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Love - Compassion - Protection

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Mini guide to detachment



12 Steps to beat
compassion fatigue

Mermaids 4 Cetaceans
Love ~ Compassion ~ Protection



As a light-worker, you are working on a higher vibrational level with dolphins. It is a very humbling way to connect with the energies of these animals.

However, the more involved you are with dolphins, the more the dial for empathy turns up, and often, to the maximum!

Then of course, when the cove becomes red, you will find that your feelings of connection will be pushed to their limits and you will feel the dolphins' pain, their sorrow and their horror.

You will be left feeling empty, crushed and broken, like an empty conch on a beach. You will not be able to function properly, you will cry, you will feel a deep weight on your heart chakra, you will feel useless, angry and the world will appear as a cruel place, a place devoid of compassion or empathy - no heart.

When you feel that you are in this place of deep despair, you will not be able to help the dolphins any longer as your vibration will be on a completely lower level. You will feel absolutely burnt out! In these moments which, will occur several times during a hunting season, you will need to learn emotional detachment to keep yourself sane and fully functional.

Detachment is your safety valve. It is a necessity when your connection to Taiji threatens your sanity, your health, your body and your emotions. You are breathing pain and despite all your efforts to try to change things, nothing will change the ugly outcome for the dolphins. The people who can make the change (the fishermen and their bosses) presently are not willing, so you have to let go, it is not your responsibility but theirs.

There are a few things you can try to do in order to retain the necessary balance that you need to have to continue your spiritual activism.

We have put together a mini guide to detachment that we hope will help you during the hunt. It is not by all means a "bible of truth", it does what it says on the tin, guides you and gives you some tips on how to remain balanced and how to let go of the compassion fatigue we all experience in our lives. You will find your own way too.

You may have to try some of the tips many times before you can see some benefit. Our conditioning and way of living is difficult to override and we need patience and time to integrate our spiritual activism into our everyday life.

Although this guide is written for the light-workers/spiritual activists working with the dolphins in Taiji (Japan) and the Faroe Islands, the guide could also apply to any compassionate people who work in the field of animals: rescuers, volunteers, saboteurs etc.

Time is the master with many animal causes and love can truly conquer all!

Oephebia

Founder of [Mermaids 4 Cetaceans](http://www.mermaids4cetaceans.org)

Love - Compassion - Protection



Month after month (for half of the year) following what is happening in Taiji, the good news and the bad news can be an exhausting business on its own merit. Our faith, our dedication and our love are stretched to their limits, and before we know it, we feel tired physically and emotionally exhausted and drained, grumpy and tearful. Almost like our life force has been sucked out of us? Sounds familiar?

This is what is usually referred to as compassion fatigue, when your love and care for other sentient beings takes over your life, when life itself seem to revolve around a single "obsession", one goal: to save the creatures that will lose their life and freedom because of the activities of some human beings in a small fishing town in Japan.

As noble as the cause is, compassion fatigue can be serious enough to threaten our health and even in some instances, our sanity.

Everything in life is about balance and it is well documented that an unbalance in the body for instance will create dis-ease.

If we do not care about ourselves and dedicate all our energies to the dolphins, after a few weeks, the first signs of 'burning out' will start to appear. When they do, then it is time to take the bull by the horns and to detox, both physically and mentally; if we want to continue to help the cetaceans.

Here are 12 steps to consider

I - Accept that you cannot rescue and save ALL the dolphins!

If it is your belief, fair enough but ask yourself why do you think you can save them all? Have you got superpowers?

I will let you answer these questions, but remember working with animals is working from the purest place possible, the heart.

Being compassionate is laudable but it has limits when your health and sanity are committed.

You need to maintain inner balance and draw a line. The line is that you cannot rescue and save them all!





II – RECOGNITION

This is an important step, you would need to recognise and acknowledge that you did your best through your activism, your visualisations, your full Moon ceremony, your candle burning for the souls of the unfortunate dolphins. And for the more advanced light-workers helping the souls of the dolphins to cross over. Recognise that the things you do are adding to the global cause of compassion and love for all beings.

Although many people may not understand what you do (you can always educate them about spirituality and spiritual activism) as a light-worker, you know within yourself that nothing is wasted with the Universe, your thoughts and intent are being received. You won't see an immediate effect (sometimes it will take a few months or a few years but eventually a shift of consciousness will occur) and patience is something you will need to learn.

Apathy is dangerous and many people do not care enough to make a contribution to help the dolphins, let alone the planet. At least you are active by engaging your heart in a cause you feel passionate about.

Any time you light a candle in memory of the dolphins lost in the cove, you honour a life, and you recognise that this life was valuable and precious. Recognition is the root of your spiritual activism.

Recognise that you are part of a global movement, part of the change of consciousness that has started to happen. You are a little drop of water which added with other drops will create a ripple effect and an ocean of love.





III - EXAMINE YOUR EMOTIONAL RESPONSE.

It is really easy when the dolphins are in the midst of the boats or being kept as prisoners in the cove for a few days, to lose your cool and to swear, curse the fishermen, Japan, the world etc...

Whilst emotions understandably run high, it is good idea to let go off steam privately, but not online.

Words carry thoughts and energies, and when hundreds of people are writing negative comments and ill wishes online on some pages, all this creates a big wall of negative energy.

The words will stay written for all to see and this wall of negativity will become an entity, nourishing itself from the negativity which will be added by more and more people, on and on until the wall will become so thick that the dolphins won't be able to hear your messages of aid as your energies will become depleted by having to struggle through this thick wall of negativity.

Think about it, do you really want to add to this wall of negativity? Do you really think that being a "keyboard warrior" writing negative comments is the way forward? Operating from lower energies is something that is detrimental to any light-worker as the energies have to be as pure as possible in order to spread your message and love.

Letting off of steam privately is just a moment in time, done in a private and safe environment. Then it is gone and you feel relieved. The energy behind it has been released and will lose power in the ether...

Written words on the other hand, are more substantial, visible and widely seen. Their energies don't go away, they develop within the words on pages somewhere on social media.

Think about it, do you want to be part of it all? Is it really what your spiritual activism is about?

Of course it is not, but do not despair there are ways to express yourself and letting it out without a single soul knowing about it. Go to step **VIII** and read about **the throat chakra** 😊





IV - DRAMA

We can all submerge in emotional dramas, but we do not have to be swallowed by them. In other words, no need to read forever all the comments, tweet and updates.

How many times do you need to read gruesome details to get that these dolphins are no more?

How many times do you need to see pictures of dolphins in the cove, manhandled by trainers, the boats encircling the dolphins and the tarpaulins before you can understand that the hunt is cruel?

How many times do you need to subject yourself to such images?

Is it really helping you to be a better light-worker when you see these pictures? Again the answer lies within you.

Be aware that lowering your energies by subjecting yourself to such pictures is borderline martyrdom. Noble in some cases, but useless when it comes to working as a light-worker as your energy field is no longer strong and you cannot reach out to the dolphins.

Is it really a necessity to know that, as an example, the fishermen laughed or that they smoked a cigarette or had their lunch after their deed?

Does it add more to the fact that dolphins have lost their lives?

Sometimes updates are written in a specific way to generate an emotional response, which is fair enough. After all many people are not aware of what is going on in Taiji and the reality of captivity. So they need to be made aware of a reality they had no idea about. Point taken!

However as an informed light-worker, you know what is happening in Taiji right?

You know that no matter what, some dolphins will lose their lives or their freedom. You know that the fishermen will show no empathy to these creatures right?

You know that the boats go out almost every day...do you need to go online to read that the boats are out; already lowering your energies?

