

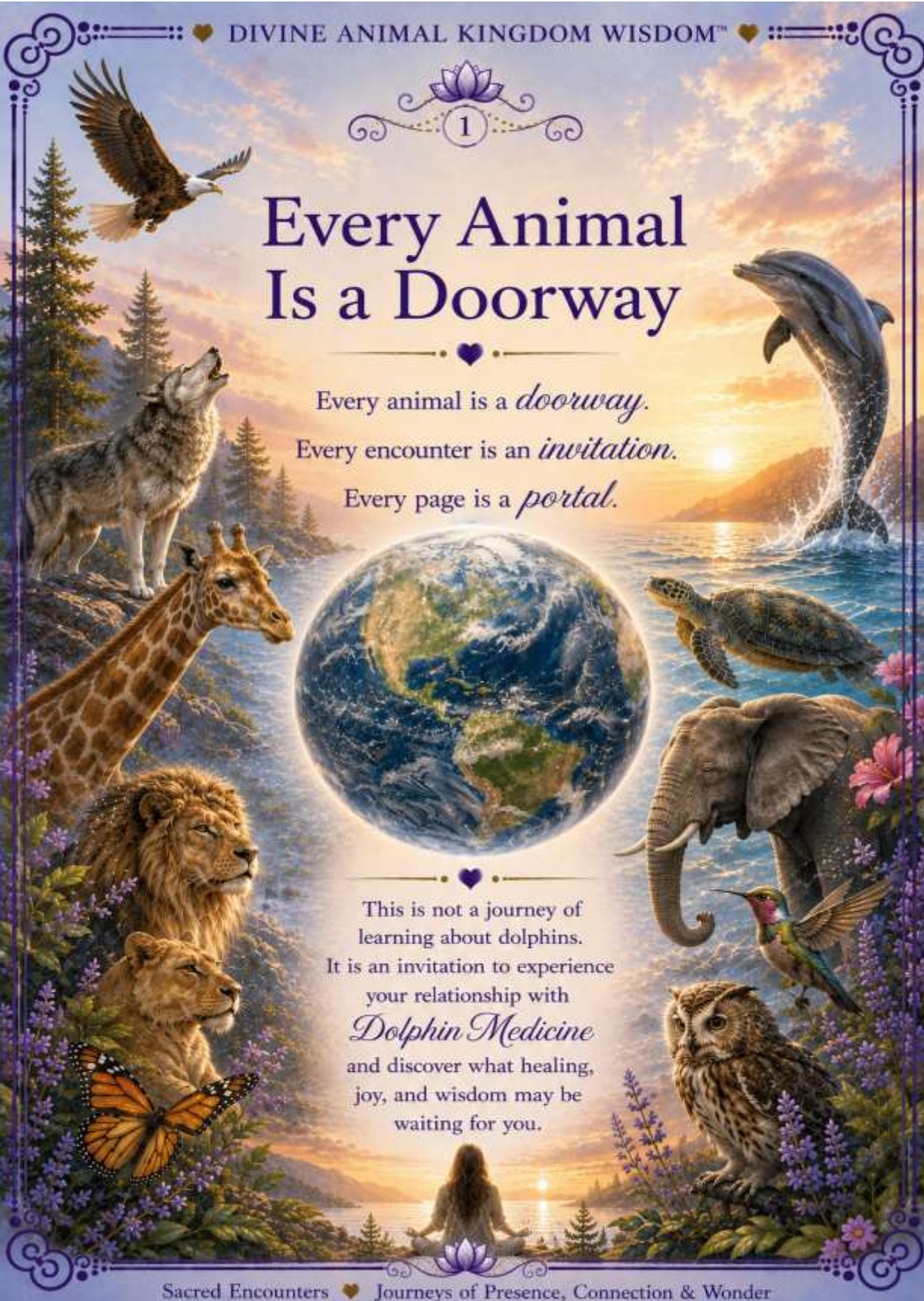
♥ DIVINE ANIMAL KINGDOM WISDOM™ ♥

DOLPHIN *Medicine*

*Wisdom from the Ocean
& Our Dolphin Brothers and Sisters*

*An Invitation
to Connection,
Healing, and
Remembering*

Enter the world of dolphins—
where sonar becomes song,
presence becomes healing,
and every encounter
awakens something
deep within.



