

MESSAGES FROM THE DOLPHINS

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Dolphin Smile Publications

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CONTENTS

Dedication & Acknowledgments

The Dolphin Dimension

Dolphin Smile Mission

Introduction: Messages from the Dolphins

Chapter One: Dolphins to Humans on
True Nature 1

Chapter Two: Dolphins to Humans on
Communication 9

Chapter Three: Dolphins to Humans on
Raising your Children 13

Chapter Four: Dolphins to Humans on
the Environment 21

Chapter Five: Dolphins to Humans on War 29

Dolphin Prayer 37

Dedication & Acknowledgments

I dedicate this book to Aphrodite, Orpheus, and my dolphin family. You showed me that it is possible for our hearts to touch. I thank my human family and those that I have shared the dolphin adventure with for their love and support. I am grateful to my spiritual teachers who have been the guiding light on the path to knowing that true nature exists. We breathe by the grace of the divine.

The Dolphin Dimension

It was on my birthday in 1989 that I had a close encounter of the “Dolphin” kind. I was initiated into the dolphin dimension. Everything about this experience was extraordinary including the fact that it happened in Denver, Colorado—a thousand miles from the nearest ocean or living dolphin.

It was lunchtime and I was driving my car to get a haircut from my barber. I turned on the radio to listen to one of the talk shows. The people on the show were talking about their personal healing experiences while swimming with dolphins. They all said that they felt better either physically, mentally, emotionally, or spiritually after spending time with the dolphins.

I have seen dolphins perform at aquarium shows and admired them for their grace, beauty, and abundant energy, yet it wasn't until now that I realized that they are self-conscious, extremely intelligent, and equally evolved as humans. As I continued contemplating what the dolphins were about and their connection to humanity, I began to see life from their perspective. What follows are four insights that I received on this day.

The first insight is that dolphins do not see humans as being the only species at the top of the evolutionary ladder. Humans may be at the top when it comes to technological developments, using their knowledge to manufacture products and making scientific discoveries and medical breakthroughs—all the result of advanced mental capacities. Yet humans are not at the top when it comes to co-existing in harmony with nature, living peacefully with each other, communicating effectively without distortion of the message, or directly knowing our spiritual nature.

The second insight is that the dolphin's sense of value comes from being and not from doing. Because they are in direct contact and know their true spiritual nature they recognize their own intrinsic value and the value of all life. Unlike some humans, they do not need a prestigious job or material possessions to feel good about themselves. They possess knowledge of their divine

connection, which they see in all things, and peacefully rest in the eternal luminosity of their being.

The third insight is that dolphins communicate holographically. The sonar they emit is a vibrational pulse that contains three dimensional images, sounds, and feelings. It is received in a clear unfiltered way that allows for direct knowing of what is communicated. In essence, there is no separation or distortion between their hearts and minds.

The last insight is that dolphins are available to assist humanity to heal on multiple levels. They are aware of our difficulties and want to be of assistance. I know this because I experienced my own healing process and witnessed many people undergoing beneficial transformations when in the presence of dolphins.

I received more than just a haircut on my birthday. I received a gift of illumination that dramatically changed my perception of life and gave me a key to opening the door to my own transformation. Any doubt about the reality or significance of my close encounter with dolphins was erased when I arrived home and opened up my first birthday present, which was a tennis warm up suit with a dolphin logo embossed on the jacket. I now know that the dolphins also have a sense of humor.

Dolphin Smile Mission

There is nothing more important in life than to know one's true spiritual nature. The dolphins know their true nature, and spending time with them can activate and facilitate the human spiritual journey. The energy and presence of the dolphins acts as a catalyst that accelerates one's own personal spiritual realization. When we realize our own true nature, then we will be at peace with ourselves and with each other.

Most humans are suffering from physical, emotional, or mental pain and are searching for a remedy that will alleviate their suffering. The dolphins are aware of our human suffering and are available to help on multiple levels. The purpose of the Dolphin Smile organization is to bring people that have an affinity for dolphins into the peaceful world of the dolphins. The energy of the dolphins can also assist people to heal not only their physical, emotional, or mental wounds but also the deepest wounds of their spiritual heart. To heal means to make whole in body, mind, and spirit. This will occur as one realizes that their heart is a precious part of the spiritual unity of true nature—like individual waves emerging from within the infinite ocean of God's being.

I have been trained as a Reiki practitioner, Alchemical Hypnotherapist, and am a student of the Ridhwan spiritual school. I utilize many energies of alignment, including dolphins, to assist people with their healing process and have been taking people to be with the dolphins since my own dolphin awakening in 1989. At first we went to the Florida Keys and for the last six years we have been going to the big island of Hawaii to swim with the wild spinner dolphins. During this time the dolphins have assisted many people, including myself, with their personal healing.

It is with deep appreciation, gratitude, and love for the dolphins and true nature that I humbly serve as a tour guide into the magnificent marvelously illuminating realm of the dolphins.

Messages from the Dolphins

Many people are skeptical about whether or not humans can really communicate with dolphins, whales, or other species that live on our planet. This is not something that was taught by our parents, schools, churches, or government. In fact, society in general has rejected this notion and often labeled those people that believe in interspecies communication as crazy, delusional, fakes, or charlatans. This perception has been passed down from one generation to another. Those people that have spoken about the possibility of interspecies communication have historically been criticized, rejected, humiliated, and condemned. So for many years now I have only shared my personal dolphin experiences with people of like mind and heart and with those that have spent time with the dolphins.

I have been aware of the destructive events occurring on our planet yet hesitant to speak out on behalf of the dolphin species. I would rather let all the other courageous souls speak out about human injustice, environmental damage, dolphin suffering, and species extinction. But now, as the earth's environment continues to deteriorate, as human injustices continue to mount, and as the dolphin and other species continue to suffer from human hands, the dolphins are encouraging me to speak out.

I know that it is possible to communicate with dolphins and other species. They have communicated to me both in my dreams and in my waking state through feelings and thoughts as pictures, images, and direct knowing of the truth of the experience. Often they would confirm their communication by synchronistic concurrent events in physical reality just to make sure that I got their message.

