

# **Whale & Dolphin Energy Light Medicine Training Manual - Module 1**



**Created by Laurie Reyon  
& Master Cat Puddah-Seth  
[LaurieReyon.com](http://LaurieReyon.com)**



## WHO ARE THE WHALES & DOLPHINS?



### The Cetaceans:

Cetacea: Cetacea are a widely distributed and diverse class of aquatic mammals that today consists of the whales, dolphins, and porpoises. They have a torpedo-shaped nearly hairless body, paddle-shaped forelimbs but no hind limbs, one or two nares (blow holes) opening externally at the top of the head, and a horizontally flattened tail used for locomotion.

Cetaceans – whales, dolphins and porpoises – are placental marine mammals. All modern members of the infraorder are fully aquatic and live in the open ocean (except a few species of dolphin which inhabit rivers and estuaries). Cetaceans mate, give birth, suckle their young, and feed exclusively underwater. They range in size from the 1.4-metre (4.6 ft) and 54-kilogram (119 lb) vaquita to the 29.9-metre (98 ft) and 190-metric-ton (210-short-ton) blue whale, which is also the largest creature that has ever existed. Fourteen families, 39 genera, and 88 species of cetaceans are recognized by the International Union for Conservation of Nature (IUCN).

The Cetaceans are divided into two subgroups, the Odontoceti (the toothed whales, including dolphins and porpoises) and the Mysticeti (the baleen whales). The toothed whales have one blow hole and the baleen whales have two.

Note: All dolphins are whales, but all whales are not dolphins.

Cetaceans are widespread and exist in every ocean on our planet, while some prefer certain environments. Most baleen whales prefer the colder waters of the Northern and Southern Hemispheres, and migrate to the equator to give birth. The toothed whales, which includes the dolphins, feed largely on fish and squid, but a few, like the Orca whale, feed on mammals, such as seals. Gray whales are specialized for feeding on bottom-dwelling mollusks. Males typically mate with multiple females every year, but females only mate every two to three years. Calves are typically born in the spring and summer months and females bear all the responsibility for raising them. Mothers of some species fast and nurse their young for a relatively long period of time. Some whales produce a variety of vocalizations, notably the songs of the humpback whale. Many species, mainly dolphins, are highly sociable, with some pods reaching over a thousand individuals.

From a scientific point of view, the **evolutionary history of cetaceans** is thought to have occurred in the Indian subcontinent some 50 million years ago, over a period of at

least 15 million years. Cetaceans were thought to develop from five toed land animals called ungulates.

Metaphysically the whales have shared with me that they first came to earth as upright humanoid beings with five fingers and toes, and that they walked upright some 300 million years ago. They are the ancient super sentient race on our planet, and are considered the stewards of the planets Akashic Records. This could be described as the recorded journey of every Soul or life form, over every life time. The Cetaceans are the record keepers or librarians of Earths history and evolution.

Today, cetaceans are fully aquatic marine mammals belonging to the order Artiodactyla. Being mammals, they surface to breathe air; they have 5 finger bones in their pectoral fins, and 10 in their tails; they nurse their young; and, despite their fully aquatic life style, they retained many skeletal features from their terrestrial ancestors. Science began an understanding of their evolution from land to sea in the late 1970's.

The two modern orders of cetaceans – Mysticeti (baleen whales) and Odontoceti (toothed whales) – are thought to have separated from each other, around 28-33 million years ago.

**Whale vocalizations** are the sounds made by whales to communicate. The word "song" is used in particular to describe the pattern of regular and predictable sounds made by some species of whales (notably the humpback) in a way that is reminiscent of human singing.

Humans produce sound by expelling air through the larynx. The vocal cords within the larynx open and close as necessary to separate the stream of air into discrete pockets of air. These pockets are shaped by the throat, tongue, and lips into the desired sound.

Cetacean sound production differs markedly from humans. The precise mechanism differs in the two major suborders of cetaceans: the toothed whales—including dolphins) and the baleen whales—including the largest whales, such as the blue whale.

The adaptation of animal echolocation in toothed whales distinguishes them from fully aquatic baleen whales. The dolphins are examples of toothed whales that use a type of sonar, known as echolocation to navigate and communicate.



Dolphins emit two distinct kinds of acoustic signals, which are called *whistles* and *clicks*:

- Clicks – quick broadband burst pulses – are used for echolocation, although some lower-frequency broadband vocalizations may serve a non-echolocative purpose such as communication; for example, the





pulsed calls of Orcas. Pulses in a click train are emitted at intervals of  $\approx 35$ –50 milliseconds, and in general these inter-click intervals are slightly greater than the round-trip time of sound to the target.

- Whistles – narrow-band frequency modulated (FM) signals – are used for communicative purposes, such as contact calls, the pod-specific dialects of resident Orcas, or the signature whistle of bottlenose dolphins.



There is strong evidence that some specific whistles, called *signature whistles*, are used by dolphins to identify and/or call each other; dolphins have been observed emitting both other specimens' signature whistles, and their own. A unique signature whistle develops quite early in a dolphin's life, and it appears to be created in an imitation of the signature whistle of the dolphin's mother.<sup>[48]</sup> Imitation of the signature whistle seems to occur only among the mother and its young, and among befriended adult males.

Ref: Wikipedia

The humpback whale is well known for its long and complex song. Humpbacks repeat patterns of low notes that vary in amplitude and frequency in consistent patterns over a period of hours or even days. Only male humpbacks sing, while floating upside down. It was at first assumed that the songs were solely for courting. While the primary purpose of whalesong may be to attract females, it's almost certain that whalesong serves myriad purposes.

Note: Listening to and using a many types of whale Song is an important part of implementing and using Whale & Dolphin Energy Light Medicine. In metaphysical studies it has been revealed that the Humpback whales sing three languages and a variety of the same songs each year. Each year, when they are recorded the songs are slightly longer and altered, we believe telling their story to the others. It is believed that Humpback Whale songs are a way for a sentient race of Beings to share their history with others as well as a use a highly evolved form of communication.

In 2012 NASA began recording Humpback whale songs in space with a solar satellite. Findings for the scientist were confusing as they do not yet recognize the multi-dimensional capabilities of whale song that is emanating from space. Ref: Sun as a stargate portal to the outer Galaxy.

### **Cetacean Nations:**

Once whales were relentlessly hunted for their products and some species were almost driven to extinction. As history unfolded, the whales are now protected by international law, and are considered to be highly intelligent. At the 2012 meeting of the American

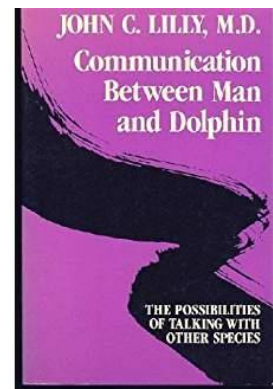
Association for the Advancement of Science, support was reiterated for a cetacean bill of rights, listing cetaceans as non-human persons. They are now recognized for their intelligence, advanced forms of communication and language, self-awareness and comparative cognitive thinking.



Dr. John Lilly was one of the early pioneers in dolphin and whale research. He developed saline float tanks that offered sensory deprivation to awaken his third eye (pineal gland) and open himself to telepathic communication with whales and dolphins. He worked with wild dolphins that made an agreement with him to be in human care for seven years. At that time they agreed to teach him many things, including their language, advanced cooperative skills for humans to begin to understand and live within the “Pod” mind, and medical techniques to assist us in understanding the human brain. A water apartment was set up near Bermuda and three dolphins lived in a water apartment with an elevator with John and his assistant. In soon became evident that humans are not capable of speaking dolphin, so the dolphins began to learn English. During the research between man and dolphin, it became evident that if a dolphin was anesthetized, they would die. Their connection to an awakened state of consciousness is vital to their physical well-being. The dolphins then taught John Lilly brain surgery techniques that are still used today on humans today, all performed while the human is awake.

John Lilly said, “The largest brains on the planet are in the ocean. Communication with the whales and the dolphins is the greatest achievement the human race can aspire to.”

Ref: As told me by Roberta Goodman – Johns fiance when he passed.



Additional Book Ref: “Souls in the Sea” by Scott Taylor

**Ref: Supplemental handout #1: Cetacean Nation Development Outline by John Lilly**

**Ref: Our Movie Message #1 – Messages of the Dolphins and Whales for Humanity from 2010**

**Ref: Our book, Laurie Reyon is Co-Author of the best selling book “Dolphins and Whales Forever.”**

Suggested reading for this course. Signed copies available for \$20 from Laurie Reyon and also available on Amazon in paperback and Kindle.



## The Dogon

The Dogon are an African tribe that claim to be the ancestors of Beings that came from Sirius B. They tell us that the Sirius Star System is a Celestial home for their tribe. The Dogon priests knew the location of the Sirius Star System and location of Sirius B, hundreds of years before modern telescopes could locate it. They also wrote many facts down about our own solar system, that were yet to be discovered. They claim to be the descendants of an ancient advanced alien civilization. They also claim to be related to the Mermen and Mermaids of ancient mythology. In my experience, the dolphins tell me that they were once called the Nommo, and are related to this story.



Ref: Gaia TV - August 2017 David Wilcox

<https://www.gaia.com/lp/content/did-this-african-tribe-originate-in-another-star-system/>

## The Nommo – Dolphin and Whale People

According to one of their oldest legends, a race called the “Nommo” visited the Earth from the star Sirius many millennia ago. The Dogon learned from the Nommo that there was a companion star (Sirius B) orbiting the Sirius star (the brightest star in the sky near the constellation Orion) where the Nommos came from. They landed on Earth in an “ark” that made a spinning decent to the ground with great noise and wind.

The Nommo visit to Earth is also alluded to in Ancient Babylonian and Sumerian myths. Africa is often known as the cradle of civilization and the birthplace of humanity. The question is who were the Nommo and what exactly did they bring to Earth?

<http://www.trinfinity8.com/african-dogon-tribe-reveals-mans-true-origins/>

The Nommo are the guardians and guides of the portion of Etheric Sirians who are in dolphin, **whale**, and mermaid/merman bodies in order to maintain the biosphere of earth. The Etheric Sirians are the soul group that came to Earth to assist humanity and the evolution of Earth. <https://nibiruancouncil.com/the-nommos-dolphin-whale-people/>

The dolphins have shared with me that the Nommo were their ancient ancestors and early visitors to Earth. It was their intention to bring wisdom of the cosmos to the indigenous tribe of the Dogon and assist them in their development. They were aquatic creatures and revered in their visits to bring enlightenment and wisdom. LR

## **Masters, the Dolphin & Whale are incredible Beings that bring tremendous Crystalline Light to the Planet.**

These Cetaceans are highly evolved intelligent beings from Sirius B who are on the Earth to assist mankind in exquisite ways and resonance well beyond your current knowledge and imagination. These beautiful beings perform myriad roles, among the most important of which is anchoring the Light of the ocean waters that cover over two thirds of your planet.

They interact directly with both the living essence of Planet Earth and they overlight mass consciousness for humanity. The consciousness of the Sacred Cetacean has an ancient and timeless lineage. They are here re-emerging in the past five decades to carry an essential phi-crystalline frequency that is specifically designed to up-shift energies, and transform harmonics in order to allow requisite dimensional expansion of the polarity earth into the Crystalline Field of Zero-Point Omni-Earth.

The Cetaceans were on the Earth before humanity fell into a 3<sup>rd</sup> dimensional polar world, before duality. So it can be taken quite literally when we tell you that the Golden Dolphins are both returning, yet paradoxically have also been waiting for you. Their essence is above time, above space.

Whether humanity recognizes en masse or not, the Golden Dolphin is within you. And on a subconscious level, they call to mankind to awaken the Inner Divinity of the True Self. They speak to humanity of joy, and the innate freedom and spirit of Unconditional Love. The Golden Dolphin are returning, the Golden Dolphin is YOU...and their time is NOW!

*A message from Metatron channeled by Tyberonn,*

<http://www.ninabrown33.com/archive/the-sacred-cetacean-re-emergence-of-the-golden-dolphin-energy>

## **Sirius B**

Sirius B currently exists as a 6<sup>th</sup> Dimensional world. This is the home of advanced genetics and where sacred geometry can take a form and then descend to live upon the Earth. This is the planet where your current human form is fired in the etheric, or built as you know it. Many of the Sirians work with genetics and are overseers of our own evolutionary progress. Sirius B is a water planet, similar to Earth, but about three times the size of our planet. Sirius B is the current home of the Whales and Dolphins who visit us here on Earth. Through the Whale and Dolphin Energy Light Medicine we will connect to what are known as the Avatar level Cetaceans from Sirius B. They are Ascended Masters who have entered the Earth plane as guardians and witnesses for humanity. They can take on a light body form, an aquatic form or even walk in with a human form to live upon the land.



They are here in various forms, connected to many other benevolent Star Family, such as the Pleiadians and the Arcturians. The great Cetaceans are available to you, simply through your intention to connect to them. Based on your pure intention and your personal vibration, they may connect to you in your dream state, in your meditations and in your summoning of their presence and wisdom. It is their desire to reach you through your ability to channel their messages and be a conduit for their healing powers.

Laurie Reyon



## The Golden Dolphins

The Avatar dolphins are known as the 'Golden Dolphins'. These golden dolphins emit an enormous auric field of pure golden crystalline light representative of a beacon of pure Unconditional Love.

The energy of the Golden Dolphins originally came to earth to embed their codes before the planet fully transitioned into complete polar duality. They are truly Crystalline in nature and are exuding the OMM-Wave resonance of Unconditional Love. As such their essence is now returning to play an important role in the Ascending Transition of both the Earth and of humanity. The Cetaceans are involved in the recoding of the Crystalline Sun Discs and of coding the 144-Crystalline Grid. They swim in etheric pods over the Sun Discs and Crystalline Vortexes to recode the planet.



The Golden Dolphins are among the Sirians, Pleiadeans and Arcturians who encourage you to use crystals to connect to the Crystalline Grid that is finalizing on your planet so that mankind can sustain higher frequencies to aid in your 12-strand DNA coding.

Their sublime energies are empyrean, ethereal and physical. They are members of both the Sirian-Pleiadean Alliance, and of what may be termed the Niburian Council. The latter of which is closely involved in the provision of genetic engineering up shift of the DNA codes for planets and planetary races who are prepared to graduate into the next level in their ascending evolution. Their work in this regard involves an association with the Sirian-A consciousness of the Sacred Felidae. The Felidae or Feline are also part of the Sirian Alliance and Niburian Council.

These are Beings that are of Divine Intelligence and have entered the Earthplane since ancient times in specific roles and formats. The versions currently in physical form on the Earth-Plane are in what may be termed the cat family, and are but a portion of the consciousness of their Sirian nature. That is because the Feline operate vastly in the ethereal or stealth antimatter realm. Their full consciousness existed and manifested in LeMurian, Atlantean and early Egyptian eras.

