

## **Whale, Dolphin, Bird, Earth elements & Mother Earth Healing Meditation**

Welcome,

We are so happy you have arrived. We are so blessed with your participation for this very special moment. You are, indeed, gifted with certain awarenesses, and have heeded the call to come together as one in this fine, spectacular activation process.

Please, just relax, and know that you are in a very sacred, safe place.

Close your eyes and hear our voices, feel our tones. Unto you we come to deliver this important message to help the dolphins, the whales, the birds, Mother Earth and the elements of water, fire, air and earth. We are the Wise Ones, an ancient sect.

Simply, allow yourself to be. Allow yourself to feel the peace of your inner being. Feel the softness of our breath around you, guiding you, gently leading you into the sanctum of your heart space, deep within we shall travel. Into these recesses lay a wondrous ability to create, to manifest. From deep within here we shall send these wonderful creatures of the animal kingdom, Mother Earth and the elements the finest we have to offer. We are willing and able to do so and do it with joy, love and compassion. We send only our best and most beautiful energies of love and light. Our divine love calls out.

With our intention, imagine a circle of pure white energy that you are in, along with your many brothers and sisters who have also gathered here in this joyous reunification of ourselves. They are your family. Feel the power, pureness and innocence of this light. Immerse yourself in it and bathe in it. Be like a child and feel joy as you play in this bath of white light. Give yourself this moment to do so. Relinquish any constraints and feel this joy! You are all together now, radiating joy and pure happiness. Invite the whales and dolphins now. Call them forth. They come enthusiastically and are so happy that you have called them. They have been waiting a long time for this moment and now it has come. They are exuberant. They swim around each and everyone one of you with love and joy. Don't be timid. Embrace them.

From your heart space, send them your gratitude. The whales and dolphins communicate telepathically. Speak to them now. Share your words and feelings with them. This is your special time to be with them.

The whales and dolphins immediately feel your gratitude and respond.

They are swimming so close to you, around you, radiating true love back to you. Feel this wave of energy wash over you. As you feel it, it heals you. It

heals you on levels that you are not even consciously aware of. This healing is very deep, powerful and long lasting. They love to do this! This is their calling as well, to help heal human consciousness. When they work in this way, they feel satisfied and complete as it is their divine duty.

Please remember, to call them when you need healing, when you are in despair. They will come willingly and quickly. No need to fear them, especially the whales. They want you to know that despite their large size, they are very gentle and compassionate. They tell you that you are so special and unique. They care for you deeply.

They have a message for you. "Please remember that your energies are very important to the Earth. You have been given great gifts of power. Use it well and wisely. Your thoughts create a vibration that travels far and wide. Find ways to use your thoughts wisely, with care and in harmony with nature, to help balance and stabilize the planet. It is crucial at this time to have this awareness as the energetic frequencies are changing. This acceleration has allowed thoughts to become direct and focused, having great impact. Continue on, our loved ones. Have joy for all that you are and are becoming. Know we are always with you. Our mission is to teach and help you. Feel our love and nurturing. Know you are able to complete your destinies of love. Cherish yourself and others. Now is the time. The moment is upon us. Now is the time for your destinies to come full circle. Embrace yourself. In your eternal truth, you radiate such joy and brilliance. This has a powerful healing effect on the entire planetary system and ecosystems. Feel this and carry this in your heart always."

As the whales and dolphins bless you, they are healed as well. They are cleansed and purified. Their energetic fields expand with ever increasing reach. They are Mother Earth's helpers. The whales are the ones, who swim gracefully, with ease and purpose through bodies of water to decontaminate and purify the structures that lay within this fluid, and thus affecting even the air that rises above the waters as well. Their energies permeate levels of impurities of pollution & thought forms. They help moderate the temperatures of the water. They are vessels that carry important information to the ocean life, other aquatic creatures & marine vegetation. They are autonomous and know exactly how it should be done. Intuitively, they work in this way, naturally guided by their own impulses. They help Mother Earth in her mission of keeping equilibrium and homeostasis on the planet. The whales and dolphins are very willing and happy to be undertaking these special functions.

