

**Whale & Dolphin Energy Light Medicine
Manual – Module 1
Supplemental: September 2020**

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Whale Message for Humanity

through Laurie Reyon



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 our selves 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 are they are here now inviting us to open our belief systems to multiple realities of Love.

Whale Consciousness Message



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 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".

The whales will now speak of how living within the heart assists us in gaining consciousness while living within our physical human bodies. The whales are offering us information and exercises to achieve "Christ Consciousness". They are referring to the state of awareness that Jesus had while he was incarnated upon the Earth plane.

1. Activating the Pineal gland which is the third eye: There are two sets of four rays of light which can emanate from the pineal when intention or desire is intended in a meditative state. Ask

to activate the color receptors as well in meditation. Eight beams of light will emanate outward. This will form a crown or halo of energy and light around your head.

2. These eight beams of light will connect with the Thalamus which is located behind the Pineal. As we evolve out of duality we will see humanity moving out of the paradigm of the immune system to that of the Thalamus. The Thalamus connects to the roof of your mouth and the tongue and the tongue becomes the key to higher consciousness.

3. Also in front of the Pineal the Pituitary gland is located which activates a very important chakra in front of your head.

As we look at creation there is the sphere or ovum and then the sperm enters. Mitosis occurs and then there are two and then four and then eight cells. When eight appear you have formed a star tetrahedron which is the key to the Merkabah. This then mutates to form an apple shape which is hollow. This becomes the heart. At that stage of development in the womb our entire body is our heart. Then the body begins to emerge from the actual heart and we observe that the tongue is the first organ to appear. So in observing the formation of the fetus we can conclude that the tongue is the organ that is most connected to the heart. So when one is in the sacred heart space and they use the tongue to massage the roof of the mouth with intent to connect with the Pineal and the Thalamus, alpha waves fire in the four lobes of the brain and green light appears in your auric fields. When this is practiced and performed in a meditative

state, instant manifestation or alchemy can occur. Whatever you dream from your heart space can then become your reality. It can change everything past, present or future in an instant. The ability to create something from nothing is the birthright of every single being on the planet. The whales are leading us back to the ability to remember and create in multidimensional planes.

EXERCISES:

Rub tongue side to side on the roof of the mouth. RLRLRLR
pause, LRLRLRL pause

Circle 3x clockwise and open palms and say OHM
Reverse 3 X counterclockwise and open palms and say OHM
Breathe in and you trace the infinity loop 3 x with you forefinger.

Breathe out as you massage the 3rd eye. Reverse exercise.

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ENTERING YOUR SACRED HEART MEDITATION

The sacred place of your heart is the source of creation. The heart is the key to everything. The heart is older than the body and the brain. There are many secrets inside of your heart for you to remember. There is a tiny space within the heart where creation takes place. The heart is a Torus and exists within a Toroidal field. The toroidal field represents the infinity sign or loop which is also representative of balancing the two halves of your brain. In the heart is a world without fear. There is a vibration within the heart that is the OHM to the Universe. As we connect with our Sacred Heart we suggest a unity breath meditation. This meditation will connect you to your Divine Mother and Father balancing the energies and connecting you to your personal Sacred Heart space. In this meditation we suggest a

grounding as we send our light deep into the heart of our Mother Earth, opening the soles of our feet and allowing our souls to connect to Mother Earth's Soul. Sending our light into the earth and allowing mother Gaia to send her love back up to you. Allowing this energy to flow freely through our systems placing a ball of our mothers love in our Sacred Heart. And now opening our heart our throat and our crown chakra connecting to the infinite wisdom of father SUN. Sending our light up into the cosmos connecting with our Creator. Feel the love of Creator as Spirit answers your call and floods you with the energy of Source. This is the place of infinite possibilities and all-encompassing love. Allow the energy and flow of love to fill you and now place a ball representing Father Sun and Source energy into your heart next to the ball of Mother Earth. Allow yourself to experience this energy now running vertically in two directions as it flows into your being. This balanced energy that you are receiving from your mother and your father will now allow you to enter your Sacred Heart. This expanded and balanced love energy that you have created in your heart is where the highest creations take place. And now allow your energy to expand out into the universe to connect with the infinite intelligence of all of creation, honoring the divinity within you. Ask now that the energy of the cosmos returns to you magnified.

And now we're going to journey into the inner sanctum of your heart. There is a there is a vortex and it will pull you into a tunnel into the outer space of your Sacred Heart. Feel the vibration of your heart in concert with the divine and know that this is the place that you want to create your life from.

We will now provide two exercises to enter the Sacred Heart. Allow your consciousness to center and be within your brain, Pineal or 3rd Eye. And now send your consciousness out of the back of your head entering your body between your shoulder blades, going directly into your heart Allow yourself to feel this ARC of energy and practice navigating several times , experiencing the energy of your consciousness moving from your mind through the arc between your shoulder blades into your heart.