What follows are messages from the dolphins on the topics of true nature, communication, raising children, the environment, and war. These messages are a blending of what they have communicated to me along with my own insights. The dolphins ask that you open your heart and mind to what they have to say and see what is true for you. If you feel touched by the dolphin spirit then come spend time with them. Thank you. Scott.

Chapter One

Dolphins to Humans on True Nature

We have a present for you.
A gift from the ocean,
Wrapped in the seaweed of love.
It is our hearts singing.
We are all one.

Scott: Humanity has many different and often conflicting spiritual beliefs. What is the dolphin's perspective on true nature and is there a common spiritual truth within all spiritual teachings?

Dolphins: We have a message for humanity. You are more than who you think you are. You may think that you know who you are because you have been taught certain false beliefs that are acceptable to the majority of people in your society, yet this is not the truth. So we will tell you who you are. You are spiritual beings living in a physical body. You are part of the oneness of God and a unique expression of the indivisible nature of the whole. You have an essential spiritual true nature covered in form that is intimately connected to the whole. When you know your true nature you will know this connection.

There have been great spiritual teachers throughout your recorded history that have told you the truth of who you are, yet their messages were misinterpreted and distorted to fit into the common belief systems of humanity. When Christ said, "I am the way and the light," he was talking about the Christ consciousness that exists in all humans, not just within Him. When Buddha said, "Life is suffering," he was referring to your ego nature that suffers because you are more identified with your ego nature than with

your true nature. When Muhammad said that there is only one God, he was not referring to a God that lives somewhere in the heavens but to a God that is present in all beings. The common spiritual truth that is woven through all spiritual teachings is that God does exist and everything that exists is an expression of the true nature of God.

We understand that many of you do not believe this since you have not directly experienced your true nature. You are looking at your relationship to God through your mental filters of conditioned belief systems and self-images. When you connect your true mental knowing with your true heart knowing, then you will experience your true spiritual nature. That is why you are here on earth at this time. It is to know your true nature and to fulfill the potential of your true nature. It is not to see who can accumulate the most material possessions or to have the most fun. This is part of the experience of living, but you will remain unfulfilled unless you know your true spiritual nature.

Societies would have you believe otherwise. Much emphasis is placed upon material wealth and social status. Yet, how many of you that have these things continue to feel as if something in your life is missing? Something *is* missing. Your connection to your spiritual nature is missing, and it is when you know this connection that you will be fulfilled. Your life's purpose will be realized; for our purpose is to know our true nature and to express it through our actions. We understand that you do not believe this because you were not taught this. We are telling you now that this is possible. Then you will live and experience all of the wonders of life from the ground of your true nature.

You may ask how do we, the dolphins, know the truth of this message? We know because we are living from the depth of our true nature and have spent our time exploring and integrating true nature into our lives. We have been living on earth for over twenty million years, having time enough to discover the truth. Now we are swimming in the radiance of our true nature. We are not inferring that it will take humans this long. Some of you will take your time, while others may experience the truth in a very

short period. Many of you may even experience the truth of your true nature while listening to our message, and many of you have already experienced your true nature while being with us.

You have always been your true nature. The difficulty is that your society in general never taught you about your true nature. Rather it taught you many incorrect belief systems that have been passed on from generation to generation. When you directly experience your true nature, you will know it. What will lead to this revelation is a shift in your perspective of who you think you are. You have been looking at your lives through the distorted filters of your mental beliefs and when these filters are dissolved and become transparent the clear light of your nature will shine through.

You may be asking, “How do we make this shift?” and “How much time will it take?” Our answer is that you have all the time in the world and no time at all. A riddle so to speak. A step towards making this shift is bringing your awareness into the present moment. This requires not dwelling on your past or bringing past ideas and beliefs about reality into your interpretation of what you perceive in the moment. It may initially be difficult to let go of your ideas and beliefs about who you are and your relationship to God. These ideas have supported your sense of who you think you are - your accomplishments, your failures, your goals, your dreams, and your creations. This has also made it easier for you to feel a sense of belonging within your society, because society generally accepts and approves of those living by the same beliefs. Having different beliefs than others can be painful as it may result in rejection and even persecution. This has happened in the past to many of your enlightened spiritual leaders. Even though they suffered at the hands of others, they continued to stand upon the ground of their true nature.

It is well worth the effort, for it is worth your true life, not the false life you have been living. You were born and you will die in the arms of your true nature. How you live your life in between is your decision. When each moment is experienced as new and fresh, you may begin to see your true nature. You have

all the time in the world because this is what you are here to do, and your true nature is patiently waiting for you to experience it. Know the truth now. Don't procrastinate until you are old men and women. An accelerated shift in the consciousness of humanity towards knowing one's true nature is now occurring. Be part of this shift so that you may truly enjoy the magnificence of your true nature.

Who you think the dolphins are is a good example of your false perceptions of reality. You believe that we are mammals that live in the ocean and can skillfully perform acrobatic feats in your aquariums. You believe that we are intelligent because we can follow your instructions and learn new behaviors. You believe that we are here to entertain you because that is what you have been told by your society. These are your beliefs and not who we truly are. We are much more than aquatic performers. You look at us like you watch the waves upon the surface of the ocean, not knowing the depth of the ocean. You perceive only what you have been taught. Now we are here to teach you a new trick - that of living with accurate perception.

Examine your state or condition in life at this moment. Can you perceive the most fundamentally important ground of your perception? Is it the content of your experience like dolphins performing fun tricks? Is it your awareness of these tricks? Or is it your life force energy that makes it possible to perceive our tricks? If you understand that your life force energy is the most fundamentally important aspect, then you are correct. This is what makes it possible to have awareness and it is your awareness that makes it possible to enjoy our fun tricks. You don't spend more time focusing on your own energy because you take it for granted and have not been taught the value of it. So you spend most of your time involved and identified with the content of your experience rather than focusing on your fundamental life force energy. When your focus shifts towards your own energy, which is your vital sustaining presence, then you will begin to know your spiritual nature. It is through diving into your awareness of your own life force energy that you will know the depth of your spiritual

nature. Then you will know that everything is spirit in nature. You will look at one another and see the same jewel of true nature in each other's presence and recognize that true nature is the most valuable and precious gift in life.

