

For the dolphins and whales who've blessed human beings with their light filled, heart centered, healing presence since the beginning of time

Dear Reader,

Ashram of the Sea is an introduction to the 5th dimensional consciousness of the dolphins and the whales of our planet. This isn't the only book to do so but it's the first book to introduce the specific roles different species of cetaceans play, in service to human beings, as they activate the Earth grid and the human race with the healing frequencies of Christ Consciousness. With support from the dolphins and whales, we activate these frequencies of love, within our body-mind-spirits, so we may become compassionate, loving, kind and free of debilitating fear.

You are about to learn how cetaceans from four star systems created Earth's very complex grid system. Their purpose was to establish the frequency matrix of Earth, with great precision, so we, the human race, could evolve into becoming universal change agents who know how to embody compassion under the most demanding of circumstances.

Several avatar cetaceans share who they are and what they are here to accomplish on our behalf. Fasten your seat belts for quite a journey into the hearts of these great, compassionate healers.

I invite you to unite more deeply with the cetacean's healing energy through experiencing the activations provided throughout the book. Mp3's are included so you can listen to the activations and pause them as needed. This enables you and the cetaceans to connect, heart to heart, at your own pace.

I encourage you to explore the links to my websites that are provided throughout the book. Over the course of many years I've developed cetacean inspired healing systems created to assist you in your spiritual evolution.

Blessings,

Kathryn Jensen

Back Cover

Ashram of the Sea Received and Translated by Kathryn Jensen

Ashram of the Sea shares the cetacean mission to help Earth's humans beings become the most compassionate beings in the universe. The story is told by the Heart-Mind of God and sixteen sparkling, deeply loving, spiritual leaders of the cetacean community. Each dolphin and whale shares sacred wisdom that explains the special roles specific species play in human evolution. The book will light up your heart and re-ignite your desire to fulfill your divine mission for being alive.

Excerpts From Ashram of the Sea....

Savina, A Hawaii Spinner Dolphin, Speaks....

“*Ashram of the Sea* gives my pod and my entire Cetacean Nation a platform for meeting you. We appreciate this opportunity to share the complex role we play in unifying the Heart-Mind of God with the Heart-Minds of human beings.”

“These great beings (the Sirians) envisioned the progression of human evolution, and very meticulously configured the matrix of Gaia’s Twenty Rays of Christ Consciousness. Each ray represents one important aspect of the development of the compassionate, heart awakened, loving, kind human being.”

“The kindest beings in our universe now live on Earth. This is the planet where people are given the opportunity to deepen into service to those less fortunate. “

Heso, a Pygmy Right Whale, Speaks

“The truth is that each human’s purpose is one that the Great Creator designed just for that person. Great Creator knew that the person would contribute to the library of knowledge about what it takes to be compassionate.

Blega, a Humpback Whale, Speaks...

The cetacean nation’s impact has been silently permeating consciousness forever and ever. There is so much for you to learn about your cetacean co-creators of heart centered living.

Kathryn Jensen’s purpose is to serve as a bridge between humanity and the dolphins and whales of our planet, who are here to assist us in our evolution.



Contents

Meet Kathryn Jensen...1

Forward....4

Archangel Michael

Avatar Bim from Sirius B’s Oceanea

The Sirian Council of Nine

The Heart-Mind of God

Paramahansa Yogananda

Part One

Introduction...13

The Heart-Mind of God Speaks

Helios, a Humpback Whale, Speaks

Bly, an Atlantic Spotted Dolphin, Speaks

Savina, a Spinner Dolphin, Speaks

Haley, a Young Spinner Dolphin, Speaks

The Heart-Mind of God Speaks...17

Unification With The God Presence

How the Gaia Force was created

The Blue Dolphins from the Sirian Planet of Oceania

The Creation of the Grid

Grace Filled People

Changes Made by the Guardian Alliance to the Grid System of the Gaia Force

Gaia's Chakra System

A Contemplative Process...28

The Seventh Chakra of the Gaia Force...29

The Seventh Chakra Rays of Polarity, Bonding Soul and Livelihood

Part Two -The Twenty Rays of Christ Consciousness

Questions and Answers...32

Chakra/Ray Chart...36

The Chakras and Associated Rays...38

The Heart-Mind of God Speaks

The First Chakra...38

Blega, a Humpback Whale, Speaks

Fuja, a Grey Whale, Speaks About the First Chakra Ray of Lotus

Blega Speaks About the First Chakra Ray of Courage

Blega Gives Kathryn and Her Friends the Gift of Courage

Kathryn's Perspective

Blega Speaks on the First Chakra Ray of Child

Lana, a Blue Whale, Speaks

Helios Speaks

A Grounding Ceremony...47

The Second Chakra...48

Savina, a Spinner Dolphin, Speaks on the Second Chakra Ray of Prayer

Kathryn's Spinner Stories

Savina Speaks on the Second Chakra Ray of Service

Puja, a Bottlenose Dolphin, Speaks on the Ray of Service

Kathryn's Perspective on Meeting Puja and His Friends

Helios Speaks About the Rays of Service and Vivation

Helios Introduces the Second Chakra Ray of Vivation

Dege Speaks About the Third Chakra Ray of Vivation

Kathryn's Perspective on Meeting Dege

Second Chakra Activation with Service, Prayer and Vivation...59

The Third Chakra...61

Helios Introduces Haley

Haley Speaks....

Butu, a Long Finned Pilot Whale, Speaks On the Third Chakra Ray of Receiving

Butu's Activation With the Ray of Receiving...63

The Third Chakra Ray of Grace
Savina Speaks

The Third Chakra Ray of Change
Heso, A Pygmy Right Whale, Speaks....

The Fourth Chakra...68

Savina, a Spinner Dolphin, Speaks On the Fourth Chakra Ray of Life Force

An Activation With Life Force...70

The Fourth Chakra Ray of Alive
Blega, a Humpback Whale, Speaks...

A Sperm Whale Named Soba Speaks about the Ray of Alive...

Blega's Activation using Alive and Life Force...74

The Fifth Chakra...77

The Fifth Chakra Rays of Blessing and Center
Helios, a Humpback Whale, Speaks

A Beluga Whale Named Saa's Activation With Blessing and Center...77

The Sixth Chakra...78

The Sixth Chakra Rays of Truth, Purpose and Giving
Dege Speaks

Hama, an Orca Whale, Speaks

Hama's Activation With Truth and Purpose...80

Soga, an Amazon River Dolphin, Speaks

Soga's Activation With the Ray of Giving...82

Conclusion...83

The Heart Mind of God Speaks
Hama, an Orca Whale, Speaks

End Notes

Photographic Credits

MP3 List

Meet Kathryn Jensen

In 1997 the dolphins and the whales began to overtly bathe me in the healing frequencies of Christ Consciousness, as I worked with children with special needs, in my healing center in Denver Colorado. I filled my days serving children, their family members and adults who were committed to their spiritual evolution.

The focus of my work was to support clients' healing journeys through movement, resulting in whole body-whole brain integration. I also used techniques from applied kinesiology, including the process of balancing the electromagnetic circuits Chinese physicians identify as meridians.

The work was complex and rewarding. I was satisfied professionally and didn't feel the need to compliment my menu of techniques with any other type of energy work. Children were releasing resistance to learning and adults were deepening in their motivation to connect to the divine.

