

- Kathryn's first encounter with Savina and her pod
- A transmission from a common porpoise named Dege on the Christing of Earth with love
- A transmission from a spinner dolphin named Savina on Blessing yourself with confidence in telling the truth as you discover your purpose
- Savina's Blessing Activation

A Blessing From Spinner Dolphin Savina and Her Pod

by Kathryn Jensen



I was very much a novice to swimming with dolphins. There was no indication that dolphins were in the bay but I went for a swim along the shore, enjoying the brightly colored fish and pastel coral. I saw no other swimmers, nor did I see boats or signs of human activity on the shore of this popular tourist destination. The blue, crystal clear ocean water felt charged with intense, smooth, lovely healing energy. I felt a bit disoriented, like something was shifting within me. It was a feeling of being pulsed with the frequency of one of my Home Temple essences.

Suddenly several dolphins surrounded me. We were suspended in liquid bliss.

I received the forest green frequency called Blessing from my loving new friends. Blessing is a frequency that's held within the medium of Gaia's ocean waters. Blessing serves the ocean with the Sirian planet Oceanea's heart chakra energy. And as I took my solitary swim I was being bathed in The Blessing but those dolphins were sensitively giving my heart a laser like transfer of The Blessing from their hearts. I felt their presence before they became visible. They lifted my frequency into the 5th dimension.

That was my first meeting with Avatar Savina, the Hawaii Spinner dolphin who will now talk to you about 2012 and how to prepare your body-mind-spirit for the burst of healing, that you have the potential to receive, from the Heart Mind of God.

The dolphin Dege, who is a common porpoise I encountered kayaking off the coast of Maine, provided the transmission on Vivation you may have read or listened to two weeks ago (10-18-11). Dege will introduce Savina. He'll talk to you very clearly about the frequency of Vivation and how very deeply Vivation and Blessing co-create the vibrancy of our ocean's life force.

Obviously these messages are taking you through a continuum of communications, one building on the previous one. But each communication stands on its' own. To experience a depth of enjoyment and healing from these transmissions, sit quietly in a place when you have time to just be.

I should clarify that the cetacean transmissions are received by me as code which I translate into English. Something is unique about my brain's language centers that makes this process possible.

(This is explained: <http://www.keylonticdictionary.org/online/index.php?page=keylonta0>)

Cetaceans of course, don't speak English or any other human language. Some transmissions have been translated for me by ascended masters who then transmit the words to me telepathically. I edit transmissions so they're grammatically correct, hence readable. Sentences can, for example, be far too long and some vocabulary is too obscure. All changes I make meet the approval of the cetaceans and the masters who support me, in providing you with documents that can be read and understood with ease.

Please share your experiences with the activations on the comments section at the end of the 2012 and Beyond page: <http://www.dolphin-energyhealing.com/2012.html>.

If you have experiences you want to share with me and only me email me: <http://www.dolphin-energyhealing.com/ContactKathrynJensen.html> and feel free to email me with questions!

Know that participating in these activations and reading these transmissions connects you to the cetaceans as an exquisite resource for healing and evolving spiritually.

Dege's Introduction Through Kathryn Jensen



The consciousness of the frequency of Vivation has been introduced to you. If you have not yet experienced the impact of my activation please do so. See the October 2011 posting at: <http://www.dolphin-energyhealing.com/2012.html>. Take a few minutes to listen to or read my transmission and about 15-30 minutes to put yourself into my frequency and absorb the frequency of Vivation into your cellular structure. (repeat many times to deeply benefit KJ)

There is a very helpful concept for you to now learn about from Savina. She told me to tell you something about the planetary attunement that's taking place that's beginning to affect how you define your purpose. The attunement is taking place, thanks to the conduction of scalar waves that are flooding Earth at this time. Scalar Waves are forms of consciousness. The scalar waves

are flooding the Earth with the Christ energy. I feel there is soon to be a crescendo of the Christ energy coming to Earth.