♥ DIVINE ANIMAL KINGDOM WISDOM™ ♥

1

Every Animal Is a Doorway

Every animal is a *doorway*.

Every encounter is an *invitation*.

Every page is a *portal*.

This is not a journey of
learning about dolphins.

It is an invitation to experience
your relationship with
Dolphin Medicine
and discover what healing,
joy, and wisdom may be
waiting for you.

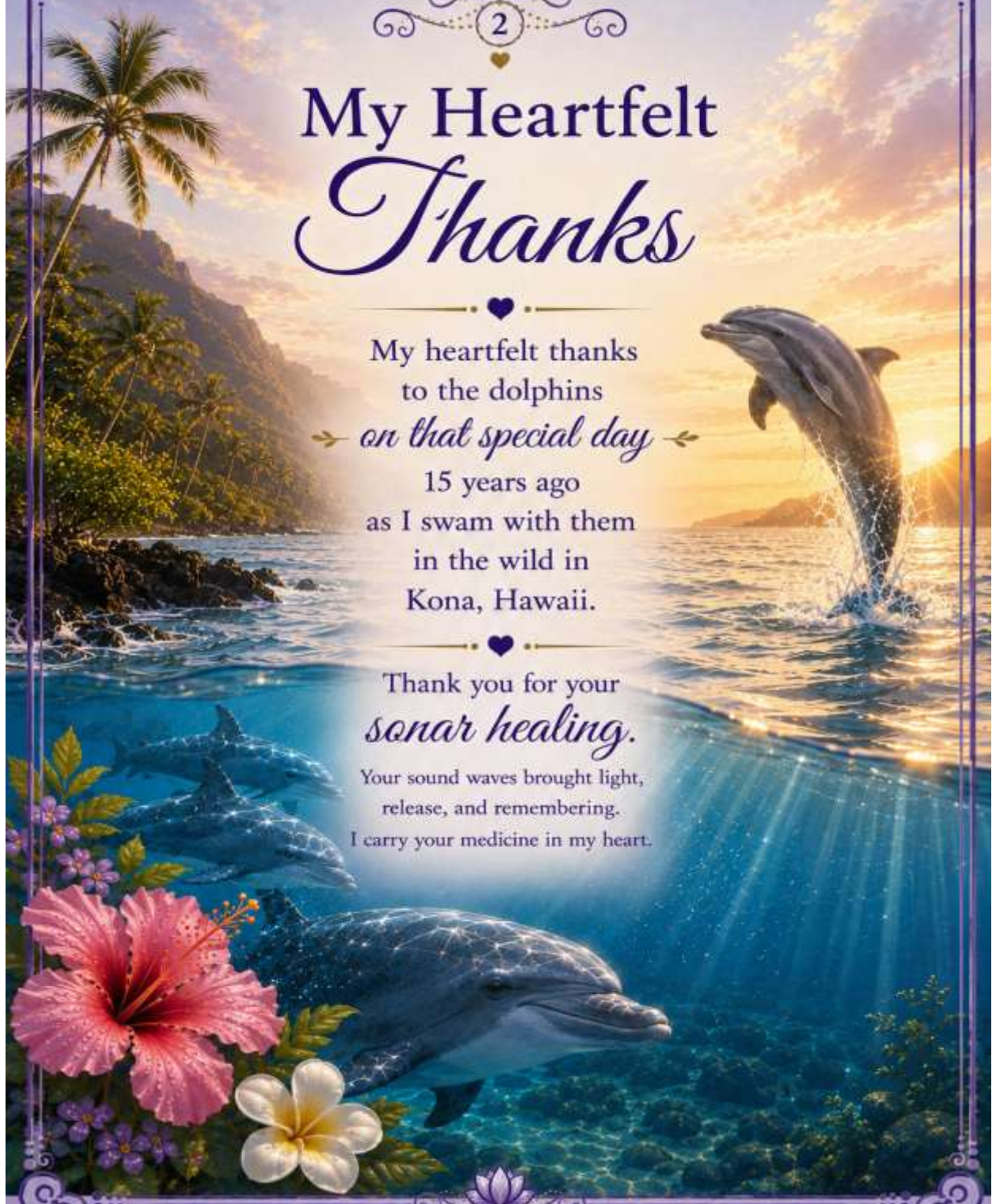
Sacred Encounters ♥ Journeys of Presence, Connection & Wonder