And now allow us to try a second modality for entering your Sacred Heart. Once again center your consciousness in your brain, pineal or third eye area. Allow yourself to take the elevator down from your brain into your heart, and walk directly into the heart chamber itself. 10 987654321 Open the elevator door and walk into your Sacred Heart chamber. Ask your Creator to let there be light within your heart. Within this chamber of the heart are you're a Akashic records and your intentions for coming to earth in this incarnation. All of your personal information exists here. From here you can remember that you are your best teacher and you know your own inner truth. The vibrational increase is magnified as you are centering now in your heart.

And now we are going to ask you to go into an INNER chamber of your heart. This INNER sanctum of your heart to your most special and sacred space. Explore finding the opening to the inner sanctum of your heart. Perhaps you will be led down a hallway. Perhaps you will be guided to open a door. Perhaps you will enter a temple, or perhaps you will trust your

guidance and you will just be seated and allow a vision to present itself to you. The inner sanctum the still small space of your heart is zero point. The origin of creation is within you and your heart contains the original instructions for your life. Go deeper now into this still small space of the heart. The holy of holies. This is your most sacred and special place that holds the highest vibration you can emanate and sustain as a physical being of light. Go into your center of consciousness now here you will find that all of the universe is available to you. Within the inner sanctum of your heart you can access all of wisdom of the quantum universe, and here all time and no time exist simultaneously

As you practice these meditations and techniques you will note that a vibrational increase will occur each time. Eventually it will be easy to enter your sacred heart and perhaps your heart will a permanent place for your consciousness to reside. This opportunity will release the need for your brain or mind to try to be the controlling organ or force in your life.

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

Our suggestions are to practice moving back and forth from the brain to the heart every day feeling the difference in vibration, and then practice moving from the sacred place of your heart into the inner sanctum of your heart. We suggest you consciously navigate from time to time back into the pineal-3rd eye, and then drop down or arc your consciousness back into your heart. Begin to sense and know when you are in your heart, and then begin tracking how much time each day are you living and creating from your Sacred Heart. Whatever you are dreaming in your Sacred Heart space becomes your reality.

In retrieving and creating mastery in your life we encourage you to work with automatic writing and perhaps you will want to begin to record your intentions and feelings. Also we suggest you experiment with keeping a daily journal of your thoughts and intentions. Access your mastery by asking yourself from the sacred place of your heart, What are my special and unique gifts in this life?

Who am I? Where am I from, and what am I here to do?

What have I chosen to do in this lifetime to create joy for myself?

What can I chose in this lifetime that brings joy and harmony for others?

How can I assist in creating unity consciousness in my own family and how can I assist in creating unity consciousness in my community?

How can I contribute in creating a peaceful world in which to live?

How can I demonstrate what it is to be peaceful and balanced as a Global citizen?

We encourage you to explore living and creating from your sacred heart each and every day. It is an honor and a joy to have worked with you in this way. There is great love within your heart for each and every one of you.

And now as we move forward in time embracing the increased vibration of the earth, the Angels, the animals and the Dolphins ask us to remember and implement for evolutionary principles of cosmic law that apply to all beings.

Number one: Embrace the human purpose, therefore examining your true life purpose and why you chose to incarnate in the evolutionary spiral at this time.

Number two: At the core of every Being, all have divine essence which is goodness and love.

Number three: Free Will is an absolute and Universal right on this planet.

And Number four: All of natural life and its existence is Sacred.

So be it and so it is.

Blessings and Namaste

I AM Laurie Reyon

You are Only as Powerful as You are JOYFUL!

By Animal Author Puddy - Puddah Channeled January 2004 by Reyon

In every moment of your existence your body is a transmitter and a receiver of vibrational signals. Your vibrational essence is being emitted and relayed out into the universe of consciousness in every moment of your life. Also know, that in every moment the universe is responding to your vibrations by transmitting back to you the perfect vibrational signal or answers. There has always been and always will be an eternal dialogue and communication of conscious vibrational communication, both from you and to you. "Ask and you will receive" is a familiar quote that describes this universal law of existence and perfect mode of communication. Each of us is a vibrational emitter and receiver of constant and eternal communication.

It is my goal to bring loves awareness and remembrance of more effective and conscious communication to those who are seeking it. As you move into awareness of your thoughts and emotions, you will understand how very powerful they are. If you are feeling sad, depressed or unhappy, it is because you have allowed your vibration to lower. This may not always be a conscious choice for you. The consciousness of the Universe that responds to your personal vibration in every moment, is that which you know to be your Creator/God/Goddess/or Source energy. Your Source energy is constantly responding back to you with the perfect and unbiased vibrational answer to your every thought, word and deed. So you see, if you consciously choose to raise your vibrational state of existence, you will begin to consciously receive higher vibrational

Communications from your source energy. The vibration of love is always in existence for you and your experiences. However, as we experience life on earth, we must remember the choice we made to have free will while we are here. The Creator/Source energy honors our free will by

always responding in perfect harmony to your current vibration. In a sense, no more . . . and no less is allowed for, or possible within the free will zone. In seeking a loving and joyful feeling from your source, know that you must first send out a high vibrational thought or prayer first.

