



Dolphin Energy Healing Pre-Session Tips!

Thank you for scheduling a Dolphin Energy Healing Session with me! 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.

How does the session work?

- **These sessions come from the Dolphin Consciousness** ~ The healing and transformational energies that come through in these sessions source from the Dolphin Consciousness (affectionately known as “Dolphin”). This supremely intelligent, spiritually advanced consciousness is vast – it spans universes. A unique team ~ “pod” ~ of spirit dolphins will gather just for you for this session.
- **We’ll connect by phone** ~ You will call me at our session time. The phone number to call is: (928) 204-0793 (country code 001). It’s also possible to connect via Skype (Linda.Shay). Let me know if that is what you prefer.
- **You’ll share your intentions for the session** ~ We’ll talk briefly about the intentions you have for your session – what you want to receive. I recommend putting everything on the table – don’t hold back! Dolphin communication and interaction with us is holographic and multi-dimensional. They don’t work in a linear way, on one issue or area at a time. They are able to make adjustments on multiple levels simultaneously. The more open you are, and the more permission you give, the more they’ll do!

It’s also ok *not* to set specific intentions – you can choose to simply remain open to receive whatever gifts Dolphin has to share with you. The choice is yours.

- **I’ll guide you into the session verbally** ~ I’ll lead you into your session with a brief guided experience, given to me in the moment by Dolphin. Then the energy transmission will begin.

- **Once the Dolphin Energy is flowing, we can either hang up, or remain on the phone together** ~ In general, I am in silence during the session, so there's no need to keep the phone line open. Some clients like to stay on the line, so they can talk to me if something comes up during the session. This is up to you.
- **Your session will last 45-60 minutes** ~ It ends when Dolphin stops transmitting energy. Some receivers pop out of the session quickly and are quite energized. Others fall asleep during or after the session, and may sleep for hours. 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. Just because the session is "over" doesn't mean you're done! 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 process will continue until you have assimilated all of the gifts you received during the session.
- **Please e-mail or call me after your session for follow-up** ~ I like to touch base after your session to connect and see how you're doing, and to answer any questions you might have. I'll leave it up to you to contact me when the time is right, either the same day, or a day or two after your session. I look forward to hearing from you!

How can I maximize my session experience?

- **Create a calm, peaceful, nurturing receiving space** ~ I recommend creating a nourishing space for receiving your session. 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 want to light a candle, play soft meditative music (with or without dolphin sounds), and perhaps infuse the atmosphere with gentle essential oils. Create an environment conducive to peace, relaxation, and safety. Let your heart guide you!
- **Be open** ~ Enter into the healing session with an open heart and mind. Once you've shared your intentions with me, release all expectations. Dolphin knows our deepest heart's desires, even when sometimes we do not. Be open for your highest 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 any and 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 opening to receive the frequencies that best serve you in the moment.
- **Allow yourself to be as you are** ~ Throughout your session, I encourage you to allow yourself to be exactly as you are in any given moment. Some people think they need to quiet their minds in order to receive. But the truth is, struggling with your thoughts is counter-productive in a healing session. Instead, let yourself 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 find your access points and will meet you where you are. They will take you on a journey that is customized just for you, whether you have conscious awareness of what's occurring throughout the session or not.

- **Consider receiving 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's real and true. A series of sessions allows for a deeper release and a higher level of awakening to occur.
- **Read my book, *Dolphin Love ... From Sea to Land*** ~ If you haven't already read **Dolphin Love**, doing so will greatly complement the integration of your session. It will give you a much deeper understanding of what Dolphin Energy is, where it comes from, and how this unique healing modality came into being. And the book itself is imbued with the beautiful healing frequencies of Dolphin love and joy. So many readers have told me of profound healing experiences they've received just by reading the book!

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

- **Hydrate** ~ Drink plenty of water!
- **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. Sleep or rest when the desire to do so arises. 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. Please know that my door is open to you.

What if I experience **cleansing reactions?**

Most clients feel great after their session – lighter, more clear, peaceful, and joyful!

However, it is possible for **cleansing symptoms** to occur. This is a “natural” healing process. When we're not suppressing or masking our emotions or our physical symptoms with medication, we sometimes do “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'll feel them as they're moving out. Even though it may not feel like it in the moment, assure yourself that *this is a good thing!* Let yourself feel, and/or express, those feelings.
- **Physical body** ~ Physical cleansing symptoms may include sinus drainage, upset stomach, or minor physical aches and pains. *This, too, is a good thing!* Be gentle with yourself.

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're occurring, rather than resisting them. Our habitual response is to resist things that don't feel good. If you can *do the opposite* – if you can *welcome* this movement of energy – the energies will move through you and release more quickly and easily.

- **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 to me in this lifetime. I let you go now in peace, love, and harmony!”
You will feel much lighter, freer, and more joyous after these energies fully release.

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 inner JOY
- More peace
- Permission to PLAY!
- Desire for Unity-Community in your life
- Manifestation of your deepest heart’s desires

The results of your session may be realized immediately, or over time. From this perspective, you can view your session as the opening of a doorway into a new experience of your authentic self, and a step toward the realization of your heart-inspired daily life reality. ENJOY the journey of self-discovery in the days, weeks, and months ahead!

Thank you for choosing to experience a Dolphin Energy Healing Session through me! I greatly enjoy the opportunity to be of service to you in this way. I invite you to visit our website to learn more about this unique healing modality, as well as the other sessions and programs we offer.



In Dolphin Love & Joy!

Linda Shay

Dolphin Ambassador

Love Heals. Joy Transforms.

Dolphins are Pure Love and Joy. (And so are we!)

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