



Dolphin Energy Pre-Session Tips



Thank you for scheduling a Dolphin Energy 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. ~ Linda Shay, Dolphin Ambassador of Love & JOY!

How does the session work?

- **The healing and transformational frequencies you'll receive during your session come from the Dolphin Consciousness** (affectionately called "Dolphin" in this document) ~ 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.

- **When you signed up, you chose whether we'll connect by phone or Skype**

If we're using Skype, please remember to send a contact request to my Skype address: Linda.Shay
When it's time for our session, I'll initiate the call to you.

If we're meeting by phone, I have a special conference call phone number just for these private sessions.

From the U.S. and Canada, dial (001) **563-999-2090**.

The Access Code is **767202 #**

If you're calling from outside the US or Canada, it's likely our system has a local phone number in your country. Go to www.freeconferencecall.com/wall/lindasessions and click on "View List" to see the International Dial-In Numbers.

- **We'll talk about your intentions for the session** ~ You're welcome to share with me the intentions you have for your session – what you want to receive – or to keep them in your heart. This is a personal preference. It's not necessary for me to know what you wish to receive for Dolphin to give you the best possible session experience.

I do 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 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 energy transmission will begin. Once the Dolphin energy is flowing, we can either hang up or remain on the phone together. Most of the time, I am in silence during the session, so it's not *necessary* to stay on the phone. However, some clients prefer staying on the phone. It helps them to feel more connected and focused, and they can talk to me if something comes up that they want to ask about or share. This is completely up to you.
- **Your session will last 45-60 minutes** ~ The session 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 your 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.

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 aromatic essential oils. Create an environment conducive to peace, relaxation, and safety. Let your heart guide you!
- **Be open** ~ Enter into the healing session with a willing heart and mind. Once you've 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 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 receiving 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 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.

Dolphin loves you, completely and unconditionally, just the way 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'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 who the dolphins are, 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 my 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. 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 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
- Movement toward 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 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 more about this unique healing modality, as well as the other sessions and programs we offer.



Radiant Blessings!

Linda Shay

Your Dolphin Ambassador of Love & JOY

Dolphin Heart World, Inc.

Love Heals. Joy Transforms.

Dolphins are Pure Love and Joy!

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