *The Frequency of Joy*.

She shared that when she arrived home, her cat Mikey was running around the back garden like crazy. She'd never seen him behave that way before.

A gifted animal communicator, Gerda asked Mikey, *"What is going on with you?"*

Mikey replied (in Dutch), *"Dolphins! Dolphins! I'm so happy you finally met the dolphins!"*

Sensing Mikey had more to say, Gerda got a pen and paper and took down Mikey's lengthy communication. She graciously translated his message into English and sent it to us.

I was amazed by Mikey's communication. Mid-way through his message were the above words that appeared to be illuminated by a bright light.

Mikey's words were the most accurate and succinct description of dolphin energy I'd ever read. I was blown away. I immediately wrote to Gerda and asked for her and Mikey's permission to use his words in our promotional materials. They both graciously said yes. I'm grateful!





## Dive Deeper!

*I hope you have enjoyed this introduction* to the world of spirit dolphins, dear reader. If you have been touched and inspired, here are some ways you can dive deeper to learn and experience more in the realm of Dolphin energy and consciousness.

### Read my book!

*Dolphin Love ... From Sea to Land* tells the story of my remarkable seven-year interdimensional journey with Dolphin that led to my awakening and metamorphosis in 2003. Three chapters are devoted to special Dolphin Spirit friends of mine:

- **Grandfather** – the spirit of an elder bottlenose dolphin that resides off the coast of Bonaire, in the Caribbean
- **Keiko** – the world-renowned and greatly beloved *Free Willy* whale, and
- **Archie** – the extraordinary golden dolphin spirit who guides us in this work

Many readers tell me they feel dolphin energy streaming from the pages so strongly, even when they're just holding the book!

*"Phenomenal book. Fascinating. Simply, straightforwardly written. I felt the dolphin energy touching parts of me that have been waiting to be healed. Linda Shay is one courageous woman willing to walk the path she was called to walk. Thank you for the gift of writing your story and sharing the dolphins with your readers." - Amazon reviewer*

Buy my book [here](#).

## Receive a private Dolphin Energy Healing Session

***More and more people are feeling attracted to dolphins*** due to their innate sense that the dolphins can help them. Yet it is not possible, or practical, for everyone who loves dolphins to go swimming with them in the ocean.

***In a dolphin energy healing session, you receive the same energy that you would receive if you were swimming with the dolphins physically.***

Receive the beautiful healing frequencies of Dolphin in the comfort and privacy of your own home, wherever on Earth you are. David Rosenthal and I both offer different types of Dolphin Energy Sessions.

Learn about the Dolphin Energy Sessions we offer [here](#).

## The Dolphin Attunement Journey™

***The Dolphin Attunement Journey™ is the unique gift*** I've been given to share with humanity. It is the direct outcome of my seven-year journey. The journey is comprised of seven spiritual initiations transmitted directly by the Dolphin Consciousness.

In as little as six months, you can receive the unique transformation of consciousness it took me seven years to receive. When awakening humans receive this gift, their lives change in profound, deep, and magical ways.

I so look forward to welcoming YOU into our *Dolphin Attunement Journey* pod!

Learn about the *Dolphin Attunement Journey™* [here](#).

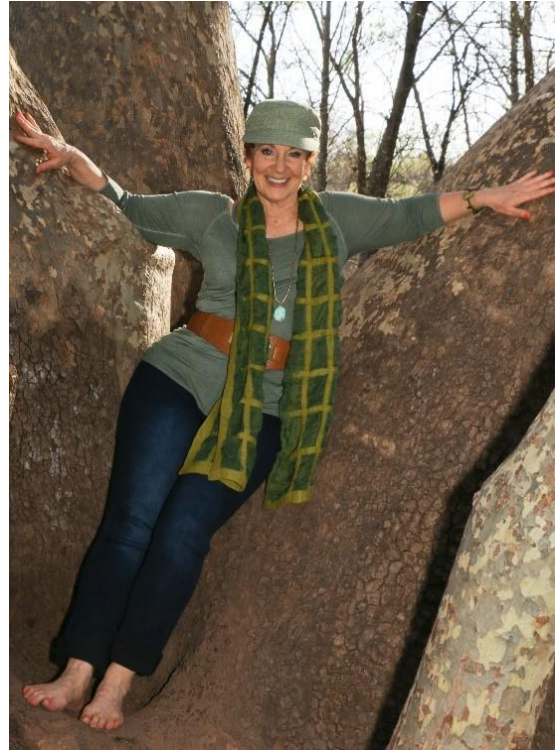


## About Linda Shay

**Dolphin Ambassador &  
Evolutionary Leap Catalyst**

**Linda Shay is a trailblazer** in the evolution of human consciousness, and a pioneer in the field of Dolphin Energy Healing. For over 20 years, Linda has been collaborating with the wise, vast, loving, pan-universal Dolphin Consciousness to help humans heal their hearts, transform their consciousness, and find their JOY!

**After a life-changing encounter** with a wild Hawaiian spinner dolphin in 1996, Linda was led on a profound 7-year inner journey of awakening and metamorphosis, guided and choreographed by the Dolphin Consciousness, that resulted in her embodying a new quality of consciousness on Earth – a blended human-dolphin consciousness.



**As a result of that journey, Dolphin created a spiritual blueprint** that allows others to receive this gift. Described as a new spiritual path for humanity, the Dolphin Attunement Journey delivers this metamorphosis of human consciousness. Upon receiving the 7th Dolphin Attunement, receivers pass through a gateway and emerge living embodiments of human-dolphin consciousness.

**Linda has trained over 100 Certified Dolphin Energy Practitioners** around the world. She offers personal Dolphin Energy Healing sessions as well as virtual and in-person retreats and classes.

**Linda tells her remarkable story** in her book, *Dolphin Love ... From Sea to Land*. Linda also contributed the opening chapter to Amazon best-seller *Dolphins and Whales Forever*.

**Linda is passionate about fostering and nurturing loving kindness** and harmonious relationships among our human family – creating Unity-Community on Earth. Her personal purpose is to grow in Love and to do all she can to bring forth the New Earth with JOY. Linda's favorite mantra is: *Kindness Rocks!*

**In 2020, Linda relocated her healing and teaching practice** to the place of her birth – Pittsburgh, Pennsylvania – to provide loving care for her 91-yr-young mom. Linda loves to cook, hike, read, and hang out in nature and where fun-loving and open-hearted people can be found.

**Learn more about Linda at [www.dolphinity.com](http://www.dolphinity.com).**



Thank you for being curious about Spirit Dolphins, dear reader!  
Please stay in touch and let us know how Dolphin and we can best support you.

To contact us:

[www.Dolphinity.com](http://www.Dolphinity.com)

[connect@dolphinity.com](mailto:connect@dolphinity.com)



Heal your Heart | Transform your Consciousness | Find your JOY!