

# DOLPHIN WHITE WAVE HEALING



*Channelled by CAROLYNN LLOYD*

*Reiki Master*

*October 2008*

# DOLPHIN WHITE WAVE HEALING

## Introduction

DOLPHIN WHITE WAVE HEALING is a new powerful tool for clearing away negative and stagnant energies that build up around us on a pretty regular basis. It is an energy that works quickly to break down and remove this unwanted residue from the physical and auric bodies, which if allowed to build up, can eventually manifest as disease or altered mood states. It is suitable for self and client healing, and can be used in a variety of ways such as room clearing and purifying the energy of an object.

## About the dolphins

One very interesting thing I have uncovered during my recent channelling is the combined healing partnership between the Ascended higher Dolphins

(in spirit, who are usually responsible for delivering many of the Dolphin energies) and the Earth Dolphins (Dolphins that are currently incarnate in physical form on Earth at this time). This appears to be due to a heartfelt desire from the Earth Dolphins wanting to raise Earth's vibration, and extending their participation in this role. It is an extended role for many of them - and is considered 'service work'.

## The White Wave Energy

The unity of both Dolphin realms becomes clearer when you understand how Dolphin White Wave Energy works. The energy appears to be split into two frequencies, higher and low. The Earth Dolphins work specifically on the lower and heavier 'earth' energies that bother us so much on a daily basis for they are already familiar with the challenges here already! The Higher Dolphins therefore are better suited for working with the higher 'spirit' energies as they reside in those realms

*and have the advantage of 'seeing the bigger picture' with detachment.*

*However, it is important to remember that we need BOTH of these energies to function! We need Earth energies to keep us grounded and in touch with reality, however we need the higher spiritual energies to assist us in personal growth and making the world a better place! The problem appears to be in when one or both of these high/low energies is out of balance. For example, if we are out of balance in our high energy then we may find ourselves too dreamy with our head in the clouds!*

*It is the fast action of the hi-power energy of Dolphin White Wave healing that can quickly balance our bodies, and restore us back to Status Quo. Unfortunately it is a process that often will need repeating from time-to-time as people's lives do not stay static.*

*The name of this system 'Dolphin White Wave' comes from the 'white' = higher spiritual energies from the Higher Dolphins, and 'wave' = meaning the Earth Dolphins of the sea!*



*Imagine a drop of water with beautiful coloured light shining through it - the power of a rainbow...*

## *Healing with Dolphin White Wave Energy*

*Dolphin White Wave energy can be used in a variety of ways for self-healing and in healing work with others.*

### Auric Cleansing

*To activate, repeat over and over “DOLPHIN WHITE WAVE”, whilst briskly brushing your aura all over and imagine the negative energy being literally brushed off away from you. This can take up to 5 - 10 minutes.*

*When using this in a healing session, the same method is used; you repeat the activation phrase in your head over and over, whilst brushing the aura of your client (remember to brush it AWAY from you - or you might find you might need to treat yourself afterwards!). Again, allow up to 5 -10 minutes for the clearing process.*

### Whole Body Treatment

*For self-healing, place your hands on your head and chant the activation phase - visualize a shower of shimmering white Dolphin energy washing over you just like that of a wave. You may direct the energy to a particular area of your body or think of a particular thought where you feel negative energy is causing a problem for you - the Dolphin White*

Wave energy will help break it up and improve positive energy flow to the body and to a situation. Allow up to 15 minutes for this to occur.

In client healing, the same process above is followed, although it is you who directs the energy to where you intuit it is needed. Ask the client also to focus on anything that they feel healing is needed. Again, this healing can take up to 15 minutes to take place.

## Clearing Techniques

Dolphin White Wave healing is especially effective in clearing away negative energies, not just in healing sessions. It may be used to clear away blocks in your life and improve the energy of objects and rooms!