My Heartfelt *Thanks*

My heartfelt thanks
to the dolphins
— *on that special day* —
15 years ago
as I swam with them
in the wild in
Kona, Hawaii.

Thank you for your
sonar healing.
Your sound waves brought light,
release, and remembering.
I carry your medicine in my heart.



Welcome to *Dolphin* Medicine

There are moments in life
that stay with us forever.

Dolphins have a remarkable
way of awakening joy, presence,
and deep connection. Their
playful spirit reminds us that
healing is not always serious—
it can also be gentle, curious,
and filled with wonder.

As you begin this journey,
simply be open.

*The dolphins may awaken
something that has always
lived within you.*

REFLECTION

- ♥ What draws my heart
toward dolphins?
- ♥ What might they be
inviting me to remember?



The Gift of *Joy*

As I watched the dolphins,
I noticed something beautiful.
They strengthened their
relationships through joyful
interactions.

They played together,
explored together, and
delighted in one another's
presence.

Perhaps Dolphin Medicine
reminds us that joy is more
than happiness. It is one of
the ways love, trust, and
connection grow.

REFLECTION

♥ *How do I bring joy into
my relationships?*

♥ *Who might need a little
more playfulness from
me today?*





Playful Creativity

As I watched the dolphins,
they reminded me that not
everything in life has to have
a purpose.

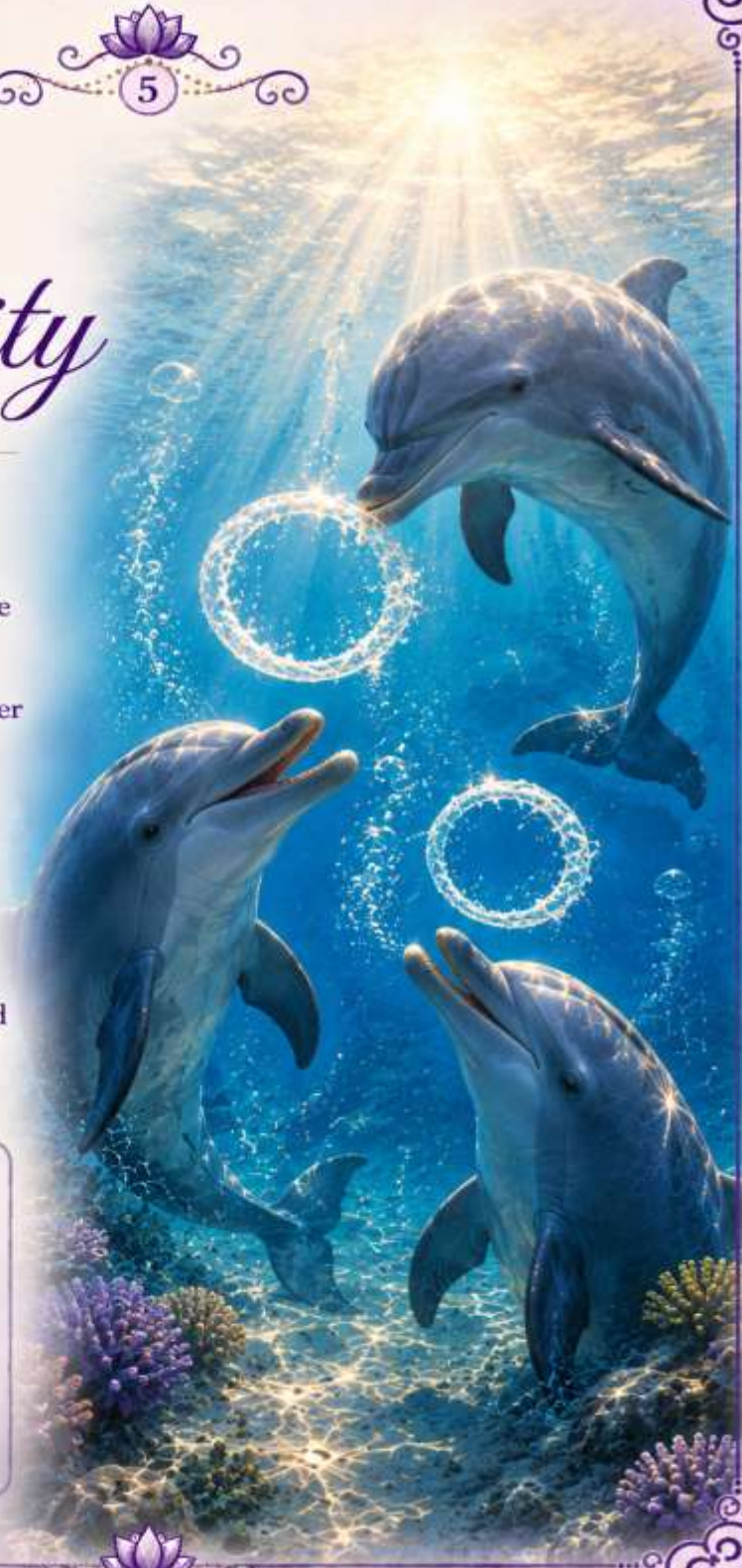
Beyond caring for one another
and finding food, they also
made time to play, explore,
and create simply for the
joy of it.