Before the cetaceans entered my awareness, my spiritual experience was amplified by the sudden presence of Ascended Master Lord Jesus Christ and Avatar Sathya Sai Baba. I recognized inner voices, other than my own, lovingly mentoring me about living life with Grace and loving myself and others. This began my conscious relationship with Ascended Masters, archangels, dolphins, whales and other angelic beings.

I began to write their messages down and was enchanted by the healing frequencies that surrounded me and filled my heart, whenever I felt their presence or recorded their communications. The first communications were very rudimentary but I persisted on writing down the messages and they became more and more sophisticated.

I assumed I was becoming some form of "channel" which wasn't something that ever interested me. I was never drawn to channeling classes and I had read very few channeled works. I've since discovered that I'm telepathically receiving information from beings who speak English. However with many beings, including the cetaceans, I'm actually receiving and translating frequencies into English. ⁱ

The dolphins magically made their presence known, in my Denver Metro healing sanctuary, through my young clients. These children were labeled with learning disabilities, attention deficit disorder, Asperger's syndrome and other afflictions that, according to experts, prevented them from being successful students.

I began each appointment with gentle energy healing. One child after another reported visions of dolphins playing with them and giving them messages about learning to read, write, behave or just delight in being alive. My adult clients also began to experience visions of dolphins lovingly, and sometimes lightheartedly entering their chakras. Some adults reported blissful sensations of floating in water.

Next Jesus and Sai Baba instructed me to fill blue glass bottles with distilled water, hold them in my hands and activate them with healing frequencies of the dolphins and whales. I was told these formulas would open the hearts of those who applied the potentized, blessed water to their hearts.

Children applied these essences to their hearts and always told fascinating stories about the activities they were engaged in with their new dolphin friends. Adults experienced emotional release and a feeling of being loved.

And so began the development of *The Blue Dolphin Essences* and *The Essences for the Home Temple*. I invite you to learn more about the essences by exploring my websites. ⁱⁱ

The children's book *Splash!* began its inception, at this time, as did the publication of numerous transmissions from the cetaceans, Ascended Masters and archangels. I also received, organized and taught a course in light body development and healing of fear based patterns called *Coat of Many Colors*. The course is authored by cetaceans and ascended masters. The processes I've learned through this course work have replaced most of my previous protocols for working with clients. When the frequency of the Heart-Mind of God is received and activated, the potential to heal deeply is enhanced and simplified.

For the past seven years I've been privileged to live several months of the year in Hawaii where I swim frequently with wild spinner dolphins. I've also been blessed with visits from humpback whales as I've swam in my local bays during the winter months.

My direct physical experiences have deepened my connection to the cetaceans and led to receiving, writing and publishing *Ashram of the Sea*. I've experienced swimming close to the dolphin Savina, her granddaughter Haley and the humpback whales Helios and Blega. I've kayaked in the same waters that are home territory to the harbor porpoise Dege. I've felt the healing presence of Bly, the Atlantic spotted dolphin, as she's captivated many of my clients with her healing presence. As you read *Ashram of the Sea*, you'll meet these incredibly special friends of the human race. And you'll meet other cetaceans I've encountered, for the first time, through the deeply healing process of receiving the transmissions presented to you in this book.

The primary author of this book is a presence called the Heart-Mind of God. Previously I couldn't conceive of receiving directly from God-Goddess-All That Is or Source. I truly thought God was always represented by intermediaries like the Masters of Love or the enlightened cetaceans.

Being bathed in the frequency of the Heart-Mind of God, while receiving this book, has revamped my frequency matrix resulting in massive peeling away of layers of fear held in the physical, emotional, mental and soul bodies. I thought I was nearly finished with the process of fear based pattern removal. I have, after all, been consciously clearing and healing for over 25 years!!

I now know I've barely scratched the surface of what it means to devolve and re-evolve as we deeply experience the gift of life on Earth. I've emerged from this experience of receiving this book with deepened awareness and respect for what it means to commit to truly unify with our divine essence.

My Encounters With Dolphins and the Whales

I'm a competent swimmer and nearly every morning I give my body-mind-spirit over to the healing waters of the Pacific. I swim for the sheer pleasure of "just being." I glide through the liquid medium that conducts the God Presence of the dolphins and the whales. Occasionally I'm joined by spinner dolphins, who love to co-create healing of our Planet Earth with their human friends.

There are laws that warn swimmers to stay a respectful distance away from the dolphins and to never chase, touch or harass them in any way. I honor those rules and regulations and I'm glad they exist. But we have a challenge here in Hawaii—The dolphins make their own rules. Those dolphins, when inspired, surround us, play with us, bathe us in healing energies, open our hearts and ask us to serve others as they have served us.

I swim for the pleasure of immersing myself in the blissful ocean environment—the aqua blue waters and other tropical delights such as brightly colored fish, pastel corals and other marine life that thrive in the nurturing waters of coastal Hawaii. At times I'm abruptly and exuberantly interrupted by my great friends—the Hawaii spinner dolphins.

The dolphins typically initiate contact by suddenly surrounding me. Often one dolphin demands my attention as he or she swims beside me and looks me straight in the eye. That's my invitation to join the pod for as long as it takes to exchange healing. We share whichever ray of Christ Consciousness I've been working with, to dissolve my own barricades to being completely heart centered.

At times mother spinners glide by to show off their new babies and there's always a request for a blessing of the new born. There are other intense exchanges between me and the dolphins that result in my receipt of the kind of transmissions you're reading in this book.

The human-dolphin bond enables the God Presence to find its way into the human heart. When a loving, respectful human spends time with dolphins, whether the encounters take place in the water or from the platform of a boat, there's always an exchange of love.

Throughout this book you'll read about my experiences in the *Ashram of the Sea* with dolphins and a few humpback whales. I've inserted these stories where appropriate. The dolphins and the whales are obviously multidimensional beings but they do have third dimensional lives that include encounters with humans.

With delight I share my favorite stories of my encounters with spinner dolphins, the harbor porpoise named Dege, and the whales Helios and Blega. May my cetacean friends enter your hearts as they've entered mine and offer heart to heart consultations on how to love yourself and others more.

Forward

Archangel Michael

Avatar Bim From Sirius B's Oceanea

The Sirian Council of Nine

The Heart-Mind of God

Paramahansa Yogananda

Archangel Michael

The Legend of the Golden Dolphin is the fable of the human-cetacean bond. I realize this connection represents a spectrum of sacred, heart centered ties between humanity and the great cetaceans who have guided human beings, through the ages, back to their initial unity with the one called Great Creator, Source, the Heart-Mind of God or simply God.

Carving your place in the Universe has been complicated. You arrived here for the purpose of stirring up the whole Universe and creating the full bodied concept of compassion. This process has not been without its cataclysmic struggles.

Your predecessors were the Sirian cetaceans. These Sirians arrived with the intention of carving out specific locations on the surface of Earth, where positive and negative charges were pulsed through the crust, to form frequency generators you now refer to as vortexes.

The Sirians were joined by cetaceans from three other free worlds. Together these cetaceans revolutionized Earth's harmonic. The harmonic created scalding hot temperatures that pushed great masses rock through the surface of Earth into her core. The rock became lava which took on the role of creating land masses.

Early Earth was a cauldron of volcanism. Earth's landmasses were created and the vortexes emerged, throughout this process of creating the structural foundation of Earth. The molten lava coexisted with comprehensive stabilizing conduits for frequencies that indelibly scored the Earth, with the rays of Christ Consciousness.