The Masters of the Sacred Felidae were involved in the genetic engineering in the Temple of Purification (on Poseida) in Atlantis during the Golden Age of the Law of One. This was done in a very positive and benevolent manner, prior to such technology being tragically misused by the Aryan Sons of Belial in the sad demise of the final era of Atlantis.

*A message from Metatron channeled by Tyberonn,*

<http://www.ninabrown33.com/archive/the-sacred-cetacean-re-emergence-of-the-golden-dolphin-energy>



**Note: Share Concept of the Golden Dolphin story as told by Master Puddah – Seth in 2010 at the summit of Kileaua – Volcano on the Big Island of Hawaii**

## **Whale Message for Humanity**

We are the ancient of the ancients. We are the Soul of the Souls. We are your past and we are your Memories. We are your present and we are here with you in the Now Time. We are your link joined with you to create the future for the Healing and Ascension of Mother Gaia. We are a Group Consciousness, stewarding this planet as an example of the Good of the Many.



The whales are the molecular librarians of Earth's evolution. What we call the Akashic records lives in the oceans of planet Earth. The information is stored in the water molecules. Since water is never destroyed, only recycled Earth's entire history remains safe in our ocean archives. The whales can access the information, circulate it and contribute to it, communicating by connecting to the intelligence in the water molecules. They tell me that the information in the water will teach us that in the future the body fluid of the human will eventually be used to provide flawless individualized treatment for people's health maladies.

The whales would like to assist us in remembering who we truly are. Knowing and honoring who we are is an important aspect of our personal growth toward love of self and our earth. They tell us that it is important for the human to reach a point in our evolution where we truly become the seeker of ourselves. It is important to reach for the knowledge that is held in the Akasha that tells us who we truly are, and where we are from and what we are made of and why we are here today.

In our quest for this knowledge of self-awareness we are identifying ourselves as beings who value Love above all else and we are confirming our belief in Love by changing our life styles accordingly. We are coming to know ourselves as vibrations of Love and in doing so are coming to remember our world and our beautiful Mother Gaia in a new light.

In our remembrance we are drawn to gather with like-minded people and start to take back the conscious control of our environment. We are remembering that what we think and feel affects our environment and the others living around us. Once we take control of our emotions and thoughts we see that we do truly create our own realities and that we do have control over our own environments and that we are not the victims. The whales call this intentional evolution.

And finally, the last piece of remembrance of self is to recognize and develop our connection to the cosmos and to life beyond the third dimension. We are not alone in

the Universe and never have been. There are billions of other life forms that are not visible from our 3D perspective. We can connect with these other planetarians, who are our brothers and sisters of Light. We can benefit from their wisdom and knowledge and join with them as we move through our fears back to the truth of who we are and why we are here. The Dolphins & Whales are masters of cosmic travel and masters of multidimensionality. They are here to teach us, assist us in healing our minds and bodies as they are here now inviting us to open our belief systems to multiple realities of Love.

Laurie Reyon

**Share Film Piece – Dolphin & Whale Consciousness Message from the film  
“Ascension Guidance – Living in Your Sacred Heart.”**

The Dolphins are the emissaries of Light and work closely with the Pleiadian Beings to assist everyone in becoming a conscious Creator.

The Dolphins can assist you in going deep within yourself to find the truth that lives within your heart. They ask us to connect with the Divinity within ourselves and truly connect with our Souls. They remind us that the Soul is the consciousness that we incarnated from and that which we will ultimately return to. Our physical bodies are just an expression of



that part of us that embodies a higher power and consciousness. Our Souls want nothing more of us in the physical than for us to be happy and live a joyful and magical life. It is only through creating joyful feelings can we achieve a higher vibration and can truly connect to and communicate with our higher selves. So the Dolphins messages is quite simply to become aware of how easy it is to monitor our thought forms and just choose to change them if we find our thoughts anything other than joyful. Simple, but profound. Remember to think is to create, and we are the creators and the co-creators of the world in which we live.

The Universe is one living breathing conscious Being demonstrating inter-connectiveness and oneness. The incarnated whales are an example of the all loving, all knowing consciousness that came to planet earth to be a steward for Gaia and for humanity. As a species the whales and dolphins are the most spiritually and intellectually evolved souls in our world and they anchor light beamed to Earth from distant sources. Using their Living Light Field, or Merkaba they also align with the frequency and resonance of Gaia or Mother Earth. The whales have held the highest incarnated vibration on the planet for eons and also hold the resonance or frequency

that is the heartbeat for Gaia. We would not have survived these many years if the whales had not chosen to use their vibration to balance and steady our beautiful planet.

The end of polarity or duality is nearing. The responsibilities the whales have held for humanity is now being shared with many humans as we awaken to our true selves and choose to take our power as children of Creator/Source. We are reclaiming the true dreaming state of the living heart. This is true Creatorship. What this means is that through exercising intentional evolution we are entering into a time when thoughts will manifest very quickly into our dimensional realities. Because many of us have chosen to awaken to the truth of our Souls journey and become conscious creators, we are now able to connect with the super sentient ancient cetaceans we call the whales.

The whales are the ancients, the elders, and are the greatest healers we will know throughout our many journeys and lifetimes upon this planet we call Earth. The whales ask you to call upon them often to realign your auric fields and your organ systems. They remind you of the phrase "ask and you will receive". It is their honor to assist us and they come in joy and in a state of bliss that can best be described as "living in Oneness with the all that is". Laurie Reyon

## HEALING

The Whales and Dolphins are the most ancient and spiritually advanced Souls on our planet. They tell us that it is time to upgrade our systems and make a conscious quantum shift within our own operating systems. These Energy Medicine Systems of pure potentiality can create an instant upgrade for you. The processes work with your intention to heal and expand your consciousness.



### **Mission Statement:**

**The Dolphin and Whale Energy Medicine creates a Crystalline Matrix in the human form, activating dormant DNA and allowing the human to carry more Light, thus preparing them for Ascension.**

During an Energy Light Medicine session, the Cetaceans and Beings of Light access your Akashic Records and your original Soul Divine Life Blueprint. This exists within the matrix of the grid systems of the Earth. Your records also exist within the water molecules of Earth's oceans, and can easily be accessed by Whales and Dolphins who are stewards for humanity. A Whale Healing and Clearing session offers you an opportunity to access your original state of existence.

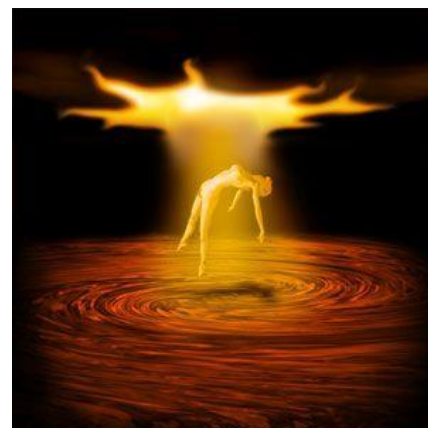


You may experience an accelerated change, growth and a deeper connection to your Soul. The processes will assist you in moving into higher states of consciousness and in raising your vibration.

### **Sound Healing**

The Cetaceans are Vibrational Healers, using many modalities to assist the human. They are multi-dimensional Beings capable of using Light and Sound Bio Technology to assist us a multitude of ways.

The Origin of Creation is Light, Sound and Sacred Geometry. Sound can permeate all levels of our being, affecting every level of existence and even re-calibrating our DNA. For over 40,000 years, sound has been used for healing because of its incredible effectiveness.



When we listen to whale songs, we are giving permission for a personal calibration within our physical and emotional bodies. The great Humpback Whales are the ancient Beings on our planet and have shown us that they can re-align your energy and your body using their tones. Their songs actually open vortex tunnels, or portals of spinning sacred geometry, as they assist you directly in creating a higher vibration and state of well-being.

### **Power of Sacred Space**

In creating the highest possible vibration for any session work, it is important to open Sacred Space at the beginning of every session. There are many ways to summon the energies of sacredness, so know that there is no right or wrong way to do this. Only remember, that it is vitally important to do it in your own way, but from your heart. The organizing principles of the Universe will respond in kind when summoned and you will create a pristine and sacred space to work within.





## Opening Sacred Space

Our suggestions are to include some or all of the following, as you set up your Sacred Space: Call Upon the 7 Directions – South, East, North, West, Center Below (Ground) Center Above (Connect to the Sun and beyond), Center Within (your Heart)



- Call Upon the Elementals which include Air, Water, Fire and Earth Beings
- Call Upon Cetacean Ambassadors of Light and ask them to hold the Directions upon the Sacred Grid you are creating. Laurie Reyon will demonstrate.
- Create the Geometry of an Octahedron as you honor “As Above, So Below”

Optional:

- Call Upon the 7 of the Galactic Arch Angels: Archangel Uriel, Raphael, Michael, Gabriel, Chamuel, Jophiel, Zadkiel and ask them to hold the Directions
- Call Upon the Cosmic Arch Angels including Lord Metatron and Archangel Sandalphon
- Call Upon Ascended Masters that you and/or the client work with
- Call Upon benevolent Star Beings of Light including: Pleadians, Sirians, Arcturians, Alpha Centaurians, Andromedians, Arnon, Lyrans and others.
- Call Upon other powerful Masters, Teachers and additional Angels

## Supplemental Handout – Opening Sacred Space with Munay-Ki Prayer

### Audio Support: Master Puddah’s Sacred Song

### ZERO POINT

Opening Sacred Space can create a vibration of Zero Point. Visualize the geometry of the Octahedron and create an energetic double pyramid. Creating this sacred geometry around your home each day can assist you in holding a powerful vibration of love and purity.

Once the invocation is complete, you will enjoy an increased vibration to live and work within. Practice setting the columns of Light at your property or home boundary lines. Then sit within your Zero Point field and enjoy the power of the Cetacean/Angelic Grid.

### Seth on Zero Point

ZERO POINT is the underlying energetic of absolute interconnected stillness from which all experiences are born. It provides CLARITY and allows the mind to stop offering you a false reality.

ZERO POINT is the presence of all that is, infinite and neutral. From this place you are offered a boundless state of possibility.



When you enter the SACRED GEOMETRY, that is the OCTEHEDRON – or DOUBLE PYRAMID (as above-so below) you enter rapid evolution and the illusions of this dimension of density dissipate. I Am Seth

### **Your Personal Vibration**

Your vibration is a direct reflection of your ability to love and honor yourself. Raising your vibration to become a powerful healing partner for the whales and dolphins depends on your ability to access that part of you that is Sacred.

Purity in thought, word and deed is required to merge your energies with the great Cetaceans. The human that can enter their heart space and surrender the mind and analytical process is on their way to living, creating and playing outside of duality and karma.



### **Watch DOLPHIN JOY Video (You Tube)**

The biggest challenge you will face as a Whale & Dolphin Energy Light Healer is releasing limiting beliefs that you have been exposed to, that are now a part of your perception and awareness. If you believe something to be true, nothing outside of that belief can enter your fields. This is part of the power you hold as a creator with free will. Many believe that it takes lifetimes to achieve a state of openness and neutrality to the challenges of karma and belief.

The whales have shown us that this is not true. That statement in and of itself is a judgement and is limiting to those that CAN let go of their limiting thoughts and constricting belief systems. The Whales are seeking human partners that can hold and sustain a very high vibration of self love. Understanding the God within you, and that you are a Divine Being choosing to live in human form, is the first step. By knowing you are a piece or part of Source (God), you become empowered through your own belief system to allow more love to take residence in your body. Once that vibration is sustained, and your belief system is opened to unlimited possibilities, the energy of faith and trust will allow you to be a powerful partner for whale and dolphin healing.

In a very loving way, they have shown us that if you can hold the space for spontaneous healing and alignment to enter the room, true core level healing can occur. If you have a judgement about a particular type of pain, disease or health malady, true healing will be a greater challenge, as the higher vibration must get past you to take effect.

Every human is still carrying karma and negative thought forms, most of which are buried in the subconscious of the person. Every human must work each and every day to stay within the heart and move out of all judgement. Releasing judgement of self and others is the greatest challenge, but well worth the undertaking. When you are truly in your heart and refuse to think your way through a challenge, then you can feel your way through using the only true vibration. That vibration is love.

The human emotional body is the creative force. The only thing to really be aware of is to focus on thoughts, words and deeds emanating from love and compassion. When you bring your consciousness into your heart, the only vibration you can think, do or feel is that of love. Sometimes it will feel like neutrality or even bliss, but all emanations from the heart are loving and therefore karma free. There is no polarity and therefore no karma created when you live, create and operate your life from your heart.



That vibration is where the animals live. They have no karma and therefore are stewards for the earth and some, like the cetaceans, are stewards for humanity.

**“The Animals are the Greater Body of Healers and Teachers on this planet”  
Seth**

They are constantly reminding us that we have a journey involving free will and they have a journey of supporting us as we make our choices. They have evolved to live in a vibration of love where every act is an act of service and kindness.

In honoring their teachings, and also in honoring our own free will, we have created a mantra to remind us of the Cosmic Law of Attraction.

**“What I Think and What I Feel I Bring into Form. I AM a Conscious Creator.”**







Art by Jean Luc Bozzoli Eyewithin.com

## **Vibrational Partnership with the Cetaceans**

A pristine vibration, filled with joy, enthusiasm and deep gratitude for our life is a must. In order to be a successful and powerful healer, you must choose to move out of duality in all ways. This means releasing all addictions to chaos, disorder, fear, drama and most importantly judgement. All paths of choice are honored by the Divine. You are given free will to choose to be loving, or not to be loving in every moment. The holographic nature of the 3<sup>rd</sup> Dimension can seem very real, and create disharmony in a variety of ways. It is your job to remember that everything that is not loving, is an illusion. Everything that is not in alignment with your heart and the eternal multi-dimensional vibration of love is an illusion. These illusions are offered so that you will have a choice of how to behave and make choices that create your life and your health. Once awakened, it our journey as Light Workers and Healers to remember that anything less than love, is an illusion. Every challenge or negative situation is only a part of the holographic nature of this dimension. In a sense you can think of negativity as part of the game. Remembering that you are an eternal and immortal Being, masquerading in human form will help you take back the conscious control of your choices and therefore your vibration. Then you can play the game well and remember that you are the actual one programming every part of it. You can have whatever you want, if you are willing to match your vibration to it. It is not a struggle, it is only a remembering and then magnetizing yourself to that which you desire. Then there is no resistance within your vibration to the constructs of linear time. When this concept becomes a part of your vibration and belief system, you will be much more comfortable living in the linear time frame, and the polar nature of duality will be neutralized in your life.

Ref: Future teaching on conscious time travel.