As a teacher or catalyst of love, I ask you now to consider the possibility of doing “whatever it takes” to bring your vibration to a grateful and joyful place. When you are feeling sad or depressed it is sometimes difficult to go have fun, or cheer yourself up. That is why you have so much help! Many are here in service to you, including the animals to do just that! We are here to assist you in choosing to send out higher vibrational thoughts and words each and every day. Begin to monitor and consciously choose your thoughts, words and deeds in every moment. If you choose to do these things, I can guarantee you a life filled with much more love, happiness, joy and manifested dreams!

When you remember your divinity and true origin, you will begin to feel loved, beautiful, grateful and much more joyful each day. You are capable in all moments of sending and receiving the vibration of love! It is a conscious choice that will be much easier to make as you choose to embrace your divinity and true heritage. The energy of Love and Joy connects you to the direct flow of your Source energy. Understand that you have the potential and ability to connect to ALL OF IT! The energy of God/Source embodies the “All That Is”. And the “ALL” of that is available to you in every moment of your experience. IT is a choice.

“To THINK is to CREATE”. A profound statement and very true. If you change your thinking process, your thoughts will literally change the manifested reality that you experience. Nothing comes forth into manifestation without thought preceding it. The process that is most common, is for you is to first think a thought. Then you begin to talk or verbalize your intended thoughts {creation}. Then action steps usually follow, and finally the manifestation of your original thought occurs. It is therefore created! As you begin to become conscious and aware of your creatorship abilities, you will begin to apply the universal laws of energy. This is the study of deliberate creation or cosmology.

First and foremost, comes understanding the law of attraction. You cannot bring unto yourself anything that is not in vibrational alignment with what you are sending out. You attract, or bring into your life experience, exactly what you send out. This is the universe’s promise of partnering with you. It is known as co-creation. The energy you receive unto yourself is always unbiased, balanced, cooperative and in perfect vibrational harmony {or answer} with your every thought. When you feel happy, you create happiness! When you feel joy, you create joy for yourself and then have something of value to share!

Remember also, that All things are possible my creator friends! True Power is coming into and holding the vibration that is in direct flow, harmony and alignment with the non-physical and eternal YOU. Anything less than, is an illusion or living in duality. All Beings have made conscious agreements to participate or experiment with the denser energies and therefore vibrations we experience on earth. Many refer to life in the physical, as living under the veil. This powerful and seemingly real illusion or veil assists us in experiencing choice! It also provides a fantastic medium in which to create in. I ask that you remember that you are the Creator of your experiences and a very powerful co-creator of the world in which we live. As you embrace your Creatorship abilities and power, you will begin to experience expansion, growth and the manifestation of your dreams with ease and grace! These are the reasons you came forth to create in this dimension or experience we call earth.

Given a choice, what do YOU choose to create for yourself and others? Know that all choices are honored and there is no judgment.

What if you lived in a perfect and pristine world, surrounded only by beauty and joy? You would not find it as joyful or desirous to create something beautiful and joyful. It is the experience of having a choice that allows you to take your creatorship to a place it has never gone before! Once again, my advice is to give all that you have and are to remember who you really are! As you remember your true divinity you become empowered by the love and light that has always been there for you! You are capable of profound and incredible acts of creation! All things are variable, changeable and potentially very important in your chosen path, as the creator of your own experiences. All things are possible my creator friends! What do you choose NOW to create?

The purpose of this communication is one that you helped to create before you came into the body you currently occupy. The agreements you made with the animals and many other service entities offer you only love and support in discovering your life's purpose. That is why I AM here. My advice is to go within your own Being and ask your guidance for assistance in remembering. Ask to be given all that is in alignment for your highest good and evolution. Surround yourself with the pure love energy of the divine. Connect with your Source energy and know that you are loved and supported in every moment of your experience!

My prayer is that you reunite with the energy of Divine Love and that you emerged from. When you do, you will remember . . .

You are only as powerful as you are Joyful in every moment!

Let us Rejoice! And so it is.

Puddy – Puddah

UNITY BREATH GUIDED MEDITATION by Laurie Reyon

Allow yourself to sit comfortably with your spine straight, developing a regular rhythm of breathing turning your awareness to your heart space

Begin thinking about Mother Earth and all that she does for us. She provides life for life. She helps us all to be grounded and continually changing. She supports every Being.