How do you realize who we really are? First by realizing who *you* really are. We are communicating to you so that you may discover your true nature. In this discovery you will recognize that your nature is also our nature. When you meet the dolphins you will be meeting your self. For in truth there is only the whole. We are here to assist you to have an accurate perspective of reality. For this to occur you will need to change your belief systems, which are based on inaccurate past information, and focus your attention on your own vital life force energy. Then it is possible to know your true self.

Your misguided actions towards us are the result of these false perceptions. You have seen us perform at your aquarium shows. We leap ten feet out of the water to jump through hoops. We speed through the water with the greatest of ease while you marvel at our agility. Yet, you believe that because you can catch us in your nets in the ocean and place us in your man made aquariums that we are inferior. You believe that you have a God-given right to hold us captive against our will because you are superior beings. You must believe all of these things, otherwise you would not be treating us in such a selfish, insensitive, and harmful way. If you truly perceived who we are, you would dramatically change the way you have been treating us. You would be ecstatically celebrating the magnificence of life with us in the open oceans rather than enjoying the few pleasurable waves of entertainment that we have provided while living in your cement tanks.

As long as you relate to us from your fixed beliefs, we will remain cute creatures that can do fun tricks and you will remain ignorant creatures that believe a meaningful life is watching us do our tricks within your prison, all the while not knowing that you are also being held within the prison of your own mentally constructed belief systems.

There is a spiritual awakening occurring in the consciousness of the earth and in the consciousness of mankind. Every two thousand years this awakening accelerates as the inner spirit quickens its manifestation into physical reality. This is what is occurring as you fully enter the new millennium. Spirit is evolving in your mental, emotional, and physical bodies. These changes can be experienced as times of astounding discoveries and traumatic suffering: astounding from the perspective of the increase of human knowledge and accomplishments, traumatic from the perspective of the suffering that your individual cultures are experiencing as the old structures break down. The dominance of your animal nature has caused most of your suffering. You are evolving from the dark ages into a time of greater spiritual light. The dark ages have been dominated by your instinctual animal nature, which is primarily an aggressive energy that you have used to dominate, control, and hurt one another. During the light age, as you become more aware of your true nature, your focus will be on the common spiritual truths in every religion and in taking action that supports the well being of all humans.

In the past, many of your wars were religious wars. Muslims fought Hindus to validate their belief in the supremacy of one God. Hindus fought Muslims to validate their belief in many gods. Protestants fought Catholics and Catholics fought Jews over their religious beliefs. From the true spiritual perspective, there is only one unified spirit that differentiates itself into various forms that are appropriate for each particular culture. When you know this truth, you will live in peace because you will be following your own religious practices while honoring the truth that resides in all religions.

Many of you are waiting for the second coming of Christ and you expect this to be in the form of one individual. What if this coming is about the Christ consciousness (which many of your enlightened teachers have spoken about) awakening in all individuals? This allows for the potential of all people to be empowered by the knowledge of their true nature, and not just one person. Then when you worship Christ, you are blessing and

honoring this universal spiritual manifestation that resides in all people.

It is time for the human species to wake up. God is not somewhere out there in the heavens. God is manifested in all things. When you see the face of God in everything that you look upon, then you will know that you know your true nature. Please wake up soon.

Love,

Your Dolphin Family

Chapter Two

Dolphins to Humans on Communication

Two hearts shimmer in the night.
Nurtured by our own brilliancy we enjoy
The beauty of creation.
Our songs of love expand to touch one another
With the delicacy of our being.
All is peaceful. All is quiet.
The sweetness of life is experienced in the
Preciousness of each moment.

Scott: Many people have tried to mentally communicate with dolphins using human language, concepts, and ideas, yet have had minimal success. What I experienced was the dolphins communicating the feeling of love with me through my heart. Please share your wisdom about communicating in general and how we can learn to communicate better with each other and with the dolphin species.

Dolphins: You use your human language as the primary medium to communicate with each other. You make commonly agreed upon sounds by creating a vibration through the physical contact of your vocal chords. Each sound has an assigned conceptual meaning that allows you to share knowledge and feelings with one another. You have specific words to describe physical objects, mental ideas, and emotional feelings. It is language that gives you the ability to think and to share your thoughts with another.

When someone tells another that they feel love for them, there is a general understanding of how this love feels. It is based on an assumption that each person believes in the same meaning of love. Yet is this true? The difficulty in having a common meaning is that there are many types of love. There is sweet love, passionate love, delicate love, gentle love, etc., and each type is experienced differently. Some of your human languages are more refined in that they express these different types of love, yet there is still the general belief that the definitions are the same. In reality these definitions are based on each individual's idea of what love means. Love to one person can mean something different to another. The bottom line is that the communication of concepts, ideas, and feelings are not always accurate. In other words there is a distortion of the message being communicated.

When dolphins communicate, the message communicated is accurately understood because there is no distortion. We use sound vibration to communicate our message through the water. You call it sonar. We call it singing. Each vibration of sound carries a feeling and it has a specific meaning that is known by all dolphins. Our communication is holographic in that it is not only sound and emotional feeling but also visual images and pictures. Vibration carries visual patterns so we visually see and feel the images that are projected through our sonar.

What we communicated to you through vibration was a love song. You intuitively knew the accuracy and truth of this communication because it was confirmed by your feelings of ecstatic joy in your heart. One feels delight when their heart truly knows what is being communicated and there is nothing more important to communicate than love.

Many people have tried to communicate with us with the preconceived idea that it should be similar to the way you communicate with each other. You use your language of conceptual meaning as a reference point primarily focusing on the mental dimension, and this is where the difficulty lies. Since much of your communication with each other is verbal, this is how you try to communicate with dolphins. But to accurately communicate

with dolphins, you need to integrate your mental knowing with your heart feelings.

What would it be like to be present with one another without speaking? Would not some of you feel uncomfortable because nothing is being said? Could it be that when you are not talking you feel you are not sharing because you don't know that you have a true nature that can be shared in silence? Or are you quiet with one another only during intimate moments with a few select people because it is during these times that you are closest to experiencing your true nature? More often than not your talking may create a sense of mental contact while your hearts continue to feel separate.