We strongly suggest that you embrace and use the tools that will be shared in your daily routine as a self-realized Spiritual healer. Monitoring your vibration and choosing positive and loving thoughts, and then words, and then deeds, will keep you on the path of awakening. Your job is to become aware of your own authenticity. Only then can you be completely honest with yourself and know what vibration you are offering each day. When you fail, and your vibration falls, simply forgive yourself and use the tools that are given to rise back up to your full power, where you are consciously creating again. In essence, it is time to love yourself enough to value your vibration and your ability to access what you are really feeling. It is a daily process of monitoring where you are and what you are feeling, choosing to use the tools that are given to shift your vibration when it falls or is challenged.

Master Puddah – Seth says, “Think of taking your empty or half filled glass and filling it throughout the day with pure, pristine delicious and satisfying water.”

### **Reference Channel – Supplemental Hand Out: You are Only as Powerful as You are Joyful**

A mantra we choose use is “I choose Life and All is Well.”

## **4 Stages to Know You Are God through Human Evolution**

### **You are Separate from Source.**

There is no God. You are separate from everyone and you are alone. Atheism is an example. There is only one life and you randomly arrived as a human. There is no after life. This is it.

### **GOD in a BOX**

There is a God or Creator. That Being or consciousness is to be worshipped. God is all powerful and you are not. You must bow down, pray and worship as a humble, meek and unworthy small Being, asking for intention, intervention and help with manifestation.

**You are a Co-Creator with God.** You discover your Divine power and worthiness and partner with God and the Universal Law of attraction. You communicate with God/Creator/Spirit and view your life as a partnership with the Divine.

**You become a Self-Realized piece of God.** You know you ARE God and the Creator is a part of you. You activate your natural Gifts and use them in accordance with Love. Examples: Ascension, Bi-Location, Spontaneous Healing, Morphing your Form.

## **TOOLS**

### **Meditation**

We suggest a minimum of 15 minutes in the morning and 15 minutes of silence or quiet time before bed. Use this time to Ground yourself and get centered. Use this private and sacred time to further your listening skills for Spirit to work with you.



### **Unity Breath**

Performing a daily morning Unity Breath meditation is the most important one I have ever learned or used. In essence you drop your energy into the Earth, grounding and connecting to Mother Gaia and the Elementals. You then breathe her energy up into your body, filling your prana tube and your heart with the energy of the Divine Feminine. You then connect to the Sun and Source energy and breathe this energy into your prana tube through your crown chakra into your heart. Balance is achieved and you are energized and radiating core energy from your heart.

See Supplemental pages for a written version and an audio version in our suggested audio support package.

### **Entering the Heart**

In this meditation, we teach two ways to bring your consciousness into your heart. In this teaching you surrender the mind or brain from being the controlling organ or part of your body. When you begin to consciously live within your heart, you will find that you no longer are participating in duality. You will live within the center of your being and you will release polarity. You will begin to live in a pure vibration that transcends right or wrong, or judgment. Your thoughts and feelings will emanate from the sacred place of the heart and you will create and manifest very quickly in third dimensional reality.

See Supplemental pages for a written version and an audio version in our suggested audio support package.

**All listen to Entering Your Sacred Heart meditation.**

### **Affirmations of Gratitude and Appreciation**

The power of gratitude is truly the key to staying in your heart and opening your consciousness to continued awakening. If you have a vibrational challenge, it is an opportunity to move back into the heart and start giving thanks for the many things we are simply given. Everyone has a multitude of things, people and activities to be grateful for, all that enrich our lives. Note: In further study of our DNA you will learn that the vibration of gratitude extends the telomeres of your DNA and offers you an extended and healthy life. Start saying "I am grateful for \_\_\_\_\_"

**Master Puddah-Seth says "Gratitude is the KEY to the Universe. Don't forget where you left your key."**



## The Violet Flame

The VIOLET FLAME truly is the greatest gift Humanity now has to clear lower or negative energies from their lives. The Violet flame is the perfect balance of the in breath in the out breath of our Father-Mother God, and it is a force of unfathomable power. A mantra we wish to share is: "I Am a Being of violet fire I am the purity God desires. Repeat it often, as well as many other mantras that summon the Violet Flame to you.

Another very important aspect of using the Violet Flame energy, is to embrace the idea that the Whales literally EMBODY this Light. When I do healing work with individuals and groups and summon the Humpback whale energy for clearing and healing, the entire room and area fills with the Royal Purple Light which IS the Merkaba of the Great Whales. What I have come to understand is that THE WHALE living Light Fields actually contain and embody layers and layers of the Violet flame for clearing and transmutation of lower energies. The Whales are the healers of the healers and are Masters of alignment. They are literally able to use this Divine Dispensation and SPIN the Violet Flame around and within us to manifest deep core level healing.

See Supplemental document "The Violet Flame" with an extended message.

Supplemental video support is in our film "Ascension Guidance."

### All view video "The Violet Flame"

#### Forgiveness

Forgiveness is a necessary component for all humans, as we have lived in a dualistic world of polarity for eons. The lowest cycle of life is that of the predator and the victim. In truth, all humans have co-created in this vibration, and have used the energy of blaming another for that which you have created in your life that is undesirable. In truth, there are no predators and there are no victims. There are un-awakened humans playing out a variety of roles to experience contrast. Once awakened, it is no longer necessary to continue using this type of contract with another to create this type of opportunity to grow. By now, you are realizing that you are the Creator of your own vibration and no one, at any time can alter your perception of yourself. In other words, no one can hurt you without your permission. Only you, can hurt you.

This brings us to the importance of using the power of forgiveness often to forgive ourselves and all others. It is like peeling back layers of an onion, and will take some





time to truly return to balance. Only then will you have a neutral and a full understanding of why you would create outside of love. Ref: Module 2 – Exploring Layer 2 of your DNA. The Lessons of Love.

### **Partial Channel from the Gray Whales with Laurie Reyon**



If you are still seeing yourself as a victim, then you are not taking responsibility for your part of co-creation. When you see the manifestation of your co-creations, what it teaches or reminds you, then you are able to move beyond victimization and truly forgive and forget.

We will also say to you, any time you are not in the present moment, you are operating within the mind, which again means you are not in your heart, and you are perceiving things from a fear based, limited perspective. If you are fully engaged with the present now moment, it is impossible to reference the past. The moment you disengage from the now, you move out of the operating system of the heart and back into the mind.

We understand that you may be challenged with this message, but we promise you that this is the true nature of reality. Sometimes, humans will say it feels more comfortable and safe to go back to the illusion of the mind, where you take only partial or even no responsibility for your part in a situation that was created.

So real forgiveness means no judgment! If you are still judging the situation in any way, we remind you, you have not truly forgiven.

**- See You Tube for entire message – The Gray Whales on Forgiveness**

### **Huna**

The Whales and Dolphins were with us when we lived 26,000 years ago during the time of Lemuria. That civilization is the last time we existed on the earth in a 5<sup>th</sup> Dimensional vibration of peace. Using the “**Huna**” principles of the Lemurian times is one of the best ways to raise your vibration and stay conscious of what you are creating in every moment.





## **HAWAIIAN HUNA**

***Huna is the name and practice of wisdom, healing and spiritual shamanism of ancient Hawaii. We remember Lemuria in these teachings.***

***IKE*** (ee-kay) - The world is what you think it is.

***KALA*** - There are no limits.

***MAKIA*** (mah-kee-ah) - Energy flows where attention goes.

***MANAWA*** (man-ah-wah) - Now is the moment of power.

***ALOHA*** - To love is to be happy with (someone or something).

***MANA*** - All power comes from within.

***PONO*** - Effectiveness is the measure of truth.<sup>[18]</sup>



## **Ho O Pono Pono**

is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as *correction*. Traditional *Ho'oponopono* is practiced by Hawaiian healers and Polynesian families

There are four simple steps to this method, and the order is not that important. Repentance, Forgiveness, Gratitude and Love are the only forces at work – but these forces have amazing power.

The best part of Ho'oponopono is you can do it yourself, you don't need anyone else to be there, you don't need anyone to hear you. You can "say" the words in your head. The power is in the feeling and in the willingness of the Universe to forgive and love.

### **Step 1: Repentance – I'M SORRY**

I Am Sorry implies that you are responsible for everything in your life. This realization can be painful, and you will likely resist accepting responsibility for everything when you begin. Focus on what you can realize, such as being over-weight, or addicted to food, nicotine, alcohol or some other substance? Do you have anger issues? Health problems? Start there and say you're sorry. That's the whole step: I'M SORRY. Although I think it is more powerful if you say it more clearly: "I realize that I am responsible for the (issue) in my life and I feel terrible remorse that something in my consciousness has caused this."

### **Step 2: Ask Forgiveness – PLEASE FORGIVE ME**

Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

### **Step 3: Gratitude – THANK YOU**

Say "THANK YOU" – again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.

#### **Step 4: Love – I LOVE YOU**

This can also be step 1. Say I LOVE YOU. Say it to your body, say it to God. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say it over and over. Mean it. Feel it. There is nothing as powerful as Love.

**Prayer: I AM SORRY      PLEASE FORGIVE ME      THANK YOU      I LOVE YOU**

#### **Atonement**

I came into the understanding of this word a few years ago. It was during a time we felt huge manipulation by off world energies for the planet, and the whales were asking humanity to step up and help. When you break the word down it means AT ONE MENT. In other words we are all ONE and all responsible for everything that the collective creates. So when we claim our own Divine Power and use powerful words and affirmations, energy shifts and vibrations rise.

The affirmation below was created when the whales reached out to us to create a symbol of our commitment to be of service and offer our Atonement for the mis-deeds of humanity. I highly suggest you use it in your personal life, as this vibration for me is higher than forgiveness, and outside or above duality. The word and the affirmation carry a vibrational charge that allows you to take responsibility to shift major things on this planet.

The rods spoken of are orgone and were created by Donna Spratt. In 2015 hundreds of rods were created and thrown into all of the oceans of our planet, dedicated to the whales and their work. The affirmation was co-created by Donna Askew and Donna Spratt. Find out more at the [alchemistchamber.com](http://alchemistchamber.com)

*I Am my I Am Presence, I Am a Sovereign Being  
I Surrender my Will and my Life to the Care and Service of Creator  
I Am AT-ONE-MENT with All Beings that Ever Were, Are Now, and Will Be*



*I Am with Love, Compassion and Forgiveness Clearing Debris from Earth that is Created by Humanity  
I Humbly Offer this Rod of Atonement as a Symbol of my Commitment  
to Do, Be and Have Christ Consciousness  
We Are One Heart, One Mind, One Body, One Soul, And So It Is!*

## Ascension Pathways

### What is Ascension?

In 2010 Master Puddah (Seth) asked me to create a film about Ascension, and allow her and the whales and dolphins to write the script. I agreed, and she gave me the template for Ascension. In her own words....

Note: This is the first film ever created by a Master Cat that shares her wisdom with the world about consciousness, and the next step in our evolution as humans.



### What is Ascension?

Personal Ascension is the unified presence of One Being.

Ascension is to hold and embody the Highest Potential for an incarnated Being in full representation of the Soul.

Ascension is a collective field of expanded Illumination, Intuition and acceptance within the Self.

Ascension is a shift into a higher state of consciousness bestowed upon you by your Higher Self when you are ready.

Ascension is Remembrance of the Origin of my Creation and to Know Who I really Am.

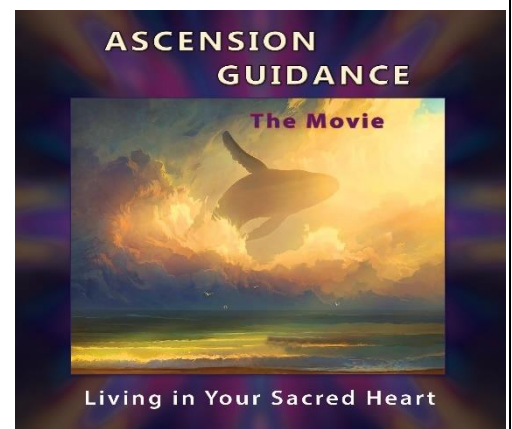
Ascension is to become my Divine I AM Presence

Ascension is to KNOW one's self as Infinite Love, Wisdom and Power.

Ascension is merger of the Highest Vibration with my true Multi-Dimensional Divine Presence.

Ascension is beyond faith, it is KNOWING and BEING one's self as Creator Source.

**View - What is Ascension? from the movie Ascension Guidance**

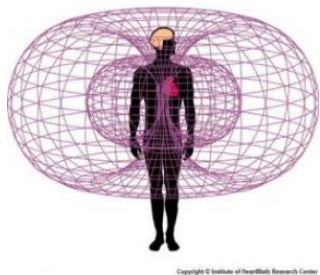


## Activation of your 3<sup>rd</sup> Eye/Pineal gland

The Pineal gland is located in the center of your head. It is actually an eyeball, and that is why it is referred to as the third eye. It is hollow like an eye and has color receptors within it. In its natural state it is looking upward. The pineal has its own chakra and is connected to and communicates to both the brain and the heart.



The Pineal gland or 3<sup>rd</sup> eye is the biological organ that Source has given each human to communicate with Spirit.



It allows for that which is known as telepathic communication, intuition, clairaudience, clairvoyance and clairsentience to become activated and useful.

Your Pineal gland is your own personal stargate and is a crystalline organ. When activated, one can be initiated in the higher realms of vision, communication and channeling. I cannot under estimate the importance of working each day with your Pineal gland. Use light and love in your meditations and quiet time to energize it and allow it to grow and expand your consciousness.

When the heart and the Pineal are connected, anything is possible in my world. Your attention to your 3<sup>rd</sup> eye is very important in your work with the Cetaceans. The whales encourage us to attune the prana flow in your daily Unity breath to further connect the heart to your 3<sup>rd</sup> Eye.

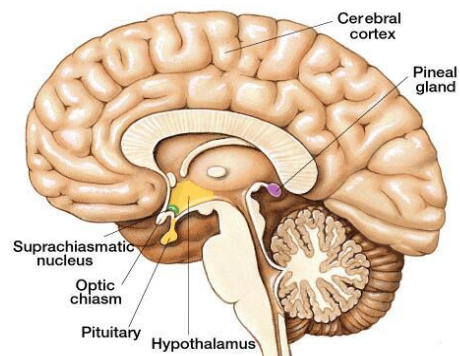
It is important to work in meditation with a blindfold and in a darkened room. Shutting out all visible light has proven to accelerate your 3<sup>rd</sup> eye development and further enhance your intuitive gifts.

Use your intention to get comfortable rotating the 3<sup>rd</sup> eye forward while blindfolded and focusing your inner sight. This process of moving the 3<sup>rd</sup> eye forward with focus and intention will further activate your abilities to channel the whales and dolphins. In its natural state it is looking upward, so you will want to get comfortable using your inner sight, and moving the 3<sup>rd</sup> eye into a forward position.