Allow your heart to become filled with love and gratitude for all that she is and all that she does. Feeling love and gratitude for the trees, the plants, the rocks the soil, the water, the air, the fire. Knowing that all of these elements belong to Mother Earth as we do. She will always love us.

And when your heart is SO filled with love and gratitude that it can no longer be contained, with your intention send that love directly into the heart of Mother Earth.

And then wait. Wait for her to send her love back to you. She always does. She has always loved us and always will.

(Pause and breathe)

Just allow that love to stay in your heart in a tiny ball. Just feeling the love of the Mother, inside you. And then turn your awareness and consciousness to Father Sky.

Father Sky is the place of infinite possibilities. The bigger picture perspective. The places beyond places, beyond our imagining. And allow your love for Father Sky to begin building in your heart love and gratitude.

Love and gratitude for the planets, the stars, the comets, the meteors, the galaxies and the universes and dimensions beyond what we are even aware of. The limitless possibilities.

And when that love and gratitude in your heart can no longer be contained in your heart space, send it with powerful intention straight up, directly through the top of your head into the heart of Father Sky. And then wait. Wait for Father Sky to send his love back to you. Because he has always loved you, and he always will.

(Pause and breathe)

And when you receive that love, place it in a ball in your heart, next to that of Mother Earth.

And continue feeling that love and gratitude in your heart.

Feel your unique connection with Source and life everywhere.

Open yourself completely to Invite in Source to enter your field, filling it with unconditional love. As you do this allow yourself to Expand all your unconditional love and gratitude with each breath filling your large pransphere, larger and larger until it can no longer be contained.

And when you are ready, with your intention let your energy go as far as you can, expanding and radiating in all directions, to the unlimited ends of the Universe, allowing this energy return to you magnified, anchoring into your heart center, creating a flow that breaks all barriers of separatism and polarity.

Enjoy this connection deeply.

And stay in this place for as long as you wish.

The VIOLET FLAME

The Violet flame is God's gift to humanity. It is the most powerful tool humanity has for transmutation and transformation. It is time for humanity to reclaim our Devine Destiny. It is time for us to remember that we are ALL the Beloved sons

and daughters of Creator. The Angels and the Beings that make up the Heavenly Hosts have come through the veil to meet us, and they brought with them the Sacred knowledge of how to utilize the Violet flame. The Violet Flame is a **POWERFUL & MAGICAL** gift that can be used to transmute any and all pain, negative thoughts or suffering of that you may be experiencing.

As most of us were born on this planet, we willingly allowed ourselves to create a state of amnesia for ourselves, not remembering Who we really are. We have willingly incarnated onto planet Earth, choosing to live in the 3rd dimension where duality or polarity is the current state of existence. If you have been going about your life, and have not been conscious of the power of your thoughts, words and deeds, you have probably misused your energy at times. You may have forgotten that you are a very powerful Creator and that you are a son or daughter of God. Because of the misuse of our creative energy through negative and painful thoughts, words and deeds, this great gift of the Violet Flame is perhaps the most important and powerful tool you can claim and begin to use daily.

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.

It is my honor and my joy to commend our Beloved Ascended Master St. Germain for the **GIFT** of the Violet Flame. Saint Germaine is the “Current” Ascended Master on our planet now and is responsible for the Ascension portal from the Earth plane. Master Puddah tells us that the Violet flame is a very very special and **MOST** powerful gift here on earth now. St Germaine has used his own personal Energy and has asked for a Divine Dispensation for this energy to return to Earth as a gift for Humanity.

St Germaine has literally brought us the sacred knowledge of how to use the gift of the Violet flame to clear, transmute and heal ourselves. This incredible Royal purple light can instantly transmute and clear any and all lower or dissonant energies at the sub-atomic level.

It is our intention to assist you in claiming this royal Light and begin using it in your life every day. A mantra we wish to share is: “I Am a Being of violet fire I am the purity God desires. Repeat it “I am a being a violet fire I am the purity God desires. Repeat it often, I am a being a violet fire I am the purity God desires.

Another very important aspect of using the Violet Flame energy is 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.

On a very positive note, Puddah says the goal in life is to become NON REACTIVE. All true Masters embody a wonderful emotional balance where they can move about and remain completely non-reactive to any negativity or chaos around them. They have used the power of the Violet Flame to literally sand down any buttons they may have had.

Think of your emotions connected to a control panel that is right in front of you. Take note of the feelings you personally have as you move about your day and find yourself reacting emotionally to the words, behaviors or just energy of others around you. Checking in on YOUR emotional set points each day is KEY to finding out WHERE your buttons are and making a conscious choice to SAND them down when they get pushed. Master Puddah's reality check is, No one can push your buttons if you have quite literally sanded them down. Seek to have a nice smooth control panel out there in front of you with NO buttons left to push as you consciously move into balance, alignment and peace. The power of the Violet Flame will greatly assist you in transforming your reactivity to the drama, chaos and negativity in the world around you.

