

**Enjoy this glimpse inside Splash!**

This includes the entire Table of Contents with excerpts inserted from a few chapters.

There are five black and white dolphin photographs in the book. They're photographs of the pod members of three young spinner dolphins, Lovey, Baba and Binkle, who express their questions and opinions throughout the book. Enjoy the color version on these photos below. They represent the light filled, exuberant essence of different aspects of The Golden Rule, that Lulu and Mono the dolphins do their best to follow in *Splash!*.

Scroll down to the bottom and read the inspiring Seven Rules for Living!!

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**Lemuria**



**Love One Another**

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**Lulu Teaches in the Temple**

I adjusted better than Mono to life in a human body. I learned to walk and speak more easily. I didn't like clothes either but I adjusted to wearing them more quickly than Mono. In spite of my struggles with clothes, and walking and talking I liked being a human.....

The temple was white with a dome shaped roof. It was built over the water so dolphins and whales could swim in and out of the classroom. The building was about five hundred feet long,

five hundred feet wide and eight hundred feet tall. As many as eight hundred dolphins and fifty whales could attend one class, so the temple was really quite enormous!!

The classroom was crowded with students. But the lessons were so interesting that nobody cared.....

I am telling you the story of this temple for a reason. Because of the design of the building, people felt happier, more energetic and they learned more easily. They felt at peace when they attended classes and lectures in this building.

People also came to this temple to sit quietly by themselves.

They would become calm and quiet. They would relax. They would think more clearly and they would feel happier.

Many began to breathe deeply as they sat by alone in this temple. They would fill their bellies up with a very deep breath and let it out slowly. Breathing in this way helped people feel very peaceful.....

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## **The Lemurians Were Healers**

The Lemurians cared deeply for their Earth Mother and for one another. They also knew how to care for one another when they were sick. You have learned, for example, how the Lemurians used the light-violet ray for healing sick, tired people.....

I gave each child ten pieces of cloth. Each piece was a different color. We would then sit as a group in a big pyramid. First I had each child look at his or her purple piece of cloth. I asked each child for feedback on what he or she noticed.

Each child said something different. Here is an example of comments five different children made about purple:

“The purple is pretty. I like to look at it.”

“It’s easier to sit still when I look at purple.”

“Purple makes me feel like going off by myself.”

“I see a lot of nice pictures when I look at purple. I want to draw these pictures.”

“I don’t like purple. It makes me feel bad.”

I asked the five children in this group look at the next color which was soft, light blue. I asked each child what he or she noticed. Again each child had something different to say.....

One child, who was very good at using color to help himself in his daily life, told me this; “When I feel like hitting my brother I visualize bright orange. It calms me down. When I’m grumpy, because my mother won’t let me go to a friend’s house, I visualize big fields of green grass. I feel happier. Then, I once again ask my

mother if I can go to a friend's house. It's interesting. When I'm happy my mother lets me do more. When I'm tired and don't feel like doing my chores I visualize lots and lots of red flowers. Then I'm not as tired. I can get my chores done quickly." .....

So you see, you don't have to be dependent on adults to help yourself feel better. Remember, however, when you are really sick you need to do what your parents ask you to do. Usually you must go to a doctor when you are very sick. Lemurian children often went to professional healers when they were seriously ill.

Dolphins, of course, use color healing on themselves all the time. Yes, they are very good at helping one another heal.

However, each individual dolphin is skilled at lifting himself or herself out of feeling tired, grumpy or sad. They do this, of course, with rays of love-light.

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**Atlantis**



**Appreciate Your  
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## **Mono and the Mystery School**

Hello children. I, Mono, will continue to tell you this story.

You have just met my teacher Bim. He is still my teacher. He has such a good memory. I however, forget details. I frequently have to ask Bim to help me remember.

As you have learned from Bim, Lulu and I had a hard time being Atlantean children. Once we built our school for creativity we felt more at home in Atlantis. We were still very different from most people. People, however, began to love us for our differences. They appreciated our unique points of view.

Our Center for Creativity was very successful. We invited teachers from all over Atlantis to come to our school. Before we would let them teach, however, we required that they learn about different learning styles. We hired our teachers from the remedial school to teach courses in different learning styles.

Those teachers learned a big lesson from my success and the success of Lulu and our friends. Our accomplishments, at building and managing a Center for Creativity, put us in position of being leaders. Even I began to feel very proud of myself.....

The Center by the Sea was one of those projects. I was in charge of building this center. We built this center to house many

classrooms. The outside structure of the building was a geometric structure called decagon. It had ten sides. The building had nine classrooms. The middle of the building was circular. The front of the building opened to the ocean and ocean water streamed into the circular area. Our dolphin friends and other friends could swim in the water if they felt like it. The nine classrooms were built around the circle. There was an area that opened to the ocean. Each classroom was a three-sided, pyramid like structure called a tetrahedron.