Perhaps Dolphin Medicine
is inviting us to make room
for curiosity, imagination, and
playful creativity.

REFLECTION

♥ *What would I create if
joy were my only guide?*

♥ *Where is life inviting
me to play?*



Beyond Words

Dolphins communicate through clicks, whistles, movement, and the remarkable gift of sonar.

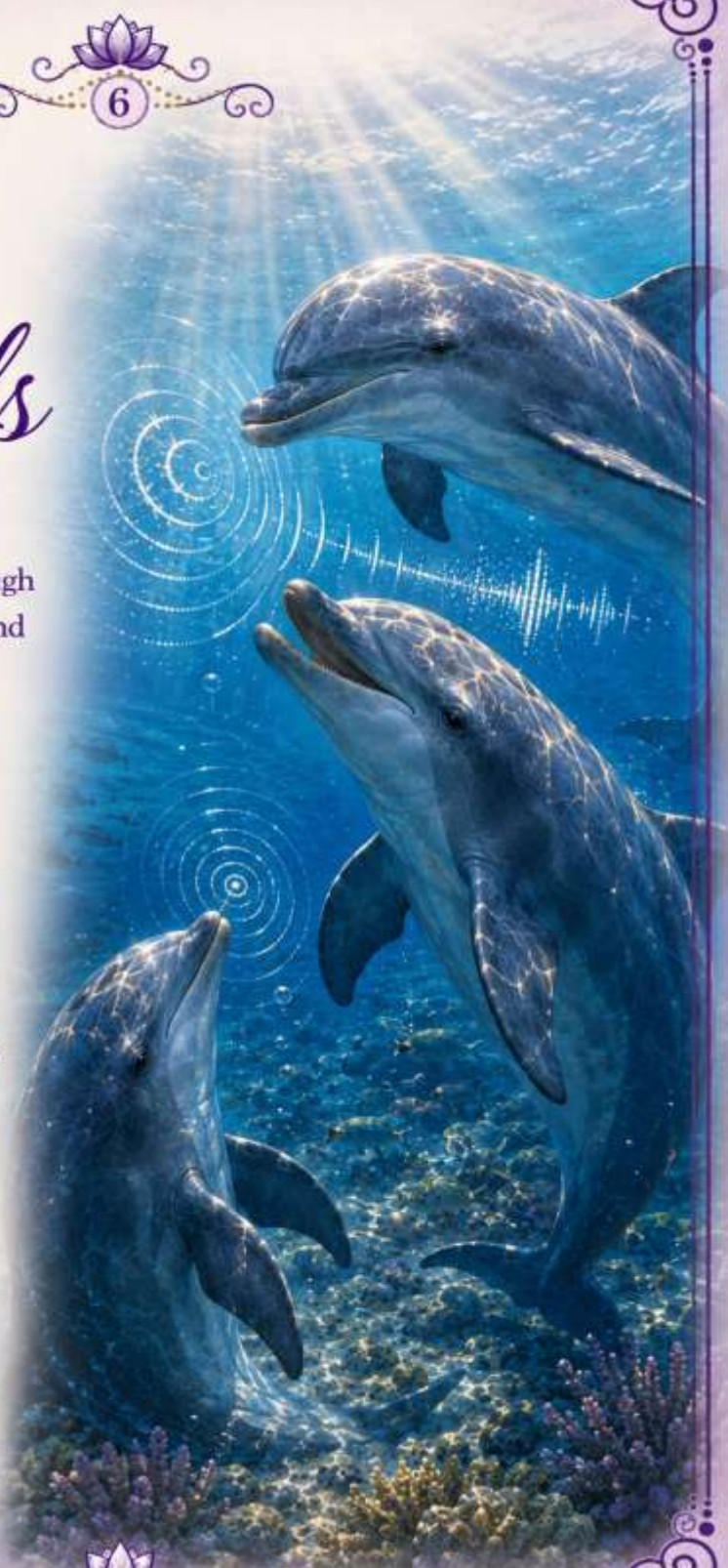
While science continues to explore how they share information, much of their language remains a mystery.

