



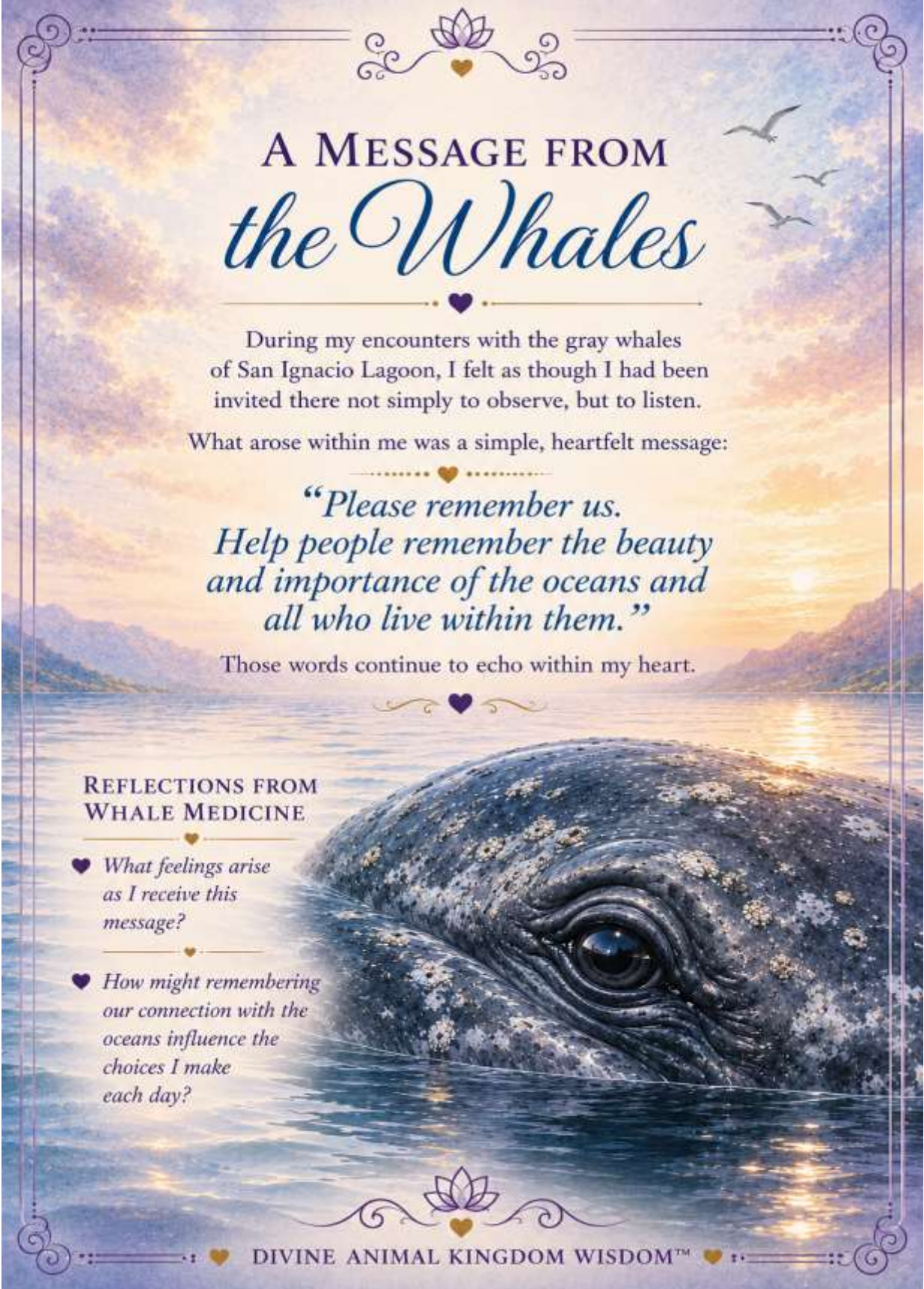
# SACRED ENCOUNTER WITH THE *Whale*

A Journey of Deep Wisdom,  
Presence, and Remembering



DIVINE ANIMAL KINGDOM WISDOM™





# A MESSAGE FROM *the Whales*



During my encounters with the gray whales  
of San Ignacio Lagoon, I felt as though I had been  
invited there not simply to observe, but to listen.