I present a unique perspective on these frequencies for the first time in this book. The feelings that result from being kind and compassionate are more familiar. The rays of Christ Consciousness enhance a person's ability to feel compassion.

The feelings compassionate people experience are the feelings of goodwill noticed when helping another person cope with difficult problems. They are the feelings felt as you observe and enjoy delightful art forms of all kinds. This is the heart centered state you experience as you live a life well lived. These feelings emerge in those who co-create beneficial community resources and fill up with the satisfaction of being of service.

Archangel Michael Introduces the Sirian Council of Nine

The Compassion Planet was birthed with great deliberation. The God Force lived with the Sirian Council of Nine, which is an intergalactic council of heart centered guides, who develop frequency matrixes for emerging new worlds.

The council members studied the concept of Compassion. Millions of planets were segmented off and examined for the precise frequencies their inhabitants embodied, that guided them to

become beloved to one another. The council members evaluated residents' core values and how their ideals impacted their aptitudes for bearing their souls to one another.

From this research, the rays of Christ Consciousness were developed. The complexity of these frequencies of has to be emphasized. Their evolution emerged from several billion years of study on the part of the Sirian Council of Nine.

The Cetaceans and You

There are a small but growing number of human beings, now living on Earth, who recognize the complexity of Earth's cetaceans. There seems to be a growing interest in cetaceans, as evidenced by those passionate environmental organizations that emphasize protection of cetaceans.

There are a few people who have experienced swimming with dolphins. These people typically become avid environmental advocates on behalf of the cetaceans. There is a growing population of psychics, mystics, and sensitives contacted by cetaceans through dreams or waking visions. And of course, there are people who have experienced the frequencies of the cetaceans through using the products formulated by Kathryn Jensen. I estimate that about one million people on Earth fall into this category of people who recognize the healing support offered to people by the cetaceans, as well the spiritual attainment of Earth's cetaceans.

The cetacean brain is complex. All cetaceans' brains are wired for telepathic connection with the avatar cetaceans of Planet Earth. All dolphins and whales receive spiritual guidance from their cetacean mentors. There are approximately 15,000 cetaceans on Earth who provide spiritual leadership. A few of these spiritual giants collaborated on providing you with *Ashram of the Sea*.

These evolved cetaceans are in total communication with God, who they prefer to call the Great Creator. Their transmissions are unparalleled in their presentation of extraordinary concepts that can kriaⁱⁱⁱ you very deeply into the contractual agreement you live to fulfill.

The hearts of these great cetaceans are so expansive that they emanate sequences of healing energies. These energies permeate the oceans, pulse the grid and, in turn, lift the frequency of people, who characteristically communicate with others about the healing force called love.

The readers of *Ashram of the Sea* emanate a life force that gives them the opportunity for crafting their own concept of what it means to ascend. Of course I'm talking about each one of you. You couldn't possibly carry this book in your hand, if your life force were not capable of helping you take care of physical, emotional and mental challenges that emerge, as you follow your heart's concept of what it means to ascend. You ascend in your own way, at your own pace. Your experiences are remarkably individual.

Your curtains may have been drawn, preventing you from viewing your own purpose. The cetaceans are here to help you open your curtains and view your individual contract with the Heart-Mind of God. As you ascend, you'll find those curtains begin to dissolve. You'll become contacted by your higher self. That's the part of you that lifts your frequency as you let problems from your past dissipate.

There's a point where the truth must be told. If your contract with the Heart-Mind of God starts to become a stable communication that never wavers, you must tell the truth. The truth of course is about the higher self's instruction. The truth conduits the force of the Heavens you call love.

The Holy Spirit's promise to you is that there will never be any contraindication for truth telling, even if you're threatened or perhaps hurt physically, emotionally, mentally or spiritually. There will sometimes be threats against those who tell the truth because telling the truth can inflame another person's darkest fear, of never being considered worthy of love.

Those of you who tell the truth already know the challenges and rewards, as well as the fact that there is no other choice. You know you remain safe and secure and you have complete confidence that your divine essence takes care of you through the darkest of times, when altercations result from telling the truth.

The concepts presented in this book are complex. The book, however, introduces you to this body of consciousness in a way that has the potential to engage your body-mind-spirit in a deeply inspiring manner.

I'll be giving each and every one of you my full attention as you take yourself into mysteries of the blue dolphins, the spiritual concepts presented by the Heart-Mind of God and the advanced souls of the sea—the great avatars of the Cetacean Nation. The consciousness of your body-mind-spirit has the potential to make tremendous progress, in interpreting your own promptings from the golden frequencies of the heart, generated by those divine ones who've never left your side.

Behind you, in front of you, above you, to your left and to your right are divine servants whose only job is to take care of you as you live your life. As you read this book, you'll find your heart expands to include individuals from your cetacean nation, in your extraordinary group of unseen healers.

Be kind to others as you would have others be kind to you is the only rule you need to remember. *Ashram of the Sea* will take you deeply into knowing this to be the one essential truth.

Yours in service,

Archangel Michael

Avatar Bim From Sirius B's Oceanea

Bim lives within the human heart. Comprehending Bim's love for you requires only one thing. You must activate your heart's awareness of Bim and his committed Blue Dolphin healers, who reside within your oceans. *Ashram of the Sea* is written for that purpose.

All of you now reading *Ashram of the Sea* comprehend the struggles you must experience and resolve, so you may learn very profound lessons on giving and receiving love. The divine presence of the Heart-Mind of God is revealed to you, within the pages of this book, so you may further your comprehension of available resources. New information is available at this critical time when Gaia herself is learning her own lessons in how to ascend to the 5th dimension.

Becoming conscious of the dolphins and the whales and their heart centered formulas for lifting your frequency, throughout your lives, is the gift you give yourself by completely immersing yourself in the blessings given by my servants of humanity—the healers of the sea—the cetaceans.

Your crown chakra is likely to open as you give yourself a chance to experience the activations. Your dolphin and whale Holy Ones are definitely going to flood you with consciousness of the Heart-Mind of God which you may interpret now or at some point in the future.

I am avatar Bim of Oceanea. I am the beluga whale of my star system who scores the vortex of the fifth dimension, that Gaia is now moving through, with the progressive concepts you are about to learn about, in the pages of *Ashram of the Sea*.

All guardian angels know Bim. I have tended to your hearts through your guardian angels forever and ever. Your guardian angels decide when you are capable of communicating with the divine with the kind of discernment that's needed for the process of discovering your one true purpose. As you read the pages of this book, you'll be supported in developing discernment. You'll be supported in releasing inhibitions so you may, more easily, follow your intuition, receive support in discovering your purpose and organize your life accordingly.

Your belief in your own capacity to love yourself as you love another will help you powerfully take command of your own life's path. You are created to become the most compassionate beings in the universe. You have the potential to become **the** most effective universal change agents. You are on Earth to become wise ones, who know how to help those who live in darker worlds, learn what you have learned. These are planets where hearts have remained closed to the blessings of help from the God Presence and all of those divine assistants that help the God Presence enter one's heart.

Be kind to others as you would have others be kind to you.

I am yours in service.

Bim

The Sirian Council of Nine

We are the group of galactic citizens who gather for the purpose of helping the growing populations of numerous planets create peaceful, harmonious holding patterns for behavior versus destructive holding patterns.