As the whales and dolphins swim away, they look back and give a salute to you with their fins. Now, that you have made this connection with them, you have created a channel and you will always be able to communicate with them and feel their love, grace and joy. Remember this often during the day and call upon them when you need an energy booster. They will be very happy to do this as they ENJOY this immensely!

Take a moment, now, a deep breath.

Still feel yourself in this pure bath of white light, of love and joy. You and your family have had such an adventure with the whales and dolphins!

Now, it is the time to call the birds forth. You see them flying in. Some waddle in. There are so many flocks. So many species have come! They are of different sizes, in beautiful colors. There are those birds of water. There are those birds of air. They all have come to represent themselves and to show to you how many different types there are. There are ones that flew in-land around you and they expectantly wait. They are very proud of themselves and their species and want to take this opportunity to show you. They feel they have not been well presented in the past and have come in full plumage and regalia. They have many more messages if you are willing to listen. They are ready for you.

From your heart space send the birds your gratitude. Speak to them now. Share your words and feelings with them. This is your special time to be with them.

The birds immediately feel your gratitude and respond to it. From your heart space, send the birds love and light. As you do this, you can see how the birds become healthier & more perfect. See each person's intention amplifying this healing. Visualize and feel what this is. You can feel, see and know how much more energy the birds have.

The birds have specifically asked for healing in these areas:

- Their bodies becoming stronger including their skeletal structure, less prone to viruses.
- Their feathers becoming more dense and strong.
- Their beaks and eggshells becoming stronger and less brittle.
- The cartilage in the webbing of their feet becoming more dense
- Their sounds becoming more pristine, clearer and stronger so that they are able to carry further over long distances. This is for important communication with each other and for sound healing of humans, animals and vegetation.
- Their internal radar systems becoming more accurate.

They have a message for you. They thank you for the healing. They want you to know not to forget about them. They are everywhere at all times. It has been designed in this way for a specific reason. Don't block them out. They want you to hear their voices during the day. Remember to listen to them! They have come to tell you to keep an open mind when you listen to them speak, which will create a perfect blend, a synthesis, a union inside your mental state to allow you to integrate and return to a place of harmony and achieve a level of clarity in regards to your status of your life purpose. They have a reharmonizing effect.

With a parting warm embrace of mutual energy, the birds fly away gracefully and gently back to their homes and places of duty.

Take a moment, now, release a deep breath.

Still feel yourself in this pure bath of white light of love, perfection and beingness. Continue to allow yourself this moment.

Now, it is time to call the earth elements. As you invite each one, see them in your mind's eye in whatever form they take. Call forth Water. Call forth Air. Call forth Fire Call forth Earth. They have arrived and are in anticipation. They are all there with you in the powerful, white light. From your heart space, thank them, one at a time. Thank the Water. Thank the Air. Thank the Fire. Thank the Earth. They feel your gratitude and respond.

Beam them love and light from your heart space. As you do this, you can see how each element grows, becomes stronger and more perfect. Your family's combined efforts amplify this effect. You can feel, see and know how much more energy each element has.

The elements have a message for you. They thank you for the healing. They want you to know how important you are. Each one of you has a special mission, a divine calling. Accept this and don't look back. Be courageous and go forth.

Because of the universal laws of cause and effect, each of these elements will send back to you key & necessary healings that are needed for you at this time.

**Water welcomes you.** It sends to you refreshing, revitalizing energy. Feel this wash over you from head to toe. Remember this, whenever you bathe, wash your hands, drink it, or feel raindrops, you are refreshed and revitalized.

**Air welcomes you.** It sends you super saturated oxygenated molecules for replenishment of your physical cells and enters your lung sacs to allow for easier intake of information and integration found within its chemical anatomical structure. For the air is a delivery system, capable of delivering streams of information into your thought consciousness and your body parts. It has a high intellectualizing capability and is a disseminator of information, a feed of important, high level thought conceptions for your spiritual growth and harmonic balance. Feel this and visualize this as you breathe now. Remember this, when you breathe and when the wind blows, you are attaining the spiritual knowledge that you need for your development.