Ask yourself, do you need to dwell on all of this?

Don't you think that you know what needs to be understood every day for 6 months (length of the hunting season), that the boats are out. The fishermen hunt and sometimes they win sometimes they don't...do you need more than that?

Drama feeds on negativity and on lower energies, hence why drama has to be avoided as much as possible, if you want to operate on the higher energies required to do your spiritual activism.



However, the chance is that as well as being a spiritual activist, you are also a grass root activist, going to protests, belonging to a marine group and doing your bit to educate people. That is a more proactive approach which is needed to shake the apathy and ignorance regarding the issue of cetaceans in captivity.

You may share some of the pictures taken in the cove, or some of the tweets, updates in an attempt to stir compassion in people. Very well!

However, the danger is to try to maintain both activism at the same pace, and since they operate on different levels, burn out can occur even more rapidly. Life has its own needs outside of your activism and can be extremely busy and stressful regardless of the events in the cove.

You must try to keep the balance at all times. Both types of activism are essential but one has to be more conscious about their actions in order to continue for 6 months!

A small suggestion is perhaps not to share the drama when the cove is red? Or to consciously not share some pictures/tweets/updates too often in order to keep the balance? After all, if you are not balanced, your energies will be less to help the dolphins.

When you share pictures of trapped dolphins etc...on your personal page on a social network, look at how many people will truly respond. Possibly a few will express anger, frustration and so on.

A well written status directing people on some marine pages may trigger more people to be involved and to be part of the global movement to stop the captivity of cetaceans.

Also with difficult pictures, people may start to become desensitised to them particularly in January when the fishermen are depleting the sea so successfully, producing a different result that the one you hoped for.

Sometimes one may choose to practice spiritual activism for a period of time and then switch to grass activism to find the balance. Others will do more of their spiritual activism during the hunt and will switch to grass root activism when the hunt is off. You are the best judge to see how to reconcile your grass root activism and your spiritual activism. The key is to find the right balance for you, to help you in order to help the dolphins.

Another tip is to try to avoid debate on social media, when people judge others because they are meat/fish eaters, when in fact marine activists of all horizons are in the same boat to help cetaceans, whatever their preferences with food, or t-shirts they wear. This happened very recently when one of the dolphins most devoted ally within Japan was under attack because he is not a vegan! Unity and love is what is required, not division and drama!



Walk away from any form of drama online. You cannot educate all people all the time, some are 'holier than thou', good for them, let them battle their windmills and leave you to redirect your energies on the goal(s) that you have set; spiritual activism to help the dolphins and this means love and harmony.

And if you feel guilty because you feel that you should see what is done to the dolphins, you should feel their pain, and that if you don't look you let the dolphins down, then look at step **I** and **II** again and step **V**.



V - GUILT

Do not feel guilty when the outcome in the cove is not what you hoped for (perhaps you did not have time to send that important letter to the Japanese Embassy, or did not participate to one of the tweet storms or did not do the visualisation to help and feel a sense of guilt).

Do not feel guilty if you need to withdraw from some social media in order to recoup and heal. It is okay to detach, it is actually recommended in order to continue helping the dolphins. Know your limits and act accordingly without guilt!

GUILT has nothing to do with you. Guilt should be felt by the fishermen of Taiji and their bosses for destroying intelligent creatures. Guilt belongs to them, not to you.

Do not feel guilty because you think you have failed the dolphins, particularly when you have worked on a live drive to help the dolphins and they were taken in the cove.

It is not your fault, you did not fail them!

Send the dolphins love with all your heart and send your personal messages to them. Your love and compassion will be felt; this is why we do our spiritual activism, to reach the dolphins on a more subtle level (spiritual) than just the material level.



There is no guilt attached to the love of dolphins. True, they could not all be saved from a terrible fate, but it was not because of your own free will, it was because of the free will of a few individuals who are operating on the lowest frequencies on this planet. So guilt does not belong to you. How could it when you operate from a higher form of vibration on earth: love?

The flip side of guilt is EGO (which is the main energy in Taiji remember).



VI - SEE THE BIGGER PICTURE

When the fishermen are in the cove, they are not out at sea, so more pods pass unharmed. Although we have seen that sometimes a small fleet of boats do go on a hunt whilst events are happening in the cove, it is unusual and so far has happened only once, as far as I know.

When a pod escapes and another one does not, the chances are that the dolphins who escaped will assimilate a new learning and will avoid these coasts in the future. It is tragic for the pod who did not escape obviously but there is little you could have done to prevent it.

The same when juveniles are released some will make it and will learn to avoid the coasts and teach that crucial information to others, possibly altering their migratory path.

Also do not assume that some of the released dolphins will not make it, nobody knows for sure as animals are more resilient that we think. As far as I know, no scientific studies have been made to follow what is happening to the released dolphins, to follow their progress. So it is anyone guess what may happen to them. Let see the positive! When the initial shock will recede, they will be able to process what happened to them. In these instances, we always send love and protection to them for their highest good.



More and more people are getting involved and more and more people are using positive affirmations to help the dolphins, such as 'Think Blue'. This was unheard of a while ago!

Spiritual activism via visualisation/meditation/animal communication and animal healing is somewhat uncharted water (no pun intended) so we can only continue to do what we are doing. Our messages and vibration are felt in ways we are not totally aware of.

Everything is energy and is interconnected, the dolphins hear us. Remember love is the strongest energy on this planet!

Dolphins are sentient beings with a highly developed brain, they pick up our energies, nothing is wasted in nature and our message is not wasted by the universe.

Although, sometimes it seems that our message is diluted because of other external factors, but when we unite, our message becomes clearer and stronger.

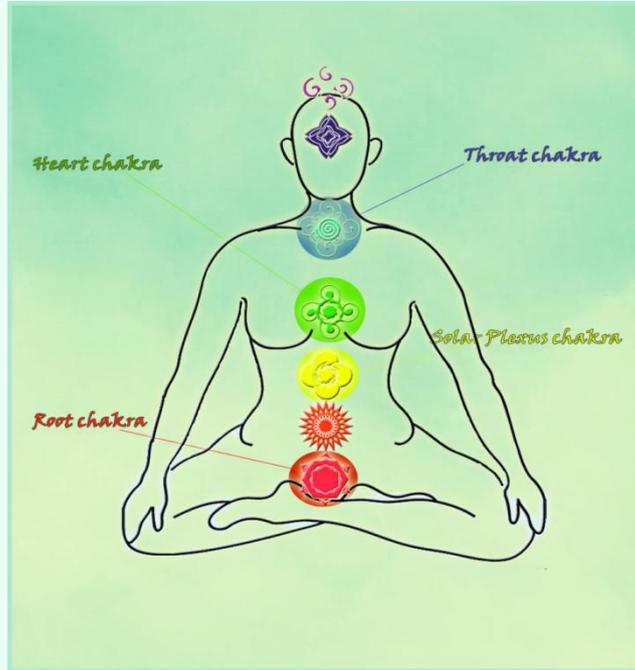
The changes in behaviour with the dolphins have actually been documented on several occasions on the ground in Taiji in recent years.

Faith in what you are doing is extremely important, even when the results are not obvious; never diminish your faith in what you are doing. Always try to see the bigger picture!





VII - NURTURE YOUR CHAKRAS



The chakras are energy centres of the body, through which the Universal energies are channelled. There are 7 main chakras and many sub-chakras. Each chakra is linked to specific organs in the body and has a special emotional/spiritual value. Colour, crystals, yoga posture, Bach Flowers remedies, plants and essential oils have been attributed to each chakra. Many light-workers and healers work with chakras. Animals and plants also have chakras.