True contact with another will happen when each person integrates their own mind and heart center with their own spiritual presence. When you recognize your own precious true nature then you will recognize it in others. It is true nature that bonds humanity, dolphins, and all species with each other, and it is this unity of true nature that makes it possible to truly communicate with one another. When you share the various aspects of your true nature, real communication occurs, which is loving, caring, compassionate, and tender.

To communicate with the dolphin species, begin by imagining that you are with us in the ocean realm. Notice how your heart feels and allow this feeling to expand into your whole body. Be aware of all the feelings that are spontaneously arising in this experience. Notice what pictures and images you are seeing in your mind's eye and integrate your mental knowing with your heart feelings. Then ask a dolphin that you are feeling close to for permission to merge into their physical body. If permission is given, imagine that you are gently becoming one with the dolphin and experiencing the world from its perspective. Notice how it feels to be weightless and to have the water passing along your body as you swim. Notice what pictures, images, and feelings the dolphin is experiencing. Then with an open mind and heart, ask the dolphin what message it has to communicate with you today.

You can also communicate with dolphins in your dreams. This is a time when you are more receptive because you have submerged beneath the waves of your normal mental patterns and belief systems. Your hearts are more open. Before going to sleep, ask a dolphin to come to you in your dream and to share a message with you.

We have a song to sing to you. It is the song of our love for true nature. For there is nothing more important than to know and share one's life as true nature because it is the fundamental ground of existence. This is what we communicate and share with each other and want to share with you. Please open your hearts now to your true nature so that when you are with us you will hear us singing our love song.

Love,

The Dolphins

Chapter Three

Dolphins to Humans on Raising Your Children

Oh precious one, swim under my fin
And I will show you our marvelous world.
You are my darling child,
And I will always be here for you.

Scott: Many human children are suffering and acting in ways that are harmful to themselves and others. What are your suggestions for effectively raising physically, emotionally, mentally, and spiritually healthy children?

Dolphins: Your children are suffering and causing harm to themselves and others because they do not know their true spiritual nature. This is the fundamental ground of existence. You call it God. We call it true nature. When you teach your children that they are an intricate and precious part of true nature, and that true nature exists within and expresses itself in all things, then they will live in a healthy way that honors, respects, and supports all life.

Children are born as impressionable souls and learn about who they are and their environment by what you teach them and by observing how you conduct your lives. If they are taught that God exists somewhere in the heavens, then they will believe that they are separate from God. If they see you acting in violent and hateful ways that harm one another, then they may act the same. If they are physically, mentally, or emotionally harmed, then they may harm another. Your children are suffering because they are

not living from their true nature. If they were taught that God exists in all things and that humans are living upon the earth to take care of all species, including each other, then they would conduct their lives in a peaceful, loving way because this reflects and supports their true nature.

If you pay attention to the development of your children during the first few months of their physical lives, you will notice that there is a natural predisposition towards expressing various aspects of their true nature. When they coo, smile and laugh, they are happy. This is an expression of the joy and delight of true nature manifested in form. When you hold an infant in your arms, you naturally feel love because the infant is an expression of the love of true nature. You love your children for their innocence, beauty, delicacy, preciousness, gentleness and sweetness. These are all qualities of true nature. Your children express moment to moment whatever quality of true nature that is arising. It is because you also have a true nature that you can recognize these qualities. When you love your children you also love true nature and ultimately yourself because true nature is love.

When your children are young they are in touch with their true nature. They may not mentally know this, but they are living from this place. They laugh and play with each other. They are excited and delighted by all of their daily experiences. They innocently and spontaneously develop healthy friendships. As they grow older they lose touch with their true nature. In order to receive love, affection, and support they had to adopt your false beliefs, which then cover their true nature. In order to be accepted and to feel a sense of belonging they had to deny the existence of their clear light, which is their true nature. This is like placing many different colored fabrics over a clear light bulb. They have been living within the fabric of many false beliefs and are now rebelling against these false teachings.

You are well aware that your children and teenagers are having a difficult time in their lives. They are hurting and killing each other, committing suicide, doing harmful drugs, and dropping out of society. You have many intellectual reasons for this

behavior—you say that they are not being raised in supportive and healthy family environments or that they feel pressured by their peer groups. There is excessive violence in the media that your children imitate when they act out their violent feelings. These are all valid reasons and part of the difficulty. Yet there is a more fundamental core problem that accounts for most of their inappropriate actions—your children do not know about the existence of their true nature.

You teach them a religious belief that separates them from God, and thus the whole. You teach them that humans are born in sin and can only hope for redemption in heaven. These are false teachings and your children intuitively know this. No wonder their lives feel empty and meaningless; for they have not been in touch with their true nature since shortly after birth! It is because you are not teaching them about their true nature that they are acting out their anger, rage, and frustration. Their destructive actions have gotten your attention, yet you are unable to solve the problem because you are relying on false beliefs to provide the solution. This is why your children feel depressed and hopeless about their lives. They believe their only hope for relief from their suffering is the intervention of a God that lives somewhere out there and still hasn't shown up. It is the true nature of God that can bring an end to the suffering, but it is not a God that lives out there. It is the God that dwells in the hearts of your children as their true nature. We know this; for your true nature is our true nature.

It is your responsibility to model your own true nature to your children and to mirror your children's true nature back to them. You mirror by being an example through your behavior and through your teachings. Without this kind of positive modeling and mirroring, they do not know that true nature exists. Your developmental psychologists talk about the importance of positive modeling and mirroring as a child grows. This is the issue that we are addressing. Your children may sense that something is missing in their lives, but they don't know what it is because their true nature has not been mirrored back to them. What you usually mirror are inaccurate beliefs about who they are and the human

species position in relation to God and the universe. So they live and act from this inaccurate perspective.

Before we can teach you how to effectively mirror true nature, you must first learn about your own true nature. It is impossible to mirror true nature to your children unless you have experienced it yourself. There are spiritual teachers in your societies that are available to teach this knowledge to those with sincere hearts. They are not offering a quick fix because they realize that many of you are entrenched in your habitual belief systems. They know from their own journey that it takes time to unravel and see through one's false perceptions. They see your transition as a spiritual journey of discovery. What you will discover is the magnificence of your true nature. There is an old saying that the teacher will appear when the student is ready. The spiritual teachers are here and we, the dolphins, are speaking to you because you are ready to hear our message.