The circular area in the middle was open to the sky. Imagine nine pyramids built almost in a complete circle, around a big circular swimming pool.

If a big lecture was given, people would sit in chairs right next to the pool. The lecturer would stand on a podium in the middle of the pool. A bridge led to the podium. Big important speakers would come to our center to give speeches. As they talked, dolphins would often swim around the podium.

Guess what happened to the Vetunan speakers? The dolphins, of course, were sending the speakers the red ray of love-light.

These very technically minded speech givers would look at the dolphins and smile. They would sometimes say something like “Oh, how lovely this is.”

Lulu and I loved to watch the dolphins do their healing work on the speakers. Sometimes we would laugh and laugh. We

would, of course, quickly calm down. We didn't want anybody to think we were immature.....

After class, students would swim with dolphins. They were told to observe how dolphins, without exception, live according to The Seven Rules for Living. The dolphins, of course, would give the gift of love-light to the students as they swam in the pool.

Our students loved to come to school. Vetunans crowded the classrooms. They began to learn what love is. Many began to create Lemurian like communities. Lulu and I felt so good about ourselves. We knew we were really making a difference.

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### **The Fat Man Is Dumped in the Fire**

Bim completed his conversation and immediately, somebody with a very mean look on his face, walked by our hut. We could

tell he felt like starting a fight. He walked up to another man and punched him in the nose. The man punched him back. Both men picked up sticks with arrows on the end which are, by the way, called spears. The men kept trying to hurt each other with the spears.

Lulu and I gave the two angry men love-light. We gave them a ray that helps people feel fine about making a change. This ray is a deep purple ray that calms people down and helps them feel more content as they go through change.....

Lulu and I saw a huge fire burning in the distance. We watched as the fat man was dumped in the fire. We were horrified! Did they punish bad people by burning them up?

The two of us went back to our huts to talk to Bim. He told us that these people were cannibals. Cannibals are people who eat other people. We both started to feel very sick to our stomachs.

Bim told us to send one another a ray that helps people feel safe living on Earth, which can at times be a violent place. Lulu and I gave each other the forest green ray.

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## **The Big Creature from the Sea as Told by the Great Being from the Sea**

Once upon a time a big creature from the sea felt like talking to somebody on land. He swam close to shore and waited for someone to come along. A group of small children appeared. The creature was a mer-person.

The mer-person said hello to the children. The children laughed at the mer-person. He laughed with them. The children sat down on the sand at the waters edge. The mer-person told the children to visit with him every day at the same time. He said that he wanted to teach them about love.

He said “Love is all there is.” One child asked him why he said such a thing. The mer-person said, “Look at the water. Is that love? Look at these shells on the beach, are they love? You are eating a pomegranate.

Is that love? Look at the dress you are wearing, is that love?”

Once again the mer-person said, “Love is all there is.”

Another child said, “Well then. We know about love. Love is everything.”

The mer-person said, “Sometimes you forget about love.

When you do, your world feels dull. The water, the shells, the pomegranate and the dress seem dull.

Love is everywhere. You walk through love. You swim through love. You fill yourself up with love every time you take a drink of water. When you remember love, the walk, the swim and the water make you smile.

When you are afraid, you forget about love. The walk hurts your feet. The swim takes your breath away and the drink doesn’t taste good.

Love sits right here.” The mer-person pointed to his heart.

“Your heart knows what love is. Touch your heart. Ask your heart to help you remember love. Do this every time you walk, every time you swim and every time you have a drink of water. Go home and remember love. I’ll see you tomorrow.”

Lulu and I heard this story and couldn’t believe our ears. This story was obviously told by one of our friends from Vu. This was a story from *The Scriptures of Grace*. We wondered why these cannibals lived the way they did. Their ancestors were obviously very wise and were taught by our very own loved ones.

We thanked the story-teller. We asked if he had more stories about the mer-person. With a twinkle in his eye, he laughed and said he could sit with us for four hours a day, for one year and recite the stories about the mer-person and his lessons from *The Scriptures of Grace*.....

The story teller said “The mer person visited our village for many years. He taught us to love one another. My ancestors learned The Seven Rules for Living. When they lived according to these rules they loved one another and were very peaceful. Before the visits from the mer-person, my people fought with other tribes. They also ate human flesh.....

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## **The Tiger**

Lulu and I felt strongly that we were being watched. We didn't like that feeling. My sister and I were startled to find a large tiger looking at us. We sat very still and waited to see what it would do. The villagers all had big smiles on their faces. The two of us were confused. We thought tigers ate human beings.

We let the villagers handle this situation because we really didn't know what to do. The tiger came and looked Lulu straight in the eye. The villagers began to laugh. Lulu was shaking with fright. So was I.