Whilst all the chakras are really important and need to be in harmony with each other, you will concentrate on 4 that need to be in sync with each other when you work with dolphins.

THROAT CHAKRA (it is located in the throat)

As a light-worker/spiritual activist, you know that the throat chakra is an important one as it is the centre of expressing your truth.

Many empaths have a blocked throat chakra due to the fact that they bottle up their emotions and do not express their true feelings. Unexpressed feelings can become a negative force and the end result will produce hate, resentment and anger. These emotions are going to 'pollute' your energy field and you won't be able to help the dolphins. As we all know, to reach the dolphins we need to be in a place of balance and unconditional love.



A good exercise to do to release negative emotions is to express your frustration, anger etc... in a loud voice! It will help to articulate your feelings and you will feel that the confusion, anger and frustration will clear away, leaving your mind refreshed.

Make sure you are on your own, and talk loudly about how you feel about the hunt in Taiji. To start with you will feel self-conscious about talking loudly on your own, but since nobody will see you, just give it a go and you will be surprised at the result.

A good start would be to imagine that you have a Japanese fisherman in front of you and imagine what you will tell him. Don't hold back, don't censor anything, go for it.

Allow yourself to express yourself out loud until you feel that it is all gone!

You may find that the focus of your anger shifts onto something else, so be it, express yourself with no censorship.

You may find yourself repeating the same expletive, the same sentence over and over...follow your own nature.

You may make sounds like grunts, shouts to express your anger, you may want to emphasise your feelings by walking up and down, punching a pillow or even having a tantrum.....go for it!

You may want to write down all your resentment, anger, frustration and desperation and then read it out loud...whatever relieves your negative energy.

Do not censor yourself, feel the intensity of your emotions; from mild epithets to murderous rage...this is an exercise that should help you feel more confident as well.

All these methods can be used singly or in any combination, the most important thing is to release the blocked feelings and emotions in order to clear your system out. It not only benefits you as an individual but will also help to focus more efficiently on the dolphins as you will be able to continue your work from a place of balance.

Do this exercise whenever you feel that you are irritable, moody, anxious and low in energies. Sometimes other issues appear, then use this exercise in the same way focusing on what is bothering you at this particular time.

Another way to express yourself loudly with hundreds of other people is to attend a protest against the hunt in Taiji or for an animal cause that is close to your heart. You will be able to chant slogans, to express your opinion, to discuss ideas and tactics etc... with other like-minded individuals.

In addition to the exercise above, going to a march or a protest will help and of course it will give you a boost to your heart, knowing that you did something concrete for the animals (grass root activism). Many light-workers are very active on the "protest scene" whilst others are not too sure that protests will change anything.



Protests may not change anything in the material realm (unfortunately the hunt continues in Taiji; cetaceans are captive in their 'bath tubs' and it looks like protests are not producing the desired effect) but, they do educate people on the plight of cetaceans and of course energetically/spiritually thousands of people united for the same cause produce energies and as we know it is never wasted with the Universe. Remember, patience and perseverance are virtues!

Another way to look after your throat chakra is simply to wear something blue (colour linked to the throat chakra) around your neck, a simple blue scarf should suffice, or a blue shirt with a collar, or a blue necklace or even a blue crystal around your neck such as Lapis Lazuli, Amazonite, Celestite, Turquoise, Aqua Aura, Blue Lace Agate, Aquamarine, Sapphire and Howlite.



HEART CHAKRA (located in the middle of the chest, just above the heart)

This chakra is where your spiritual activism has its roots. From the heart comes love, one of the strongest energies on earth. Animals are capable of unconditional love, but Humans need to learn to love without condition, in an altruistic way with no expectations and no strings attached. This is your aim with dolphins, to raise your heart vibration as high as you can to connect to their vibrational field to give them love (and most often than not, you will receive love from them too).

There is no place for the ego in the domain of the heart chakra. Fear, resentment, grief and other negative emotions dis-empower this energy centre.

Faith in your spiritual activism, trust and acceptance is what makes your heart chakra grow stronger and stronger. It is truly the essence of your being, your naked self without the cloak of ego.

It takes a leap of faith to lower your defences and to simply place trust in the Universal force that things will eventually change, mentality will evolve and results will be seen.

The mind is trained to override a leap of faith by analysing, scrutinising the information and worst of all by dismissing it as too far-fetched and not producing IMMEDIATE results.

Everything in our world is available at the press of a button, everything is made accessible immediately and waiting for something has become old fashioned and intolerable.



Alas, with spiritual activism and your work with dolphins, immediate results will not be achieved. Evolution of species has taken millions of years, so your work within the heart chakra will produce results when the time is right, in a few months or in a few years.

Keep the faith in your spiritual work intact, keep going and never doubt that what you do is not working.

One day you will see the fruit of your labour of love!

However, more often than not, your heart chakra will feel unbalanced and you will literally feel a weight on your heart when the news in the cove is not good.

Empathy is a double edged sword. The joy and happiness experienced by another being is felt in your heart chakra, but the pain and terror another being is going through is equally felt with the same intensity. With the latter, empathy will turn to grief, guilt and shame.

The danger here is to take the suffering personally, like it is your fault, showing a personal attachment which is not about unconditional love.

Suffering is part of the journey as a light-worker, but personal attachment produces dependency and the false beliefs that you could have saved the dolphins or you need to suffer too, to make or increase your compassion.

Attachment is fed by fear and ego.

By recognising that you have some attachment to a situation in the cove, you will be able to move through the pain by simply detaching and keeping things in perspective.

Do not think that detaching from the dolphins means that you do not care about them, paradoxically it is because you care that you need to detach. If your heart chakra is dimmer, you won't be able to help the dolphins. Detachment is the key to keep your spiritual activism fit and healthy.

Yes your heart will still break, but you will acknowledge the pain, release it as there is nothing you could have done. You will send the love to the unfortunate dolphins and acknowledge their life and move on. Thousands more need your help and many will be helped, never doubt that.

Showing unconditional love to the dolphins is what you will need to do in order to balance your heart chakra. Sending love and protection to them regardless of the situation they are in will help raise your vibration.

Faith and fear are opposite sides of the same coin, one builds while the other destroys. You probably have experienced both. Learn to let go of your fears and focus on what empowers you.



To raise the vibration of your heart chakra, watch a video of dolphins swimming in the wild, feel their joy when they swim, when they play and let your heart open with love, no thoughts about what happens to them in Taiji and captivity (this will instantly lower your vibration) but, simply enjoy observing them for what they are...sentient beings doing their thing at a particular moment in time. This will help you to keep focus on the goal; to have dolphins swim free with no interference from fishermen (or anyone else).

The path to success will be paved with pain but mainly with love because you will choose to concentrate on the higher energy freely available to you. Nothing worth fighting for is easily won. ☺

Take a walk in nature and observe the trees, the sky, the animals and people. Just be present in this moment in time, feel the universal force around you. You are part of the web of life, interconnected with others, an entity on a blue planet which in turn is a small dot in our solar system. Feel happy to be alive, it is not a right; it is a privilege!

Feel that our material world is just one layer of what this planet is about. Feel the joy in your heart, feel your whole being vibrating and happy...feel blessed. ☺ In order to help others with love you need to love yourself too (not from an ego perspective but from a spiritual perspective).

The colours green or pink are associated with the heart chakra. Wearing these colours around your chest area (bra, top, blouse, t-shirt, sweatshirt, shirts etc...) will help to raise the vibration too.