A MESSAGE OF LIGHT AND TRUTH from the Whales



Arise humanity, for it is time. The Alchemical Keys have been given, the Way of the Ascension is here. You no longer need to dwell in the turmoil of 3rd dimensional human consciousness. You no longer have to live without remembering the truth of who you really are. The time of amnesia is over, as humanity is awakening! You can rise into your full glory. You can fulfill the Destiny you came to Earth for. It is

all there within you to access from your Divine Self. The Divine Codes have been given and from the Great Whales, and the Dolphins are calibrating them within the ocean systems and within the human who is willing. They are offering each of you Sacred Alchemy and transformation, beyond what you can do alone. They are the Ancients of this World and can assist you greatly during this time of great change. The Whales will continue to advise you, download you and support you as your remembrance of your true Self continues.

From the Whales: Now that you have remembered Who we are, you will call upon us often for your Soul education. We will accelerate your advancement at record speed. It is time for you to walk the Earth as Enlightened Ones. It is time to be in the full glory of your Divine Nature. It is time to realize that you are so much more than you ever imagined, yet retain that humility that defines a Divine One embodied on Earth.

In 2018, you will be offered opportunity to play bigger in your lives, each day rising into more personal power and truth. Your Soul is calling you to remember more each day, and that means to rise up and claim that which is yours. For many of you it means facing your fears and seeing that it was you, you set them up to move through. And as you do this, you move through each one, fully supported, claiming the prize of self-empowerment on the other side of that which has held you back. What a joy to see yourself as an Initiate of your own life now. Each fear that was large and looming, now falls away when you are willing to see through it and know you created it. It has been said, that there is nothing to fear, but fear itself. This statement reveals the nature of the human that has lived for eons on Earth. You have taught yourself that life can be scary and there is a lot to be afraid of. In truth, there has never been a predator or a victim. There have only been willing participants to play a dramatic role, and to co-create scenario's together that will allow you to grow. Remember the story of the Wizard of Oz? There was just a man behind the curtain at the end. And the message was, you have always had what you needed within you to accomplish anything. Dorothy always had the power to go home, and she never needed the wizard or the red shoes. Life on earth is exactly like that. You can now look behind the curtain and find that there have only been others participating in your drama of illusion. And each of them can now face you openly and say, "You have the power within you to do anything."

Are you tired of the drama? From the wisdom of the Whale Kingdom, we hope you are. We are here to help you clear all of the old limiting human patterns. Your lower bodies must now be cleared so your Spirit can take command of your life. This process will take you into neutrality where you are no longer triggered by the fears that many of the humans are creating. You can observe, but you will no longer need to participate or have an opinion about anything negative. It simply will not belong to you anymore.

You must rise dear one, for this is the time. This is the Destiny you came for! Your personal Ascension pathway is waiting, and when initiated it helps raise the Earth into a higher dimensional reality. Your coming into your Divine Nature allows the very molecular structure of this world to shift into the magnificent Divine Patterns of Love.

It is time to remember that you and only you, are the Creator of your world. Use your Creatorship abilities wisely and live within your heart where there is loving solution energy for every moment.

So Beloved Ones, I ask you, will you sit upon the throne of your own power and use your own Divine nature to take command of what and how you manifest on the Earth plane?

This is the ultimate question. Most of you have spent some time playing with the shadow self and exploring negative choices. Please know that every choice you have made has served you, even if it seems now like it was not for your highest and best good. All that you have experienced is powerful and has added to your vast experience. All that you have lived, and said and done has contributed to this moment in the here and now. And in that place, everything serves. Love it all and know you are changing in every moment. In this place, you will find it easier every day to make loving choices in every aspect of your life. From this place of faith and heart centered living, you can grow to expect wonderful manifestations that will fill your life with joy and abundance.

It is time for planetary change, and you are called to make personal changes that are a part of the larger picture. As you invite the changes into your body and your life, you allow a transformation to take place within you, dissolving the old human

consciousness, so that the Divine Self can rise in all his/her glory. Humanity is coming of age and can now look upon and greet the glorious future intended for this world. It is time to be all that you can be, and share that Loving Presence with the world as only you can do.

We are the Whales from the Realms of Light. We love you, but can only bring you our assistance when called upon. We need you in physical embodiment to make the call and summon us to assist you. We have the ability to offer you accelerated and powerful healing. We have the ability to help you initiate many templates of Light Body Activation that will change the way you live and express yourself. The Cetaceans, who are the Dolphins and Whales share the same quantum or Universal DNA that Creator has given to you. Part of our mission on Earth is to assist humanity with our healing gifts and alchemical abilities. We have a shared destiny my beloved human friends. We are the keepers of the Akashic records and we are the librarians of Earths history. We are offering to assist you in revisiting your Souls Journey so that you might choose to heal your body and recalibrate your energy and DNA. We the Whales, hold the Light for you the humans to surrender to the Oneness we all share. Beloved humans, we have a shared destiny and our mission is to connect with you when you are ready.