### Situation Clearing

It is best to focus on one specific issue at one time! Write down in detail your problem or situation that you would like help with. You may also use an item

to represent the item or situation such as a photo or money! Hold your piece of paper and any representative items in your non-dominant hand and activate the Dolphin White Wave energy. Now quickly brush your dominant hand over the items in your other hand, imagining the energy transmuting all negative energy surrounding them. Place in a safe place with a piece of clear quartz (with rainbow inclusions) for up to 7 days.

### Room cleansing

The Dolphin White Wave energy can be used for room cleansing and also the cleansing of objects. Activate the Dolphin White Wave by repeating the invocation over and over until you feel the energy build up in your hands. Now sweep away from you in each direction with your dominant hand (repeating the activation phrase over and over), as you turn in each of the 4 directions to represent north, east, south, and west (you do not have to be exact). Sweep in each direction 5 times and end by standing still for a few moments for the energy to ground.



*To cleanse an object, activate Dolphin White Wave energy and brush over it (as in the Auric Cleanse instructions), although this will usually take just a minute for cleansing to occur.*

### *Water Cleanse*

*Run your bath, adding salt crystals, sea weed or mineral salts and light a few white candles (ensure that they are in a safe place before you get in to enjoy your bath) - ensure that you will not be disturbed. Rest in the water and activate the Dolphin White Wave energy. Begin to swish the water gently around you, and brush over you body (as in auric cleanse). You may also think about anything that is bothering you and is need of removal! It is recommended that the water cleanse (water swishing) will take about 5-10 minutes, and then 5 minutes consolidation (where you simply rest in the bath). You may adapt this exercise for the shower by using a salt crystal or mineral scrub, having candles nearby.*

## Using Crystals With Dolphin White Wave Healing

*The Dolphin White Wave energy works beautifully with Clear Quartz crystals - the only provision is that rainbow inclusions MUST be present in the crystal as this seems to have some effect on the effective working of the crystal and THIS energy. Polished crystals and points may be used - size does not seem to matter, although you may prefer to use a selection of shapes and sizes!*

*I asked why clear quartz with rainbow inclusions was important for the Dolphin White Wave healing (as I am very noisy and want to know why), and was told this was because clear quartz is an especially effective crystal for healing due to its ability to reflect all colours of the spectrum which the Dolphins call on for healing. Also, the Dolphins seem to be attracted to rainbows!*

### Room Crystal Cleanse

Place four clear quartz crystals in each corner of the room, whilst intending for the Dolphin White Wave energy to be transmitted through them (leave up to 24 hours), although you may perform the previous room cleansing method (sweeping with your hands) with the crystals already in place (although leave the crystals in place for 24 hours) - you will usually find that this method is the more powerful and effective of the two, it is especially good to use when there seems to be a lot of stress or worry at home, the home feels heavy or conflict has taken place.

### Client Crystal Healing

This method is especially recommended for proxy/distant healing (as the crystals will amplify the healing that is taking place). This method is also advised if the client has multiple issues or very tired (this is often a sign of too much negative energy in the physical body and in the aura) as this will boost the healing flow and create better healing. Simply place one Clear Quartz crystal

above the head, and one below the feet. You may also use a clear quartz point to sweep the aura on yourself and that of your client in healing sessions.

## The Power Shower Meditation

Close your eyes, and allow yourself to relax into a comfortable position. Make sure that you will not be disturbed and you are warm enough. Take a few slow deep breaths - breathe in from your feet - up, up to the very top of your head, and slowly, back down, down to your feet. Now repeat this top-to-toe movement at least three more times, becoming more and more relaxed by each complete sequence.

You become aware of the sound of soft running water around you, very much like the sound of a running stream. It calms you and you feel very relaxed, and at peace. Imagine this sound as you continue to breathe softly in and out, in and out--- there is no rush. This is your time and your sacred healing space with the Dolphins. You sense energy around you, and you know without opening your eyes it is the Dolphins of the seas and of the skies

here to help you in healing and clearing away anything that is bothering you now.