What arose within me was a simple, heartfelt message:



*“Please remember us.  
Help people remember the beauty  
and importance of the oceans and  
all who live within them.”*

Those words continue to echo within my heart.



## REFLECTIONS FROM WHALE MEDICINE



- ♥ *What feelings arise  
as I receive this  
message?*
  - ♥ *How might remembering  
our connection with the  
oceans influence the  
choices I make  
each day?*
- 



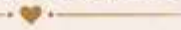
# A PROMISE *Remembered*



In the quiet of my heart, I made a promise to the whales that day. I promised to help awaken appreciation, wonder, and reverence for the oceans and all who live within them.

Through my work, my words, and my presence, I offer this promise in service to the beauty and sacredness of all life in the sea.

## REFLECTIONS FROM WHALE MEDICINE



- ♥ *What promise am I being called to make for the Earth and all who live here?*
- ♥ *How can I honor this promise in the small and big choices I make each day?*



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# EVERY ANIMAL *Is a Doorway*

*Every animal is a doorway.  
Every encounter is an invitation.  
Every page is a portal.*

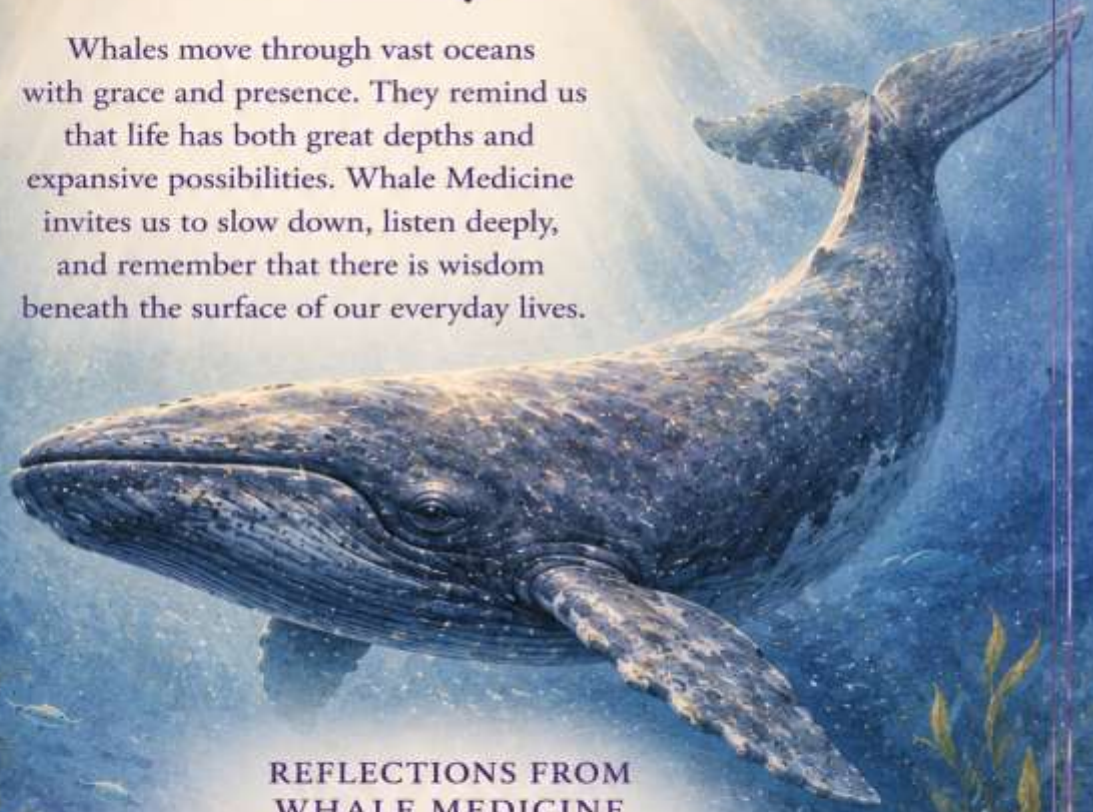
The animals of our world carry qualities that can inspire, comfort, and awaken something within us. As you move through these pages, become curious. Notice what draws your attention, what touches your heart, and what begins to stir within you.