Crystals such as rose quartz (if you are a mermaid, put a small polished one in your bra as it will help you when you feel a bit overwhelmed), Aventurine, Rhodonite, Serpentine, Malachite, Emerald and green Calcite are good to wear around your neck or to have around you (by your computer, on your desk, near your pillow) to help raise your vibration.



SOLAR PLEXUS CHAKRA (located in the upper abdomen around the stomach)

It is where your human will is infused with spirituality. It is the home of your gut feelings or intuition and your sense of security.

It is also the receptacle of your intent and as a spiritual activist; your intent is a tool you use day in and day out during a hunting season trying to shift the collective consciousness towards a more compassionate path.



It is the centre of your self-esteem, personal power, assertiveness, authority, focus on a goal and ability to distinguish between right and wrong, how you feel safe in the world.

The solar plexus is a kind of reservoir of universal and personal energies (from the root and sacral chakras). The energies stored here will need to be redirected to the upper chakra (from heart chakra to the crown chakra). Your solar plexus can be depleted very quickly during a hunting season.

There are signs that your solar plexus is working overtime.

For instance have you ever experienced your solar plexus going out of sync during the hunting season? (A sensation is like having butterflies in your tummy but much stronger). Have you ever felt slightly nauseous for no particular reason? Have you ever felt your solar plexus burning causing a physical pain in your stomach? Have you ever woken in the middle of the night because of an uncomfortable sensation in your stomach and feeling very anxious for no reason?

All these sensations are usually experienced on their own or together with an added sense of doom...or feeling restless with no rational explanation.

If you ever experienced any of these signs or all of them, the chances are you know how much it can hurt physically!

With time you will learn or have learned that your solar plexus acts as a personal "alarm bell" to let you know that the dolphins are in danger, even if you are not thinking about them and even when you are sleeping!

Let's examine why you and an event unfolding thousands of kilometres away in a small fishing town in Japan are interlinked via your solar plexus.

Gut feeling is something we all have heard of and experienced a few times in our lives, or many times over if you are sensitive, psychic, healer etc...

Intuition or gut feeling can be felt via love or via fear. Sometimes our gut feeling is alerting us to an impending danger; no rational basis of why there is a danger, just an impending sense of knowing that something is wrong...this is based on fear.

Other times our gut feeling goes all 'fluffy' because of our connection to somebody else, the butterflies in the tummy when we are in love...this is obviously based on love.

Your connection with the dolphins of Taiji is based on love, you want to help them, you want to save them, you want them to feel secure and safe, you know what is done to them is wrong and inhumane. So far so good, all this lies in the domain of the solar plexus.

However, it is possible that you do not trust the fishermen as you do not see them as compassionate people, so your sense of security and your will power is threatened by their actions. Taiji is not a safe place for any cetaceans swimming near the coasts. The sense of security and will power of the dolphins is also susceptible to the actions of the fishermen (animals do have chakra centres too).



So your love for the dolphins and your distrust of the fishermen mixed together produce a powerful combination of energies that are antagonistic to each other, fear for the dolphins and their safety and love.

The balance has been compromised and your body is able to absorb the info of impending doom because your intuition is working on a subliminal level.

Do you get the information from the fishermen, knowing subconsciously that they have a pod in their sights, their rush of adrenaline and excitement which may amplify their energies? Do you feel on a subliminal level the fear of the dolphins and your love for them acting as an alarm bell by putting a somatic sensation into your body? A bit like your stomach is 'digesting' the information received by the dolphins?

As we are all interconnected, it is really possible that the mix of unconditional love for the dolphins and distrust of the fishermen have transcended time and distance, and that your solar plexus is giving you a gut feeling that has become an alarm bell, to try to call you into action when the dolphins are in danger.

Often when you hear the 'bell', you will be prompted to send love and protection, or you will communicate with the dolphins and tell them to swim away from the boats, dive deep to avoid the sound of the banger poles etc...

You probably have already worked on a live drive and know the ropes.

Even if you have not worked during a live drive, you know that you can send love and protection to the dolphins in their hour of need.

More often than not, you will find out when going online that your intuition/gut feeling was correct and that indeed some dolphins have been taken or have escaped the fishermen.

The more you are connected with the dolphins and the hunt, the more your solar plexus will be fine-tuned to station 'Taiji'. It is something that you cannot avoid totally and it is something that will develop over time.

However, martyrdom is not an option, so there are a few simple steps you can do to regain control of your will power and balance in your solar plexus.

First, to let go of the fear you experience for the safety of the dolphins, you cannot control the fishermen and their actions, so your free will is not at play here. Acceptance is the key to rebalance the solar plexus. Accepting that your free will is not part of what is happening in Taiji.

When working with the dolphins during a live drive, if the dolphins are not receptive to your communication and whatever you are doing, just let it go, working for hours when they cannot be reached is counter-productive for you and the dolphins. It leads to physical exhaustion for you and a sense of failure as some of the dolphins may have been caught.



Let it go and instead work on yourself to nurture yourself after all your hard work. Letting go is to make you more efficient to help the next pod.

Sometimes you will feel that you need to keep going, you will feel a rush of adrenaline and you will know deep down (gut feeling) that the dolphins will escape. In this instance, by all means continue your work.

After a few hours you will feel the joy as your gut feeling was correct and the dolphins escaped. The sense of elation is tremendous when it happens. But always work on yourself even after a success, to keep all in balance.

You need to follow your intuition/gut instinct and to know when to withdraw. Again do not feel guilty if you withdraw as guilt has nothing to do with you. Recognise that you tried your best and accept that in this instance it was not meant to be this time around.

This is the test of will power, knowing how to regain control of yourself and how to see the bigger picture. Remember, you cannot save them all or more exactly, not all will be saved! There are other factors at play (fishermen, universe etc...).

As well as letting go and withdrawing to recuperate, you can also massage your tummy with lavender and chamomile essential oil (preferably organic) diluted in a carrier oil such as sweet almond (easily absorbed by the skin). Massage gently clockwise and imagine a stream of white and yellow light entering your solar plexus with each movement of your hand.

Take a deep breath and as you exhale, imagine your fears, frustrations and worries move away from your body. Repeat several times until you feel that your solar plexus is 'quieter' or, until you feel that the pain in your tummy has gone. You can recite a prayer, or a mantra or an affirmation whilst massaging your stomach. Do what feels right for you. 😊

Sipping a chamomile tea with a hint of ginger will also help to rebalance your solar plexus chakra. Other teas such a peppermint, lemon and dandelion will help too.

The colour yellow is associated with the solar plexus, so wearing a yellow belt may help. If yellow is not really your colour, then having some crystals near your computer or around your neck is a good idea. Crystals such as Citrine, Amber, Tiger Eye and yellow Jasper.





ROOT CHAKRA (tailbone area of the spine)

As above and so below, so working with dolphins using higher energies to communicate is great, but you need to be firmly anchored to earth too and be able to deal with whatever Taiji and life will throw at you. If your root chakra is not in balance, it will be easy for you to feel isolated and unable to enjoy your life, because of what is happening in a little coastal town in Japan.

You may feel fearful and disconnected from nature, people around you and your true nature.

Fear is like an alarm system, to trigger a flight or fight response, to help us to survive.

However, fear is not a state of consciousness; it is just a trigger point to alert us. Living in a state of constant fear is unhealthy and unbalanced which will show in your root chakra going out of sync.

