

Dolphin Energy Healing Sessions

Session Notes and Related Transmissions from Archangel Michael and Ascended Master Quan Yin

- You'll notice sessions are called balances. That's a term from Energy Kinesiology. The ultimate goal of each session is balance in all areas of body-mind-spirit so the client can achieve the session goal or intention.
- Sessions are structured around an intention
- You'll notice numerous techniques are used including meridian balancing, belief exploration as well as activation with the dolphin activated Rays of Christ Consciousness.
- All names of clients and others have been deleted.
- These are notes meant to give you a general feel of what's covered in a session. I'm not explaining techniques etc. but the client is given such information throughout the session.

Balance notes

Client One

Balance Intention: **I live my life with Grace**

Beliefs

Switched off or under energy-Bladder meridian

Inner Direction/Outer Direction

To switch on the bladder meridian and bring more energy to this meridian and the positive beliefs— focus on embracing these beliefs;

- I am in charge of my life
- I have to do what's right for me.
- I empower myself.
- Beliefs to dissolve and let go of: I have to tiptoe around people and please them-a paraphrase- a belief developed as a very young child that carries over to the here and now
- I give my power away to G.

The balance focused on activating the Ray of Grace. All rays activate all chakras but each individual ray is housed in a specific chakra. Grace is housed in the third chakra.

- Re-read the attached info on the third chakra and Grace. (info published in "The Twenty Rays of Christ Consciousness," a curriculum book for the course "Coat of Many Colors.")

The focus of the balance was on giving Grace to the throat chakra or placing your hand on or near that chakra and having the intention of pulsing the area with Grace.

Age regression-you 300 yrs. ago on another planet-The Pleiades- Client said-"There is no need for speech. As you give you receive. Being in a dense body is a bother for me. I'm an aerial artist. Can't be light in a dense human body on Earth."

A Bright gold warbler out the window...showed up to Grace the balance of course.

You bathed you in the here and now and you the Pleiadean in Grace. They unified as they connected back to back etc.

Homeplay

- Daily unify the here and now self with the Pleiadean self-unify them with Grace (a Blue Dolphin Essence)
- Always bathe yourself in Grace. Spray yourself with Grace. Apply it to the 5th chakra and any other chakras you feel guided to apply grace to.
- Pulse your throat chakra with Grace
- If inspired pulse other chakras with Grace-each chakra will present you with a different nuance of you now and the Pleiadean. Notice. Pulse these images with Grace.

To Client One from Quan Yin

Quan Yin and Archangel Michael characteristically considered to be very different in the way we develop heart centered, compassionate, direct contact with people. But in your case we are both very clear that you must have intense support in serving yourself in a way you've never felt comfortable serving yourself.

You have a leftover right kind of complication within your brain. You get confused about lifting the darkness out of your left brain. The tribulations you've experienced, during just this incarnation, have created patterns of behavior that keep on repeating themselves. You just experienced one of these patterns of behavior when you were sitting with fellow authors.

The belief you must delete from your system is as follows:

“ I am a horrible person. I've camped out during this incarnation because I don't deserve to have my own home. I may have written a beautiful book but I certainly do not deserve to make money from this creation.”

And those are just a few examples of life situations that have come up recently. This belief comes from the first year of life when you felt you were placed with this difficult family because you had done something horrible. This feeling came from your father who told you to go to your room because you weren't worthy of being in his presence.

This catapulted you into a feeling from a past incarnation. This was the incarnation when you returned to Earth after being on your home planet...the incarnation talked about yesterday as you were being balanced. You were placed in a family with a difficult father. This was in the country you now call Somalia. Your family was poor and moved from place to place. You were unruly and you and your father did not get along.

So do the Grace activation with you in this incarnation. This is a pattern that physiologically has affected left brain functioning. Add core re-patterning to your healing regime. And ask that Quan Yin and Archangel Michael compliment every healing session you do for yourself.

I am yours in service,

Quan Yin

Client Two

Intention

Hyper vigilance, second chakra? Father-mother? ... considers this to be my fears and insecurities-when I'm not in that space ----- and I connect-but when I bring this up he thinks I'm being controlling like his mother-my dad was an alcoholic, we never talked-secrets made me feel insecure.