Also note that our environment and your food may have contributed to calcification of your 3<sup>rd</sup> eye and stunted its growth. Eat organic food and bless your food before eating.

We have found that drinking blessed andara water or other crystallized water can greatly assist you in continuing to develop your pineal.

Other suggestions: Mix a small amount of organic sulfur in water each day. (start with ½ teaspoon and gradually increase). Organicsulfur.com. This has proven to further





activate and decalcify the pineal. We also recommend taking small amounts of monatomic ash daily, which is powdered andara crystals. Ask Laurie Reyon for info.

### **Activating the Eight Beams of Light Create a Halo**

Eight beams of light emanate from the pineal that are connected to the original eight cells of your body. (Reference teaching of the Merkaba Meditation and 8 Points of the Star Tetrahedron)

When you are in your heart space and all eight beams are activated and balanced, a green auric field or halo will appear in and around your head. You will begin firing massive alpha waves in your brain and accelerated or instant manifestation can occur.

Note: This is a Flower of Life teaching by Drunvalo Melchizedek and will be offered as an optional class.



### **Activation of your Merkaba Light Body**

#### **Merkaba Levels of Consciousness:**

“The ascension process is a process of change in your systems of reality. In the third dimensional old system of reality, the body was the bearer of your consciousness in the physical. In the new reality system that you are entering your physical body will transform into a bearer of consciousness that is inter-dimensional. Your Higher Self can assist you in creating your Light body which will then prepare you to freely transition into other higher dimensional realities.” Drunvalo Melchizedek



Our intention is to guide you into 5<sup>th</sup> dimensional possibilities through the teachings of Merkaba activation. Your Lightbody, known as the Merkaba is the vehicle that allows you to make direct and intimate connection to fifth dimensional realities and higher. The study of sacred geometry is encouraged and an understanding of the star tetrahedron (Merkaba form) will greatly assist you in this work.

The activation of your Merkaba is highly recommended for your work with the great Whales and Dolphins. You will discover that when the ascended cetaceans are summoned they arrive in their finely tuned Merkaba Light bodies. The accelerated alignments and healings we witness through the Whale and Dolphin Energy Light Medicine are accomplished through the use of the cetacean Merkaba light fields. They use their counter rotating fields of light and spinning geometry to create transformational shifts in the human multi-dimensional form. The Merkaba frequency operates at 9/10 the speed of light. It is for the highest and best good if you are also resonating at that frequency in your own Merkaba Light field when the session begins.

When learning the 17 breath meditation, you examine the Star Tetrahedron, source of all geometric fields around the body, and begin practicing spherical breathing and the remembrance of the Living Merkaba. You learn how to balance the polarities within your

eight electrical circuits and cleanse them. You learn to establish proper pranic flow through your chakra system, and then activate and create the vehicle of ascension.

Merkaba means Ascension Vehicle of Light. Drunvalo Melchizedek is a planetarian and a walk in. He has been one of the most valuable teachers I have had. His teachings are here to assist us in achieving an original state of consciousness and remembering who we really are as we prepare for Ascension. Ref. Flower of Life teachings and books. Drunvalo.net



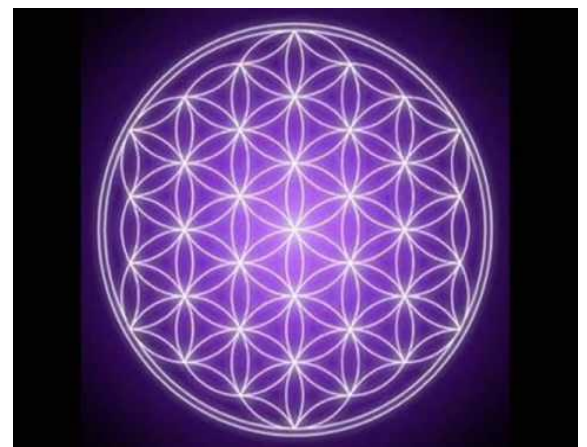
**Drunvalo Melchizedek 2011:**

*“This exploration of knowledge is the Reality of Pure Consciousness. This knowledge and experience is usually taught over a 20 to 40 years in traditional systems, but considering that we have very little time left to prepare, we will accelerate learning and hopefully many of you will grasp the experience and make it real in your lives. You may have to practice this for a time to truly understand the experience, but the teachings of Merkaba offer you the tools to higher consciousness.*

*Further, I ask you, what is your body? What is the Universe? Let's begin to see the human experience from beyond the known human knowledge. Science and our present understanding of the Reality is an illusion. We believe that what we are experiencing is real, but in fact the Universe is merely pure consciousness, and because it is pure consciousness, we can move in ways that transcends the laws of physics.*

*Are you ready? In reality you are actually a great Master of this knowledge who simply has temporarily forgotten your way. This I know is true. As you go through these ancient steps, if it is the will of God, your memory will return. Then you don't have to learn anything, you simply remember. You have done this practice thousands of times before in other worlds. This world (and the Universe) is waiting for you to awaken. Are you ready?”*

**Note: The teaching of creating your Living Merkaba Light body will not be taught as a part of the training for Module 1.** However, if you have not yet activated your Merkaba through the use of the 17 breath meditation, we strongly suggest you choose to do so. An optional Merkaba class will be offered during the Module 1 time period by Laurie Reyon. The class will include support materials to do the meditation on your own after the class. A guided audio meditation and power point teaching are included.



**View Merkaba Film piece from Ascension Guidance**

## **Merkaba Orb Travel – Inter Dimensional Exploration and Travel**

As your work advances with the great Whales and Dolphins, you will have the opportunity to use your Living Light Body or Merkaba to achieve higher states of consciousness and communication. We invite you to open to this possibility and explore the use of your Merkaba for this purpose. When there is an invitation to journey to other dimensions and realms of Light, from the Whales, Angels or Celestial Star Beings, you can use your intention to create an external Merkaba Orb vehicle.

The information that can be exchanged during Orb travel can be very empowering and assist you in your enlightenment and understanding of the Cosmos. Merkaba Orb travel offers an opportunity to communicate with other sentient Light Beings in the physical and in formless consciousness.

I feel it is desirable to plant the seed for these experiences to be shown to you, as you become vibrationally ready to create conscious communication with other sentient and benevolent life forms. Inter-species communication can be valuable in guiding you to serve the greater good for earth and humanity.

An Optional Traveling in Your Merkaba Orb Ship class will be offered during Module 1 for those interested in training in inter-dimensional travel and contact.

## **Telepathic Communication and Channeling**

All of the tools and processes we have shared are vital in contributing to your ability to communicate telepathically. Non verbal communication is your birth right and your natural state of Being. We must diligently commit ourselves to releasing the burdens of living in a karmic dualistic world, in order to reclaim our powerful and true Divine gifts. Imagine for a moment what it would be like to really hear your Master Guides, your animal friends and now the voices of the whales and dolphins. You will be supported and guided beyond your imagination, and manifestation will be given with grace.



## **Time Travel**

Ask yourself if you are ready to access your natural abilities to connect to other time lines? Are you ready to embrace your multi-dimensionality and visit other realms of existence? As we work with the Cetaceans, we move into states of joy, bliss and well-being. From this vibration we can access other time lines of existence, having powerful and life changing experiences.





### **Quote from Joan Ocean:**

“The ability to time travel is mostly dormant and unexpressed in our daily lives. When we work with the Dolphins we can activate ourselves to gently slip into Higher Consciousness. The Cetaceans are conscious of their multi-dimensional abilities and can guide us into Quantum portals through our conscious intention. Knowing that the Universe is infinite, often we can enter a parallel timeline, with countless probability outcomes.



When we access a vortal tunnel, we pass through it and make contact with other intelligent sentient Beings. As we learn to be comfortable with entering many domains and dimensions at will, we will experience diverse ways of living that enhance our present life. By accessing this new Template, a new pattern, we can become more aware of ourselves and accomplish more in our present timeline. We can become inspired healers, teachers, avatars, leaders, altruistic, open-minded loving, conscious Galactic Citizens. The Dolphins and Whales tell us that they are preparing us to enter the spiritually advanced Universal civilizations with benevolence and wisdom. All of this is accomplished in the spirit of FUN, which according to the whales and dolphins, is the most important aspect of our life on Earth!”

### **Optional Supplemental Audio Support – Master Puddahs Conscious Time Travel**

You are given the opportunity to re-birth yourself in this lifetime. You are cleared of any challenges and taken into a 5<sup>th</sup> dimensional vibration. You will visit your Souls knowing and become One with your Divine Life Mission.

### **Service**

Spiritual teachers all over the world tell us that the path of “Service” is the highest calling the human can embrace. I also believe that the “call to serve” is a noble and worthy one and well worth your best efforts. We look to the great Whales and Dolphins and find perfect examples of how to serve the greater good, while having an individual expression in form. When you have played all of the games, and experienced all of the emotions over many life times, the call to serve calls out within us. The Soul wants to be of service and asks us to look within to find balance in how we create our path of service.

### **The Circle of Life**

In our Western patriarchal culture and society, we do not always listen to the wisdom of our Mother Earth. Many times, we do not allow ourselves to receive from each other. The circle of life is a balance of giving and receiving. If we do not allow this energy to flow evenly, this energy of the circle of life is blocked, and then pain or disease and toxic challenges can become a part of our world. It is important to receive, and it is important

to give. Opening to receive, can be demonstrated by the simply allowing yourself to receive a compliment on what you are wearing, or perhaps allowing someone to buy you lunch, or just allowing someone to open the door for you. Each person wants to give! It is the gratification of allowing each person to give to another that allows this balanced energy to move with grace. The energy comes from place of humbleness. If you do not allow yourself to receive, you are blocking someone else's gift to give. We encourage you to take a look at how the Circle of Life is reflected in your life. Ask yourself, Are you both giving and receiving energy with Love to the world around you?



### **Finding Balance**

As we explore the path of service we find that we must balance the energies each day. It is important to first "fill our cup" with Divine love and energy. For me, the test comes in creating time for a morning meditation, FIRST THING every day. This is done each day before I eat or answer the phone and turn on the computer. This is an example of how we can use our free will to put ourselves first and honor the vibration we create in the morning. This sets the tone for the whole day. I also spend that morning quiet time outside in nature, whenever possible, and that adds a higher frequency to my body.

In creating balance, self-love must always come first. And then you can open your heart to the day, and all of your many tasks and obligations. You now have an opportunity to use your powered-up vibration and share it with another. You now have a foundation for creating and expressing unconditional love for others. It is no accident that I have cat teachers in my life. They are the ultimate teachers of self-love and freedom.

Supplemental: View Telepathic Communication from Ascension Guidance film.

### **Channel from the White Whale Vedekata on Balance:**

We the Whales and Dolphins, advise you to move deep into your Sacred Heart space every day in the morning time and balance the Diving feminine and masculine energies within your body. As you connect with Mother Earth and Father Sun you are accessing the highest potential of balanced energy available to you as a human. Then move consciously into your Sacred Heart and tune to the crystalline transmissions emanating from the Earth's Grid system. Visualize the Earth Star Ascension Portal and connect your energy to the pathway that



is being created for us to Ascend. Ask to release any fear, trauma, pain or unresolved anger from your body and mind. The Whales and Dolphins are anxious to assist you in clearing all realms of your existence and begin to integrate the new multidimensional frequencies that are yours to claim. You are becoming a “Light Being” and this is the lifetime you have waited for. We ask you now to turn your consciousness to the truth and wisdom of Who You Really Are.

Namaste and Many Blessings!

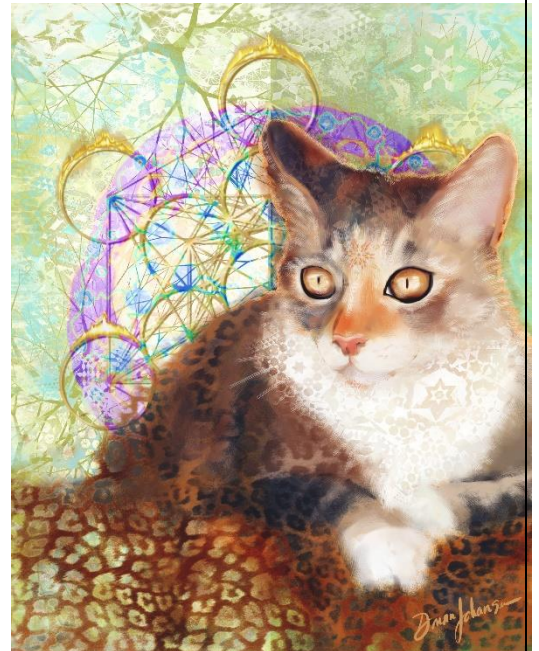
I Am Vendekata the Voice of the Great White Whale Council

### **Love Is All There Is – Love is the Answer by Master Puddah**

THERE IS NOTHING BEYOND LOVE. EVERYTHING, EVERYWHERE AND IN EVERY DIMENSION, IS LEADING TOWARDS LOVE. THE EXPANSION OF MORE LOVE!

Love is the center of all Being – all Knowing and all Understanding. Love is the solution to the question. Love is always the answer.

Do you ever ask yourself WHY you came to this beautiful Blue Green Planet? What is the reason or perhaps what is my mission? The answer is you willingly chose to come here, to incarnate and to create opportunities for yourself to bring more love than you have ever brought before! In any lifetime. Have you ever heard, we are the ones we have been waiting for and this is the lifetime you have waited for? Well the answer is YES to both questions.



During your many lifetimes and experiences upon the Earth, you have gone through a process of elimination. You have constantly cleared the cobwebs or veils, each time becoming a little more aware of what you DO NOT want. You can or will know when you are at the end of this cycle when you cannot find any more of the I DO NOT WANT'S in your life. Then you will have really created a life where you are no longer creating what you do NOT want and you can fully focus on the other direction and begin to put all of your energy and Creatorship abilities to manifesting what you DO WANT! Then you have come to new dawning in your life and your energy begins to spiral upward in a consistent ever accelerating vibration!

Many of you are there now and truly LOVING your creations and manifesting all you wants and desires. Others of you are right there on the cusp of this and realizing where you put your attention is where your energy goes. You catch yourself having a judgmental thought or creating something again that you thought you were done with last time around.