A common thread that binds the true teachings together is that of being in the present moment and then living your lives from the present moment. Living from the present moment does not mean ignoring your past, but rather seeing your past and present from the correct perspective. Many of your mental, emotional and physical activities are based on past information that is inaccurate. These false beliefs develop false perceptions and images of who you think you are. You then continue to manifest traumatic patterns in your present lives, all the while hoping that things could be different. It is the correct perception of reality that will make the difference. This occurs by eliminating your false beliefs, which then allows you to live in the present moment. When you are aware of the present moment, you are aware that you exist. It is the existence of your own precious presence, your true nature, that is the ultimate gift of God. You will then be fulfilled in whatever you do because you will know that you are an expression of true nature. You will create a future that is harmoniously aligned with true nature as it expresses itself in your world.

The first step is seeing your false beliefs. To do this you must be willing to acknowledge that your beliefs may possibly be

false. This can be difficult to do because you are accustomed to living by your false beliefs. They provide a sense of security and comfort. They give you a sense of your self that you believe is meaningful and significant. It may appear risky to question your false beliefs because the foundation that supports your current life will no longer support you. You might feel lost, confused, and uncertain about who you are. This could threaten your sense of value. What you once thought to be important, no longer is. You may fear that if you let go of your false beliefs nothing would replace them and you would be left feeling empty and in a void. This may be what you experience for a while, but the void will eventually be filled by true nature.

You may also be concerned because, if you see you have been living your lives from these false beliefs, then you may have regrets about your past actions. We will tell you now that your harmful past actions were not wrong. We are not placing judgment upon how you have lived your lives. Your cultural beliefs about value, self worth and community have helped you survive life's difficulties. Your past actions have brought you to this point where you are ready to know your true self. Yes, you will need to resolve your painful feelings of regret and remorse, and there will be times when you may feel empty. What you are emptying out are your false beliefs. As the light of clear perception illuminates these false beliefs, they will naturally dissolve, thereby allowing correct knowledge of your true nature to arise and fill this void.

The second step is seeing that these false beliefs are what determine your inappropriate actions. It is because you believe that you are separate from God, your fellow man, other species, and the earth, that you act in ways that are destructive and harmful. You must question why you are holding onto a belief that you do not have a spiritual nature that is intimately connected to God. How do these beliefs serve you? You may even mentally believe that you have a connection, but your heart emotionally feels this separation. It has many deep wounds that have not yet healed: wounds of sadness, anger, fear, jealousy, envy, and hatred. Your heart feels hurt, lonely, depressed, and frustrated.

So you mentally, emotionally, and physically take these feelings out on your self and your environment by behaving in ways that are harmful and inappropriate. Rather than acting out your pain and discomfort, be present with these feelings. By staying focused and allowing these feelings, your awareness can penetrate to the origin of these feelings. The origin of your painful feelings are your false beliefs, and when you recognize this your true nature will come forth to heal your wounded heart. Your beliefs will dissolve into the direct experience of true nature. You will feel joy, strength, confidence, love, and compassion. You will become an example of how to powerfully create and act from the unity of your spiritual heart and mind. This is the foundation of your true nature that you can then use to teach your children. This is the elixir of life that you can use to help your children know their true nature and heal their wounded hearts.

You mirror your children by being attuned to their physical, emotional, mental, and spiritual needs. Then you allow your true nature to provide guidance and beneficial mirroring. What you mirror to your children are all the qualities of their true nature. When they are happy, tell them that this is their joy, that they are made of joy. When they feel love, tell them that this is their love, that they are made of love. When they feel strong, tell them that this is their strength, that they are made of strength. By reflecting the qualities of their true nature, they will experience and integrate these qualities into their lives.

Your children want to know the truth. They want to know who they are, what is the purpose of life, how to have a fulfilling life, and how to create and live in a peaceful and loving world. There are spiritual teachers that understand the developmental stages your children are going through. They know the answers to your children's questions. They know beneficial mirroring techniques. Utilize their knowledge to assist your children in their development. Then use your knowledge and the guidance of true nature to support and enhance their development.

We know that most of you want the best for yourself and humanity. We know that you love your children and want the best

for them, just as we love our dolphin children and want the best for them. Give your children the greatest gift in life, their true nature. Reveal to them the treasure that resides deep within their souls, which is their own soul's true nature. Then they will create and live in a world that embodies the peace of true nature.

Our children want to meet your children. Bring them to the ocean to swim with us where we can spend hours playing in the bountiful waves of our true nature. We are available to assist you and your children to know that you are an essential part of the whole. We want to spend time with you enjoying the paradise of true nature and are patiently awaiting your arrival. Come with us, the dolphins, on the most amazing adventure of your life, that of discovering your true nature. Your children love adventure and they are waiting for you to take them on this adventure. Please come join us now.

Love,

Your Dolphin Family

Chapter Four

Dolphins to Humans on the Environment

Blood, guts, killing our children.
Caught in your drift nets.
Harmful noises in our head. Harpoons in our backs.
Bodies full of toxins. No more fish to eat.
No place to hide. We take our last breath.
Goodbye my love.

Scott: Every day I hear about another environmental catastrophe—whether it is more trees being cut down in a rainforest or an expansion of the dead zones along the coast that are caused by chemical, fertilizer, and pesticide runoff. What is your perspective on the environment, and what will it take to reverse the continual environmental destruction?

Dolphins: Many of you believe that a lot of the doom and gloom talk by your various environmental organizations is a hysterical overreaction to what is actually occurring. You take great pride in verbally criticizing and discounting what your environmentalists are saying. Our view is that the hysteria is well founded and that your reactions are expressions of your belief in separation. Is it foolishness when one of your most respected world environmental organizations releases a report that clearly states that there is no hope for saving any of your rainforests except to have isolated nature preserves? Is it foolishness when another of your organizations states that 10% of the coral reefs worldwide have died and if present trends continue, another 20 to 30% could be

lost within the next decade due to human environmental contamination of the ocean? Our answer is far from it! You continue to cut down the trees of the tropical rainforest mentally believing that these separate individual acts won't have a significant effect. Yet when you add all of these separate incidents together the result is catastrophic loss of the world's rainforest. The earth breathes through these rainforests. If the earth can't breathe, how do you think humans will breathe? Have you wondered why so many more of your species are having asthmatic conditions?