Intention-feel secure within myself-to love and cherish myself unconditionally-to create security within myself. **I am secure within myself. I love and cherish myself unconditionally.**

Mentally and spiritually ok-mentally I can talk myself into what's real between us right now. Unknowns

Physical and emotional – off-something hidden and secret...

Contentment-stomach meridian - I am safe and at peace-off –physical-emotional-mental- can't maintain when triggered-spiritual – on

I am angry and upset.-

I am content and blessed-have been moments but don't feel that way around this issue-but compared to a few years ago much improved....

My needs can never be satisfied...Trigger with -----makes him angry..

I am nurtured and fulfilled.

No matter how much I get, I never get enough-less charged-showing up as trigger for J...

3-4 yrs. beliefs were created-I stood up for myself with my father-said something wasn't fair-he said not to talk back-he was big and I was towered over. General representation of many events...his power and control

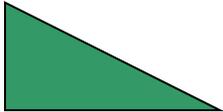
Fear of his unpredictable anger

Tap where foot joins ankle on top of foot-the meridian runs to the tip of the second toe-next to the big toe.
Reaction-not this old picture again-

**Ray of Christ Consciousness
Receiving**

Third Chakra

Symbol-Jade Green Right Triangle



Heart racing-on alert, stomach hurts, feeling sad

4th chakra Heart chakra-Bathe Dad and 4 yr. old (client) in Receiving...Dad needs this just as much as little (client) who is saying I'm done and I want to go play....

1st chakra-feel safer and less threatened...more body relaxation for both of them...feeling safer...

7th chakra-higher energy of love, wisdom, protection-guardian angel energy..

3rd chakra – feel like I need to take something out and fill up from within....

I need to take care of myself and I can't expect anyone else to do this...playing with neediness pattern...block to idea of receiving...

Is it safe to receive?

Creative blocks-expressing self creatively-

Homeplay

Focus-Creating safe sanctuary within...boundary....Receiving love....being worthy of receiving love...Look at re-parenting work...

Ray of Receiving- Emotional-can I trust my feelings?

Work with 4 yr. old-comfort in 2nd and 3rd chakra-emotional component .

Bring 4 yr. old into present...creating safe sanctuary within...

Third chakra took over to control to help second chakra child feel safe

Work on all the chakras – just tune into what's appropriate.

Use the breath.

Go to a healthier place mentally-

Remember tapping on the stomach meridian spot of the foot...top of foot...where foot meets ankle...meridian line runs to end of 2nd toe.

Client Two-Transmission from Quan Yin

I am known as the goddess of compassion. I counsel you right now about your lonely feeling you become overwhelmed with. You fault yourself so, dear----for not defining yourself as compassionate towards yourself. You are guided by your four year old. Your four year old couldn't receive love from your father. If she were to receive love from your father she might have been tricked into accepting his goal of controlling her.

And you are very, very brilliant Anne Marie at interpreting the consciousness of people you work with but so resistant to telling yourself the truth about your own behavior. You get locked into fear about receiving love from yourself and your beloved one.

This of course has nothing to do with your logical mind. It's very deep—truly deep concepts coming from the rather stubborn belief system of the rather stubborn four year old. She did her best to defend herself and make sure her boundaries were set so her father could not in any way violate her strong life force. So she set a very strong boundary that allowed nothing...not even love into her heart.

You have a very deep sense of loneliness. You suffer from a deep feeling of not being noticed by most people. So you compensate by bringing your delightful, charming personality, and grace filled presence to people and people think of you as one of the kindest people they know.

You give yourself in service to not only those who pay you but to all of those you consider to be friends and even those you consider to be mere acquaintances. These behaviors have become such a part of who you are and I certainly do not denounce these behaviors. I do however strongly suggest you take time to develop the same concept of giving to yourself that you have so carefully created to carve your place in other's hearts.

I am guided to also suggest that you bathe your dear one in the Ray of Receiving but only after you have pulsed every chakra in the Ray of Receiving. Give him the ray from the first chakra, then the second and work your way up....make this part of your daily ritual and focus on only one chakra daily.

Your goal is to serve yourself with love. That's the first step towards total, absolute relief from this very deep seated, very highly charged trouble spot.