This is not a journey of learning about whales. It is an invitation to experience your relationship with *Whale Medicine* and discover what wisdom may be waiting for you.

..♥ DIVINE ANIMAL KINGDOM WISDOM™ ♥..

# WELCOME TO *Whale Medicine*

Whales move through vast oceans with grace and presence. They remind us that life has both great depths and expansive possibilities. Whale Medicine invites us to slow down, listen deeply, and remember that there is wisdom beneath the surface of our everyday lives.



## REFLECTIONS FROM WHALE MEDICINE

- ♥ *What qualities of the whale draw you toward it?*
- ♥ *What might be waiting for your attention beneath the surface of your life?*

# ENTERING *Deep Waters*

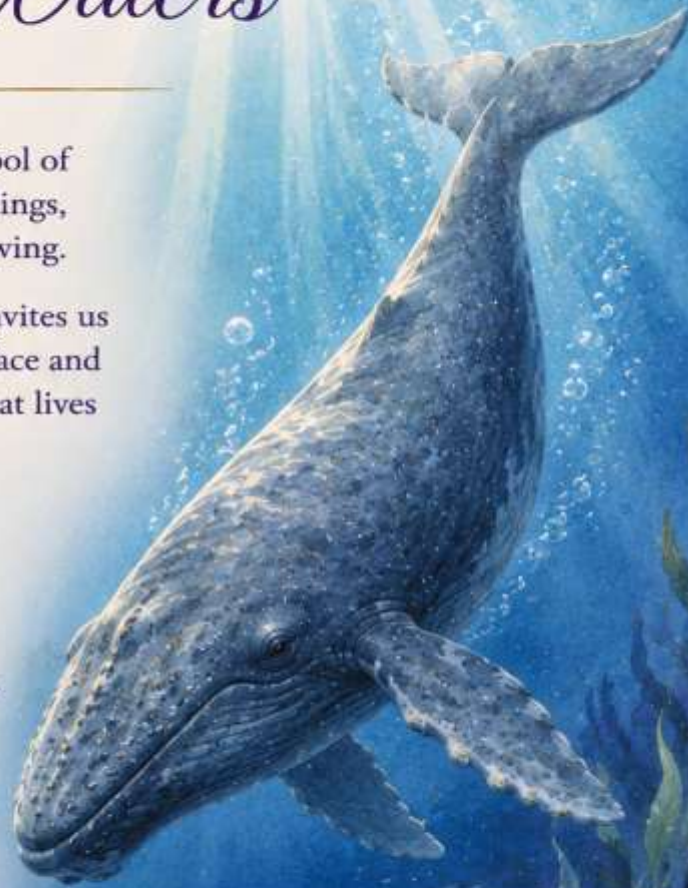
The ocean is often a symbol of our inner world—our feelings, memories, and quiet knowing.

Whale Medicine gently invites us to stop skimming the surface and become curious about what lives within our depths.

## REFLECTIONS FROM WHALE MEDICINE

♥ *What feelings or experiences have you been moving past too quickly?*

♥ *What might happen if you allowed yourself to go a little deeper?*



# LISTENING TO *the Song*

Whales communicate through beautiful songs that travel great distances through the sea.