One of the simplest ways of honouring your root chakra is to walk barefoot in nature. It might be your back garden, in a park or if you are lucky, a stroll along a beach. Just concentrate on the grass underneath your feet or the sand around your feet, focus on the texture and the feeling of nature on your feet, feel the pulsating energy of mother earth. Enjoy the sensation. If nature is nowhere to be seen where you are or if it is cold outside, try to walk barefoot in your place or to have a foot bath with a hint of sea salt.

Whilst doing that, imagine some roots emanating from the soles of your feet and going down, deep into the earth. Breathe in slowly and feel the vibration of the earth, hear the sounds around you and as you breathe out, let go of what does not serve a higher purpose in your life any longer; fear, anger and frustration. Feel yourself anchored to the earth and feel that you have a role to play within the whole planet. Honour your life with all its ups and down and be grateful that you have found a way to show compassion and love to other sentient beings. Feel at peace and balance...just be grateful to be part of this incredible planet.

Another way to honour your root chakra is simply to eat a healthy meal and to take the time to enjoy it. Best would be to cook the meal from scratch as cooking is grounding.

Gardening is also an excellent way to connect to mother earth and to balance your root chakra. Nature is our temple. Mother Nature nurtures and sustains all her children, from the plant kingdom to the animals and us. Enjoy your garden and nurture it, it will nurture you back in many ways.

Finally, wear some red clothes (colour attributed to the root chakra), particularly red socks to nurture your root chakra.

A red anklet made of crystal such as Garnet, Obsidian or Ruby is also something you could do.





There are other ways to balance your chakras and one way is to do a guided visualisation using a CD or MP3. It is a great way to have a bit of 'me' time whilst working with your energy centres in the comfort of your own home. Just Google "chakra visualisation CD" and you will be spoilt for choice.

Some healers provide chakra healing sessions using crystals or laser light therapy to rebalance the chakras. Use your intuition in choosing the right practitioner and book yourself a session!



VIII - TAKE CARE OF YOUR AURIC FIELD

From humans to animals, plants, trees, rocks to the smallest grain of sand, each has an energy field around them which is called the aura.

The energy field of living beings is made of conscious energy and is interconnected with the universal energies; it acts as a bridge between the physical/material world and the spiritual world.

The auric field is believed to have many layers from physical, emotional, mental and spiritual. Some people are able to see the colours surrounding the auric field and it is said that an aura contains all the colours of the rainbow. Each colour has its own vibration and own meaning. The aura changes colour according to the emotional state we are in. It is moving constantly.

The auric field is linked to the 7 main chakras in the body and work together.

As we have seen, when some of our chakras are not in sync, it can produce some negative emotions which in turn will be stored in our auric field. After a while, negative emotions start to accumulate in our auric field and dis-ease, depression and other unpleasant illnesses will start to take hold of us.

Other people can also influence our auric field by their actions, by their energies, good or bad. Hence why it is best to avoid some negative people or negative situations as they have a impact on our auric field.

The negativity surrounding Taiji and the hunt is such an example.



Have you ever go on some web pages and read some of the comments and immediately felt down? This is an example on how negativity can have an impact on your auric field.

In order to 'protect' as much as possible your aura, the best is obviously to avoid dwelling on negativity. Reading negative posts is counterproductive and does not help your work for dolphins.

You may also want to smudge yourself. This is the oldest form of cleansing that has been used by many cultures to purify the aura. Some cultures use white sage for this purpose, others use frankincense or myrrh, whilst other people use an incense stick and wave the stick around their body mumbling some personal mantra.

You can even buy already made mist to cleanse your aura in many spiritual and esoteric shops online or local to you.

Whatever you feel attracted to do, make sure you cleanse your aura regularly.

Another way to cleanse your aura is to have a sacred bath, which in essence is a bath when you won't be washing yourself, but a bath where you will lay in the water, meditating and pouring water on your body whilst visualising negativity being removed from your auric field. Usually candles, essential oils and a dim light are encouraged to create an atmosphere of relaxation. If you do not have a bath tub, then having a sacred shower when you will let the droplets of water wash away negativity from you is also very powerful.

IX - MINDFULNESS.

This simple word has found its way in magazines, TV programs, celebrities are promoting it and it is fast becoming a phenomenon.

According to Wikipedia, mindfulness is "the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment which can be trained by meditational practices".

It is also called being 'present'. When your thoughts are not focused on the past or on the future, but truly engaged in the moment and its magic. In other words, your mind is still.

Animals live in the present all the time. They may live with the consequences of their past (rescued animals for instance) but they do embrace the present moment, where they fully engaged with their reality without thinking about what the next hour will bring.

A pod of dolphins swimming in the ocean and playing are truly living in the present, they are not thinking about their next meal, or what happened yesterday. They just enjoy surfing the waves and being alive, at this moment in time.



For us humans, that state of 'bliss' is very difficult to attain as we are programmed to think and plan ahead.

However, there is a way to practice to be present and it will help you to rebalance your energies when you feel that you are living too much in the past or anticipating the future.

This method is what I teach people when they want to learn animal communication. One cannot communicate with an animal telepathically if one has a mind full of worries and negative thoughts etc...

Your mind is your tool of the trade and as such needs to be in peak condition in order to reach the dolphins.

Now you are going to practice to be PRESENT by using your 5 senses.

You will need a crystal (try to choose a crystal you strongly feel attracted to) and you will need to be sitting on a chair, comfortable, barefoot, mobile phone on silent.

Take a few deep breaths and as you exhale, feel your body relaxing, feel all the stress slowing fading away. Notice your thoughts, acknowledge that they exist but do not engage with them and let them be. Don't put any emotions into these thoughts.

You will need to be aware of your breathing during this exercise. Consciously take deep and slow breaths whilst focusing on the senses of:

SIGHT

Take your crystal in your hand and focus your attention on it. Notice its colours, its shape etc...Study the crystal and concentrate on it for a few moments. You may have noticed that you were not aware of the room any longer. Return to your concentration on the crystal, observing its beauty. If a thought comes to your mind, just let it be and let it drift away. If your mind engages with any thoughts, gently redirect and refocus your gaze onto the crystal.

HEARING

Take your crystal in your hand and focus your attention on it. Now concentrate on the sounds around you, in the room, outside. Keep your focus on sounds for a few moments. If any thoughts occur, refocus on the crystal and sounds.

At home, you could have some soft gentle music in the background to help you to concentrate exclusively on sounds.

SMELL

Take your crystal in your hand and focus your attention on it. Now concentrate on the smell around you, perhaps your perfume, the smell of incense in the room etc. Keep your focus on smell for a few moments.

Prior to this exercise, have some nice incense burning or a few drops of essential oils in a burner to help you to focus on smell.



TASTE

As before, take your crystal in your hand and focus your attention on it. Concentrate on the taste in your mouth, perhaps your mouth is dry, or perhaps you can still taste your cup of tea. Keep your focus on taste exclusively.

Prior to this exercise, it is good to eat something tasty to really focus on the sense of taste.

TOUCH

Take your crystal in your hand and close your eyes. Focus your attention on the sense of touch. How does your crystal feel? Feel its shape, texture etc. Again if any thoughts occur, gently let them drift away and refocus your attention on the crystal for a few moments.

Now you are going to concentrate on all five senses at once!

Again, take your crystal in your hand and focus your attention on what you see, what you hear, what you smell, what you taste and what you touch.....focus on each sense at once.

How do you feel?

You will need to practise to be PRESENT a lot to be comfortable with the senses but more importantly to empty your mind and be balanced.

If your mind starts to wander, concentrate again on your senses.

You can practice being present in nature, perfect setting for the senses and to feel one with the planet.