The mantra we wish to share with you is:

**WHAT I THINK AND WHAT I FEEL I BRING INTO FORM.**

I Am Master Cat Puddah – Seth

See Supplemental pages for Full Channel

**Supplemental – Triangulation Diagram - Vibrational Exercise to raise your vibration.**



## **THE SERVICE PRAYER**

**I AM in service to My Creator, and the Creator of All That Is.**

**I Pray to always serve the Light of My Creator  
God -Goddess – Source  
with Love, and to always do my part to the  
very best of my ability.**



**I Pray to always go and be exactly where I need to be to manifest the Creator's Divine Master Plan of Love. I acknowledge My Service, and the gift of my earth life back to the One. Please use my body and soul combined with My free will as Your own, to serve at the highest possible level as Your Representative.**

**I give humble thanks for the ability to serve at this level.**

**I AM grateful for My life! I AM a unique & integral part of the divine master plan of love! I AM an example of Divine Love.**

**I pray now for the highest good of All Beings, in All Places, and at All Times.**

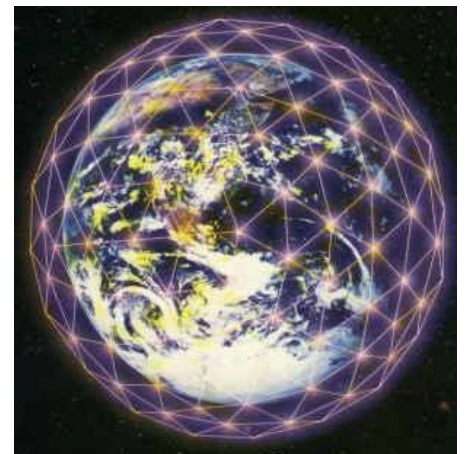
**I honor My Divinity by Serving My Creator joyfully!  
Let us Rejoice! And So it is.**

**Ref: The Service Prayer film piece from Ascension Guidance**

**Supplemental: The Service Prayer**

### **Whales and the Grid**

Have you ever asked yourself why humanity has such an affinity for the dolphins and whales? They open the hearts of everyone who connect with them. When you look at a picture of a dolphin, do you find yourself smiling? Did you know that 80 countries all over the world have created laws to protect the Cetaceans. Even countries that have no physical oceans on their borders have joined the global population offering protection to our friends in the sea. The collective consciousness of humanity wants to protect the whales and dolphins and keep them safe.



The truth is, the human cellular structure and your DNA knows that the whales and dolphins represent a significant and special part of the Earth. The whales and dolphins are living portions of the grid system. They are actual living embodiments of the library containing the history of Earth's evolution. The actual Akashic Records systems are stored within the consciousness of the whales. The whales can access your personal Soul's information or Akashic records, as they are the living molecular librarians for Earth.

Thousands of people have reported that they have had life changing experiences after a whale and dolphin boat trip, or a swim with dolphins. The reason we are so changed by their energy is that our cellular information is aligned and upgraded in their presence, our DNA is re-calibrated and we have a consciousness shift in their presence.

Human DNA is also a part of the Grid system for Gaia. The evolution of the human species is reflected in your DNA. The whales and dolphins access this information as stewards for Gaia and the Earth. They sing to coordinate with the Crystalline grid system and can actually change your vibration and essence when you connect. So there is an intuitive part of every human that knows the importance of the Cetaceans on our planet. That part of you knows that the whales can NOT be eliminated without changing the life-force balance of the Earth, and therefore YOU.



### **Gaia and the Whales and Dolphins from Kryon**

There is a Grid of appropriateness that is being activated like never before - it is an esoteric Grid. It is inter-dimensional and it is called the Crystalline Grid.

The human exists in three places energetically. Part of you resides in the Cave of Creation, part of your DNA is stored upon the Crystalline Grid, and part of you is stored in a living mammal on this planet. The mammals I speak of are the Whales, and the smaller ones known as the Dolphins. You love them don't you! There is an intuitive level of humanity that knows - They hold the records - the whales are in Gaia, they're under the water, they are mammals. And like you they contain the information. It is the cycle of life and it is complete. The very water of the Earth now has everything you've done, who you are, who you might be - do you see the profundity of the system and what is it about? It is all about you! Why would the earth be designed so intelligently - to keep track of you, to honor you, to know who you are, the name you had, why would that be unless you were important, unless you were part of the master plan, unless you had something to do with the Universe's future. Gaia exists for the sacred human Beings that are on this planet. Old Soul! you sit here for a purpose, important you are, precious you are, a master you are - now go claim it - live a long time, be joyful in the process - Don't make up your mind what's supposed to happen - relax, be joyful in all things and fall in love with yourself - *I am Kryon, lover of humanity*

*~ Excerpts from Lee Carroll*

The Kryon team has supported our work now for 14 years, since the time of the first female Puddah. See our Whale & Dolphin channel two of their books. "The Gaia Effect" and "The Human Akash." Thank you Kryon!

## **Master Puddah's Ascension Message**

### **View Film Piece from Ascension Guidance film**

The process of ascension is well underway now, is ongoing and will continue past the year 2012. Ascension is evolution, expressed through the Ascent of the spiral of life. 2012 sets the stage for the pinnacle of biological Ascension as we experience the dematerialization of the earth's magnetic fields and the final phases of existence in the 3<sup>rd</sup> dimension.



Our wonderous Earth experience, is but an experiment with the density of Love in biological form. And as our linear time frame is expressed, we can witness that Evolution is NOT random. Evolution is consciousness in motion and it uses the energy of the Golden Mean. The spiral of Ascent is accelerating now looping itself upward outside of linear time.

The changes within our form start at the molecular level and are expressed through our atomic structure. Science can document changes now in metabolism, our neurology and even within our genes. As we move into a higher vibration more Universal life force is assimilated and sustained. Aging as we knew it is reversing now and youthing is a conscious choice. Use the power of your conscious will and intent to SEE yourself becoming Lighter. Access the Codes of Creation within YOUR Master Cell and Divine Life Blueprint now. Ask for vibrant health and intelligence to be restored within your body. Open to the HEALER WITHIN YOU, as no one but YOU can give permission for the changes you are seeking. Ultimately the carbon-based molecule will completely transform and transfigure into a crystalline form and You will return to a Light Body form.

The Evolution of Ascension is LOVE, and it is taking place within the Cosmos, our planet Earth and within your physical makeup.

Blessings on Your Ascension. I Am Master Puddah - Seth

### **I Am Master Cat Puddah**

**View The Oneness Transmissions  
– You Tube from I Am Avatar**





## Channeling

The ability to channel exists within us all. When one is able to channel, they are able to connect to the vast extensions of other life forms, allowing a wealth of universal insight to become available. Through channeling, one can further increase their intelligence, their memory, their emotional and physical health as well as creative talent. Channeling increases intuition and expands extrasensory perception where your natural Intuitive ability becomes a natural sense. Most importantly, channeling allows you to connect with the plateaus of the multidimensional self, bringing the inner and outer universe together as you align into a whole being.

Seth through Laurie Reyon

Many times through out the ages Kings, Queens, Mystics and Spiritual Leaders have received Celestial Channeled Messages of empowerment to assist others. Even the sacred book you call the Bible, was channeled. At this time in Earth's history, Seth suggests that each and every one of us has the ability to Channel the Light of another Soul that is seeking to assist you.

Seth through Jane Roberts

Opening to channel is an adventure into expanded consciousness? Channeling a Light Being means expanding your capacity to hold more Light. Light is information and wisdom. It is a noble cause, and these classes will assist you on your personal journey of empowerment, and in claiming your gift of Channeling the consciousness of another Being of Light.

## Channeling will Help You Know Yourself



## **ASK YOURSELF - What are you here on Earth to do Now?**

Channeling a Light Being will always be loving and will always bring you wisdom. Think of your wisdom as the tapestry of your life. What will you weave with this wisdom. What colors of thread will you use to weave with, and what will your tapestry look like?

Channeling is SELF EMPOWERMENT at its finest, because when it happens you are ready to share the best part of you, with the best part of someone else. When you make contact with a BEING OF LIGHT that wants to connect with you for the greater good, every cell in your body responds to this truth. The Cetacean and Celestial Beings that you will summon will have this effect in your body. They are each Ascended Masterful Beings in service to the greater good, and are worthy to be heard. Know that with a pure heart and pristine vibration, the truth of their sharing through channeling will change your life.

Through the process of choosing to Channel, we expand our consciousness and we come into self-awareness. More Mastery follows, and you will find that “solution energy” will always be available. It is “Intentional Evolution” at its finest when we realize that our own evolution is not random. It comes through choosing to be a Conscious Creator.

When you have the knowledge of your true self within you activated, you can easily step into this merger of energy and wisdom we call Channeling. Your decision to Channel translates into a noble choice that means you are now ready to share yourself with another great Being of Light. Remember, anything is possible my Creator friends.

**“Sharing LOVE is what makes it REAL on Earth. Seth**



## **HISTORY of the WHALE & DOLPHIN ENERGY LIGHT MEDICINE SCHOOL**

In 1994 I had a near death experience which led me to living in a small beach front house south of Rosarito in Baja, Mexico. It was a dark time for me, recovering from an accident, surgery, and the experience of being on the other side. I was told my immune system was severely depleted and I was advised to isolate myself from people and rest. I was very sad and confused, as I had not yet embraced the fact that we all co-create everything. On the other side of the coin, I was elated to be living on the ocean, and every day I would go



outside to sit on this beautiful deck over the ocean. Three dolphins would come out in front of my house every day in the afternoon and acknowledge me. My faithful cat friend, Puddah/Puddy would come and sit next to me. I have always been very connected to animals, and considered them my best friends growing up. However, when I returned to my body following my near death experience and life review, I found myself completely telepathic with my cat Puddy. Because I was so sick and isolated, I felt I was going crazy when I heard him speaking clear English to me every day. But it was comforting, and I soon adjusted to listening to his advice each day.

He encouraged me to listen to the dolphins and helped me fine tune the frequencies I was hearing from them. After some time, I looked forward to their visits and their communications. Puddy and the Dolphins would discuss how they came to Earth to help create Heaven on Earth. They spoke of Angels and prayer and healing. I felt like I was listening in to things I did not understand or agree with at the time, but it was the beginning of me learning to listen to the dolphins.

I spent the next 3 ½ years there living on the ocean near Rosarito. It was a time of healing and deciding that I did want to live and start again. In 1999 I was living part time in the US and part time in Baja, and decided to move to a home further south in La Salina. Living in this beach front home was unique, as they were building a jetty wall to create a small boat harbor. During the next few years I could walk out on the rocks and interact with a pod of dolphins that kept growing. I started to write down the messages I received from the dolphins and soon realized they could really get involved in our personal lives if we asked them. They seemed to have advice that was practical and esoteric for everyone. It was fun to see them, and I looked forward to hearing what they would say.

On Mothers Day in 2003 I was spending the afternoon sitting out on the jetty writing. All of a sudden, I looked into the ocean and the water was coming up, like a submarine was rising from under the ocean. It was a migrating humpback whale emerging right





below my feet! The whale was just below me, and it stopped and really looked into me. I was drawn into the eye of that Whale and my life was changed. I had an emotional experience, some call kundalini rising and started to cry. I remembered that Whale and somehow remembered that we knew each other a long time ago. I looked up at the Sun

and a white ring began to form around it. I searched the beach area for someone to share this with, but there was no one. Puddy's voice came into my heart and said "Now you remember", several times. The whale said clearly, "You are a Creator, and it is time to awaken." There was a soft chant around me that said, remember, remember, remember. I fell on my knees and cried in gratitude for this amazing experience and I knew that something deep inside of me had shifted. I had always felt the Creator, or God was outside of me. I did not yet fully embrace that we all have Creatorship abilities bestowed upon us by God. Now I know we are all the Creators of this world, and of our own experiences. Later that year I was with a Shaman who took me on a journey. She said she went further out into the Cosmos with me than she had ever journeyed before. When we returned she told me that we were with the Whales in another place in the Galaxy and they called me "Standing Whale Mother." It was another beginning.

In 2004 I moved to Cardiff as the first female Puddah had been born and was writing and channeling through me. She wrote our first workshop called "Your Creatorship" and we started to teach and travel. All along the way, the dolphins were there supporting us and helping me to fine tune my telepathic abilities. In 2006 a group of 5 of us formed the Healing Center in Carlsbad, called the CAT Center. I was now presenting my first Whale Healing workshop to groups and channeling the Pleiadians. The Whales had asked me to create a healing modality for clearing lower energies and helping people create more Light in their bodies. The Whales did the clearing and the Pleiadians would bring in more Light. During that time I was doing Animal Communication sessions as well.

That year our Healing Center hosted Grandma Chandra. She is a telepathic healer and also works with the Whales and Dolphins. She asked me when I was going to begin my "Real Mission" while she was visiting. She told me I was to take the people out on boats to see the Dolphins and Whales and bring forth their messages. I explained to her that I had tried that many times, and always got severely sea sick. She clearly said to me. "When are you going to clear that." She challenged me to heal myself and said she would return in a few weeks to do a boat trip with me. She said if I did not heal myself and I became ill, she would do the messages. Wow! So here was my chance to really go within and clear the blocks of motion sickness that I had been born with. I asked the Whales and Dolphins and my cats for help and went into the feeling state of what it would be like if I could be out on a boat with the Whales and Dolphins. The healing worked, and Grandma Chandra returned to do the boat trip with me. I surprised

myself and had a wonderful time out on the bow of that boat, listening to and translating what the Dolphins wanted to share with each person that day.



In 2008 the Dolphins came to me and gave me my first message on how they work with the human DNA. This message is now a piece in our film “Ascension Guidance” and a You Tube. It is called “Dolphins and DNA.” I started to understand that the Dolphins have healing abilities, similar to the Whales but different. They work more closely with each person’s personal energy field, and help to calibrate the dormant DNA with their sono-genetic abilities and rainbow light. I started bringing Dolphin DNA calibration in it’s early stages into the Whale Healing sessions and people responded with great joy. It was clear that the Dolphin energy reached them in a very personal and positive way.

In 2010 Grandma Chandra came back to San Diego and we hosted her. She channeled on the Great White Whales returning to the planet, with Judith Moore as her translator. She called the White Whales Creator Gods and I was amazed. I had never heard of them before that time. In 2011 I was asked to speak at the Star Knowledge Conference and present my work with the Whales and Dolphins. During that conference Grandma Chandra and Judith Moore collaborated again, and the names of the 13 White Whale Creator Gods came through in the Lakota language. Soon after this information was shared, Master Cat Puddah asked all of us to go to Kauai on March 3, 2012. She said we should return to the Star Gate on the northeast corner of Kauai and greet the White Whales. She told us they would return to Earth to assist in the shift of the ages in 2012, and we had agreed to be there to meet them. This was an amazing journey for 68 people who accompanied me. The mission was a part of our 2<sup>nd</sup> Hawaiian Expand Your Consciousness Retreat. It rained over 40 inches in one week, but we were able to open the star gate and the White Whale energy came in.

At that time I did not know that the White Whales were returning in the physical. Later in 2012 I was working on our film “Ascension Guidance” with Master Puddah. Our film maker contacted me with a picture of Migaloo, the White Whale in Australia and they began to speak to me again. They explained that Migaloo was the first White Whale to be born on Earth and that he carried the energy of the Great Mother of the White Whales, named “Watakiti”.