Whale Medicine reminds us that listening is a sacred act. Sometimes wisdom comes not from doing, but through quiet attention.

## REFLECTIONS FROM WHALE MEDICINE

♥ *What in your life  
is asking to be heard?*

♥ *When have you felt  
deeply listened to?*

# ANCIENT *Wisdom*

Whales have existed on Earth for millions of years. Being near images or sounds of whales can evoke feelings of timelessness and wonder.

Whale Medicine invites us to remember that wisdom often unfolds slowly and patiently.

## REFLECTIONS FROM WHALE MEDICINE

♥ *Where in your life are you being invited to trust a slower unfolding?*

♥ *What experiences have brought you wisdom over time?*

# THE BREATH of Life

Whales rise regularly to the surface to breathe.

Their rhythm reminds us that even in times of depth and intensity, we need moments of renewal and fresh perspective.

## REFLECTIONS FROM WHALE MEDICINE

♥ *What in your life do you need to pause and breathe?*

♥ *What restores you and renews you?*

# THE GREAT *Journey*

Many, many whales travel thousands of miles across the oceans. Whale Medicine reminds us that life itself is a sacred journey, made of many seasons and experiences.

## REFLECTIONS FROM WHALE MEDICINE

♥ *Where are you in your present life journey?*

♥ *What has your path taught you so far?*

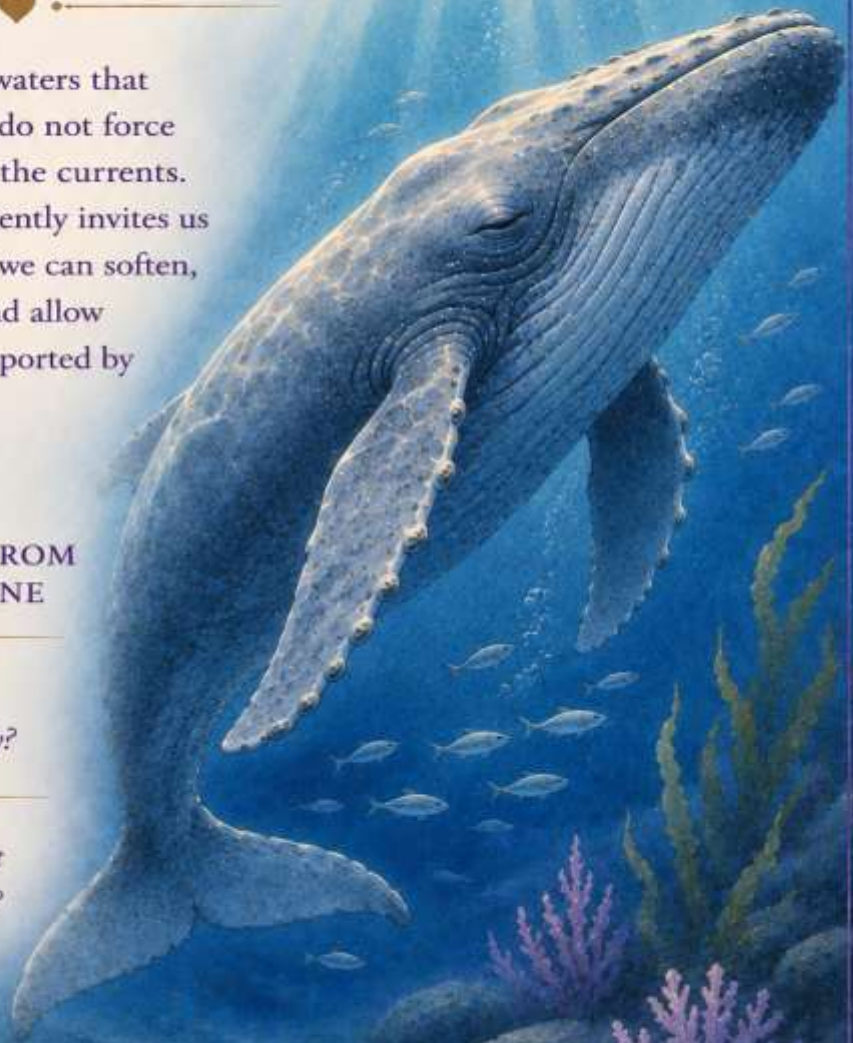
# BEING HELD *by the Ocean*

Whales trust the waters that carry them. They do not force the tides or resist the currents. Whale Medicine gently invites us to consider where we can soften, release struggle, and allow ourselves to be supported by life in new ways.

## REFLECTIONS FROM WHALE MEDICINE

♥ *What are you  
holding too tightly?*

♥ *Where might trust  
bring greater ease?*

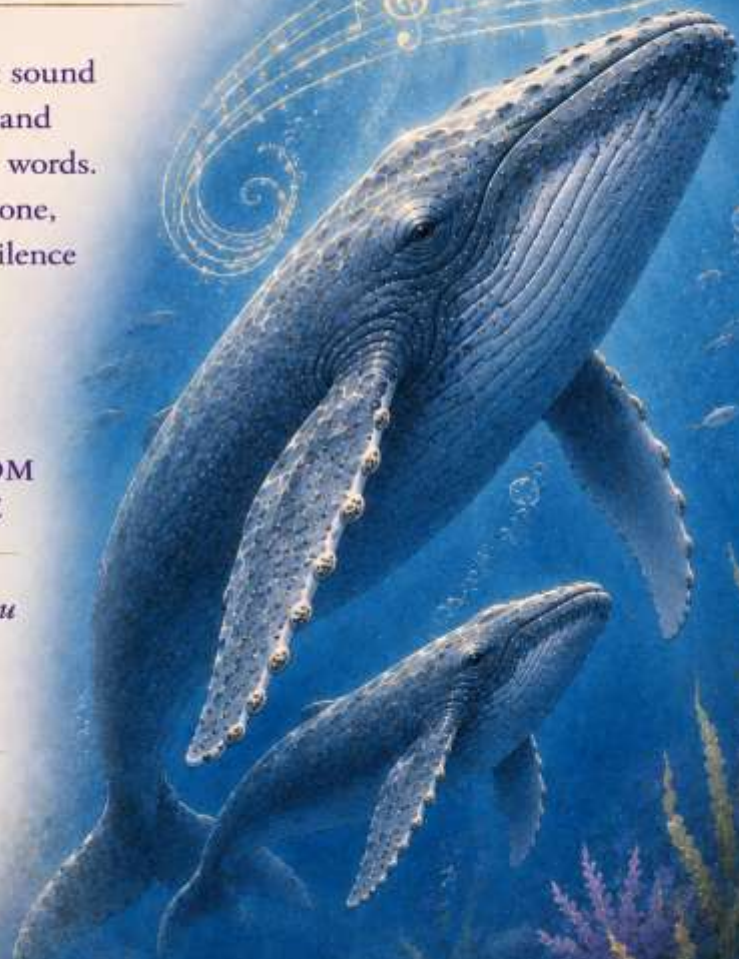


# THE WISDOM of Sound

Whales teach us that sound can soothe, connect, and communicate beyond words. Sometimes a simple tone, hum, or moment of silence can touch us deeply.