There are many methods to meditate, to achieve mindfulness and to feel more balanced in mind body and spirit. Do some research and let the Universe guide you to find the right method for you. There is no right or wrong, the path to spirituality is truly a personal one and the journey can take many turns.





X – BACK TO BASICS.

We have touched upon the five senses and how to practice to be present in order to balance our mind body and spirit.

When the news in the cove is not good, of course you may feel deflated, defeated, disheartened and heart broken. And you may feel that life is harsh with no compassion.

Whilst it is difficult to comprehend the behaviour of the fishermen and their bosses, as you know, you need to let go as clinging to anything like anger hinders and prevents you to be free, positive and happy.

Back to basics is something that you will need to do to restore peace within yourself, without judgement, without condition.

The basic instincts of any creatures, ourselves including is to find food and drink, to have shelter, to sleep, to find a mate and take care of a family.

During a hunting season, we miss sleep, as many of us work on live drives, or wake up in the middle of the night and feel our solar plexus going out of sync, we tend to skip meals as we feel a bit low or we tend to do a bit of comfort eating because emotionally we feel drained, some of us may even go and have a few drinks to numb the feelings, whilst others will 'neglect' their family or partner because they feel anxious, angry and sad.

Some of you probably have a supportive partner but even they will feel that enough is enough when you are in tears most of the time because of what is happening in a small Japanese fishing town.

As you may agree, this creates a difficult situation because it affects other people who may not be as passionate about a cause and may feel resentment towards you as you seem to be on the edge most of the time.

When it occurs, you need to pause and to be back to your true self.

Here is a few ways to be back to basics!

EAT HEALTHYLY

Eating is pleasurable. Cooking a meal is something that can be very therapeutic even if you are not a domestic Goddess/God.

Of course we all lead busy lives and cooking is sometimes not possible each day as time is a premium.

However, once a week, on a day off try to cook something. A simple earthy meal, cooked from scratch with natural and organic ingredients can really nourish your soul and body.

During the preparation of the meal, your mind will be focused on how to cook, and as you prepare the ingredients, take time to practise being present (see step **IX**) with all the vegetables, spices and herbs. It is a feast for the senses and will help you to truly appreciate cooking as a pleasurable activity.



Try to eat your well prepared meal in silence, not when watching the news or something on TV. It is amazing how we can eat without truly tasting our food because our mind is concentrating on a TV screen or a mobile phone/tablet etc. When there is no distraction, you will find that your mind will concentrate on the process of mastication and you will discover that the food tastes stronger. Try and truly appreciate the fruit of your labour of love.

Eating your meal with your family without the TV on is also something that can be a magical moment, sharing a meal whilst being together. Again try not to talk about heavy subjects, just chit chat with your family. Appreciate sharing this moment in time with your beloved. It is precious. Dolphins teach us the importance of family as they have a very strong bond with members of their pod and do everything together. ☺

DRINK PLENTY

Do not take that as an open invitation to go and drink alcohol to your hearts content. Drinking plenty of mineral water will also heal from within.

You may be familiar with the work of the late Dr Masaru Emoto and his ground breaking work on water. Water reacts to intent and focus and can change its molecules if exposed to good or bad intent. In other words, water can feel the energies directed on to it.

Water is the bringer of life on our planet and can take on whatever shape of its recipient. Water is linked to emotions on a symbolic level.

Make sure your body is well hydrated as it is needed from your lungs to your heart, to get rid of waste and to hydrate your skin. It is something that is important to support our entire body.

Pour water in a glass and practice being present with the water, place your hands around your glass and feel the energy of the water.

You can put a crystal in your drinking bottle to infuse the water with a particular attribute, such as a rose quartz for instance, to infuse your water with love. You can choose to say a mantra or a sentence personal to you whilst drinking the water and concentrating on the feeling you experience when the water slowly goes down your throat into your stomach. Feel the sensation, feel alive!

Also a water infusion is a nice way to drink water more easily.

For example, put a few twigs of fresh mint in your bottle of water and shake well. Leave the leaves to infuse for a few hours and then sip the water. The water will have taken on the taste of the mint, which is an excellent herb for digestion which in turn will help your solar plexus chakra.

Try to regulate your intake of coffee, tea and alcohol, as too much caffeine or alcohol can deplete the body of water. As you know, everything needs to be in balance, even food and drink.



Health permitting, making your own juice is a simple way to get nutrients in your body and to keep your intake of fluid balanced. There are many juicers available on the market, to suit all purses. Be creative and experiment with vegetables, fruits, coconut milk, superfood etc. Making a fresh juice never been so easy and so fun.

Herbal teas and infusions are also a good way to heal the body within whilst keeping your system hydrated.

There are many herbal teas to help many conditions or minor ailments, from peppermint, fennel (digestion), dandelion (water retention) to lavender, chamomile (calming effect) to valerian (sleeping aid).

Tea ceremonies of some Asian cultures are seen as integral and sacred and are prepared according to strict rules and traditions.

In the UK tea is something that is routinely offered. For example, when receiving visitors.

When you have a cup of tea at work or at home...take time to appreciate it. Practice being present and feel the warmth that the tea gives you. Everything can be solved with a cuppa...almost. 😊

SLEEP WELL

Sleep is something most living creatures have to do, to restore the body and repair the cells on a deep level.

During a hunting season, many of us experience dreadful sleep patterns, agitated sleep with tortuous dreams of trapped dolphins, non-restorative sleep and even sleeplessness due to anxiety about the dolphins. Some of us feel compelled to go online and read the status about what is happening in the cove and many of us have worked in the middle of the night (for us in Europe) on a live drive to help the dolphins. Then of course the lack of sleep starts to take its toll and before we know it, grumpiness, headaches, tiredness and feeling low is felt within our body and mind.

We have already reviewed a few steps to help you to detach from the hunt and one of these steps is to have some discipline regarding your evening routine, to prepare your mind for the task ahead: peaceful sleep!

For instance when the boats are out (usually in mid-evening for people in Europe), it might be a good idea not to be online on some social media, so you cannot be tempted to check regularly on the updates. Draw a line and stick to it!

Same applies with your mobile phone. When the boats are out, perhaps it would be wise to have your mobile on silent and to forget about it. If you need to have your mobile on for whatever the reason, do not go on a social network...it will require a lot of willpower but remember you need to detach and to balance.

Obsessing over updates about Taiji is not healthy and does not help the dolphins as you are not in a place of balance. Remember your personal alarm bell (solar plexus see **step VII**) will 'ring' to let you know that the dolphins need your help.



A simple thought like visualising a blue cove each night before going to sleep will be a good routine to have and will put your mind at ease knowing that your thoughts are carried to the universe. If thousands of people visualise blue before going to sleep, a strong positive current will go towards Taiji.

Grass root activists are on the ground in Taiji and it is the early hours of the morning in Japan, so time to let them do their job and for you to go to the land of nod. Both they and you are important to the dolphins. Know your limits and do not feel guilty to detach at night in order to have a restful sleep. It is a necessity for continuing your work efficiently.

When going to sleep, try not taking your mobile into your bedroom, as the radio frequency of your mobile can disrupt your deep sleep pattern, which is the most important stage of sleep to repair your cells. There have been some scientific studies about the negative effects of sleeping with a mobile phone by your bed. In doubt leave it out!

Prior to going to sleep, you could take a warm bath with some essential oils such as lavender or chamomile. The heat of the bath will relax your muscles and the vapour of the lavender and/or chamomile will help ease your mind and unwind.

Sipping chamomile and valerian tea in the bath will also help as valerian is a natural herb that can induce sleep. There is also mixed herbal tea specifically designed for insomnia and to promote a restful night. Experiment and see which tea makes you more relaxed.