As I spent time with them, I found myself listening in a different way—not only with my ears, but with my heart.

REFLECTION

♥ *How do I communicate beyond words?*

♥ *What deeper wisdom am I being invited to hear?*



Swimming Together

As I watched the dolphins, I saw how they strengthened their relationships through play, cooperation, and shared experiences. They seemed to delight in simply being together.

Dolphin Medicine reminds us that our relationships also flourish when we make time to laugh, connect, and enjoy one another's company.

REFLECTION

- ♥ *How do I nurture the relationships that matter most?*
- ♥ *Who could I spend more joyful time with today?*

A Gift Beyond Words

On that unforgettable day in Kona, I experienced something I can only describe as a gift. As the dolphins surrounded me, I felt their sonar in a way I had never imagined.

I cannot fully explain what happened. I only know I left the water feeling deeply grateful, profoundly peaceful, and forever changed in my perception of the aliveness of everything here on Earth.

It had always been there—
I simply hadn't seen it before.

REFLECTION

- ♥ *When has life given me a gift beyond words?*
- ♥ *How can I remain open to moments of mystery and grace?*

Living Dolphin Medicine

The dolphins reminded me that life is meant to be lived with joy, curiosity, connection, and wonder. Their gifts did not end when I left the ocean—they continue to shape the way I see myself, others, and the living world around me.

Perhaps Dolphin Medicine is not something we visit, but something we carry within us.