Now focus on something that is on your mind - it can be a worry, a situation, a person or a physical problem with your body. See it clearly in your mind as you continue to breathe softly in and out, knowing that the Dolphins are here now to help you with this. You don't need to speak of your problem for they already know of it and know exactly what they can do to help you.

The energy around you becomes much stronger as the Dolphins transmit their healing energy of the Dolphin White Wave healing to you. Suddenly the sound of running water sounds louder and stronger, so it is more like a hi-powered shower than the soft trickling stream. Although this energy flow feels powerful and very strong, you still feel very comfortable and safe. You sense all the negative feelings and thoughts about your situation simply being washed away, leaving a feeling of deep inner peace and being invigorated. Stay with this feeling as long as you wish... there is no hurry.

*When you are ready, thank the dolphins for their healing and slowly begin to focus on your breathing in and out as you also wiggle your toes - this will help you become grounded again. Allow yourself a few minutes to slowly come around and rest for a few minutes after the meditation. It is best to journal afterward as often you will receive insights and information concerning your healing during the session from the Dolphins.*

## **Attunement**

*To pass on this attunement, you must have received the Dolphin White Wave Energy attunement yourself. You only need to have an interest in working with the Dolphins, although as past healing experience and knowledge will enhance your understanding of this energy. It may be passed both in person and by distance (including chi ball method).*

### To pass onto others

To pass on this attunement, ask your student to lie or sit. They may hold a clear quartz crystal (remember it must have rainbows!) if wished. Ask them to breathe in and out a few times, imagine a clear column of energy flowing up from their feet to the top of their head and back down to the feet again. This will help relax them and prepare them for the attunement. When you are ready, place both of your hands gently on the crown chakra (top of the head) and say the following invocation (it is best said aloud, but you may say it silently if you wish).

*“Dolphins High, Dolphins Low, Power of Sky now come Below. Dolphin White Wave, I call to me. To Clear, Protect, and Be with Me. This energy now be with (NAME), I ask of Thee. It is so, it is so, it is so!”*

Leave your hands in position for a few moments, whilst you thank the Dolphins. Allow your student to rest for a few minutes after the attunement, offering a glass of water when they are ready, encouraging them to talk about the attunement as

they may receive insights or information during this time (if wished).

### Receiving your attunement

Lie or sit in a comfortable place, ensuring you are warm and will not be disturbed. Hold a clear quartz crystal (with rainbows) if wished. If you are being given the attunement at an appointed time, you may say the following invocation (as given below). If it is by the chi ball method just say “*you will now receive the Dolphin White Wave attunement by the chi ball method that is being sent to you by (NAME)*” AND using the same invocation as below. Allow the energy to flow in. You may become aware of insights or information during the attunement (part of this specific energy and the clearing nature of the energy) - after the attunement allow yourself time to rest, thank the dolphins and give yourself time to journal afterwards.



*“Dolphins High, Dolphins Low, Power of Sky  
now come Below. Dolphin White Wave, I call  
to me. To Clear, Protect, and Be with Me.  
This energy now be with Me, I ask of Thee. It  
is so, it is so, it is so!”*

## End Notes

I hope that you all enjoy working with this powerful and effective healing energy from the Dolphins. I am amazed by just how much healing energy is open to us at this time! For those who do not know me, I am the founder of other Dolphin healing energies (one of my specialities) - which includes AQUAMARINE and DOLPHINS OF ATLANTIS.

Look out for DOLPHIN DREAMZ as this is going to be available on the internet (eBay) from me very shortly - this is an absolutely fantastic healing Dolphin energy that facilitates Manifesting (I have been working with this energy for some time and found it really effective and a joy to use!)

Please note that this manual and  
the healing attunement is not  
meant to replace medical care or  
treatment. It is a personal  
development system with qualities to  
facilitate growth, peace and  
relaxation.



Many blessings on your journey!