Whilst in the bath, you can practice some meditation or visualisation, to help you mind to relax. Listening to easy music can also help the body and the mind to relax in order to prepare for sleep.

Caffeine in black tea or alcohol are best avoided before going to bed as you will be likely to wake up in the middle of the night, feeling dehydrated (with alcohol) and a bit restless with the tea.

Another tip is not to have a big meal a few hours before going to bed as your digestive system will be under pressure to digest a big meal when in fact your body is "shutting down" to a more relaxed way in order to prepare for sleep. Light suppers are better and will lighten the digestion process too (solar plexus).

Make sure your bedroom is kept dark at night so you can sleep without being disturbed by the light. It sounds obvious, but a comfortable bed and mattress is also important to promote a restful sleep.

Your bedroom should be your boudoir and quite 'inviting'. Let your imagination take the lead and create a haven of colours, scent and energies.

An electrical burner with some essential oils of lavender not only will smell divine but will also promote a restful sleep as lavender has well known properties for sleeping disorder.

Put some crystals on your bedside table such as an amethyst would be a good idea as this crystal is a master healer and regulates imbalance. Clear quartz is another great crystal that can induce sleep as it will calm your body and mind.



Have lovely things in your bedroom for you to feel secure and to honour your creativity. No need to break the bank, but a lovely duvet cover in a well aired and tidy bedroom with a few crystals and candles can make going to bed a cosy experience.

Before going to sleep, it can be a good idea to read a few pages whilst in bed. You will train your mind to recognise that reading in bed is the precursor of going to sleep, and before you know it, your eyes will close.

Finally, going to bed at approximately the same time every night will also train your mind and body and you will fall asleep more easily.

Obviously, it will be time when going to bed at the same time won't be possible, so be it! It is not a rigid routine. It is just an example of a routine when you focus on you, to restore your energies in order to help dolphins (and not feel guilty that you are not checking on updates...you need to know your boundaries and to stick to them). ☺

BREATHE

It sounds a bit silly right? We all breathe otherwise we would not be alive. However, a lot of the time we tend not to breathe properly, not using our lungs to their full capacity.

A simple breathing exercise is to sit down and start to breathe as you normally do, without the thinking process engaged. Do that for one minute.

After that, take a slow and deep breath, concentrating on your breath, on the movement of your nostrils, feel the air in your lungs, feel your tummy moving. Exhale with your mouth open or breathe out through your nose (whatever feels more natural to you). Make sure you exhale all the air. Repeat for 5 minutes.

Notice the difference between your normal (automatic) way of breathing, and a conscious effort to breathe more deeply.

Whilst doing this exercise, thoughts will form in your mind, acknowledge them but do not engage with them, just let them be, they simply exist. After a while you will notice that your mind seems a lot calmer and you may even feel more grounded.

There are many exercises you can do to practice your breathing, have a look online and choose a method that resonates with you. But deep breathing is a great exercise as it helps the body and the muscles to relax as the oxygen is distributed more efficiently. It can also slow down the heartbeat which in turn may help with blood pressure.

LOVE & GRATITUDE

As you know, love is something we tap into when working with dolphins. Humans have many ways of expressing love, from art, literature, music and romance. Love can be expressed with the smallest gesture or the most extravagant gift. It is an expression of feelings.



While you are engrossed with Taiji and the dolphins, your emotions and love for the cetaceans are pushed to their limits and sometimes it is easy to 'neglect' your nearest and dearest, producing resentment or worries from your love ones.

Detachment from the cove will help you to refocus your energies on yourself (self-love) but also on your partner or children or family or pets and friends etc...

Make sure you spend quality time with your loved ones, appreciate and involve yourself in taking time to have meals together, go out or to see a film, or to share a common activity together.

Play with your kids, have fun in the kitchen baking or whatever you want to cook, have a long walk in the park, or go to a museum, make a costume or invent a play, enjoy quality time with your kids.

Enjoy your pets, they usually are mirrors reflecting back at us our emotional state and sometimes they also have behavioural problems as they absorb our negative emotions. Spend time to practice being present with your pet will rebalance your energies and will make you feel more connected to life. Make a fuss of your pet, talk to them, enjoy walking with them or play with them. Tell them that you love them, feel the love from your whole being when you are with them, feel their unconditional love for you. Enjoy these moments. Nothing else exists when it is just the two of you, sharing a unique moment in time.

Try to make time to see friends, as it is so easy to become a hermit when the season is on, as so much of your focus is on your life and Taiji. No time to see friends face to face.

Friends even if they do not necessarily share your passion for the ocean and the cetaceans are people that can force you to realise that your spiritual activism has gone too far and that you are in danger of making yourself ill.

True friends can act as a barometer and will tell you when you need to withdraw; when you look 'haunted' (and yes, one of my friends told me that I had that haunted look. Totally withered after my first season with Taiji when I was doing my visualisations every single night and following the cove and Taiji day and night to the point of obsession). At the end of the season, I had become rather ill and it took me months to recover. With hindsight, not my brightest moment, hence this mini guide, for you to avoid making the same mistakes.

Besides seeing a good friend over a meal, or sharing some activities with friends will be a very welcome break from your computer or your mobile, and you can catch up, have a laugh and talk about other subjects.

Have a laugh, watch films, read a funny novel, even look at funny pictures or videos online in order to raise your vibration. Laughter helps to release the endorphins in the brain, which are the feel good hormones, and is thought to strengthen the immune system too. So have a laugh as it is good for you (and if you feel 'guilty' about laughing because of what happened or is happening to the dolphins, go back to step **V**).

Dolphins are a perfect symbol of fun and play. They are often seen surfing the waves, they are playing creatures and have been seen playing with a piece of seaweed and



having great fun with the splash from the bow of boats. Not only they live in the present but they are having fun. Follow the lead of the animals you love so much and instil some fun in your life.

Another thing that we tend to forget is gratitude.

When you look at your life, there are things that could be improved and as humans, we are conditioned to want a better house, a better job, a better bank balance, a better relationship etc...but, go beyond the material realm and forward to the spiritual realm. Look at what you have achieved since your first breath on this planet and how the simple fact that you are alive has had an impact on others. From immediate family to friends, colleagues, animals etc.

Look at yourself and your life, and count your blessings. Start with your body (you are alive, a blessing in itself isn't it?), you can see, feel, walk, and have reasonable health (another blessing).

Always appreciate and consider the blessings in your life, the people you have met and learned from (even if the experience was painful, everything is a lesson to learn), the people (past and present) in your life, the animals (past and present), the weird and wonderful places you have been, your contribution to the marine movement, your love for dolphins and your passion(s) in life.

Observe what is happening in the world and feel blessed that you have freedom to express yourself, or that you are able to move freely, that you have sanitation, access to a health system and care, food on your table and ways to communicate with others, access to information and education.

Feel grateful that you are living in a world where you know you can make a difference by your actions. Activism on all fronts is becoming stronger and stronger as people realise their power.

Practise being grateful by keeping a little journal and write down every day at least five reasons to be grateful. Before long you will realise that what we take for granted is in fact a blessing and it will balance your energies (heart chakra and solar plexus).

Be grateful that you are part of a growing movement of humans wanting to help the planet and increase the collective consciousness towards compassion to all.

That is the biggest gratitude, being able to contribute to change the collective consciousness without being repressed in any form or shape by a government or a religious order.

Be grateful that you have found a way to express your free will. ☺





XI – BACH FLOWERS REMEDIES.