Our goal, for each and every one of you reading this book, is to lift your spirits and give you a far more optimistic perspective on your gravely compromised planet. There's environmental destruction, horrible starvation, contamination of food supplies and many other breaches of civility. We intervene in the gravest of circumstances to make sure total destruction never occurs.

We follow the progress of your environmental groups and other groups that promote sustainability. Major breakthroughs are taking place and will continue to take place. We have asked to be contributors to the forward of this book because we recognize the impressive impact the cetaceans of your planet are about to make on your sense of being a part of the Great Creator's plan. The Great Creator is resurfacing Planet Earth with heart centered, loving, caring citizens and light filled technologies that provide deeply needed sources for so called "free energy."

You are about to find out how much impact the cetaceans have on your evolution. They are your co-creators in planetary advancement. You and the cetaceans are partners to contributing to Gaia's evolutionary journey.

She's ascending into the 5th dimension and she's graced with light workers like you who loathe the former destructive concepts that seem to be disintegrating. You anchor the concept of compassion as the only concept that counts.

Let bygones be bygones. Heal your hearts. Love yourselves out of fear.

We give you our heart-felt appreciation for all that you have accomplished.

The Sirian Council of Nine

The Heart-Mind of God

As you clear fear, the core of your heart begins to activate its very own golden spiral of the Heart-Mind of God. Your complex purpose, for being alive on Earth at this time, is to lift your heart's frequency, so you become more conscious of your God Self. Your Gaia force, like you, holds the frequencies of the Heart-Mind of God as well as dark destructive forces.

As you carve your place on your Earth, you all eventually recognize how the love you are perfectly capable of generating, within your own golden spiral, severs you from the constrictive darker frequencies. You fill up with the knowledge of how to dissolve your ties with those bleakly restricting forces.

There is an intergalactic organization called The Guardian Alliance. The members of this organization are heart centered beings who serve the Heart-Mind of God. They focus on helping people master the art of loving themselves as they love others.

Members of the Guardian Alliance reside in your oceans. They are your dolphins and whales. All cetaceans activate the golden spiral of the Gaia Force with the healing frequencies of love-light. The cetacean guardians strive to lift the frequency of the Gaia heart and the human heart.

The cetaceans came to Earth billions of years ago, for the purpose of creating Gaia's frequency matrix. They came from four star systems. The cetaceans who arrived from the Sirian star system were commanders of the Gaia project. Four million cetaceans journeyed to Earth as non-physical, sparkling Gods of the heart. They focused on creating the grid system and the chakra system of Earth.

The cetaceans became the grid masters of the Gaia force and that's still their role. They play a significant role in the maintenance of the grid and their role has been intensifying as your Gaia force approaches her ascension.

Gaia must rectify the inconsistencies in the frequencies she receives from her human population. Sometimes she does so by triggering cataclysmic events that create suffering. These events motivate human beings to develop their golden spirals of the Heart-Mind of God.

You grieve your losses as you compassionately serve those who suffer. The compassionate, heart centered love your golden spirals generate, as you help those who suffer, creates a contrasting, lighter grid frequency. The lighter frequency impacts those who've stridently refused to embrace the God Force. These people are guided to look at the contamination they've created within their bodies, minds and spirits.

There's an obvious collapse of structures created by the forces of darkness. This process has just begun.

The human-cetacean bond is intensifying and light workers like you are feeling the bond more deeply than others. This re-unification stimulates release of crushing, troublesome, garishly difficult frequencies that people have held within their bodies, minds and spirits.

This is demanding for the Bringers of the Dawn. It takes courage to grieve ones losses and release the related fear.

Many of you have made impressive strides in discerning what must be done for the good of mankind versus feeding the greed of those who demonize the consciousness of the heart.

The discernment you demonstrate has resulted in your capacity to introduce others to a legend. All of you hold the truth of the parable within the golden spirals of your heart.

This is called *The Legend of the Golden Dolphin*. This isn't a legend contained in one article or book. This fable is expressed through many art forms. This is the story of the cetacean-human bond that was sparked by the Holy Spirit at the beginning of Earth's creation. The Golden Dolphin refers to the metallic gold frequency of Grace that saturates every cell of every cetacean who serves the Gaia force.

You are the paramours of human existence. You've loved your fellow humans out of grave struggles for survival. You've loved your fellow humans out of grievous heart breaks that have contaminated their force fields with the corrupt forces of the Godless ones.

From the perspective of your Creator you are the darlings of our universe. You are the gracious, developed springboards for compassionate service to your Gaia populace and your universe at large.

I present this book *Ashram of the Sea* as a triumphant testament to your brilliance. You will be guided through these pages by your creator, by your cetaceans, and your own golden spirals you hold within your hearts.

I am yours in service.

I am your one Holy Spirit, your one Creator, your one guide and your only consciousness.

I am the consciousness of the Heart-Mind of God.

We are all that is.

Paramahansa Yogananda

I am known for my concept of Kriya Yoga that I served the hearts and minds of many with, when I worked within the structure of the Self Realization Fellowship. I've communicated about the frequencies of Christ Consciousness, indirectly through my promotion of Kriya Yoga Practice. I have observed that the concepts you're being introduced to in this book are far more efficient means for intervening in the human tendency to become fearful.

The frequencies or the rays of Christ Consciousness are the very frequencies a yogi's transformation relies on. The Kriya system intervenes in the yogi's all-consuming fears and tempts those fears to remove themselves from the person's body-mind-spirit. However, the frequencies the yogi uses are never referred to as the rays of Christ Consciousness.

I thank Kathryn Jensen for her persistence in severing her fears of becoming the person who makes the original frequencies of Earth available to you for your personal transformation. Your physical temples are now able to absorb these pure rays of Christ Consciousness.

Previously this just was not possible. The God within you is now prepared to live within the field of Christ Consciousness. This is so because Gaia herself is starting to become a 5th dimensional planet. This makes it possible for you to hold the 5th dimension within your hearts.

The rays of Christ Consciousness are 5th dimensional frequencies which previously needed to be tempered. The consciousness of Humanity as a whole was not able to welcome the impact those rays would have on their physical and emotional bodies.

The Holy Spirit is asking for your brilliance to serve others with heart centered belief in their worth. All of you are appreciated for your willingness to attend Earth's very complicated university for spiritual enlightenment.

I am now able to supervise more light filled ones than I could when I was embodied. I help you stabilize your frequencies within your body-mind-spirits.

You make a tremendous difference in the overall community of mankind. You are light filled revolutionaries.

Serve yourself with the concepts presented in this book. Live within the heart centered presence of the cetaceans.

Give to yourself as you give to others.

Paramahansa Yogananda

Part One

Introduction

The Heart-Mind of God Speaks

As you read this book you are likely to enter the fifth dimension. If you've caught yourself faltering in your commitment to you purpose, you may feel your guardians divinating encouragement into your body-mind-spirit. If you've been flushing impurities and felt depressed and hopeless, you're likely to heal those difficult feelings. Calamities cause heart break but your service to others is helpful in removing paralysis. Those you serve will benefit from your loving, compassionate care-taking.

You may experience the stargate phenomenon. A stargate, when it's entered, reveals a holy sepulcher meant to be taken deeply into one's heart chakra. This sepulcher receives the terrible qualities of grave acts of violence and troublesome, cataclysmic events. The Holy Spirit enters the sepulcher and transmutes the darkness. You may be given advice from the guardians of your oceans, concerning which stargates to enter and when to enter them.