I am also guided to advise you to give yourself, difficult though this may be, a trip to your physician to talk about your mal absorption of food. You are active but you eat plenty of food to compensate for the level of activity. I think this is a symptom of your current flood of fear about giving up control. Perhaps the right physician can give you medicine to help you absorb nutrients. If you receive the right medicine and combine that with the suggested activations with the Ray of Receiving you may fill up with a delightful feeling of well- being.

And I welcome your request to receive the Ray of Receiving from me! I delight in sharing your journey in becoming loving and compassionate towards yourself. I am the goddess of compassion. You are the gracious one who delves into and discovers her own mysterious, compassion for herself.....Quan Yin

Client Three

Intention-I Balance family and my work

Husband-Feeling of being left out

Demands of immediate family who live locally and adjoining state

Pre-activity Notice-focus on last nights talk

Shallow breath, not in body, constricted in chest, surprised, saddened,

Surprised at disconnect – from self-from D-as a way to protect self? Withdrawing-emotional

Post activity-less activated in high gut....visualize conversation with D-more neutral

Feel in high gut-that's where the disconnect is....

Fifth Chakra Ray of Blessing-opening of heart

Bathing in green-unsettled feeling-infinity sign

1. Bathe in the blessing-2-3 yrs.-mom-driving from N. Carolina-accident-Sharon went flying and ended up under her legs...
2. First touched by uncle-trying to tell mother she didn't want to see him..
Feeling – fear, frustration, tightness, high gut.

Bathe-from the 4th-5th chakra-vision of Sharon talking to mom about her feelings about visiting her uncle.

Notice-intensified activity in high gut-made a decision to bring this deeper into body...felt movement of lessening of intensity...release. Feeling of shaking a rug and stuff clearing.

Pulse blessing into 3rd eye-image of opening of a zipper-spreading at the top

Noticed: Image two dimensional vs. third dimensional. Difference between experiencing and seeing a picture-less intense

Pulse blessing into the crown chakra-sensation in left ear-like ear doesn't pop

Vibration traveling down through the body-stops at the hip level.

Bathe client and Mom in blessing-crown chakra-shift in relationship with mom-opening of hearing-feeling of being heard differently-not necessarily understood...different level conversation.

Homeplay

Daily practice doing the same type of activation experienced as you were facilitated in the balance.

Apply Blessing to the heart and any other chakra or chakras that seem appropriate.

Bathe yourself in the Blessing.

Imagine and or feel a situation from the past that needs to be neutralized. From the heart – send the blessing the situation.

- From the other chakras go through the same process...notice.
- Do process as you focus on D,Family members, friends, associates
- Focus on situations from the past-ie. you and mom when you were 2-3 or other situations you remember.

Beliefs to focus on-make the positive beliefs yours

Neutralize the negative ones..

Tune in daily...they should shift as you do the above activations and experience shifts in your daily life

Letting go-large intestine meridian

I have to be in control-emotionally yes

I yield and flow with life-no on all levels

I block the flow-yes –spiritual-no

I joyfully release the past to open the space for change to enter

I value my resources and use them appropriately

I abuse my natural resources or I have to be in control

I yield and flow with life.

I block the flow

Client Three

Transmission from Archangel Michael

Talking to you about lifting the frequency of your communication, is like telling you to stand up before you walk. You are very, very conscious of the fact that this is where you need to put your focus. You've been frustrated with not only your conflicts between you and ---- but you and others you don't seem to be able to get your point across to. During your session with my friend Kathryn you remembered your feeling of powerlessness, when you were trying to communicate to your mother how fearful you were of going to visit your relative.

That left you with a belief "No matter how hard I try to get my point across I am a failure at doing so."

You now have the tool of the Blessing to diffuse that fear based pattern.

I ask that you invite me into your daily meditations ----- . You could use a boost in self - esteem. You could use a boost in confidence. You could use a boost in life force. I am the archangel who provides people with the insight to what to do about these matters of self - esteem, confidence and life force. There is no fast track to developing these qualities. But I will provide you with visions of different choices to make in your daily life as well as insight into challenges from your past that also contribute to your current difficulties.

The Blessing is one of many tools you've learned about through your years of spiritual practice. But I advise you to diffuse all difficulties with Blessing before you proceed with using other tools. You will find the use of the Blessing helps everything else flow more easily.

I am your advocate Sharon and of course I provide you with service along with M, your guardian angel and your very special guide.

Yours in service,
Archangel Michael