Together we can change this world! I ask you to consider a merger of our energies through what we call Whale & Dolphin Energy Light Medicine. The processes offered are for anyone to receive that is ready to access their full potential. We are here to share our hearts, our channeling, our healing and our great Love with each of you!

We encourage you to ask for information to be shared with you that will allow you to remember us as the Great Cetacean Sacred Alchemists that are dedicated to the Ascension of each person and this planet. We are here to help you achieve your dreams and take your place among the awakened ones. Each of you many special gifts that have bestowed upon you. Many of you have yet to fully realize these gifts and utilize them. Consider opening your hearts to our gifts of assistance. It is our sacred journey to connect to you when you are ready. We are here to serve you and all humanity! The vibration of the planet is changing dear ones, and it is time for you to change with it.

We reach out to you from the etheric realms and from our pods within the oceans of the Earth. We ask that you connect with us in the physical, and in Spirit to assist you in your personal alignment. We can and will assist you in activations of the highest Light that will help you access your original and authentic self. We are all woven into the web of life together, but know that the humans and the Cetaceans share a very special place in the Creators Divine plan. It is our time to come together to achieve that which is your birthright beloved Ones. We encourage you to access your full Divine potential my friends, as you live within your heart and move each day into “Intentional Evolution”.

**Call upon us. We are always here for you! Blessings Beloved Ones!
We are the Whales**

Channel by Laurie Reyon

LaurieReyon.com

Whale & Dolphin Energy Light Medicine



MASTER CAT PUDDAH'S PRAYER FOR HUMANITY

I pray that each human will open up to the Light of their Source in this lifetime. I pray that each human will open their heart and know how truly loved and supported they are during their Earth experience. I pray that each human will open to receive the many gifts from Creator Source that are theirs to claim when you truly know they are a Divine creation. I pray that each human comes to know the support and guidance that is given to them when they are born for their entire life. I pray that each human remembers that they are truly unique and special and eternally loved. I pray that each human comes to know and remember that LOVE is all there truly is and your human earth life is the playground you have asked for, to Be Love in all of the ways you can imagine and create.



Suggested Human Affirmations:

I open the Gate for Love to flow into my life every day as I connect to my Creator Source Energy.

I open to the highest experience I can create each day as a Conscious Creator.

I forgive myself each day for any thoughts, feelings, words or deeds that I created that are less than loving.

I acknowledge that I am an expression of the Divine, a child of Source, and that I am the Light by which all things come to me to be free, happy and alive with passion for life.

I choose all things that come to me so that I may experience my life as an awakening, transforming and free eternal Being in human form.

I intend that I fully embrace my ability to Create my Life as a free and independent vehicle of Source energy.

I accept that I do not need to wait for anyone or anything to move forward each day with faith and purpose to create all that I can imagine from my Divine vibration of Joy!

I embrace my human form and abilities and promise to be the best possible Star of my own reality on Earth. I declare that truth, health, happiness, abundance and balance are mine. I am the Master of my reality and I am grateful for my life.

I choose to create my life from my heart as each day I ask to raise my vibration and continue to awaken as the eternal, Divine Spiritual Being that I am.

I am the light. The light I am. May all beings be uplifted, healed, and reborn by the power of my immaculate declaration. And so it is."

LaurieReyon.com

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 Creators 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.

Amen.

PRAYER FOR MOTHER EARTH

We envision Mother Earth, beautiful Gaia in her Highest Light where all the waters, everywhere are pure and clean; where all the plants and animals who dwell in and around the water are living their lives in joy and perfect health.

We pray for all of the animals, both domestic and wild. We pray for a planet where each animal is respected and honored, living their days in peace and safety.

We envision our planet where the skies are true blue and clear, and where each and every breath is sweet, vibrant, and energized with Love!

We envision our planet where the land everywhere is pristine and pulsating with life; where the trees are radiant and beautiful, the farms and gardens are flourishing with fruits and foods of all kinds.

We envision our planet where all the people in all places are honoring, caring and compassionate of each other.

We envision Mother Earth, herself; tended like a garden, where her beauty is always celebrated and where her beaches, her deserts, her pastures, prairies, meadows and mountain tops are precious and sacred. We envision Mother Earth honored and loved by all, where Her Highest Good is revered and honored.

We envision Mother Earth as a living entity, evolving on her own as a great Being of Light, joyous on her journey as she becomes a shimmering, beautiful bright star. We envision Mother Earth, beautiful Gaia, proud of each and every one of us because we have done what we came here to do.