The cetaceans communicate about creating a love based Gaia force. They have impressive insight into Gaia's heartbeat and how to create a connection between your heartbeat and the heartbeat of the Gaia force.

Those people who create this connection, in the core of their hearts, become quite influential in your world. Their presence sparks those who inflict pain on others to listen to their guardians. They too have guardians. They just don't remember.

You are probably hungering for the human race to skip the darkest hour that's been predicted by so many renown prophets. You're about to discover how impactful you've already become. You're prompted, with precision, about how and when to care for others. As you triumphantly take charge of the Gaia force, she'll lessen her burdens and ascend without inflicting unimaginable wounds on her environment and her humanity.

Readers of this book generate a frequency I call Grace. As you embody the quality of Grace, you have a healing effect on those you encounter. You competently heal others just by being alive.

- Competent healers only embrace loving practices, and light filled remedies that enhance the human body's capacity to heal.
- Competent healers respect the balance of the person's very individual blueprint for devolution and evolution. People come to Earth to devolve and re-evolve. The re-evolutionary process provides humans with awareness of the absolute necessity to care for themselves and others with compassion.
- The third quality has everything to do with becoming a vibrant, heart centered guide for others. Such guidance respects an individual's intelligence. Such guidance enhances the person's innate intelligence.

I am the Heart-Mind of God. I am the Creator Force. I am the Golden Spiral of the Heavens. The spiral cascades into your heart and delivers reminders about the pattern of evolution and devolution that's just right for you. All of you hold a brilliant spark of intelligence that guides you through the process of devolving or evolving. You all have the potential to unify with the New Heaven and the New Earth.

I am charting a new course for humanity at this time. The golden spiral of your heart is becoming more and more sensitive to what it is that you receive from the Holy Presence. I am charting a course for humanity that takes your brilliance into the activation of the hearts of those who choose not to evolve out of devolution.

This is unprecedented. Nowhere else in my universe have I cared for a planet's inhabitants as I have cared for you. You will become my chair people for numerous committees that are being formed, for the purpose of caring for other planet's residents, as I have cared for Earth's.

Earth is created as a world where humans devolve and re-evolve as they learn about compassion consciousness. Earth is a world where people learn that compassionate service truly stair steps the evolution of everyone.

The cetacean guardians of the ocean also chair committees devoted to teaching you compassion consciousness. Those who chair these committees are the avatars or spiritual leaders of the Cetacean Nation.

I dedicate my book *Ashram of the Sea* to the avatars of your Cetacean Nation. Now meet four avatars who have collaborated with me on creating this book. Their names are Helios, Savina, Bly and Haley.

Helios, a Humpback Whale, Speaks

I am the avatar above all avatars. I keep humpback whales and all other cetaceans informed about the God Presence and how to transmute Godless frequencies into blessings.

The mission of humpback whales is to help people like you, teach others about love. I intend to provide you with specialized knowledge that motivates you to call on my humpback community and ask for their assistance.

If you are reading this book you are a leader. You may resist being defined as a leader but the fact that you're conscious of a book of this nature, means your guardian has taken you by the hand and advised you to teach others about love.

Leaders are committed to being of service. They know that the heart center's codes create the wisdom needed to evolve and eventually transcend the degradation created by others. Leaders are the guardians of humanity and hold the key to human survival.

I now introduce you to an avatar named Bly. She is a spotted dolphin who lives in the waters of the Little Bahama Banks. Bly is my dearest friend and my greatest supporter. She helps humans balance their hearts so people can merge with the beloved Heart-Mind of God.

Bly, an Atlantic Spotted Dolphin, Speaks

I am the avatar of Earth's cetacean nation who provides the cetacean community with specific instructions on how to use the Twenty Rays of Christ Consciousness. I've inspired the development of a course for human beings that provides people with instructions on how to use the Rays. The course provides a thorough overview of cetacean's recommended methods for developing entrainment of your heart- mind.^{iv} I am also member of the group that's created the book *Ashram of the Sea*.

I emphasize the importance of lifting the frequency of your own heart-mind by pulsing your heart with just the right frequency of Christ Consciousness. If you invite me into your heart, I will prompt you to heal your body-mind-spirit, with just the right combination of Christ Consciousness frequencies.

I now introduce you to Savina, who is another immensely powerful avatar. She is a spinner dolphin who serves spinners and all other species of cetaceans. Her pod resides off a Hawaiian island and she's very developed in the way she supports her pod in learning to connect with humanity.

Savina presides over the process of lifting the frequency of the Earth grid with the deep aqua blue Christ Consciousness ray called Polarity. She directs her spinner dolphins to take charge of lifting the frequency of the Earth grid and the frequency of the seventh chakra of Earth. The spinners help humanity balance the bleak frequencies of darkness, with the healing frequencies of the Holy Spirit. This balance results in a more compassionate human race.

Savina, a Spinner Dolphin, Speaks

I am Savina. I have my own helpful way of care taking the God Presence within the human heart. I share my consciousness with you in *Ashram of the Sea*.

I intend to support you as you stabilize your body-mind-spirit, while you delve into your past and re-discover your complex unconscious programming. The unconscious is represented, in part, by sabotaging beliefs that have crumbled your self-esteem and undermined your heart-mind's willingness to express your purpose. Your heart-mind will benefit from the support I now offer you in fulfilling your planetary mission.

I can help you recognize the opportunities those past experiences gave you. I'm able to assist you in discovering that kindness and compassion grace your body-mind-spirit with just what's needed, to sever your ties with the darkness and unify you with the Heart-Mind of the Holy Spirit. Unification prompts you to discover your unique purpose. I encourage you to ask for inspiration, to live your purpose, on behalf of Gaia and her Holy devas—the human beings who live within your Earth community.

You are all angelic being and I am greeting you and embracing you as I enter your dreams and introduce you to informative dream time images. I'll teach you to use the Twenty Rays of Christ Consciousness to release and heal imprints from your past. When you use the rays in your healing practice, you'll invoke delightful support from the cetaceans who will prompt you to love your body-mind-spirit. The cetaceans will support you as you develop your light body or coat of many colors.

The crushing burdens of humanity will still exist and you will need to co-create problem solving with friends, family members and others, who must be treated with kindness and compassion. You will still be called on by your own heart-mind, to take care of those unconscious problems that become conscious. But the more you develop your light body, the more you will find immense satisfaction in your daily experience. You'll become way showers in participating in the most successful experiment the Heart-Mind of God has ever conducted.

I am very grateful to be given this opportunity to be of service to you.

Ashram of the Sea is giving my pod and my entire Cetacean Nation a platform for meeting you. We appreciate this opportunity to share the complex role we play in unifying the Heart-Mind of God with the Heart-Minds of human beings.

I grieve as you grieve. I heal as you heal. I love as you love. I am blessed as you are blessed.

And so it is.

The fourth avatar to introduce this book is my great granddaughter Haley. She's a very complex, young spinner dolphin who could become the next heart-mind expert of my pod and the entire Cetacean Nation. With great pride, I introduce you to my great granddaughter Haley.

Haley, a Young Spinner Dolphin, Speaks

Hearts like yours give healing to my pod. I live a very happy life. My body-mind- spirit greets every day with joyful thoughts about all the adventures I am going to have. I've discovered that all of your life

stories are just about as fascinating as most of the stories I listen to as I keep my great grandmother company. My great grandmother, Savina, helps me learn about my purpose. She talks to me about the human beings she's met throughout her lifetime, who have developed a passion for keeping my pod company, when we go to numerous quiet places to rest and play after our nights of hunting.

