



Dolphin Energy Healing Pre-Session Tips

Thank you for scheduling a Dolphin Energy Healing Session. I greatly look forward to our experience together. The following pages give tips and suggestions on ways you can prepare for your session, so that you may deeply and fully receive the high, fine frequencies of our beautiful friends and angels of the sea, the Dolphins. ~ **Shay**

How does [the session work](#)?

- [The healing and transformational frequencies you will receive during your session come from the Dolphin Consciousness](#) (affectionately called “Dolphin” in this document). This highly intelligent, spiritually advanced consciousness is vast – it spans *universes*. A unique team, “pod,” of spirit dolphins will gather just for you for this session.
- [Your session will be done over Zoom](#), unless you live in the U.S., in which case you can opt for a telephone session. The Zoom link will be sent to you as part of the confirmation message from your booking.
- [You are welcome to share with me the intentions](#) you have for your session – what you want to receive – or to keep them in your heart. If you do come to the session with intentions, it is powerful to say them out loud and have them witnessed.

I recommend putting everything on the table – don’t hold back! Dolphin interactions with us are holographic and multi-dimensional. They don’t work in a linear way, on one issue or area at a time. They can adjust multiple levels simultaneously. The more open you are, and the more permission you give, the more they will do!

It’s also okay to enter into a session with *no* specific intentions. Dolphin *knows you*. They see your beautiful heart and know your deepest heart’s desires. You may wish to simply be open to receive whatever gifts Dolphin has to share with you. The choice is yours.

- **I'll guide you into the session verbally**, and then the healing energy transmission will begin. Once the Dolphin energy is flowing, we can either hang up or remain on Zoom. Most of the time, I am in silence during the session, so it's not *necessary* to stay on Zoom. However, some clients prefer staying connected. Whichever way allows you to be most connected to yourself is what I recommend.
- **Your session will last 40-50 minutes**. The session ends when Dolphin stops transmitting energy. Some receivers pop out of the session quickly and are quite energized. Others "go out" during the session and feel called to rest or sleep afterwards. Surrender to your own unique experience, and trust that it will be perfect!
- **The energies will continue integrating for days after your session**. By the end of your session, your physical body and energy field will be saturated with the beautiful healing frequencies of Dolphin. The energies will continue to integrate into you over the upcoming days. In that sense, these sessions are like the opening of a doorway. Your healing and transformation will continue until you have assimilated all the gifts you received during your session.

How can I **maximize my session experience?**

- **Create a calm, peaceful, nurturing receiving space**. Be in a place where you can sit or lie down without distraction. Some of my clients receive their session in the bath! You may choose to light a candle, play soft meditative music (with or without dolphin sounds), and perhaps infuse the atmosphere with essential oils. Let your heart guide you!
- **Be open**. Enter the healing session with a willing heart and open mind. Once you have shared your intentions with me, I encourage you to release all expectations. Dolphin knows our deepest heart's desires, even when sometimes we do not. Be open for your highest and greatest good to occur.
- **Give permission**. During the guided lead-in, I will talk you through giving Dolphin complete permission to make any adjustments to your frequency that serve your highest experience. This includes supporting you in releasing all limiting thoughts, beliefs, and behaviors that no longer serve you, that are ready to be released in divine order and timing. And supporting you in receiving the frequencies that best serve you in the moment.
- **Allow yourself to be as you are** ~ Throughout your session, *allow yourself to be exactly as you are* in any given moment. Some people think they need to quiet their minds to receive. But the truth is, struggling with your thoughts can be counter-productive in a session. Doing that keeps you focused on your thoughts! Instead, give yourself permission to be exactly as you are.

Surrender to what is. Let go of any ideas that you need to be different in any way.

Dolphin will meet you where you are and find your access points. They will take you on

a journey that is customized just for you, whether you have conscious awareness of what is occurring during the session or not.

- **Consider investing in a series of sessions** ~ While each session is profound, the healing process is an unwinding of the old, and a bringing-to-the-surface of what is real and true. A series of sessions allows for a deeper release and greater healing to occur.
- **Read my book, *Dolphin Love ... From Sea to Land*** ~ If you have not already read *Dolphin Love*, doing so will greatly complement the integration of your session. It will give you a deeper understanding of who the dolphins are and what Dolphin Energy is. The book itself is imbued with Dolphin Love and Joy. Many readers have told me they received profound healing just by reading my book.

How shall I **care for myself after the session?**

- **Hydrate.** Drink plenty of water! Add lemon or lime juice for detox support.
- **Listen to your body** ~ If you're feeling tired, your body is asking you to slow down and rest, so that the healing energies can continue to do their work. A mid-day nap can be quite therapeutic. If you feel like singing or dancing or playing, do it!
- **Stay in connection** ~ Please do not hesitate to call or e-mail me if you're experiencing something that concerns you. I care about your session experience. I welcome honesty. My door is open to you.

What if I experience **cleansing reactions?**

Most clients feel great after their session – deeply relaxed, lighter, clear, peaceful, and joyful.

However, it is possible for cleansing symptoms to occur. This is a natural part of the healing process. When we are not suppressing or masking our emotions or our physical symptoms with medication, we sometimes *feel worse before we feel better* as we make the journey from imbalance and dis-ease to wholeness and well-being.

If you experience any of the cleansing symptoms listed below, it's a *positive sign* that old, dissonant energies that were stored in your body are now releasing. *YAY!*

- **Emotions** ~ Long hidden or suppressed emotions may rise to the surface for release, such as sorrow, grief, anger, or rage. You will feel them as they are moving out.
- **Physical body** ~ Physical cleansing symptoms may include sinus drainage, upset stomach, headaches, or minor physical aches and pains.

Here are some suggestions for how to navigate these cleansing experiences, Dolphin-style!

- **Welcome these experiences** ~ Do your best to *welcome* these emotions or body experiences as they are occurring, rather than resisting them. Our habitual response is to resist things that do not feel good.

If you can *do the opposite* – if you can *welcome* this movement of energy – the energies will move through more quickly and easily. Welcoming is a powerful form of letting go.

- **Celebrate & Bless** ~ Dolphin encourages you to celebrate these cleansing experiences and bless the old energies as they leave your system. Say something like this to the energies:

“Thank you for your service. I let you go now in peace, love, and harmony!”

You will feel much lighter, freer, and more joyous after these energies are released. Good job!

What results can I expect from my Dolphin Energy Healing Session?

Here are some benefits you may notice after your session, or after a series of sessions:

- Greater self-love and self-acceptance
- More harmony in your relationships
- Increased connection to the natural world & to spirit
- More freedom; less fear
- Increased JOY
- More peace
- Less struggle; more flow!
- Permission to PLAY!
- Desire for Unity-Community in your life
- Movement toward manifestation of your deepest heart’s desires

Thank you for choosing to experience a Dolphin Energy Healing Session with me. I greatly enjoy the opportunity to be of service to you in this way. I invite you to [visit our website](#) to learn about our other programs and offerings.

Blessings of Dolphin Love & Joy!

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Love Heals. Joy Transforms.