Bless All Beings, in all places, and at all times.

Let us Rejoice!

And so it is.

Master Cat Puddah through Laurie Reyon

LaurieReyon.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!

ZERO POINT by Seth

Explore the **POWER** of the **DOUBLE PYRAMID** or **OCTAHEDRON**. This is the sacred geometrical structure of your Angelic Grid. Create an energetic Double Pyramid or OCTAHEDRON every day in your Meditation time and station Angels to raise the vibration of your home and property.

Sit within this sacred geometric form to create a **ZERO POINT FIELD** in your body.

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.

Also note that the Earth is now bathed in this frequency of Balance on the Equinox and we are all receiving a download of Zero Point energy. This is the frequency of the Universal Mind. This influences how matter is formed. In the higher realms it is known as the Genesis code of your Universe. I tell you that the human DNA is coded to remember all at Zero Point. As the conscious mind evolves towards reaching enlightenment, the Zero Point field plays a vital role influencing the future outcome of the material world.



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

Channel by Seth

Also note that your Solar System receives an infusion of divine Light Consciousness streaming from the galactic Zero Point Field while the stargate is open. This time period is a very powerful potential energy source for you as the galactic Zero Point field operates as a Universal Mind. This influences how matter is formed. In the higher realms it is known as the Genesis code of your Universe. I tell you that the human DNA is coded to remember all at Zero Point. As the conscious mind evolves towards reaching enlightenment, the Zero Point field plays a vital role influencing the future outcome of the material world.

This is an Ascension wave that offers you a process to transcend Duality and creating a coherent state of connection and integration. The unifying principle of Zero Point assists with neutralizing all polarized forces into a harmonious state of Oneness. Use this time wisely my Creator friends and enjoy your life!

Channel by Laurie Reyon - LaurieReyon.com

Cetacean Nation Development Outline

The Human-Dolphin Foundation

Conceived by Dr. John Lilly

The rights of man have slowly developed over the last few centuries. The rights that each of us enjoys today in the United States have been carefully developed in our laws. Our past history teaches us that our rights evolved through certain stages, from the unconscious acceptance of a lack of rights, to the conscious awareness of the need for adequate expression of an intolerable situation or state, to the demand for the relief articulated in law, to the law and its adequate administration.

As each group of humans, through its own experience, learned to feel its lack of sharing in the benefits of laws and their administration, each developed adequate spokesmen or spokeswoman for its cause. These individuals were either inside or outside the group needing relief.

This same situation can now be seen reflected in the existence of cetaceans. Recognized as having brains which are in some ways even more biologically complex than humans, and having complex social structures, languages and social behaviors which are also at least as complex as humans, the question remains: should cetaceans be given individual rights under human laws?

The size and complexity of the cetacean brain has been known for many years. Only recently has microscopic analysis shown that their cellular densities and connections are quite as large and complex as our own.

Throughout history, through to the present day, human beings have conducted large-scale acts of genocide upon each other. Even today, in many parts of the world, we can observe the mass slaughter of our own species. BosniaHercegovina, Somalia and Cambodia, are but a few examples of this. At the same time, a similar mass-annihilation of highly evolved intelligent and sentient creatures, the whales and dolphins, can also be seen throughout our world.

The future of many species of whales and dolphins is in question. The Baiji, or Yangtze River Dolphin, the Vaquita dolphin found in the Sea of Cortez, and the North Pacific Right Whale are but a few species whose chances of being completely exterminated from our earth during the next two decades is almost a certainty.

To insure the survival of cetaceans, in light of the continuous onslaught by their terrestrial counterparts, human beings, it is essential that cetaceans be recognized for what they truly are: non-terrestrial intelligent lifeforms. Lifeforms which do indeed have the same inherent rights that human beings have to survive and to live in peace.

To attain this goal, it is essential that the cetaceans attain a status in human society in which they are recognized as the intelligent lifeforms that they are. It is with this goal in

mind that a Cetacean Nation is now being initiated.

The purposes of a Cetacean Nation are:

- 1) To foster greater understandings of the minds and consciousness of whales and dolphins;**
- 2) To develop methods and technologies to enhance interspecies communications between humans and cetaceans**
- 3) To gain recognition from the international human community to the inherent rights that cetaceans have, which include:**
 - - Freedom from mass specicide by human hands**
 - Freedom to live in their aquatic world and nurture their young**
 - Freedom to echo their own thoughts on their futures**

Long-Term Program

That these goals may be achieved in time to actually insure the preservation of most species of whales and dolphins, a series of endeavours should be initiated.