In the following two years 12 more of the White Whales would come to me in meditation, or sometimes just beam into my office. They said that they were here to begin Light Body activations with the humans and that I should start to channel their messages. They also asked me to bring in their Cosmic names, to honor them and their individual forms.

During 2013-2014 I was able to identify 12 Light Body Templates that are the foundation of their work with humanity. They explained a process of regeneration to me that was used in ancient Egypt to recirculate energy using the Ankh. They explained how we can merge our energy into their Merkaba Light field for personal or group healings.



The healing work came into a whole new realm and I started to share these healing modalities with a few close friends and clients who were ready for the intense frequencies. The energy when summoned is very powerful, and accelerates and expands the human's light frequencies. They work closely with the I Am Presence of each human and their personal intentions. I began to witness many miracles and many, many people simply feeling much better. They explained that they have a vast spectrum of ways to work with us including: the release of old contracts and agreements that no longer serve, removal of lower energies, attachments and parasites, toxins and old painful memories can be removed. Their abilities are limitless, as are ours. The difference is the Whales access our Akashic records, which is the recording of your Soul's journey in every lifetime. They can see it all, and when given permission can facilitate anything. They work at the Quantum level, beyond linear time and space, and they work closely with the Angelic realm in every session, for every human.

In recent years as the templates have developed and my relationship with the 13 White Whales grows, they have asked to bring Andara Crystals into the healing room. The Andara crystals are off world Beings, that have no duality. Their energy exists in a higher dimensional frequency and they are pure love. They create a double vortex of energy and accelerate the movement of the lower energies and the integration of more Source Light in every session.

In 2016 the Great White Whales told me it was time to prepare the Energy Light Medicine School. I asked for their help to begin to prepare a Manual and Classes that will allow me to share everything with others. They agreed to assist me in the necessary preparations, and all of this is now in motion to be revealed and shared with you.

The Whales and Dolphins are the ancients on our planet and have the knowledge and wisdom we are all seeking. I have lovingly dedicated myself and my life path to the Cetaceans and the animal healers to bring forth continued knowledge, wisdom and healing modalities. I have witnessed hundreds of people change during the years of Whale Healing and Clearing sessions and now, Light Body activations and DNA calibration.





In the coming year I am guided to begin decoding the Keys to our Genes. The Whales and the Dolphins are revealing valuable information on how to use these Gene Codes to work with a specific emotion. Each Gene carries a Light Code and a Shadow code, and when that Gene can be integrated, an emotion can be balanced within us. All of this comes at a time when it is so very important for every human to really integrate the energy of Self Love in every aspect of our lives. The Whale & Dolphin Energy Light Medicine is evolving and we look forward to revealing Module 3 when we have prepared the information from the Whales and Dolphins.

The Whales have shared that when more of our dormant DNA is activated, and we are able to carry more Light in our physical forms, we will be able to integrate the neutrality of our Genes and create things that we have never before accomplished on this planet.

Blessings, Light and Love to each of you,

Laurie Reyon

### **Miracle Zone**

In becoming a Whale & Dolphin Energy Light Healer, you must be completely open and innocent to the results of each session. Some sessions will be amazing and transformative. In some sessions the client will feel better, but nothing really noticeable will appear in the first 7-10 days. And then some sessions will truly bring forth a miracle cure and release of pain and disease that you can not prepare in advance for.

Therefore, you cannot make a promise of a desired outcome. The subconscious of the human is powerful beyond what can be made conscious, and this is one of the realms the whales can really be effective in. Then there are the many dimensions and realms of Light that we each exist in that are accessed during a session and beyond. Every session is unique and an adventure into the magical. Every session offers you the opportunity to be loving and compassionate with your client, but tests you to stay in a neutral vibration of knowing nothing. Just being present and in gratitude for the opportunity to facilitate for the amazing and ancient Cetaceans is enough. A trust and

faith in their knowing of what to do, and how to do it will prevail. There is a huge surrender and level of faith for the client coming to the session and they are gauging their energy upon your vibration.

Sometimes I just say, “I just work here, and I love my job.” And it is true. All of this is a rewarding pathway of service to the greater good, and it is never disappointing. In the 14 years of facilitating Whale & Dolphin Energy Healing and Clearing sessions, no one has ever said to me that they did not feel better, or that it did not work. Some have more questions than the others, but most are completely blissed out and in deep gratitude at the conclusion of all sessions. Remember your vibration and loving presence makes a big difference, as you are the voice and sometimes face they see before they really meet the Whales and Dolphins.

### **How Does the Connection and Channeling Happen?**

You must always surrender the mind first, bringing all of your consciousness into your heart. Move into deep gratitude and love for your life and this opportunity. Remember that when you connect your heart to your 3rd Eye –Pineal with powerful intention that you can change your ability to “HEAR” the voices of others including, Spirit, animals, nature beings, and now the whales and dolphins. You on a personal journey into consciousness that you will want to hear!



In channeling the voices of the Group Consciousness of the Whales and Dolphins, and individual Cetacean Beings of Light, you will always want to be in Sacred Space, fully grounded, hydrated and balanced through a Unity Breath preparation.

First contact is made when the Living Merkaba Light Field of the Whale descends and surrounds the room or building. The frequency will shift and become much denser and thicker. Often the temperature in the room will rise as well.

Then take note as the consciousness of the speaker Whale makes contact. Visualize them standing upright in front of you, radiating heart energy and great love. Ground again and bring the Light of Mother Earth up your legs, into your solar plexis and allow it to fill your heart. Then run the energy of the Earth up your prana tube into your 3<sup>rd</sup> eye. Rotate the 3<sup>rd</sup> eye forward and beam your Light into the Whale in front of you. The Whale will immediately beam their heart energy back to you, directly it into your heart. Continue to run the energy in this way, creating a continual flow of energy in a triangle. Keep your crown chakra wide open to be continually infused with the Light of Source and the Celestial ones you are working with. Trust and know you are connected and be open to



the communication, messages and ideas that come to you. Trust it is real and worthy of your attention and translation. It may take some time for you to trust “your voice” as it becomes their voice communicating with you. Be patient, stay in your heart, and listen closely. All you have to do is trust, trust, trust.....and it will be so.

Be open to anything, because “Consciousness Changes Physics.”

## **Healing & Clearing with the Whales**

### **Offering a Client their 1<sup>st</sup> Session**

Introduce yourself and ask the client to write down their intentions and declare that which they wish to heal. Be sure to tell them that everything they share is confidential. Also ask them to share a bit on their intentions, dreams and desires. Thank them and Open Sacred Space and set up a Cetacean grid.



The session work and healing practices can be done in person or long distance by phone or zoom. They are all equally effective. We will provide a power point presentation you can use during the first half of a 90 minute first session. It is educational and very beautiful with many pictures to assist you in bringing in the energy. The Cetaceans will respond and begin working with both you and your client, or the group you are presenting to.

At the conclusion of the power point work, you will have a brief water blessing ceremony with your client and then ask them to lie down with a blindfold. If you are hosting the healing in your home or office, you will need to prepare a bed or massage table with a pristine vibration for them to use. You will need a blindfold (suggest [mindfold.com](http://mindfold.com)), a blanket to cover them with and a sound system or computer that can come into the healing area or room. Long distance clients will need a need a speaker phone or head phones to hear once reclined. Once the client is resting you will begin playing a whale meditation of your choosing. We will offer you many choices during this training to use for the first session. Ultimately, we encourage you to create your own beautiful healing meditations, guided by the great whales.

Please understand that the healing begins when you open sacred space. The whales and your Higher selves know exactly what to do, and they begin weaving the energy of healing and alignment as soon as you connect. The healing part of the session is about 30 minutes while the client is listening to a meditation. Explain to the client that they are not required to stay awake or even pay attention to the messages in the healing meditation. The core level healing is given to the Whales, and often the client is completely taken out of body and remembers nothing at the end. We are only facilitators and are there to hold the energy and support the process. Do not be offended if they go to sleep. Trust that all is well and they are receiving exactly what they need.



Suggest to your client that they open to merge with the Whale that has come to work personally with them. You may suggest that they move into the left eye of the whale and relax.

Other times, the client will be very connected to the messages in the meditation and enjoy doing it several times at home following your appointment. We suggest that you record every session, and later offer to share it with your client. I use a digital recorder that I can download the audio file right into my computer. I also use hightail.com as my file sending company. They are excellent for sending bigger files. Also note, that many people now use their smart phones voice recorder feature.



During the meditation time, allow yourself to hold space for the healing. It is a time to connect to the Whale energy and ask if there are any personal messages they would like to you to share with the client at the end of the meditation. Have a notebook with you to channel what you receive, while your client is experiencing their healing and clearing.

When the healing is complete and the meditation is over, gently bring your client back into consciousness and ask them to remove the blindfold. They can stay relaxed and quiet while you share any messages with them from the Whales. Ask them to disengage their energy from their Whale friend and return out of the right eye into their body. Suggest that they re-enter their body through their crown chakra.

### **Message from the Whale for your client, that you can make into your own words.**

**The Great Whale has used the power of their energy and the Violet Flame to clear every cell, every molecule, every atom and every subatomic particle of your body, in multidimensional realms, both forwards and backwards in time. And now the Great Whale bows to Prime Creator Source and you have received a powerful infusion of Divine White Golden Light, that is filling every cell, every molecule, every atom and every subatomic particle with the highest vibration of Light that you can sustain. Blessings!**

Then see them, and describe to them, that they are being sealed in a beautiful translucent golden egg of Light with the assistance of the Whales and Celestial Light friends. This egg seals in their new and upgraded vibration.

Ask them to breathe deeply, sit up and offer them some blessed water. Most people will need a minute to integrate and put on their shoes, stand up and become conscious.

At that time, you should ask if they have anything to share and then close the Sacred Space.

General Advice from the Whales: Usually the healing will continue for about 8-10 earth days. They are to nurture themselves during that time and avoid any drama, and loud

environments. Ask them to stay in the vibration of love and Unity consciousness to fully integrate the clearing and healing energies. Take note of any other or different advice you receive from the Whales. Most will greatly benefit from continuing the affirmations and meditations at home.

Some clients will need additional healing and clearing sessions before they are ready to begin session work with the Great White Whales and begin to activate their Light Body.

I always stay in contact with my clients that are willing to offer them the next session that is for their highest and best good. I move them into Light Body Activations as soon as the Whales say they are ready and can benefit from that vibration.

### **Optional but Powerful:**

**We use off world authentic monatomic Andara Crystals** as part of every healing we do. Using these crystals greatly accelerates the work and provides a very high and pristine vibration that compliments the work with the Whales. These crystals are rare and tell us that they are here to assist us in our Ascension process. Over the years I have a healing grid of all Andara crystals that go on to the body of each person. I also have larger and very powerful Andara crystals in my home that assist in creating a powerful healing environment.



Ask Laurie Reyon for more information on the Andara crystals and how to see the crystals that are available. Also see Supplemental documents at the back of the Manual on Andaras.

### **Cats as Healers**

Both of my cats, Master Puddah and SamuEL have decided to BE a part of almost all of healing sessions. If you are a client that is here in the physical, Puddah will usually choose to lie on your body. I have never trained them to do this, and it is completely their choice to offer their vibration to assist others.

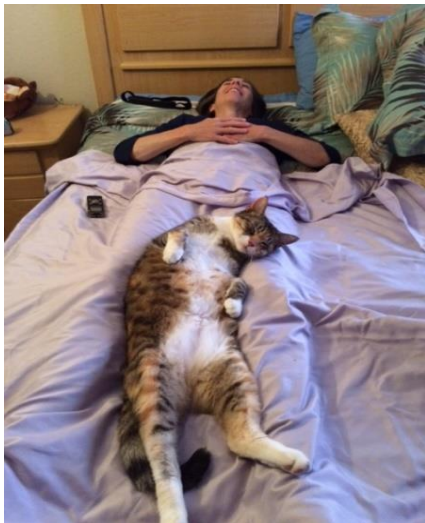




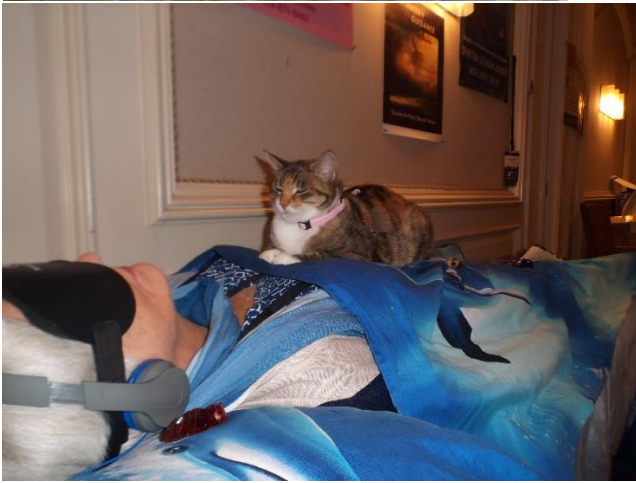
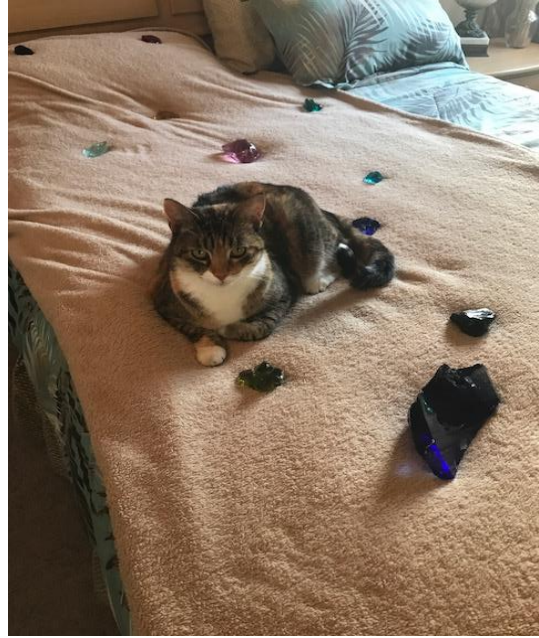
Master Puddah also lies on your body even when we are working with you long distance. It makes no difference to her and I usually photograph the empty bed with the Andara crystals on the “etheric” persons body and send it to them after the session. Check out some of our photos.



In recent years, Master Puddah has asked me allow her to do what she calls “Crystal Cat Healings” at events and Expos. She travels with me to many events and locations and we set up the massage table and computer to receive our clients. She works in partnership with the Whale meditations and energy. She has become very popular in her personalized healings, and truly enjoys herself. When we travel, she will get to work on many people over the course of a day-long event. I share this as you may have animal companions that will also choose to assist you in your healing practice.