The tiger came even closer and sat right in front of Lulu. I really thought my sister was about to be eaten. The villagers kept on laughing.

I looked behind at the river and noticed all the dolphins were leaping in the air. They were sending the red ray right to Lulu and the tiger.

The tiger came even closer and put his paw in Lulu's lap. I gave Lulu the forest green ray. Lulu suddenly smiled. She looked at me and said "This is a beautiful, loving friend of mine. He has come to say hello."

Lulu actually began to pet the tiger on the head. I was still very, very afraid that my sister was going to be eaten. The villagers were all smiling and giving me a signal to calm down.....

These people got confused. They built a sacred site in their forest. They worked very hard on creating their golden Buddhas and their pyramid. The sites are beautiful places to be. To be present in such a site, opens a person to experiencing the frequency of the red ray. These villagers forget, however, to send the red ray to one another and love each other the way you, Lulu and the dolphins love one another. Help them remember.”

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**The Sick Baby**

Lulu and I heard a knock on the door. I opened the door and there stood an anxious looking man with an odd looking baby in

his hands. The baby was crying and obviously unhappy. The man, of course, didn't speak our language, but he helped us understand, through sign language, that the baby was sick. He led us into a bedroom that was obviously set up just for the baby. A very young girl was sitting on a bed. She also looked sad. Another baby was on the floor. That baby was very happy and healthy looking.

Lulu and I were confused. We wondered what the man wanted us to do. The man took me by the hand and pulled me right onto the bed next to the mother. He put my hand on her belly. He took a piece of lemon yellow cloth out of his pocket. With sign language, he helped me understand that I should give her the daffodil yellow ray. I knew I needed to pour yellow, from my body, to the women's body, through my hand.....

Lulu stood and watched me and said "I see that you are taking care of the mother and the baby and giving them both the yellow color that helps people feel better when they've been sick or hurt."

I kept on giving the mother and baby daffodil yellow love-light for another few minutes. The baby fell asleep and the mother began to smile. The man quietly led us back to our room.

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**Lulu and Mono Sit Quietly in the White Stone Building**

The woman led us to the center of the building, sat down,

crossed her legs, closed her eyes and began to hum like the monks in Tibet . We followed her example. We were used to sitting quietly with our eyes closed. Our friend Buddha taught us to sit quietly and breathe deeply. We remembered learning this from Buddha when we were Lemurians.

Perhaps some of you sit quietly like this. Perhaps some of you do this with your family members. It is called meditation.

Meditation was very good for Lulu and me. It helped us calm down and become more aware of how we were feeling.

Meditation also helped us communicate with Bim. Bim liked us to sit quietly and breathe deeply before we talked with him.....

We learned, from our meditation, that our students already knew the basic skills needed

to use love-light in their daily lives. We were happy and excited to learn this about our students. Lulu and I loved to teach advanced love-light lessons!

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**Hawaii**



## Create Heaven on Earth

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### **The Hawaiians Need Help from Lulu and Mono**

Pele talked to us as we walked slowly and carefully. She said “Lulu, Mono, Lil and Jais, I have so many people needing your help. Twenty five people just lost their homes. Five hundred people have been affected by this recent volcanic eruption. They have left this area to live in another area. They cannot survive here.

I am taking you to my home. You will stay with me until you have enough life force to cope with the poisonous gasses that have spread across the island.

I’m asking you to give my people lessons in how to think creatively about new ways of living. These people are intelligent but they are frozen with fear. You are needed to remind them how to live off the land.

You can take them to swim with the dolphins. The dolphins will help the people communicate with their angels. These dolphins know Bim and others who live on the watery planet of

Vu.....

Bim felt that you two were the perfect ones to care for these fearful people. They've all lost their homes. Several have lost loved ones.

Bim told me you and Lulu used to live here. This is where you first became human beings. This is the place where you first became dolphins. This is the place where you first arrived from Vu as light beings. You were the light beings who trained other light beings to work with the love-light. You taught others to pulse love-light into the heart of Mother Earth.....

A bay, where the dolphins love to rest and play during the daylight hours, was your favorite place to teach and just be. You built a temple by the bay, Lulu and Mono. The remains of the temple are buried under the sand. The temple was a place by the sea, where you once took people to swim with the dolphins.

You may, once again, take people to swim in the bay, close to shore, under a rocky cliff. There, the dolphins can join you and help you bathe everyone in the healing rays of love-light.

The lava flow has also reached the neighborhood where people have fled to escape the flow. There are areas way above sea level that are lush and fertile and unaffected by lava. You can lead the people to this fairly narrow area of land and teach them to plant life giving fruits and vegetables.

