

DOLPHIN-WHALE ENERGY HEALING

What to know before your session



Did you know you don't have to physically swim with dolphins and whales to receive the healing benefits of their energy and presence? Their unique energy is available to you and your pet wherever you are in the world.

WHAT IS DOLPHIN-WHALE ENERGY HEALING?

Dolphin-Whale Energy Healing channels the powerful and loving consciousness of dolphins and whales. This healing technique is similar to Reiki, which can be done remotely. The energy promotes relaxation, balance, and overall well-being.

WHO IS IT FOR?

People and pets seeking:

- Deep relaxation and stress relief
- Support for emotional or physical healing
- Enhanced spiritual growth and connection to nature
- Gentle, nurturing energy from dolphins and whales

BENEFITS

Benefits of Dolphin Energy:

- Uplift your spirit and foster emotional healing
- Balance energy fields and promote physical healing

Benefits of Whale Energy:

- Facilitate deep meditative states and emotional release
- Enhance your sense of interconnectedness to all life

HOW TO PREPARE FOR A SESSION

People: Arrange to be in a comfortable, quiet location where you can sit or recline on a chair, sofa, bed, or floor without distractions. You may want a blanket/pillow. Use the restroom beforehand; avoid large meals.

Pets: Allow them to move about freely. Don't schedule a session when they will be on a walk, at a play date, or doggie daycare.

SESSION FORMAT

The dolphins and whales transmit images about their interaction with you/your pet that I will share with you. You don't need to attend your pet's session unless you wish. I will email you a recording of the session.

Session Format: via Zoom with video off

- **Introduction (5-10 minutes):** Brief discussion about your intentions and specific concerns for yourself or your pet based on a form you complete before the session.
- **Energy Transmission (45 minutes people; 15-30 minutes pets):** Information from the dolphins and whales will be shared as received. There will be periods of silence.
- **Debriefing (5-10 minutes; optional):** Short discussion to share your experiences and any questions. Or you may wish to sign off Zoom to rest in the energy or journal about your experience.

WHAT YOU MIGHT EXPECT DURING THE SESSION

Each session is unique and tailored for your highest good by the dolphins and whales.

People: warmth or tingling; peace, release, joy, or tears; calming thoughts or increased clarity; sleep; deeper connection to yourself, nature, or universal love. Or you might experience nothing. All are normal.

Pets: yawning, licking, stretching, resting, walking around, and others.

AFTER THE SESSION

Allow several days for the energies to integrate fully. Drink plenty of water to support this process, and rest as needed. Three days after your session, you will receive an email from Calendly with a link to a short feedback survey. Your comments help me continue improving my services. If you have any questions, please feel free to reach out. Thank you for allowing me to share dolphin and whale healing energy with you!

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