This Christing of the Earth is taking many of you face to face with the demonic corruptions (crumbling financial system for example-KJ) that have been contaminating the grid of the Earth. The grid purges herself resulting in activation of the demonic forces (sabotaging beliefs-KJ) within the human body that do indeed purge themselves but at the same time condemn many of you to experiencing difficulties you never, ever imagined could exist an example being my scribe Kathryn's "Shingle Mountain," that represented the problems of her tenant.

These dreadful circumstances do not necessarily reflect your own dark forces. They can represent the contamination or decontamination of people you happen to conduct business with or have other types of superficial involvement with.

If you do experience a burst of dark, destructive frequencies bursting your bubble of feeling safe and secure, the difficulty can take a toll on your love for living here. But the whole point of the decontamination of the grid is to provide the hearts and souls of humanity with a special, loving healing sanctuary.

I think you're going to help yourself to such concentrated doses of the Christed, healing love from the Divine Creator Force, that the dipping into darkness that you may be experiencing at this time, will be effortlessly left behind.

A collapse of contamination will be followed by a different interpretation of the purpose for human life on Planet Gaia. You are going to find yourself listening to the blessed healers who do not have human form, but live for helping humans become competent decision makers as they live their demanding daily lives. You'll be able to distance yourself from the disturbing value systems that hurt your confidence in becoming involved with conventional human services such as your medical system, the financial system, educational system etc.

The title of Savina's transmission is "The Blessing." The Blessing is a frequency of the ocean that cavitates the water and surprisingly enough, takes the frequency of the ocean into the 5th dimension. Your world is saturated with the frequency of The Blessing, thanks to the heart of the Holy Spirit serving the ocean with The Blessing.

Savina is my commentator on The Blessing and her time has come to help you bless yourself. Be heart centered and begin stabilizing your heart to prepare for the Christing you have just begun to receive. Life will take you to your purpose if you help yourself to the consciousness Savina and I have to share with you.

I become one with you when you give yourself Vivation. Savina will now tell you more about "The Blessing."

The Blessing

by Savina

Through Kathryn Jensen



The Forest Green Ray of The Blessing

I am Savina. I am a spinner dolphin whose goal is to lift the hearts of the human race into the frequency of The Blessing. I give, the temple of the bay, where the Sirian star ships stabilize themselves assistance, by caring for the ocean waters that flow through the temple. I pulse those waters with The Blessing every day at sunrise. I do not need to be present at that location to serve those waters.

I go there on occasion with members of my pod. We help ourselves to the programming that's possible when we are in the consciousness generated by the temple. There our God Selves regain stability.

We hold the same frequency as the Sirians who direct the visiting star ships. My ancestors were of Sirian origin. Other spinner dolphins may have ancestors originally from other star systems.

My Sirian ancestors titrated the Earth grid with all frequencies generated by the hearts of those who give and receive honest, straightforward, compassionate, beautiful love. The Blessing is one of those frequencies that saturate every cell of your body because of the fact that you are filled with the blessed substance called water.

I am a guardian of the oceans of our planet. I have alternated between being a part of the Earth and being a part of Sirius B's planet Oceanea. I have always gone between these two planets so I am only part of the physical world of Earth about 40% of the time.

I come to Earth to make our Gaia Force a greater force of love. Dege and I, Savina are devotees of the great Sirian called Avatar Bim. He is our guardian spirit here on Earth.

The concept of "Do unto others as you would have them do unto you" is the concept that the heart takes out of the core of its' storage unit, where all love based teachings have been cared for, through the tour of Earthly life you've all experienced.

The Sirian Avatar Bim is the tender to the core of all human hearts. Avatar Bim, if he were to appear as a physical being, would be a beluga whale. He listens to every human being's temperamental self-expression very carefully.

He manages the activities of my cetacean nation and takes those, like myself, through instructions for altering the titration of Earth's Grid according to the total frequency of the human soul stars. The human soul star is the ninth chakra which is about 14 inches above the head.

The human soul's evolution is the total concern of my Cetacean Nation. I give full attention to grid management through very careful, yet strong pulsing of the grid with the frequency that according to Bim, is the most appropriate. Right now, Bim's advice is to pulse the grid with the forest green ray of Blessing.