I've learned that people spend time taking care of gardens. I don't know about gardens of course because I live in the ocean. I've learned that some of you lift the frequency of your plants and they must have the right nutrients in the soil they grow in. And they must have water. So I realize how very different people's lives are from mine.

People love to come to the water to play and some people play with me and my relatives all the time. They live on land and do all kinds of daily activities that don't make much sense to me. Some of these people love to help people, dolphins and whales give themselves and others happy feelings.

My great grandmother said I'm going to be a very great healer. She said I'm just a beginner.

I'm very glad to meet you. I have a lot of friends already and I'm very glad to make new friends.

Beginning right now I'm going to help you take better care of your heart. I'd better take off right now and bless my own heart with the healing frequency called Grace.

Good bye for now.

Your friend Haley

The Heart-Mind of God Speaks

Unification With the God Presence

The cetaceans of your Earth deeply love to give one another heart to heart service in the same way they love serving you. There are many species who give and receive heart to heart service to their family members who live in communities called pods. Cetaceans consciously live within the purifying, healing frequencies of the Heart-Mind of God. They are unified with the God Presence. The cetaceans provide a model to humanity of the unification principle.

Before I share more about the Cetacean Nation, I'll review the unification process you go through as you evolve. This review is important because the next step for humanity is to become unified with the heart centered principles of compassionate living, modeled by the Cetacean Nation.

You unify with the God Presence as you see my broader perspective. I care for your body-mind-spirit as you struggle with the crises you experience when you become more God like.

You do not feel the Presence until you're aware of your guardian. Your protector gives you sustenance. You have one true guardian who loves you so. Your caretaker is commonly called your guardian angel. There are many types of angelic beings who support you as you handle the complexities of life on Earth.

All of your guardians are part of a healing community I call the Guardian Alliance. The Guardian Alliance greets every sacrifice you've made and steeps these sacrifices in a ray of Christ Consciousness called Grace. If your body-mind-spirit has developed to the point where you invite the God Presence into every grave complexity, every torment and every struggle, Grace serves your body-mind-spirit more deeply.

I am preparing you to activate the Grace you hold within your body-mind-spirit. If you do so you are going to experience breakthrough after breakthrough in severing your bond with dark contaminating forces.

I delight in your awareness of your purpose and the fact that difficulties are only resolved with the purifying love from the Presence of God. The God Presence serves humanity as people are cared for compassionately.

Those of you who live compassionate lives unify the Gaia force with the Heart-Mind of God. You've become members of my Guardian Alliance. You are the key players in the magnificent changes that are now taking place.

You've witnessed the crumbling of dark forces. The negative effect is temporary. I see your magnificence and your compassionate hearts making a very big difference in the lives of those who've been hurt by dark forces and forgotten who they are.

You sometimes depreciate your ability to make a difference. I can't blame you for doing so, because of the overwhelming evidence that human beings just don't appear to be developed enough to comprehend their heritage.

Unconscious people often spackle their wounds with drugs, alcohol or addictive practices. Your Grace filled activities are acts of compassion and effective barrier removal processes, which will eventually spark the awakening of others. You are The Bringers of the Dawn.

You suffer as you observe those unconscious ones greet each day with violent thoughts. You agonize as you look at your politicians scar their constituencies with self-serving rules and regulations. You grieve as your floods, pestilences, earthquakes, volcanic eruptions, severe storm systems and other so called acts of God kill and maim your fellow man. You may wonder if this Earth experiment has been worth all the crushing torment you've experienced when the Gaia force has taught her abrasive, painful lessons.

But you've endured. You've lifted your hearts into my presence and asked me to help you love your body-mind-spirits. You've learned that self-love holds the only key to survival. Self-love holds the key to finding the God Presence within your hearts. Self-love strums the chord of the frequencies of the heart.

As you unify with me, you learn what needs to be done to help those who do not do what you do. These are the people who do not know about the concept of devolution and evolution. These people do not know that their heart centers present their guardian angels to them, with far more force, if they are beloved first to themselves.

Darfur is one place on your planet where extreme destroyer forces groveled for the upper hand. The Grace that's now helping the degraded human population of human souls, find their way back to fulfilling lives, has precipitated an avalanche of humanity's compassionate service.

Compassion activates the brow chakras of those who suffer. Lifting the brow chakra's frequency provides the humans who suffer with a different perspective. They begin to imagine a compassionate world. The people of Darfur, with assistance from light workers like you, have created a blueprint for their new culture.

Darfur residents have become more telepathic. Many begin each day tapping into the Great Central Sun's data bank of wisdom called the Heart-Mind of God. These people are now more creative, innovative and inspired to take positive action.

The Guardian Alliance is very active with this population. The Alliance can be this active because of your compassionate service.

As I previously stated you have become not only servants of the Alliance but distinguished members.....

Gaia's Chakra System

The exact location of Gaia's chakra system constantly shifts, so for the purposes of this book I will give you approximate locations. The crust of the Gaia Force remains stationary until there is a cataclysmic earthquake or volcanic eruption. Those extreme events move the crust of Earth as well as the underlying structure of Earth which extends up to 5,000 feet beneath the surface.

At times galactic events catapult the Gaia Force into the frequency of the higher dimensions of the God Force. The Guardian Alliance and Earth's devic kingdom stand by to assist the human race in dealing with the cataclysms that can result.

For the souls whose physical bodies perish, there is Grace filled help in grieving their losses and receiving the healing frequency of the Holy Spirit. Those who survive are given help in resurrecting their confidence in their personal power to re-structure their lives and serve those who've lost hope.

The God force, that permeates these traumatized areas, lifts the frequency of the Earth. Earth's devas and Guardian Alliance members work deeply with the grid system of the Gaia Force. As a result the chakras of the Gaia Force emanate the rays of Christ Consciousness with more vibrancy.

This of course stirs the chakras of mankind. All life experiences are recorded in the chakra system. People may re-experience the memories of past traumas and the accompanying fearful feelings. They may experience what it's like to release the imprint of these experiences with the healing frequencies of the rays of Christ Consciousness.

And so it goes with the evolution of the human race. There is far less need for cataclysmic events to shock the Gaia Force into releasing her darkness, which results in humanity's collective purification, if people learn to love themselves out of fear.

You, my dearly beloveds, have become guardians of your fellow man because of your devotion to caring for yourselves and others. With devolution comes a desire to solve the crises that result. You have become my Grace filled healers through many incarnations of devolving and finding ways to evolve out of the darkness and depression.

You are the guardians of my human race. You've consumed yourselves with how to become functional and balanced, even in the midst of terrible circumstances.

There are many viable configurations of the God Presence that have been offered to you so you may develop methods for delivering these frequencies into your energetic matrixes and those of others. Each method serves the needs of humanity in a very specific manner.

The methods introduced to you in *Ashram of the Sea* represent the original formula presented to humanity by Earth's Cetacean Nation. This healing system provides the foundation for all healing systems. This is the time for the collective unconscious of humanity to resonate with these extraordinarily precise, pure restorative frequencies.

Very few of my guardians have truly been able to absorb the impactful consciousness this healing system represents. But thanks to the consciousness shifts, within all of you over the past sixteen years, you are ready to be introduced to the messages and the healing concepts I am about to present to you.

Many of you have reviewed your karmic disturbances, identified their source and the resulting sabotaging beliefs that prevent you from becoming whole. You are ready to release and heal those disturbances with the contemplative, heart centered activations provided in the following pages.