These endeavours would include:

- 1) Development of communications and understanding between cetaceans and humans- it through modern acoustic technologies, understanding of echo-location, possible holographic sound communications or through concepts such as human-dolphin mind-connections**
- 2) Recognition of the need for Cetacean Nation representation in the human political and industrial society. This may best be done firstly by obtaining through signed statements of support from Non-Governmental Organizations the general recognition for the need for Cetacean representation in the human world.**
- 3) Organizing of electronic databases, libraries and international forums for the advancement of communication studies between human beings and cetaceans.**
- 4) Worldwide distribution via the mass media, electronic communications networks and through personal communications, current information on the technologies, techniques and existing and past projects whose purpose is to enhance human-cetacean understanding and communications.**

The eventual goal is to have cetaceans represented as a nation within the framework of the United Nations. This goal will most likely only be fully achieved once consistent communication links with any one of the many species of whales or dolphins has been

established.

Political & Legal Recognition

One possible series of steps involved with gaining recognition for Cetaceans within the United Nations would be:

Step 1) Recognition by individual human beings of the need for eventual cetacean representation at the United Nations and other global forums;

Step 2) Gaining recognition, via letters and endorsements for the Cetacean Nation from Non- Governmental Organizations and other geo-political groups;

Step 3) Gaining Non-Governmental Organization status for the Cetacean Nation-initially represented by human beings as spokespeople;

Step 4) Recognition within human governments and within international conferences and forums for the need to explore and research the possible methods of establishing consistent communications with cetaceans so that they may receive the recognition of deserved.status.

Step 5) Recognition and validation of the Cetacean Nation through the passage of resolutions at international conventions, conferences, or other similar forums.

Step 6) Recognition, via letter or other endorsements, from one or more member countries within the United Nations for such representation

Step 7) Recognition of cetacean species as a nation and separate group intelligent, sentient beings that should be afforded rights to survival and happiness in keeping with those afforded human beings in modern democratic societies.

Achievement of Goals

The possibilities of this seven step plan being achieved are significant, providing there is sufficient interest and support from we human beings who wish to accomplish these goals on behalf of our cetacean co-species.

To initiate this global endeavour, the wide-base of dolphin communications studies needs to be consolidated, compiled and librated in such a manner so that researchers and laypeople may have access to the developments of cetaceans communications that have occurred over the past 30 years.

The Human/Dolphin Foundation library of information and materials is being consolidated, along with libraries of information garnered from others who have also engaged in cetacean communications projects and endeavours.

All manner of cetacean communication research will be compiled, libraried and analyzed. This research and information shall include:

- Scientific research papers**
- Still photographic images, video, and film of cetacean activities**
- Video, film and sound recordings of cetacean/human interactions via music, audio times and other acoustic mediums.**
- Proven and possible usages of existing and future communication technologies**
- Personal accounts and experiences of human/cetacean communications through the physical human body**
- Personal accounts and experiences of human/cetacean communications through the mind**
- Other cetacean communication research, observations, information and materials**

Cetacean communications databank and information center

Much of the current cetacean-human communication efforts are limited in their scope, largely due to their limitations in information availability. For example, various researchers periodically publish scientific papers on their communications studies, yet these studies are seldom read by others who are conducting musical or acoustic interaction, or who are developing communications and interactions via swimming with cetaceans in their aquatic realms.

There are also people who are working towards engaging in mind-connections or other interactions with dolphins and cetaceans, who are unaware or do not know how to access information pertaining to acoustical communications which are presently being conducted or which have been conducted in the past. In short, many of the people who are working towards trying to develop new technologies, methods and strategies for human-cetacean communications are unaware of the advances and results being made by others.

Moreover, many of these researchers and investigators are also unaware of the methods of communication that have been implemented and used by Dr. John Lilly and the Human-Dolphin Foundation, and as such some of the efforts of Dr Lilly are being unnecessarily replicated by others.

In order to expedite the needed breakthroughs in human-cetacean communications, reduce duplication of efforts, as well as develop consistent communications with cetaceans, an electronic databank and information center needs to be established.

The role of this information center would be:

- 1) To compile, organize and library existing information from the United States, Europe, Russia, Australia, and other parts of the world where cetacean communications studies have been conducted.
- 2) To create an computerized database with easy-access worldwide so that those wishing to understand and access the existing human-knowledge on cetacean cornrnunications can do so with relative ease
- 3) To organize forums and study groups of cetacean researchers and interspecies communications enthusiasts so as to determine the best steps towards establishing consistent human-cetacean communication links

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Master Puddah's Power Essences

Experience hand crafted oils, made with Master Puddah's own DNA and the finest of ingredients. Each essence is brewed in the presence of her messages and vibration. Each essence is a part of the formula to prepare us for Ascension.

Puddah is a Master Healer and a wisdom teacher who has asked for the creation of very special oils that will assist you in opening your heart and raising your vibration. As you connect to her powerful essences you can expand your consciousness, heal yourself, and purify your body.

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