**Affirmations for Whale Healing and Clearing Session (Also shown on power point)**

**Facilitator:** Permission is requested from YOU to join together NOW in LIGHT and LOVE.

On this most auspicious day, i have gathered as a force of LIGHT. I have answered the call of MY HEART to come and join together NOW from my Heart and my Soul. In this Divine Activity of LIGHT, I connect to and access the STARGATE of LIGHT that is open for me. This STARGATE PORTAL is open throughout the MULTIVERSE, and NOW opens through this quadrant of our Galaxy, this Solar System and onto Earth. This PORTAL NOW illuminates all Life in GOLDEN PEARLESCENT LIGHT through the three-fold flame of DIVINITY. (Reference North East corner of Island of Kauai)

**Client:** Invocation for Entering the PORTAL of TRANSFORMATION with the Whales:

I call upon the Overlighting Presence of Mother/Father God, my I AM PRESENCE and all Beings of Light from On High that serve the Light of our Creator. I personally acknowledge that I AM a part of the Co-Creative Council that is in Service to Mother Earth and her Inhabitants through my Soul and my human vehicle.

I AM NOW in my personal ASCENSION SEAT and acknowledge myself as a CONSCIOUS CREATOR. I willingly move NOW into my HEART CENTER, feeling LOVE for all life everywhere. I acknowledge myself as a part of the ALL THAT IS and state that I AM NOW willing to FEEL, THINK and ACT as a BEING OF LIGHT from this moment forward.

I acknowledge that I am connected to the DIVINE LIFE FORCE of this UNIVERSE and choose to NOW ACT as a CONSCIOUS CREATOR and CO-CREATOR connected at all times to UNITY CONSCIOUSNESS.

In this DIVINE ACTIVITY of LIGHT, I now allow access to my AKASHIC RECORDS to the Great Whales and Celestial Light Beings that we are summoning. I allow the knowledge and wisdom of Humanity's Highest Potential through the Hall of Records to be revealed.

I NOW access the DIVINE SOUL RAYS of LIGHT that created this Solar System, this PLANET and my BODY. In this DIVINE summoning I allow the ACTIVATIONS and MEMORIES that are for my HIGHEST GOOD at this time.

I willingly ASK for the appropriate memories to be activated and revealed that take me into the MEMORIES of SELF MASTERY.

I AM NOW tuned to and willingly taken into the MERKABA VEHICLE of Light that sustains and balances our GALAXY, our SOLAR SYSTEM, our SUN, PLANET EARTH and my personal MERKABA VEHICLE of LIGHT.

I NOW request to merge and integrate with my Soul and I AM PRESENCE. I now ask for the alignment of my HIGHEST LIGHT. I MERGE NOW with my I AM PRESENCE. I recognize myself as DIVINE EMPOWERMENT embodied. I NOW embrace and integrate my pure potentiality as a human incarnated upon planet Earth on this day of \_\_\_\_\_(date & location)

Affirmations are each said from the heart 3x.

I AM THAT I AM	I REMEMBER I AM	I AM LOVE	I AM A MASTER BEING OF LIGHT
I AM HOLY	I AM SACRED	I AM WISDOM	I AM DIVINITY EMBODIED
I AM TRUTH	I AM POWER	I AM DIVINITY EMBODIED	I AM GRATEFUL FOR MY LIFE
THIS MOMENT IS MY LIFE	AND SO IT IS		

## **Creating Light Body with the Whales**

### **View Film piece from Ascension Guidance – Creating Light Body**

This White Whale Channel is informational, and also a good marketing choice to use to promote your sessions.

### **Experience Light Body Activations with the Great White Whales**

Now is the time to accelerate your transition as a physical human into re-claiming your own Divine Life Blueprint, known as the Avatar. As we expand our consciousness and come into self-awareness, we can remember that we as humans have the potential to access true Mastery in our lives. We have the potential to become a Superhuman as we move into Intentional Evolution from the place of being a Conscious Creator.

Experience MORPHO-GENETIC meditations and activations from the voice of “Seth” to experience yourself as A Creator God/Goddess. These teachings are for those that want to accelerate their awakening and CLAIM their Divine Gifts.

Do you want to be in COHERENCE with your Heart and Soul?

As we awaken to the truth of WHO WE REALLY ARE, we also remember the ancients on our planet, the Great Whales.

The Whales are our Elders and offer us an opportunity as humans to unlock the mechanisms within us and open the “Crystalline Seals”.

The Great White Whales have shared that they are the “Keepers of the Codes of Creation”. They are our Galactic Ancestors and seek now to connect with humanity to activate the dormant DNA encoding that can:

#### **Whale Medicine Healing offer you:**

- 1) Release you from your emotional and physical blocks that keep you bound to the human story of duality and polarity.
- 2) Activate the Crystalline DNA within you and assist you in transforming your water based body into a Light Body.
- 3) Claim your Divine Spiritual Gifts of Telepathic Communication, Natural Healing, Alchemy and remembering your Divine Life Mission!
- 4) Connect to the Sacred Geometry of your own Living Light Field (Merkaba). Tune your fields to the communications of the Galactic and Angelic frequencies. Connect yourself to the World Light Grid and become an activated Being of Service for Mother Earth.





## **LIGHT BODY PROGRAMMING and ACTIVATIONS with the GREAT WHITE WHALE COUNCIL & CELESTIAL LIGHT BEINGS & Standing Whale Mother-Laurie Reyon**

The Dolphin and Whale Energy Medicine creates a Crystalline Matrix in the human form, activating dormant DNA and allowing the human to carry more Light, preparing them for Ascension.

### **12 WHITE WHALE HEALING TEMPLATES**

#### **1. YOUR PHYSICAL BODY and OPERATING SYSTEMS**

Your body knows at any given time what it needs. It knows it is unique and that it always connected to the Soul and the original Divine Life Blueprint that you were created from. It knows that it may have different requirements than others to function at optimal levels. Examples are the nutrients that best serve it, the amount and type of food that best serves, the amount of sleep it is asking for each day, the exercise program that best serves while still bringing you joy and a sense of nurturing as it is exercising, etc. Also, your body is now asking you to diversify your program or schedule more than ever before. The body knows how to deal with the solar flares, the eclipses, the moon and ocean cycles that affect your energy. The Whales ask you to really listen to your body and allow for the changes in your schedule each day to honor the rhythms and flow of energy changes? The whales ask that you prioritize quiet time for your body, each day in the morning, before your daily activities begin. Your body will speak to you and communicate on how to create optimal health, We will now begin the process of programming your Physical body and all of its inner workings and systems. Please note that once you begin acquainted with this process you will be able to perform this process 3 or more times weekly to continue to upgrade and integrate the new energies and operating systems.

#### **2. YOUR WISDOM**

Your wisdom is your personal data base of all the accumulated wisdom of the Universe, the galaxy, the solar system, this planet, and your personal experiences in this lifetime. In one sense, the Wisdom Place IS the quantum universe and everything you need to access it is stored within you. The wisdom you need or ask for, can be given or downloaded whenever you need it or ask for it. The wisdom you seek comes from the etheric realms and from your Akashic records. Please release your belief system that would inhibit you to access this wisdom. From this moment forward your Higher Self and the wisdom of the great white whale will download you into a perfect energy package. The new programming will assist in any memory lapses, or requests to remember more about who you really are. Prepare to activate your ability to access wisdom now.

### **3. PROTECTION, SCANNING SYTEMS, UPGRADES & DOWNLOADS**

This new template is an upgraded system of scanning your energy fields, and it will catch and delete all incoming and outgoing energies that are negative. This includes thoughts and feelings that are limiting, judgmental or fear-based. This program allows your system to automatically make frequent adjustments and correct imbalances in the mental, physical and emotional bodies. The gives your Higher Self permission to override the individual human personality when necessary. An example of this would be to upgrade any prescription drugs you are taking by holding the bottle to your heart, and allowing this program to attune the substance to your particular body system, removing any harmful effects.

### **4. COMMUNICATION – SUBLEVELS 1 & 2**

*- includes those in physical form and those that are formless (Ex: Angels and Star friends)*

This program will help you communicate exactly what you feel and think in any situation with eloquence. It is important that you understand that you can communicate on many levels of consciousness. This includes attuning to the vibration of other languages, symbols, animals, nature, and communications that are not verbal coming from other physical Beings.

**Level 1:** Is considered your primary telepathic ability. When activated this program enhances your intuitive communications with all of the natural kingdoms of the planet. It is up to you to practice this program, attuning your third eye and your heart to connect to the telepathic vibrations of everyone and everything that chooses to communicate with you.

**Level 2:** Allows for clear and complete telepathic connection with all of the unseen Guides, Angels, and Celestial Beings of light that communicate with you on Earth and beyond this planet. This program is enhanced through daily practice and use, gradually altering any belief systems of limitation and blocks.

### **5. DIVINE LIFE BLUEPRINT -ORIGINAL SOUL CONTRACTS**

This program assists in activating your remembrance of who and why you are here, and how this information applies to what is occurring on Earth now. Accessing your Souls contracts will give you the opportunity to connect to agreements that you made prior to being born in this lifetime. The whales refer to this as your pure potential. This program will share with you what you have accomplished from a Soul level and use that information to acquaint you with that which is still dormant within your DNA, and yet to be activated. It is unique to you, and will reveal itself in segments. Be patient with this program as it is advanced. Asking to be of Service to the greater good will greatly attune your vibration to this wisdom. Also know that your Higher Self will allow this to unfold in perfect timing, aligned with your current vibration and how you use your free will within your own belief system.

### **6. CREATIVITY – PASSION OF YOUR SOUL**

This program activates your unique creative gifts and talents. It also activates the memories of Mastery that are creative and skillful that you have learned in previous lifetimes and have stored in your DNA. Some of your special gifts to work with may include artistic talents, healing abilities, interspecies communication, teaching, prophecy and dream interpretation. More advanced skills can be activated such as teleportation, telekinesis, time travel and inter planetary travel and communication, for those that choose to work within an activated Merkaba. Your creativity is directly linked to your passion and your emotional body. Tuning to your feeling state and emotions will assist you to in quickly learn new techniques and understand what is shared with minimal instruction.

## **7. STAR LINEAGE – ORIGIN OF YOUR SOUL**

All souls that incarnate into human form on Earth are created in the image of God, Source, the Creator of all that is. All human life form is manifested through a Higher Being, known as a Monad that imprints energy, light, sound and vibration into form. Every soul on earth has existed in other lifetimes in the higher dimensions prior to coming to Earth. Every soul on earth is a descendent from one of the 12 Galactic races that star seeded the current human about 100,000 years ago. The star seed experiment was done with permission from Creator and offered the humans on earth a chance to remember who they really are. Now is the time to activate the DNA that was given to you eons ago. Calibrating your DNA will prepare yourself for full immersion into your truth and assist you in preparing for the next level of existence. It is your destiny to awaken now and claim your true heritage, your many gifts and prepare yourself for ascension.

## **8. MANIFESTATION**

This program is very simple and assists you in understanding the nature and flow of energy, and how it relates to the material world. Manifestation in the third dimensional world is all governed through the law of attraction, and this template assists you in using this law to your benefit. The mantra is, What I think and what I feel, I bring into form. You have access as a Divine Being to unlimited sources of energy that will assist you in manifestation. However, while in human form many have karmic overlays, including fear-based limiting thoughts that effectively keep them from manifesting that which they desire. This program will assist you in your focus and parenting your thought forms to tell the Universe what you want, as opposed to what you don't want. You have the ability to access an unlimited bank account of energy, that will assist you in manifesting all that you dream and desire for variety of purposes. Trust it and use the law of attraction wisely to manifest.

## **9. PERSONAL DATA BASE**

This program organizes, files, categorizes and prioritizes all of your thoughts, words, ideas and actions into an organized and accessible format. It takes both external and internal data and catalogs it for easy reference, download and recall. This program allows you to receive energy packages which can be downloaded into you from the higher realms that will help you interpret, organize and utilize higher wisdom. The human has a daily potential to download energy and codes from the Universe. When used, this program will store this information and integrate it into your body and consciousness. It can then be accessed as needed with an intention and desire for the most benevolent outcome.

## **10. ALCHEMY and TIME TRAVEL**

Alchemy is an ancient practice of transforming one base substance into another. Within you are codes of creation that will allow you to remember how to alter the chemical formula of something and create a new substance that is more desirous. An example of alchemy in your body is a spontaneous healing. Conscious Time Travel is accessing your ability to move into a multidimensional frequency and access alternate time lines or realities. In truth, there is no linear time, and all time is quantum. In mastering this skill, you will open your 3<sup>rd</sup> eye and practice entering vortal tunnel time lines to make contact with duplicate aspects of your Higher Being. In doing this you can return with skills, knowledge, and new patterning that will allow you to expand your present reality very quickly. This practice will also prepare you to make contact with other spiritually advanced Beings that are benevolent and wise.

## **11. DREAMS and DREAM RECALL**

The intention when using this program is to assist you in being able to remember and interpret your dreams. Your dreams are a part of your internal guidance system, showing you what can



consciously be addressed, by alerting you to incoming messages and upcoming events. Also note that often remembered dreams that feel negative are signs to your conscious awareness that you are transmuting negative karma in the dream reality, so that you do not have to experience it in the physical. Also note that dreams recalled can alert us in a prophetic way on how to make important and positive decisions in our physical lives. The more you use this program the easier it will become to remember your dreams. Use the verbal command when you awaken, "Dream recall." Ask the question, "What is this dreams message for me?"

## **12. AKASHIC RECORDS**

The Akashic Records are the individual Records of a Soul from the time it extends from Source until it returns to Source. Every thought, word, emotion and action generated by the Soul is recorded in the field of energy that is the Akashic Records. The Akasha is a Sacred energetic substance from which all life is formed and recorded in every life experience. As you may know, there are many aspects to a Soul's intention for incarnating at this time. Your agenda or life purpose can be explored by visiting your own Akashic library. Every Soul is also connected to the planetary and Universal Akashic libraries. Asking to consciously explore these vast celestial complexes of knowledge and beauty can greatly enhance your ability to function and live your highest potential in this lifetime.

### **LIGHT BODY PROGRAMMING and ACTIVATIONS with the GREAT WHITE WHALE COUNCIL & CELESTIAL LIGHT BEINGS**

**THESE MESSAGES** are to be shared with the **CLIENT** before the session begins.

#### **White Whale Message:**

It is time to upgrade your systems and make a conscious quantum shift within your own operating systems. This system of pure potentiality creates an instant upgrade through your intention. This Light Body programming allows an accelerated change, growth and a deeper connection to your Soul. The Whales are the most ancient and spiritually advanced Souls on our planet, and they are offering us this gift to assist us in transforming ourselves into a Higher Vibration.

The meditations and processes we are presenting will allow those that choose it to move into higher states of consciousness. The processes are simple and easy to learn and very effective for anyone seeking to raise their vibration. The process utilizes your own energy field and works based on your intention. This process works in perfect harmony with any other modality you are using to raise your vibration and with any other educational programs you are using to understand higher consciousness.