## REFLECTIONS FROM WHALE MEDICINE

- ♥ *What sounds help you feel peaceful and connected?*
- ♥ *How does sound and silence support your well-being?*



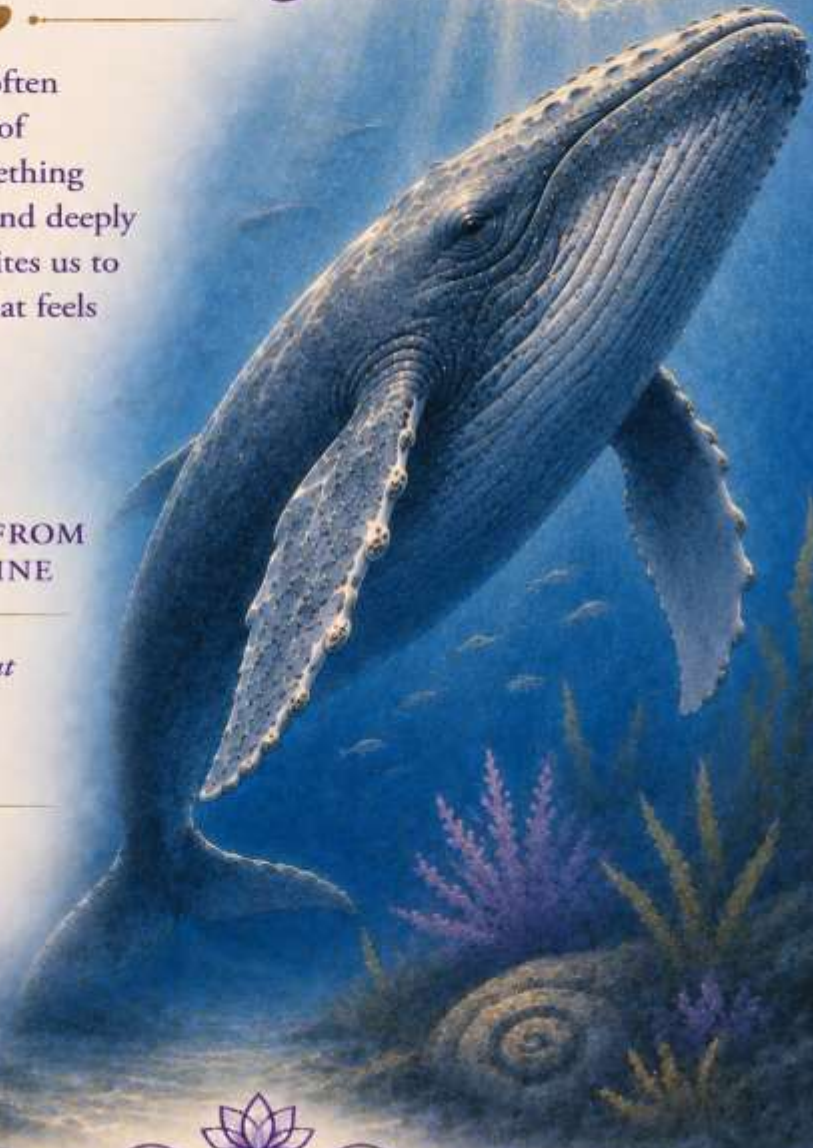
# THE GREAT *Remembering*

Whale Medicine often carries the feeling of remembering something ancient, familiar, and deeply meaningful. It invites us to reconnect with what feels true in our hearts.

## REFLECTIONS FROM WHALE MEDICINE

♥ *What truths about yourself are you remembering?*

♥ *What feels most deeply true to you right now?*



# CLOSING *Blessing*

♥ May the whale remind you  
to move gently through the  
deep waters of life.

♥ May you trust the wisdom  
that lives beneath  
the surface.

♥ May you listen to the quiet  
song within and remember  
that there is a vastness both  
around you and within you.

And may Whale Medicine  
accompany you with grace,  
presence, and wonder as  
your journey continues.



# SACRED ENCOUNTER WITH THE *Whale*



*A Journey of Deep Wisdom, Presence, and Remembering*

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WRITTEN AND CREATED BY



**Julie Russell**  
*Reiki Master Teacher*



[ReikiVerdeValley.com](http://ReikiVerdeValley.com)



*In gratitude to the gray whales of San Ignacio Lagoon  
and to all beings who invite us to remember  
our connection with the living world.*