The guardians of The Blessing on Earth are the beluga whales but any species of cetacean can filter The Blessing from the ocean and pulse The Blessing through the grid. At times the entire Cetacean Nation pulses the same frequency through the grid and there are approximately 4,000 choices.

The characteristic, within the human heart that The Blessing tends to unfold, is that of being fearless about what other people think, resulting in willingness to tell the absolute truth. Harboring resentment against another and suppressing one's feelings contracts the blood vessels and all functions of the circulatory system. If The Blessing impacts the human heart, the human fills up with more confidence in starting a conversation, that's controversial and potentially conflictive.

I do not follow the conversations within the minds of all the human swimmers I encounter in the ocean, but when I do, I file the conversations within my data bank and share them with Avatar Bim. All the guardians of our oceans, who partake in filing the silent conversations of the humans they encounter, take the conversations to Bim for analysis. At this time those conversations have a complexity that's undeniably centered around resolving problems. Many of you are attempting to resolve problems that have characteristically been taken care of by your major institutions. But now those institutions have been faltering and many of you have decided to take matters into your own hands. If you grease the wheels of individual expression and talk about your individual perspective you can create great anxiety within the hearts of those who have been bound to convention.

But as Avatar Dege stated earlier in this transmission, the brokenness of previous structures pave the way for creating of new structures that mirror the concept of "Do unto others as you would have them do unto you." The God Selves of people are sensitive to fluctuations within the brow chakra. The brow chakra reveals to people how their "Do unto others as you would have them do unto you" reflexes have been performing.

The silent conversations Bim analyzes define for him, the status of those humans who grace our lives with their conscious, heart centered appreciation for our presence, on this very complicated place called Earth. You are doing all that you can, my dear friends to concentrate on delivering a good life, filled with blessing, to yourselves and those you love. But there have been many

obstacles of late, that have pushed you into depression or troubling thoughts about the grave circumstances that seem to herd people into mass consciousness of fear.

I offer you consolation. I don't think I've ever witnessed such heart break within the human population, as financial institutions crumble and destroy people's sense of being safe and secure.

I go to my other world on Sirius B's Oceanea, and fill up with healing frequencies. I regenerate. I come back to Earth and perform my work with the grid, my pod, my Cetacean Nation and my humans. So my life does not resemble your life.

You must regenerate while you live here and cope with the world as it is. My commitment to you is to help you resonate with the 5th dimension, which has been here all along within your cells, within our oceans and within every stream, spring or lake.

The God Self within you cares for you so beautifully. But sometimes you must be given help in taking advantage of the loving assistance your God Self has to give. I am going to give you my Blessing and my help as you separate yourself from those difficulties for just a few minutes a day over the next few weeks.

Savina's Blessing Activation



The Forest Green Ray of The Blessing

- Flow The Blessing from your soul star, or ninth chakra, about 14 inches about your head. The blessing is a forest green frequency. Flow the frequency into your heart.
- To do this, you simply observe the current of forest green love flow from your Soul Star into the front of your heart.
- You may pulse the frequency through your own hand as you gently place your hand on your heart.
- Next you surround yourself with this beautiful forest green frequency. See the forest green color. Feel the effect the frequency has on your body, your mind, your feelings and your spirit.
- Take several minutes to serve yourself with The Blessing. This frequency is within you already. It's just been dormant, awaiting Savina or other cetacean avatars to intervene and inform you of your immense personal reservoir of 5th dimensional love.

- Stay very still as you contemplate your remarkable body. Reflect on every cell and how each cell asks you to tap into its' reservoir of love.
- You may take 15-30 minutes for this contemplative process. I am going to help you find your reservoir of love within your cells. You may see my spinner dolphin body swimming within your heart. I am there to help you stabilize you as your fears surface and perhaps give you a bow before they are released. The fear you may feel is transitory my dear friends.

Now you are ready to repeat this mantra:

Our hearts become one as our God Selves become healed of fear.

I welcome the 5th dimensional love that emanates from every cell within my body.

My God Self knows my purpose.

I serve my purpose with The Blessing.

I see the word purpose.

I see the symbol for my purpose. I feel my purpose.

As I become clear about my purpose, I merge my purpose with my heart.

I am one with my God Self. I am one with my purpose.

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