#### **From Master Puddah-Seth:**

In these modalities, the Cetaceans access your Akashic Records, which includes your original Soul Blueprint. Your Divine Life Blueprint is intact and exists within the matrix and grid systems of the Earth. It also exists and is stored within the water molecules of



Earth's oceans and can easily be accessed by the Great Whales and Dolphins who are stewards for humanity. In using these processes, it is our intention to assist you in accessing your original programming or states of existence.

Light Body programming is an energetic technique that is being revealed to humanity through many people and processes around the world, as it is time to return ourselves through conscious intention to that which we truly are. In our world we use the vehicle of the great humpback whales because we acknowledge the whales as the original Beings to incarnate on this planet. They are the stewards for our planet and are the most spiritually and intellectually evolved Souls on our planet. We acknowledge them as the stewards for humanity and know that they are able to assist us in healing and restoring ourselves at the subatomic level.

There is an etheric blueprint within the Earth's crystalline grid system for each of you that is a part of your Soul. In this class we are going to access this information, and begin to upgrade or download that which was given to you at your birth. This process of Light Body programming is given with permission from the higher spiritual collectives and councils of Light. The programming is first installed within our chakratic systems which can be described as a column of Light running through the center of our bodies. Your physical body is hard wired to be a living, breathing very advanced system of electromagnetic impulses, which could be compared to a computer.

The whales have shared that this process of re-programming yourself is used in many of the other star systems and societies, and has been an effective mode to assist one in transforming the body into a higher state of dimensional awareness and existence.

This process here on Earth is modified to be specific to the human body and of course to the individual and their intention. Your Higher Self will absolutely guide this process and it works at the deepest core Soul level. The process clears negative cellular memory and begins to fire the original genetic light codes into your physical body, allowing for a graceful transition and increase in vibration.

All of the programming is separate but yet interfaced with the others. This is intentional and allows one to balance the other if it is not running effectively.

This process of Light Body programming accesses your Akashic Records with your permission. This is the recorded journey of your Soul over every life time.

As we begin, we ask that you move into your heart space. Surrender the mind and know that you are loved and supported beyond your imagination. All of what is presented is based in the deepest level of LOVE and is for your highest and best good.

#### **Note: The White Whale Light Body Activation Sessions**

Start each session in the same way you have learned to do a Whale Healing and Clearing session. Open Sacred Space and proceed. You will be given a power point presentation to use for your first session to introduce the White Whales to your client.

## **COUNCIL OF THE 13 WHITE WHALE CREATOR GODS**

The names of the White Whales are given in Lakota and then the Cosmic Name is shown that they have given to me. As you become familiar with each one and learn to recognize their energy, you will want to muscle test to determine which Whale is present at a particular client session.

As you call them in, see them standing upright in a circle around you and your client.

## **COUNCIL OF THE 13 WHITE WHALE CREATOR GODS**

### **Lakota Name:**

### **Cosmic Name:**

**WEICHIKO**

**I AM MOBIAN**

**WEICHA**

**I AM TRISTEL**

**WEIKOKA**

**I AM AGORAN**

**UMPUKADA**

**I AM LAVANIEL**

**NANNIENEOCHA**

**I AM SIRA**

**UMPAKACHA**

**I AM RAFALIEL**

**CHIEOCHANKASHA**

**I AM TRAJURE**

**NEE EPICHA**

**I AM ANDORAPHAN**

**PAUNCHAWEICHEWE**

**I AM HATHORIAN**

**WENSHEPAKA**

**I AM KEE E KOAH**

**CHEISHANIEWA**

**I AM QUINTAN**

**VENDEKATA**

**I AM SUNRAH**

**MOTHER WHITE WHALE**

**I AM WATAKITI**





## **Light Body Activation with a Client:**

1. Open Sacred Space and call in the Dolphins, Whales and Celestial Light Beings.
  2. Sit with Client and do AFFIRMATIONS to raise their vibration and prepare them for the Session.
  3. Offer a cup of blessed water and do a water blessing for their body.
  4. Offer Puddah Power Essences for their body.
  5. Ask them to verbalize in confidentiality their desire and intentions.
  6. Show them the symbol of an Ankh and explain this will be used later on.
  7. Ask Client to lie down and make them comfortable. Assist in blindfold for client.
  8. Both Client and Facilitator Focus on the Healing Template that was chosen. Read description of the template to the client in preparation for session.
  9. Facilitator starts playing Whale Sounds and places crystals and sacred objects (if any) on their body and on healing table.
  10. Facilitator now welcomes the Great White Whale that emerges. You can use your intuition to identify them or muscle test to receive their name with your pendulum.
  11. Ask the client to merge with the now present White Whale through their left eye.
  12. Stand or sit quietly at the feet of your client. Observe and listen as you hold space for this healing to take place. Continue to ground and stay in your heart.
  13. Rise and speak to the client when the music for the Guided Meditation is complete.
  14. Change the music to soft whale sounds in the background. Remove Blindfold.
  15. PROCESS: Ask the client to see themselves in their finely tuned Merkaba or star tetrahedron. (show picture or figure of a Merkaba) This is your human light body and is the vehicle for ascension.
  16. Ask the Client to visualize their chakratic system as twelve separate functioning wheels of Light that are aligned vertically. You may sense or feel them as spinning colors and lights. You do not have to know them or name them, simply acknowledge them as the wheels of life within you.
  17. Ask the Client to visualize a scale from 0 to 100%. Now ask the Client to intuitively receive a number from 1 to 100 from their Higher Self, that corresponds to the percentage that the chosen template was operating at before the session began. Ask them to repeat the number they received out loud.
  18. Ask the Client to now visualize the 12 spinning wheels or discs within your chakratic system that is aligned vertically. One will pop out or eject in front of you and begin to upgrade. Simply allow this to happen naturally.
  19. Now allow yourself to visualize diving to the bottom of the deepest ocean, merged with the Great White Whale. You will receive codes from Mother Earth at the bottom of the ocean.
  20. Now visualize rising within your Whale friend to the surface very quickly. Take a deep power breath as you surface (demonstrate a breath). As the breath exhales, visualize the symbol of the Ankh on the top of your head, and on top of the Whales blow hole.
- Explain that the breath is purified and recirculated back into your body through the Ankh symbol.
21. Repeat Steps 19 and 20 two more times. A total of 3 times.



22. Ask the client to relax and now integrate the Chakra button that popped out earlier. Ask that it returns to their body fully energized and

**uploaded, fully charged with the new programming.** Note: Do not try to guide this, as your body knows exactly how to function and integrate your PURE POTENTIAL through this exercise.

**23. Take a few moments to allow the energy to rise and upgrade as the spinning chakra disc completely integrates into their body and begins to magnify and expand.**

**Explain that their Divine Life Blueprint and their PURE POTENTIALITY has been upgraded to 100%. This is absolutely possible with their free will.**

**24. Affirmation for Facilitator to Client:**

**Say this out loud to your client to affirm the changes.**

**You are now downloaded, upgraded, assembled and activated.**

**The or Your \_\_\_\_\_ (Name of Template) is now operating at 100%.**

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**Affirmation for Client - Participant:**

**I am now downloaded, upgraded, assembled and activated!**

**Facilitator: This Light Body Activation is now complete.**

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**25. Focus on your Spiritual Divine Life Blueprint and the perfection within you. Know that you are YOUR own best healer and today you combined your energy and free will with the great Healers of the Healers. Trust this template and your ability to be a Conscious Creator. Trust the elegance of Your Higher Being and the integration of that which has been given with great Love!**

**26. Ask the client to gently remove their energy from the Great White Whale, coming out of the RIGHT EYE and back into their physical body through the Crown Chakra. At this time you can reveal the name of the Great White Whale that worked with them.**

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**27. Explain to Client that Whale will now seal you in a GOLDEN EGG of LIGHT. Visualize yourself being fully integrated and now sealed in a perfect, pristine golden egg of LIGHT! Know that you are perfectly situated within the Great Whale and perfectly protected and sealed in this first phase of programming your Light Body.**

**28. Move into deep gratitude for all life everywhere, blessing this opportunity and all that you are. Namaste**

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**29. Assist them in sitting up and offer more blessed water.**

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**This is a quote from the Mother White Whale "Watakiti": "The Dolphin and Whale Energy Medicine creates a Crystalline Matrix in the human form, activating dormant DNA and allowing the human form to carry more LIGHT, preparing the human for Ascension."**

**Channeled by Laurie Reyon & Seth from the Great White Whale Council  
LaurieReyon.com**

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## **Whale Closing Messages**

**The messages are given as suggestions to use at the close of a client session.**

1-Beloved One, Our Spirits reside in formless reality in many dimensional bodies of existence. They and WE are now asking you to merge with them and trust the weave of consciousness if for the Highest and Best good of each of you. As you offer your trust and permission for a merger of this type, know that you are affecting Earth's destiny in a very positive way. Within the sphere of form and matter, union must occur between us in order for us to bring the necessary Golden Light of transformation to the denser frequencies of Earth in her current state of vibration.

So let us join together in this gathering! Together we can and are initiating new forms of action and life upon planet Earth! Together joined in Love we raise the frequencies in our bodies and upon this planet. We choose now to be UNLIMITED except by the barriers of our imaginations. We choose to create new and effective modes of harmonic expression. We choose now to combine our sparks of Light, uniting to create a vast glowing radiance that will surround and permeate this planet. Let us pause now for a moment to offer our Love and immense Gratitude to Mother Gaia. She has so kindly and graciously nourished us for the eons of time we have existed here. Let us bring HER healing Love and Light into every corner of her Being! Namaste my Creator Friend. We are the Whales

2- Beloved One, We honor you as you have requested and received a restructuring of your Multidimensional Self at the sub atomic level. Your physical form is now capable of receiving high level vibratory transmissions at an accelerated rate. Many of these incoming frequencies have never been received on planet Earth before.

Star seed Earthlings we honor you and connect deeply with you. You have now obtained sufficient levels of awakening to hear our communications. Although we may seem far away from you and distant, we are not. We connect to you through vibration and your Higher Self of Being. Trust that it is so and let us remind you that you have answered the Call to Remember.

Choose now to be UNLIMITED except by the barriers of your imagination. Together, we can choose to create new and effective modes of harmonic expression. Let us combine our sparks of Light, uniting to create a vast glowing radiance that will surround and permeate this planet. Blessing to you Beloved One. We are the Whales

3-Beloved One, an extraordinary future awaits you. We the Whales are Great Cosmic Beings who hold the Ancient Records of humanity enlightened past. We come to you in this way today to help recode your Divine Life Blueprint and manifest your Divine Intentions. As each human awakens and reclaims their Divine heritage, the world moves one step closer to a New Birth and the Ascension. The Whales have been working quietly behind the scenes to implement a Great Change for the Earth. Beloved One, know that you are now called to rise up and join the awakened ones during this most important time on Earth. We recognize you and declare you a steward for Mother Earth. Know that you are loved and supported beyond your imagination. Call upon us often and we will be there. You are Loved! We are the Whales



4- Beloved One, Today we have issued the call to awaken and the call to return to your true Home. Each Being must now go forward of their OWN DIVINE POWER. Please know that you are not responsible for another in this call, and no one but you can claim your true Divine Power. Each one of you is an embodiment of the Divine Plan in action. You were sent by the One which created you. Focus on your true origin and remember WHO YOU TRULY ARE.

The Stars are your brothers and sisters. They have seeded the Earth and you with our Divine Codes of Creation given with permission and purpose from Source. See yourself as a piece of the Star that you truly are. You are a shimmering, transparent Being of rainbow Light, radiating the truest and purest vibration of Love that is uniquely YOU. Honor the Divinity within yourself as we do, and know we are with you on this journey! Namaste my Creator Friend. We are the Whales

5-We ask you, awakened Human of planet Earth, to stand openly beside us in the Light and claim your Divine Birthright and Heritage as activated, empowered, multidimensional, Co-Creators of the Divine Plan. Go forth unveiled and true, and let your Golden Light stream forth freely.

Once you realize your limitless, expanded Self, you will see that all forms of separation are but an illusion. You are a part of the Earth and all forms of life upon it. You are the wind, the water and the vast infinity of space. Your human form is your current vehicle of Divine expression!

As human, you radiate within the sphere of the unfoldment of the Divine Plan! You are the SUNS of Creator and you are the chosen instruments of Divine Intervention. Remember, Remember, Remember that you are truly blessed. We honor you and we are with you always. And so it is. We are the Whales.

6- We the Whales and Dolphins, advise you to move deep into your Sacred Heart space every day in the morning time and balance the Diving feminine and masculine energies within your body. As you connect with Mother Earth and Father Sun you are accessing the highest potential of balanced energy available to you as a human. Then move consciously into your Sacred Heart and tune to the crystalline transmissions emanating from the Earth's Grid system. Visualize the Earth Star Ascension Portal and connect your energy to the pathway that is being created for us to Ascend. Ask to release any fear, trauma, pain or unresolved anger from your body and mind. The Whales and Dolphins are anxious to assist you in clearing all realms of your existence and begin to integrate the new multidimensional frequencies that are yours to claim. You are becoming a "Light Being" and this is the lifetime you have waited for. We ask you now to turn your consciousness to the truth and wisdom of Who You Really Are. Namaste and Many Blessings!  
I Am Vendekata the Voice of the Great White Whale Council

### **Cetacean Nations Declaration**

We so declare that All Is One. That the Heavens and Earth are of the same Creation, as One. That all beings, from all realms, dimensions, densities, realities, galaxies, vibrations...share a common origin — Source. That as we remember we are One, we give honor and respect to all

unique expressions and evolutions. That we do not engage in intentions or activities that would interfere with the evolutionary path of others. That we instead assist others in their evolutionary journeys, not expecting their journey to be ours. That we extend love and kindness to all who cross our path, for we are Love Incarnate, individuated expressions of Source. That Joy and Love naturally flow through us; it is ours only to clear the way and love ourselves completely. That we are the instruments harmonizing the chords of Source, as the Music of Life plays through us. And so it is.

### **DNA SUMMARY:**

#### **The Grounding Layers**

**Layer 1 – The Biological Layer**

**Layer 2 – Life Lesson Layer**

**Layer 3 – Ascension and Activation Layer**

### **DNA Layer 2 - Life Lessons**

**Learn to love**

**Learn to listen**

**Learn to receive**

**Learn to love yourself**

**Learn to speak your truth**

**Learn how not to be a victim**

**Learn not to let anyone define you**

**Learn how to feel your own Mastery**

### **VISIONING QUESTION for CLIENTS:**

What part or parts of Layer 2 – LIFE LESSONS of Your DNA are you guided to acknowledge that you are working on in this lifetime? (see hand out)

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