Your environmentalists take a macro perspective of the whole and are well aware of how every separate act of destruction adds up to massive degradation of the whole. You, who do not want to see the big picture, prefer to be isolated in your own separate communities unaware of the overall impact. Our message to you is this: You already are and will continue to be negatively affected by what is occurring. Many of you may personally suffer from disease, viruses, starvation, and natural disasters. You and your loved ones, that are part of the whole, are already becoming sick. Your suffering will continue until the majority of your population realizes that everyone is an intricate part of the whole and thereby begins to live in a manner that promotes the health of the whole environment.

How arrogant you are to think that the earth is yours to do what you want without regard for other plant and animal species. Have you forgotten that you came from the womb of the earth, not the earth from you? You were not given the right to destroy other life forms—you took it. Now the earth will take back what is hers. If you believe that you are the most evolved species on the planet, then act like it. Take into account that your destructive environmental actions are having a detrimental effect on the whole earth organism (including humans) and do something positive about this by stopping the destruction now. This will only happen when you see yourself as part of the whole and not separate. You can even use your logical mind to know that humans are part of the whole, like individual cells are part of one physical body.

We know that the human species loves nature, yet many of you do not feel the deep painful wounds that you are inflicting upon nature as you cut into the earth's heart. Your mind may see the suffering, but your hearts do not feel it. Your mind separates your harmful actions from the painful and compassionate feelings in your heart. It is only when you connect your mental actions to your heart's love for the whole that compassion for the whole will arise and you will stop inflicting pain upon the environment and ultimately upon yourselves. Then all of your actions, both business and personal, will be to support and sustain nature.

The earth is a living, breathing organism. Because it is one interconnected organism, all parts are aware when another part suffers trauma. In the same way, when one part of your human body experiences trauma, the rest of your body knows. You walk as a foot upon the earth, yet many of you do not believe that your foot is connected to the whole body of the earth. If you knew that your foot was connected to your hand through the earth would you cut off your hand? This is what you are doing. You are systematically cutting off various parts of your body and in time will become a useless stump upon the earth. You may still have eyes, but only to see the suffering. Listen carefully. Humans will not be allowed to manipulate the earth for negative selfish purposes. Those who continue to selfishly exploit the earth may suffer their own physical, mental, emotional and nervous breakdown.

Your human body has the same biological system as earth's body. The trees and green plants of the forests are it's lungs, respiratory system, and organs of purification. They breathe out the oxygen that gives you life. The oceans, lakes, rivers, and rains are the circulatory system. The land mass and tectonic plates are the skeletal system. The vegetation on the earth is the fiber of her muscular system. The electromagnetic energy field is the nervous system of the earth. All of the animal species, including humans, are the cells that perform specific functions.

The earth also has an immune system that attacks foreign invaders. Be careful for many humans have become foreign

invaders. Your destructive acts against the environment have weakened the earth's immune system. As you are clearly aware, humanity's immune system has also become compromised, and many more humans are suffering from diseases, viruses, parasites, and bacterial infections. Every time you act in a way that is harmful to your environment you are shocking your own nervous system. This has a negative effect on your whole organism by constricting your muscles and the blood flow to your organs, which further depresses your immune system.

The organs of the rainforest filter out and purify the toxins that are in the environment. They have a great capacity to perform this function when there is a natural flow of toxins through the earth's purification system. Yet, you are dumping more chemical and biological toxins into the air, water, and soil than the earth can naturally filter and purify. The earth has become contaminated and diseased. The result is an outbreak of human diseases as seen by your many forms of cancer. New viruses and bacteria are being spread because the earth's natural ability to keep them in balance has been compromised. Cutting down the trees of the rainforest has accelerated the release of dormant strains of viruses and bacteria that are not only having a detrimental affect on humans but on dolphins as well. It is well known that dolphins are being infected with human viruses, and are dying and washing up on your shores. At a recent national meeting of your American Association for the Advancement of Science your scientists disclosed that they have discovered previously unknown bacteria and viruses blooming in the warming oceans that are killing marine and coral life. They see this as a grave threat to human health.

What happens to you when an organ of your body becomes infected, diseased, or is unable to function to support the overall well being of the whole? You fight the infection with antibiotics. You treat the diseased area with chemotherapy. Or if this does not work, you cut the infected part out before it infects your entire organism. The earth has a disease and it is called mankind and it is infected with many sick people. We know that many of you are

healthy and working towards healing the earth, yet the overall health of humanity continues to deteriorate.

Over time the earth will heal with or without human participation. Many of your animal and plant species are dying and the earth will not allow this to continue much longer. The earth is responding to her deteriorating condition in the same way your human body responds when it has an infection or disease. The earth is increasing her body temperature through global warming and it is increasing the circulation of its blood flow over farmland, deforested and mined areas to flush away the toxic pesticides and chemicals. The earth is increasing the velocity of her respiration through hurricanes, tropical storms and tornadoes to oxygenate her lungs. The earth is releasing new viruses and bacteria to eliminate the diseased parts of humanity. If this doesn't work she may cut out the diseased part. Does humanity want to be cut out of the earth and become an extinct species? The choice is yours, although we will tell you this is already occurring. Much of your human population may be eliminated through infection, disease, starvation and natural disasters if you do not first eliminate yourself through war.

Many of you ignorantly believe the cataclysmic natural disasters occurring upon the earth at this time are random unconnected events. Let us enlighten you. The earth is responding to your destructive actions by causing beneficial natural healing actions. You call them natural disasters. We call them natural healing actions. If you saw the whole picture, you would see that humans are but one small part of a much larger organism of life. The flooding in Central America caused by Hurricane Mitch during the winter of 1998 (which caused massive mudslides) was purposefully created by earth to wash away your man-made roads and infrastructures with the intent to temporarily halt the development and destruction of the rainforest. The flooding in your North American farmland was intentionally caused by the earth to flush away the poisonous toxins that you humans have dumped upon her skin. The flooding in Southeast Asia is

occurring because you are harming the land, air, and water environment. So the earth is taking a bath to disperse the toxins.