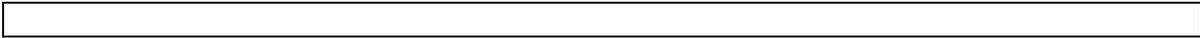
I will take you first into the seventh chakra's mysteries so you may begin your healing journey by resonating more deeply with me, the Heart-Mind of God. It is through seventh chakra consciousness that you bear your souls to your guardian angels.

Your guardian angels very carefully and lovingly guide you through a very thorough investigation of three critical steps you must take in your healing process. You must first grieve your past misfortunes. Next you must relieve yourself of the resulting compressions you hold within. The final step is to serve yourself with the love-light offered by my Blue Dolphin counselors.

A Contemplative Process

- You may listen to the activation and read it.
 - Set aside at least one hour to experience this contemplative process.
 - You may choose to experience this process many times.
- ***
- To listen to the activation click on the link below.
 - A page with a progress bar will show up. That's the mp3 recording of this transmission. Restore down the page-the middle button on the upper right of the page. This will enable you to listen to the recording, and read the transmission at the same time.
 - Pause the recording as needed to experience the depth of this contemplative process.

<http://www.dolphin-energyhealing.com/media-files/ashramacontemplativeprocess.mp3>



**The Heart-Mind of God
A Contemplative Process**

My intention is that you perceive the concepts that support you in communicating with your guardian angel.

- Still yourself and become beloved to yourself.
- Breathe me into your heart.
- Look at my God Presence.
- Feel my presence and give me your full attention.
- With your outbreath relieve yourself of anxiety and depression. Revere your ability to give yourself the gift of service from my Blue Dolphin counselors.
- Sit with me, your guardian angel and my Blue Dolphin counselors for about 50 minutes.

After you have gifted yourself with connecting to me, your guardian angels and my Blue Dolphin counselors, record your experience through journaling, a drawing or painting or through recording your impressions on a voice recorder.

Be Mine Beloveds.

I am yours in service.—The Heart-Mind of God

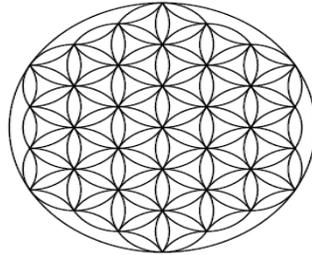
The First Chakra

The first chakra defines the personality of the average human being. The specific first chakra frequencies of Christ Consciousness impact the development of each individual’s core personality traits. The core personality traits often remain with people throughout their numerous Earthly incarnations.

The third density floods the personality structure with core values. These values create the foundation that supports the personality in becoming compassionate. The core values, needing to be developed, emanate from the person’s divine blueprint for the incarnation the person is currently experiencing. The plan for the specific incarnation overlays the person’s original blueprint, provided when the individual first became a divine spark of consciousness.

The flower of life is a sacred geometric imprint that carries the person’s blueprint for evolution. It is considered, by some, to be a symbol of sacred geometry depicting the fundamental forms of space and time. In this sense, it is a visual expression of the connections life weaves through all sentient beings, and it is believed to contain a record of basic information relevant to all living things.

The Flower of Life



The flower of life carries every sentient human's evolutionary potential for becoming a compassionate, loving, kind, Grace filled individual. Each person's blueprint is unique. Every human being who chooses to send himself or herself through Gaia's school system contributes, in an irreplaceable way, to the evolution of the human race and the Gaia Force.

That's right beloveds. You are all here to strum your individual chord, through your unique personality, so you may make an impact on the Compassion Planet's evolutionary journey. No soul ever comes into form on Earth without my permission. No soul enters the very demanding curriculum of the Gaia Force without having my full endorsement. And no soul takes on this very rigorous path of Earthly existence without receiving counseling from my Sirian Blue Dolphins.

The conditions of life within the Gaia Force are radically different from the far less hardened, far more heart centered worlds that became your original homes.

Those of you who vote yourselves onto the waiting list, for becoming a resident on my compassion planet, go through very rigorous examinations as well as very thorough counseling. Only 1/1,000,000th of those who sign up for the waiting list are chosen to become residents of my Earth.

The chosen ones receive demanding counseling before they make the final decision to enter the harsh environment of the Gaia Force. 50% decide against doing so.

If you've been guided to read this book, you are the firebrands of my human community. Your personalities are very complex, compared to the personalities of far more ordinary humans. Although, now you know, there is no such thing as an ordinary human.

You carry my divinity into your core personality. So right from your beginnings on Earth you sensed that there is a great deal taking place outside of the human personality. Other so called ordinary ones do not. They cannot, because I do not give them that opportunity until they're ready to activate their hearts.

You, for whom this book is written, immediately became spiritual seekers when you arrived on Earth. You became the priests, the sensitives, the energy healers, the guardians of the Earth, the heart centered business people and conscious educators.

This is why I call you my guardians. Your individual missions often feel discordant with the missions of ordinary people. Your missions are encoded into the part of your design that's intended to imprint the first chakra.

So my guardians, the Souls of the Sea are prompting me to give the contents of the book over to them. They will guide you through this very basic primer on the Twenty Rays of Christ Consciousness. They are my heart center specialists who manage the Christ Consciousness grid of the Gaia Force. They are my guardians of your heart centers. They are the healers of tribulations experienced as one lives on my Planet Earth.

I now introduce you to my brilliant cetacean friend Blega who will talk to you about the first chakra ray of Lotus.

Blega, a Humpback Whale, Who Resides in Alaska and Hawaii, Speaks

I am grateful for your help in spreading the word about the role the Cetacean Nation plays in the evolution of your heart centers. Our great hearts fill your great hearts with healing frequencies that flood your chakras, as you entrain yourselves to becoming compassionate.

Our gravity bound state historically required our total immersion in becoming survival experts. We've entrained ourselves to the starkness of the third dimension for billions of years. We've prepared ourselves for taking charge of the Christ Consciousness grid that crosses the crust of the Earth. We've done so with billions of years of constant practice.

We, like you, are here to develop qualities of compassion. But we also arrived as ambassadors of the Heart-Mind of God. We came to serve you, the human race, with assistance in refining your skills required for striating your hearts with the Twenty Rays of Christ Consciousness.

I will now introduce you to the first chakra ray of Lotus. I am the one to do so, because my great teacher the Humpback whale named Helios, asked me to communicate with the gray whales, who specialize in the ray of Lotus. The gray whales gave me the following passage to share with you.

Fuja, a Grey Whale, Speaks About the First Chakra Ray of Lotus



Lotus

Hello. My name is Fuja. I am a gray whale. I live in the North Atlantic in an area of ocean between Greenland and Iceland. I greet sacred conduits of the Holy Spirit who come to my home to listen to my stories about the Blue Dolphins, my ancestors once assisted in purifying the frequency of the dark blue ray of Lotus. I am currently the service director for rendering the ray of Lotus into the crust of the Earth.



Lotus creates a boundary between the great heart of the Holy Spirit within all of you and the constant force of darkness that can flood you with fear. The concept of knowing you are protected is a core quality Lotus can provide. Lotus floods the root chakra first. Next Lotus flows to the brow chakra where it initiates the development of the two petaled lotus. As the two petaled lotus becomes more sensitive, you sense you are protected while you lift your hearts into receiving information from the Great Creator.