You will remain here for only five weeks Lulu and Mono. My

people just need help in healing their fear. You and the dolphins have the ability to help them heal all the fears that develop when you don't think you are going to survive. As they heal, the people will begin to remember everything they once knew about farming and fishing. They will begin to feel happy once again and it won't take very long."

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### **The Six Smiling Children**

Suddenly, six smiling children appeared and one little girl with soft brown hair and big brown eyes said "We just swam with dolphins. Are you angels from heaven?"

The little girl gave us the special light aqua blue ray of love light called Prayer. Lulu and I were surprised, that such a small child will know exactly the right ray of love-light to give to visitors who arrive in a space ship.

Remember children, when you ask your angels for help, it's a very good idea to surround yourself in the light aqua blue ray of Prayer. The very best way to invite an angel into your heart is to give the angel Prayer.

Anyhow, I asked the little girl what her name was. She said  
“I’m Lil and these are my best friends Bly, Charley, Henry, Edie  
and Blake.”

I said “Lil, Bly, Charley, Henry, Edie and Blake my sister Lulu  
and I are people just like you. Our friends Jais and Lil are angels.  
And little Lil, you and an angel share the same lovely name!”

Lil said “I see that you are giving all these big people the light  
lavender ray of love-light and the green ray of love-light. My  
dolphin friends taught me all about love-light. Do you have  
dolphin friends?”

I said “Lil, yes Lulu and I learned everything we know about  
love-light from dolphins. We learned so much from dolphins  
when we were children, that we helped people all over Atlantis  
learn about love-light. We began teaching people about love-light  
when we were only 12 years old.

Lil said “Well perhaps you can help us teach people about  
love-light. We’ve noticed that people who know about love-light  
feel better.

We’d like to tell you a story about how we’ve already helped  
people learn about love-light. Can you come with us to our  
favorite place and listen to our story?”

I said, “Lil, we’ve got to talk to our parents and these other  
adults first. Afterwards we will gladly listen to your story.”

All of a sudden the very skinny little red headed boy named Charley

said “Being kind to others as you want them to be kind to you” is a rule for living I have trouble with. I don’t think those adults know anything. I know that’s not a kind thing to say but that’s how I feel.”

Lulu said “Charley sometimes you just have to give people all of your love, especially when they are sad and depressed. When you are sad and depressed you sometimes forget everything you know about love. So Charley, will you and your friends please come with us and the other adults. We’re going to talk about everything that’s happened.”

Lil and the other children gave Charley the golden ray of Grace. Grace helps you relax and realize you don’t have to control everyone else to get what you want.

Lulu and I were astonished at the skill with which these children gave one another help with the gift of love-light. Charley was feeling grumpy, angry and upset. The children didn’t say a word to Charley. They gave him the shimmering metallic gold ray of Grace instead.

Charley looked Lulu straight in the eye and said “OK fine we’ll come with you while you talk to the adults. He even looked at his friends and said “You don’t mind sitting and listening to the adults do you? I think that’s a good way for us to learn how Lulu, Mono, Lil and Jais and the other adults feel about life. We need to listen to them

The other children all said at once “Charley we don’t mind.”

As they said this to Charley, they continued to give him the gift of Grace.

The children obviously knew their friend Charley well. They knew Charley felt like being the boss. They knew Charley felt he knew more than anyone else. They knew how to help Charley relax and listen to another's point of view.

The children, the adults, Lil, Jais, Lulu and I walked to a large area shaded by palm trees. The children brought us all water to drink. There was a bubbling spring nearby. The water was held in a tightly woven basket made out of plant fibers from the surrounding landscape.

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All the characters in *Splash!* - children, dolphins, monks, villagers et. all support each other in following the Seven Rules for Living:

The Seven Rules for Living  
from *The Scriptures of Grace* (not an Earthly Publication)

1 Appreciate your body. Do everything you can to become healthy and strong.

2 Love one another.

3 Breathe.

The breath of life is your trust prayer. When you breathe you are saying “God I trust you and I know you help me.”

4 Be kind to others as you want others to be kind to you.

5 Create heaven on earth.

Grace every living moment with this prayer:

I am the soul who is responsible for world peace.

I am the soul who loves others unconditionally.

I am the soul who always brings grace to other’s lives.

I have appreciation for Mother Earth.

I am the soul who lives with Earth’s bounty and protects her from harm.

I am the soul who says “Peace be with you,” from the bottom of my heart, to those who love no one.

I am the soul who follows the rules with no hesitation.

I am Grace.

6 Create your purpose.

There is a reason why you are a human being. There is a reason why you chose to live on Earth at this time. You have a purpose for being here. As you learn more and more about love you find out something very important. You find out that if you do what you are good at you feel better about yourself and you love yourself more. Creating your purpose and doing what you’re good at go hand in hand.

7. Ask for help. When you ask for help God hears you and helps you help yourself solve your own problems.

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