**Fire welcomes you.** Do not be scared. With its warmth, it caresses you, so softly and gently as if you were back in the comforts of the womb. It reminds you to give yourself self-love. Remember, during your day when you feel the heat from the sun, to send yourself self-love.

**The earth element** welcomes you. It is so pleased to be here. It remembers the many, many times you and your family have crawled, walked, skipped, ran and danced on it from childhood to now. It is very familiar with your footprint and its energy. It sends you energy of strength, security and surefootedness. Feel this strength and security you are receiving now. Remember during your day as you walk, all the strength and confidence you need, is right there, below you. You can draw from that at any time.

Thank each element one at a time. Thank them for their gifts and their remembrances. You will remember what they share. Thank Water. Thank Air. Thank Fire. Thank Earth. Watch as they ascend and fade as they return back to their very important posts.

Take a moment, now, release a deep breath.

Still feel yourself in this pure bath of white light of love, perfection and beingness. Continue to allow yourself this moment.

Now, it is time to call Mother Earth. Feel her all around you for you are existing in her space. Feel her for she has helped nourish you and sustained you even before you were born, as you were carried in your mother's womb. She welcomes you now as she did when you made the decision to come here to Earth, to experience the fine adventure you would have here.

From your heart space send Mother Earth your gratitude. Thank her for her abundance and patience. Share with her your words and feelings. This is your special time to be with her.

She immediately feels and responds to your gratitude.

From your heart space, send Mother Earth love and light. As you do this, you can see how she grows, becomes stronger, balanced & more perfect. Each person's intention amplifies her healing. You can feel, see and know how much more energy Mother Earth has. Visualize and feel now what this is, what you have created with the power of your mind and your thoughts.

She has asked specifically for healing in these areas:

- The ground becoming more solid and firm
- The tropical rainforests becoming more vibrant and lush, especially in Peru
- The stomata on the leaves becoming larger to allow more needed and efficient gas exchanges
- Visualize the air becoming more pristine and as it does this, it helps to drop the air temperature to lessen the effects of global warming.
- The amount and quality of the crystal beds deep in the earth, in caves , high in the mountains, and under freshwater reservoirs increasing and growing in a terminated fashion with more complete form, translucence and with less imperfections and impurities. This will aid in telecommunications with each other through thought transference. Specifically, visualize beds of aquamarine & aventurine. Visualize also crystal beds of tourmaline growing, increasing in size, depth and breadth. Tourmaline helps protect and guard against interference with lower frequency thought forms and thought control.

Know that the following is very important:

- **Your laughter** – The power of your laughter can never be underestimated. The sound of your voice in pure glee is a healing sound for yourself and others around you, who can audibly absorb it. Learn to do it more often. Allow yourself this. The sound of a baby's laughter has momentum and can carry deep within and transverse emotional blockages of fear, worry and despondency. Terminally ill patients have rebounded emotionally when exposed to laughter therapy.

Mother Earth receives this healing warmly and with enthusiasm. She thanks you for the healing. She is so pleased and grateful you have undertaken this exercise to help her.

She has a message for you "Your energies are very important. Without you, I would not be here. Remember to honor me through the quality of your thoughts and ideas. Practice peace and love. Make this your ritual. Find

time in your day, to turn toward the sky, to admire the beautiful clouds, to touch a leaf. Do not only see but feel. Each has an essence, a consciousness that vibrates and can be felt if your heart is open and receptive to it. This connection will heal you and allow you to expand and clear your mind of intrusive thoughts. It will allow you to hear and receive your spiritual counsel.”

With a parting embrace of mutual loving energy, Mother Earth returns to her place of calling.

Take a moment, now, release a deep breath. Still feel yourself in this pure bath of white light, of love, perfection and beingness. Continue to allow yourself this moment.

From your heart space send yourself self-love and forgiveness. Fill it in every cell of your body on every level of your existence. Now it is time to make your wish. Wish that all of these healings continue on after this healing process for the highest good of all concerned. And so be it...