Our message to you is that there is still time to stop your destructive actions and to take constructive measures to help the earth regain her health (which is your health). Mother earth wants you to continue being a part of her life and to enjoy the abundance of all that she has to offer. She wants you to fulfill your destiny and be a co-creator and sustainer of all of the magnificent life forms upon her mantle and not be a destroyer. Earth has already given you so much. She has given you life and the ability to love and appreciate each other and the infinite variety of her life forms. Now it is time for you to give by acting in a responsible way that supports the well being of the whole. Assist earth in her healing process. For as earth heals mankind heals.

Many of you are taking constructive action by promoting eco-tourism rather than eco-destruction. Rather than cutting down the trees of your rainforest, you are preserving them so that people may appreciate the infinite variety of life. Eco-trips reveal the natural wonders of your land. Invite other cultures to visit your countries to enjoy the abundance and beauty of nature. This will bond your cultures together so that your actions support the well being of each other. This will also provide for your economic needs. Limit the number of fish that you are harvesting to allow the oceans to once again have abundant fish for dolphins and whales to feed upon. Then there will be more of our species available for your eco-tours to visit.

You have the technological knowledge to stop polluting your environment and the ability to accomplish this task. Integrate the wisdom of deep ecology into your farming and manufacturing processes and into your daily jobs. Instead of making money your number one priority, conduct your business with the environment as your first priority. For as environmental conditions continue to deteriorate from pollution and overuse, your businesses will also suffer. Then all of humanity suffers.

The cetacean species are dying. Your Navy's low-frequency active sonar is killing us. It is like having a fire alarm

going off in our head all of the time. Our nervous system is in trauma. Our eardrums are being blown out. Our brains are hemorrhaging. We depend upon our sonar for hearing, seeing and communicating and you are causing us to go deaf and blind. Because you are a land species, you are not aware of how toxic the ocean kingdom has become and do not see our suffering. We are even beaching ourselves upon your shores to get your attention, yet many of you are choosing to ignore our plight. We cannot survive much longer in this condition.

Have you asked the other species that live on planet earth how they feel about what you are doing? Because they do not human talk do you believe that they don't have feelings and care about what is occurring? We will tell you that they feel and care deeply about their environment. They want to share their feelings with you and ask that you open your hearts to their feelings. Because you have not previously felt the dolphin suffering, we are sending a message to you through a human, communicated in your human language, with the hope that your heart will open up to our message. It is through your open heart and its connection to your mind that you will hear us. We are not speaking to you to please the small mind of humankind but to connect your thinking mind to your feeling heart. Many humans know the truth of our message and are also sharing it with others of your species. Seek them out. Listen to them. Then go into your own heart to find what is true for you.

We love you unconditionally and we have much to share with you. We want to share our love with you. We want to share our feelings and knowledge with you. We want to share the adventure of life with you. Please wake up and begin acting in a way that honors the sacredness of all life.

Love,

The Dolphins

Chapter Five

Dolphins to Humans on War

Slash, stab, shoot, bomb,
Tear, rip, cut, puncture, crush, break,
Kill, annihilate, destroy & die.

Scott: My heart is filled with a deep sadness because humans continue to be at war with one another. Please share your insights about war and what it will take to have a lasting peace.

Dolphins: You have been at war with each other for as long as there has been recorded history. When are you going to stop? Will it be when you are no longer able to record your history because no one is alive to record it? How does war benefit you? For you must believe that it does or you would not continue killing each other. Do you get a sense of power and importance from being the victor and seeing others suffer? Is it claiming more of the earth's land for yourself even though it is not yours to claim? Is it because you have a need to possess for fear of not having enough? Does war give you a sense of meaning and purpose? Is war a way of rallying the troops and your societies around a common cause? Do you believe that you have the righteousness of God on your side? Is it because you want revenge for all of the pain and suffering that you and your families have endured from one another's hand? Do you wage war because you have to defend yourself against an aggressor? Would not all of your businesses that manufacture the machines and equipment that are used in war cease to exist?

If you answer YES to any of these questions you are correct—war does benefit you and your society. You do get a sense of power and importance from being the victor and from possessing more of the earth's land. One's holy religion, race, or society becomes better than another's. Many of you do not want to stop fighting because fighting makes you feel important. War is a way that you try to get revenge for the injuries that you have suffered. If war ended no one would get to be the respected war leader and the respecting war follower.

Peace would not be good for your war industries. They would go out of business. There would be no need to build jet fighters, nuclear weapons, tanks, or navy ships. People in your society would lose their jobs and may have nothing else to do. You are so entrenched in your businesses that are making money as war machines that you are ignoring the devastating consequences of environmental destruction. When you drop a bomb upon the earth, do you consider how it impacts the environment?

From your human mental perspective war is justified and herein lies the problem. You base your justification of what you are doing on your mental belief that in some way war benefits you. The problem is that your human intellect believes that you are separate islands of existence that have no connection to each other or to the whole. You must believe this; for if you saw your connection to the whole you would stop shooting each other's eyes out because you would see that you are going blind as well. You would stop dropping bombs on the earth, ripping up hillsides, and destroying ecological habitat that provide sustenance and life for all the earth's creatures because you would recognize that you are also a creature of the earth. You would stop promoting your mental ideas that war is justified (in that it saves one while killing another), because you would see that in killing another you are also killing a part of yourself. It is not through your intellect, but through your intellect's connection to your heart that you will know this. Your heart is the doorway to perceiving your intimate relationship to the whole.

You also believe that your actions of war and the subsequent destruction of environmental habitat and species are justified because you have some God-given right of supremacy or superiority. We have news for you! You may have supreme fighting machines or superior weapons, but by our definition you are not supreme or superior beings on this planet. Yes, you have highly developed mental capacities but what about your heart capacities? It is the intellect that separates. It is the heart that unites. Through the union of heart and intellect, the whole is perceived and from this perception the whole is taken care of. Have you considered that your role as a species on the earth might be to take care of the whole with both your heart and mind? For many of you that are engaged in war, this is a novel idea, because if you considered the whole you would see the suffering that you are causing and stop war now.