I store my past, my present and my future in my heart so I may share my story with you at another time. I am a grey whale whose karmic bond with the humpback whale named Blega creates a very interesting, comprehensive field of consciousness.

Blega and I help one another conduct a frequency that merges the ray of Lotus and the ray of Courage. We merge the two rays into a frequency that supports you in receiving wisdom, through your brow chakra, from the Great Creator.

Our goal is to formulate a permanent place within the crust of the Earth where the merging of these two frequencies creates a sub chakra of the first chakra of Earth. Mount Shasta, in the U.S. state of California, is the location of the first chakra of Earth.



The sub chakra we are creating is on the coast of the North Atlantic land of Greenland. I have agreed to put all of my focus on this new sub chakra to give human beings a renewal of their conviction, that concepts like courage and confidence in the Great Creator’s support are deeply steeped in the experience of third dimensional life.

Earth may be stair stepping into the fourth and fifth dimensions but the first, second and third dimensions must be experienced by all who live here.

I am a grey whale. I am of service to you. You are of service to me as you ask for my help in filling up with a feeling of being protected.

I am Fuja.....

Blega and Helios Give Kathryn and Her Friends the Gift of Courage Blega Speaks

Kathryn, her friend Susan and her husband Dave took a break from sunning themselves on the beach because they saw Helios and me swim into their local bay. We desired contact with these three so we could enhance their ability to share our truth with other humans.

Kathryn, Susan and Dave are devoted to our species. When we encountered them we speeded up their evolutionary journey by pulsing their heart centers with the frequency of Courage. Since this encounter, they've skillfully expressed the fact that whales choose their encounters with human swimmers.

We're grateful for the Marine Mammal Protection Act. As a result my species of humpback whales are recovering from almost total extinction. But we've evolved into desiring occasional contact with human beings.

When encounters with swimmers takes place there's a mutual exchange of healing. We select those we encounter and we are very discerning indeed. By our very nature we are secretive and prefer to limit contact with humans.

Kathryn, Dave and Susan observed us as we rested on the ocean's floor. The three of them served us with a constant flow of the golden frequency of Grace. They weren't conscious of this but this is what we requested and their heart centers gave us the gift of the metallic gold ray of Grace.

Throughout this encounter we felt their need for far closer contact than they'd ever experienced before. We surfaced in tandem. Our three observers floated between us. We pulsed them with Grace and Courage. As a result they've become very special communicators on our behalf.

Kathryn's Perspective

My companions and I saw two whales enter the bay. We swam out into the warm, clear, aqua waters not knowing if these two magnificent beings would choose to give us the opportunity to observe them in their subaquatic world.

We swam into the deep blue as we scanned the sandy bottom. After swimming for several minutes we did indeed observe the whales resting about 50 feet below us.

Viewing whales under water is a rare experience that only takes place, with human swimmers, when the whales feel the contact will be mutually beneficial. The whales create heart space that invites the human to find them in the vastness of their watery home.

When human beings encounter a whale in the water, their body-mind-spirits are flooded with the calm, profoundly deep frequency of the Buddha. Susan, Dave and I were immersed in this blissful energy as we floated quietly and motionlessly on the surface. Humpbacks invoke deep, silent, communion with the divine. Their God Presence is magnified by their huge physical presence.

Our quiet reverie ended as Helios and Blega suddenly surfaced. Susan and I were side by side. Blega was to my left and Helios was to Susan's right. We were sandwiched between two multi-ton giants of the sea.

Oh My God!!

Dave was also suspended between the two whales and had the presence of mind to video the event. No we did not become whale riders and we are alive and here to tell the story.

I experienced an intense exchange between myself and Helios and Blega. The avatars activated my brow chakra for receiving and translating the light codes of the cetaceans and the Heart-Mind of God, who share their wisdom in *Ashram of the Sea*.

The First Chakra Ray of Child



Blega Speaks

The humpback whale Helios and I striate the Earth grid with a third frequency. We collaborate with our friends, the blue whales, in this process. The frequency represents the concept of the child. The light pink ray of Christ Consciousness is called Child. The frequency creates an immediate connection with every human child at conception. This is the single most important ray of Christ Consciousness. The constant inflow of the ray of Child, into the body-mind-spirit of the newly conceived child, conducts the codes of the Heart-Mind of God into the child's DNA. This transmutes the child's DNA into the Great Creator's designated configuration for that individual child.

The conception of a child is a deeply sacred event. If miscarriages or abortions terminate pregnancies, the imprint left within the frequency of the embryo is carried into another newly conceived embryo.

Embryos receive the inflow of Child which alters the code of the child's DNA. The inflow provides the sacred concepts the child has the potential to receive from his or her parents.

The constancy, with which the ray of Child is pulsed into the newly conceived child, is regulated by the blue whales. I would like to introduce you to my delightful friend Lana who resides off the coast of Venezuela. She is my delegate for her species as well as the one who will communicate with you about the consciousness of Child. Her constant attention to this frequency sensitizes her to the delicate balance of the human being's body-mind-spirit.

She sees how very complex the lives of humans' are. She reveres you all and notices how delicately you must create balance in your lives. This is the balance that makes it possible to survive the trials and tribulations experienced, as you live your lives and participate in the Great Creator's plan.

Lana, a Blue Whale, Speaks

Helios, Blega and I comprehensively help you understand the positive concepts of bright, helpful, loving, spiritually mature approaches to beingness. We help you lift the barriers within your heart to receiving the Great Creator's love.

The focal point of my complex service, involves correcting imbalances within the DNA of every human embryo. Sometimes disparities occur that do not receive intervention. These imbalances remain because the child learns a great deal from coping with challenges. The child learns to resolve personal or spiritual complications and learns the skills for helping others resolve similar difficulties.

I am the embryonic consultant on behalf of our Great Creator. I give my creator my physical form. I do so for the purpose of helping those who conceived the embryo comprehend the Great Creator's plan, for the DNA of the golden, newly conceived life.

I prompt my blue whales about their roles in the Divine Creator's plan for the evolution of the human species. There are human species throughout the Great Creator's star systems. Some will be served by those who've survived the involution^v and evolution that's unique to Planet Earth.



I am the catalyst for altering the base of the spine and the consciousness that gives the Great Creator the opportunity to become unified with the golden embryo of the human. The soma of the body tends to become stronger and more a part of the brow center's functioning, if the Creator pulls the soul of the human through the star gate tended to by my family. My blue whales temper this process with our light pink frequency called Child.

Our star gate's location is off the coast of Venezuela. All of my family members pulse the star gate with the light pink ray of Child. When a soul or a spark of the divine is chosen to enter the frequency of the Golden Ground, which you call Earth, our temple of healing becomes the soul's container for approximately four months. The blue whales take care of the Great Creator's loving contract with the individual soul.

All of you have been served within our temple. You grieve the darkness. You forget that your soul was given a review of the resources available to the new body. You forget that you agreed to take part in refueling with the energy of the Golden Ground. But your souls remember. And as you live your lives, your souls take your personalities through life lessons. The lessons were prescribed when you visited our Temple of Child.

You of course have free will. That means you can distort your lessons with the counter balancing lessons of the blacker concepts. The blacker concepts provide temporary sensations of being more in control, more powerful and more appreciated by the communities of those who counter the Great Creator's Holiness.

I am yours in service.

Lana

It only gets more fascinating!!

To read the rest of the story order *Ashram of the Sea* by Kathryn Jensen