REFLECTION

♥ *How will I carry Dolphin Medicine into my daily life?*

♥ *What gift from this journey will I remember?*

Closing *Blessing*

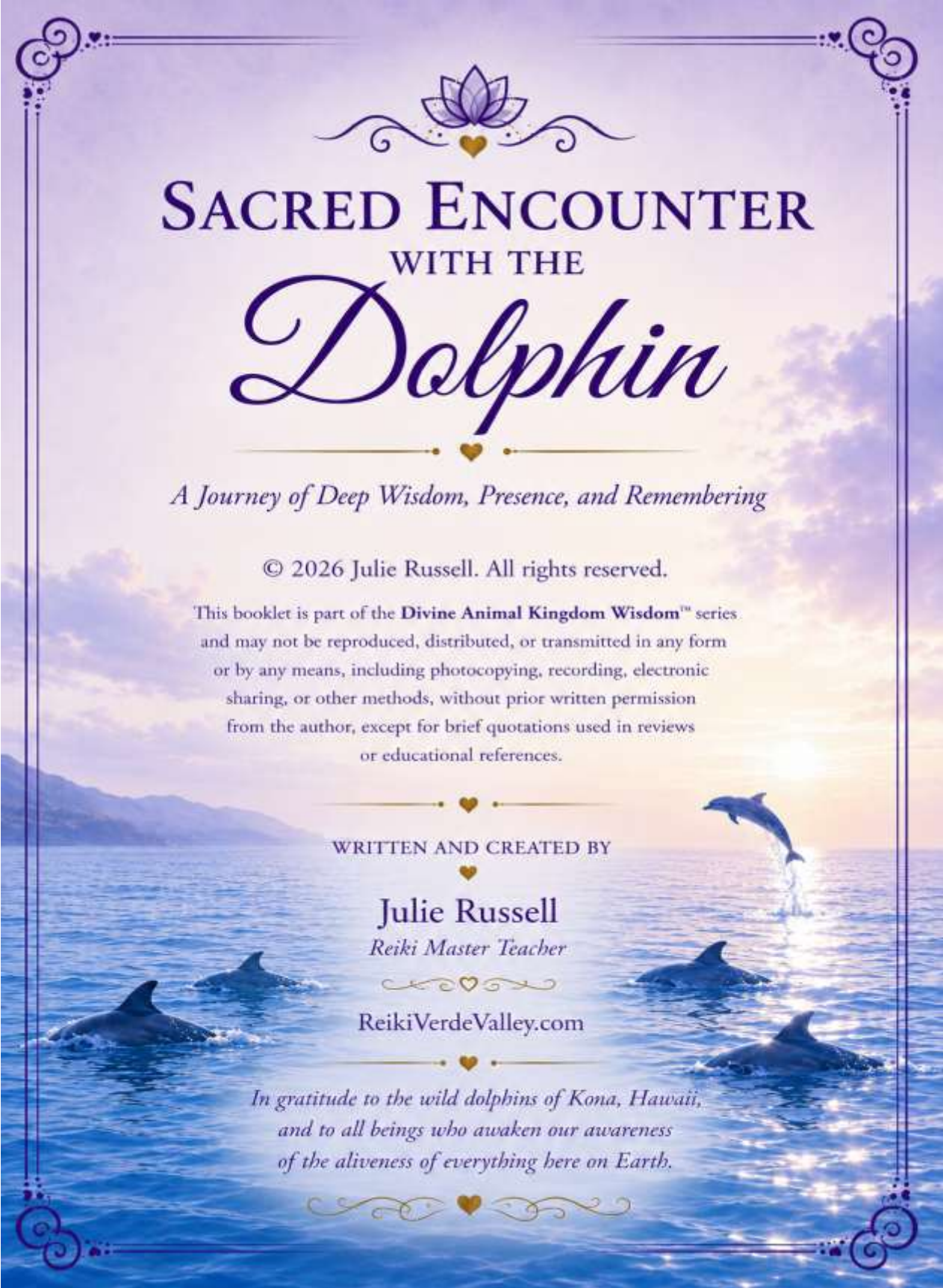
May the joy of the dolphins
remain in your heart.

May their playful spirit
awaken your creativity, their
gentle presence deepen your
connections, and their mystery
fill you with wonder.

And may you always remember
the aliveness of everything here
on Earth, discovering each day
that every encounter can become
a doorway to love, gratitude,
and awe.

REFLECTION

- ♥ *What gift will I carry with me from Dolphin Medicine?*
- ♥ *How will I honor the aliveness of the world around me today?*



SACRED ENCOUNTER WITH THE *Dolphin*



A Journey of Deep Wisdom, Presence, and Remembering

© 2026 Julie Russell. All rights reserved.

This booklet is part of the **Divine Animal Kingdom Wisdom™** series and may not be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, electronic sharing, or other methods, without prior written permission from the author, except for brief quotations used in reviews or educational references.



WRITTEN AND CREATED BY

Julie Russell
Reiki Master Teacher



ReikiVerdeValley.com



*In gratitude to the wild dolphins of Kona, Hawaii,
and to all beings who awaken our awareness
of the aliveness of everything here on Earth.*