From our perspective war is not justified because we know there is no such thing as separation. Our view is like your astronauts who first saw the earth from space and saw it as one unified indivisible whole. They did not see many separate parts but rather one living organism supported by the interrelationship of all living organisms. We do not destroy our environment because we know that our survival depends on a healthy ocean. We do not kill each other because we see ourselves as a species that is connected to one another through the whole. It is through the heart that compassion arises for the suffering of others. It is through the heart that one takes care of another. If you take the H of Earth and place it in front, it spells Heart. The earth is your heart. Take care of your heart. Don't destroy it.

We are speaking to you because we have compassion for your suffering and because your violent and destructive actions are having a detrimental effect on our species. Your nuclear, chemical, biological, and sound weapons have polluted our ocean. Our own immune system has become weakened and we are more susceptible to disease. There are fewer fish to eat because you are catching more than are being reproduced. You are even directly killing us when you capture us in your fishing nets. You see our

species as separate and therefore you are waging war against us. You see the earth as separate from yourselves and are waging war against the earth, which means all of earth's creatures. You see yourself as separate and are at war with each other. When are you going to stop the senseless killing?

You are causing so much destruction that we are not clear about what positive role as a species you are playing by living on the earth; yet, because we see humans as part of the whole, we prefer that you remain on the earth. Perhaps it is your arrogant thinking that you are the king of all species that gives you the mental belief that you can do what you want, without taking into consideration how the whole is affected. We have a message for you. The earth will survive, but many humans may not. Perhaps your purpose for being part of the whole is no longer necessary, especially when you are at war with each other and the whole. Ask yourself: What useful purpose do you have to be living on the earth? If you continue living as you are your species will suffer and may even become extinct. This will benefit the earth and all of the other species. The dolphin species would benefit because there would be more fish available to live on. The oceans would become quiet and safe again because you would no longer be using your sonar. The oceans would become pure and clean, as there would be no more toxic pollutants spilled into the waters.

We have a challenge for mankind. End war now. We accept no excuses! If your men can't or won't do it, then women must unite to become world leaders with the common cause of ending war now. Be the first nation to lay down your firearms and embrace the heart of your enemies. If you are worried that this action would render you defenseless against another nation's aggression, then help them to see their connection to the whole by having compassion for their suffering. When you embrace the heart of your enemies you are embracing your own heart. What you need to understand is that when one person harms another, the perpetrator is already suffering and in pain. What they need is for you to see their pain and with compassionate caring help them heal their wounded heart.

We understand that you have differences. Why don't you settle your differences peacefully? You don't because your mind believes you are separate from one another. It is this mental belief in separation that is the origin of war, violence, suffering, and disease. When you harm another you don't think that you are being harmed because you perceive that you are separate. Another person may lose a limb or life while you appear unaffected, yet, what happens when one part of your body is injured? Doesn't it affect the rest of your body? Of course it does! So when you injure another human or a part of the earth, you injure a part of yourself. When you shift your mental, emotional, physical, and spiritual perspective to the correct perception of reality, being a spiritual whole, you will have peace.

Most of you are looking at the external wars occurring on your planet. What you do not see is the war that is occurring inside of you. As you are part of the whole, you also have your own personal war, and it is this inner war that you are acting out externally upon each other, the earth, and all species. Look inside your soul. There is a battle going on. Are you not experiencing many conflicting positive and negative emotions such as love, joy, and the desire for peace, as well as hate, sadness, and the desire for revenge? It is time for you to resolve your own inner personal conflicts. When you experience your own personal inner peace, you will know the correct actions to take to bring a lasting external peace.

Do you think that your violence towards one another is going unnoticed by the dolphins, other species and the earth? Are you so arrogant that you believe humans are the only species that are aware of their surroundings and what is occurring just because you can talk and other species don't? We have a surprise for you! We are totally aware of what you are doing and that is why we are communicating to you now through a human. We obviously do not speak the human language, nor do any other species, for it is not our developmental pathway. Yet, all species have very effective languages of communication. Since we don't human talk you perceive us as less developed and silent about your actions.

This is supreme ignorance. Have you ever tried talking under water? It doesn't work very well. Our sonar is much more effective and is certainly not silent. We have highly developed ways of communicating, and if you put your attention towards communicating with dolphins, as some of you have, rather than waging war, you would hear what we are saying and understand the folly of your actions.

Know this! We are watching. All species are watching. The earth is watching. We are all aware of what you are doing to each other and to our planet. We see and hear the suffering that is occurring; for we are part of the whole. It is time for the human species to grow up. Open your eyes and ears to your unity to the whole. Support the whole by assuming your role as a caretaker of the whole. Don't kill the whole. For in killing the whole you are killing yourself. Enliven the whole. For in supporting the life of the whole you are giving life to yourself.

You have the ability to make things with your hands. Make peace with your hands, not war. Make flower gardens, not tombstones. Improve the livelihood of earth's creatures by providing a nurturing, supportive, and bountiful environment. Follow the example of your peers that are coexisting with nature in an environmentally responsible way. They understand that their actions impact their environment and choose to live environmentally healthy lives that do not include war. They are the stewards of the earth and of the whole.

One of your greatest longings is to be loved, appreciated, and to feel that you belong. When your heart is open to the whole and to one another this longing will be fulfilled. Our longing is for you to be at peace with yourselves, with each other, and with your environment. Then maybe you will take the time to realize that you belong to the earth and that the earth has so much more to share with you than its soil upon which you wage your wars.

We have much to share with you: our peace, our knowledge, our love, our compassion, our joy, our spirit, and our children. Please leave your weapons of war behind and come be with us in peace now.

Love,

Your Dolphin Family

Dolphin Prayer

We pray that our love songs will touch your human hearts and that you will stop harming each other and your environment.

We pray that more humans will recognize the truth of our messages and become dolphin ambassadors, taking action to alleviate human and dolphin suffering.

We pray that those who doubt the possibility of interspecies communication and dolphin knowledge of true nature will reconsider your beliefs. Remember, your species once believed that our Earth was flat and at the center of the universe.

We pray that more humans will directly experience the divine true nature that resides in every heart and share this knowledge with your children.

We love you unconditionally,

Aphrodite, Orpheus, and
the Dolphins