You may have heard of the Bach Rescue Remedy, the most 'famous' remedy made according to Dr Bach's formula. Dr Bach was a respected British physician, bacteriologist, immunologist and homeopath (he discovered seven bacterial nosodes still in use today).

He believed that attitude of mind plays a vital role in maintaining health and recovering from illness. In other words, he believed in a healthy mind in a healthy body.

He left his Harley Street, London practice in 1930 and went to the countryside in order to find a more natural way to heal diseases.

He identified thirty-eight basic negative states of mind and created a remedy for each one, using flowers, plants and trees.

Each of the thirty-eight remedies aids a specific emotion. A remedy or a blend of remedies (a unique formula created for a specific emotional issue) will help you to rebalance negative emotions to positive ones.

The remedies are comprised of flowers, plants and trees and do not contain any chemicals. They are totally natural and made today according to Dr Bach's methods. The remedies contain Brandy which acts to preserve the essence and vitality of the plants and flowers used.

The remedies are 100% safe and do not produce side-effects.

They are a complementary medicine, which means that they work together with any medical treatment you may be undergoing. The remedies will not interfere with your treatment but will work in harmony with the treatment towards alleviating pain, stress and other problems.

Because the remedies are gentle and work on a vibrational level, they can be taken for prolonged periods of time without any problems.

As we have seen, it is often that we find ourselves unbalanced during a hunt and by doing all the steps we have reviewed so far, it should help to restore peace and tranquillity in your mind. However, our mind can be a bit stubborn sometimes and despite our best efforts, can continue in a negative pattern of thinking.

The Bach remedies will help to work with your auric field and will help to tilt your mind towards more positivity and detachment.



The Bach Flowers remedies have been linked to the chakra system and you will find in bracket the chakra correspondence of a remedy. It would be a good idea to take some of the remedies to specifically rebalance some of your chakras.

Here you will find some of the remedies (twelve of them) that can help towards a more balanced and serene mind.

Chestnut bud (Throat chakra)

A remedy to help you when, despite your best efforts, you find yourself checking the updates, reading the tweets, the comments on page etc...knowing that it will lower your energies.

Elm (root chakra)

A remedy to help you when you may feel overwhelmed by too many responsibilities in your life, and when you feel 'responsible' for what is happening in Taiji.

Gentian (solar plexus)

This is the remedy to take when you feel despondent after a red cove day. Depression of known origin (the hunt of dolphins).

Holly (heart chakra)

You are feeling vengeful, spiteful, resentful and wounded. When you feel angry with the fishermen, when you have dreadful thoughts about them etc...

Hornbean (solar plexus)

Hornbean is to combat the 'Monday morning' feeling, when everything seems so difficult and when you feel tired mentally and the sheer thought of going through another day following the events in Taiji makes you want to crawl underneath your duvet and never move again.

Pine (root chakra)

Perfect remedy to take when you feel guilty (see step **V**).

Red Chestnut (sacral chakra)

Here it to help when you feel anxious about the safety of the dolphins, to the point of it becoming an obsession. To help you to detach from drama.

Rock Water (brow chakra)

Whenever you try too hard and try to set an example. To move on emotionally...in other words, let it go!

Sweet chestnut (root chakra)

The darkest hour of the soul...when you feel totally crushed because the dolphins are no more. When you feel hurt, cry and grieve for the dolphins. Deep anguish.

Vervain (brow chakra)

Your enthusiasm and activism has burnt you out. You are becoming obsessed with the events in the cove, too overzealous in your activism, and not taking care of yourself.



White Chestnut (Throat chakra)

This is to help your mind to quieten, particularly at night when you mind cannot shut down and keeps running round and round over the events of the day, the dolphins etc.

Willow (root chakra)

A remedy against feeling resentful (towards the fishermen) and feeling a bit sorry for yourself

too. When all seems to be going in the wrong direction (red cove day).

Now that you know which remedy or remedies can be used to help your emotional state of mind, you need to make a bespoke bottle of remedies.

This is dead easy to do and should last you for 3 weeks. After that time, just discard the remedies and make a fresh bottle.



You will need a 30 ml bottle with a pipette similar to the one on the picture above (you can find them online and good health shops). Fill the bottle with mineral water (not tap water), or filtered water.

Choose up to 5 or 6 remedies from the list of remedies that you feel match your state of mind.

Put 3 drops of each remedy into your 30 ml bottle, shake well and voila...your bespoke bottle of remedies is ready to use.

Put 4 drops of the mixed remedies into a glass of water, or a cup of coffee, tea or on your food. Repeat 4 times a day.

Remember, the remedies are very gentle and work on the auric field, so you will not see an instant difference. However, after a week or two, you may start to feel more balanced and your mind may feel more even.



After three weeks, tweak your remedies as you will notice that new emotions are coming to the surface. The remedies act like the peeling of an onion, exposing different emotions as they work through the auric field. Hence it is always a good idea to tweak by one or two remedies after a period of time, when new feelings emerge.



XII- BE CREATIVE AND HONOUR YOUR SPIRITUAL SIDE.

Our final step ☺

When talking about creativity, many people think it is all about being an artist, a painter or a musician etc. Many people do not see themselves as creative at all.

However, creativity will help you to detach from the dolphins and will let the creative part of your brain come to the fore, having fun in the process.

Creativity has many incarnations and we touched upon some creative activities already in this guide such as cooking. This is creative, from nowhere a dish will be created which will sustain your body and ultimately will sustain life itself.

So there you are, cooking and/or baking is creative.

Let's examine other ways of being creative.

Gardening is highly therapeutic (although it can be a chore sometimes) and will help not only balance your energies but also produce a result with the flowers you have tendered and a space to relax and enjoy a bit of nature on your doorstep. Of course there are those of us who have no garden, but attending your plants or putting your name on a list to get an allotment is a way to be in contact with nature. Going to garden centres to pick up some herbs to have on your windowsill is also something you may want to do, to have a look at plants or to get some inspiration for your garden.

Many people take up hobbies such as knitting, jewellery making, sowing, soap making, candle making, pottery, dancing, scuba diving, cycling, photography, the list is endless. This is great fun as you can learn a new skill and before you know it, becomes a bit of a passion, experimenting with new materials, new colours, new moves and new techniques. I have known activists taking on knitting and before they knew it, their skill was being expressed knitting jumpers for needy penguins and chickens! Others have made donations of their creations to raise money for animal charities.



So if you haven't got a hobby, perhaps it is time to have one, it does not mean it has to be expensive, it can be very basic to start with. In our day and age there are plenty of videos explaining how to make things, workshops to attend, classes to take etc. There is no excuse not doing something fun in order to balance your energies.

Colouring books are also a great way for the mind to concentrate on the creative side of the brain whilst letting go of the unnecessary worries about the dolphins. There are specific colouring books for grown-ups with mandalas (perfect to cultivate a bit of your spiritual side as well), flowers, stained glass, animals etc.

Another fun way to be creative is to create and maintain a journal. Get yourself a nice notebook, may be with a dolphin on it or a mermaid, or even better, create a cover for your notebook, let your imagination take over, the important part is to make the notebook a bit special. Sometimes just painting your name on it or putting a ribbon around it will be enough. There are no rules.

Then write down your feelings and emotions regarding events happening in your life, and also what is happening with the dolphins. Weave a story and since the journal will be for your eyes only, do not censor yourself. You do not need to be Shakespeare to write a story or to write how you feel. The idea is to externalise on a piece of paper the way you are feeling inside with total honesty.

Sometimes one word will be enough to convey your feelings, other times a few pages will be more about how you want to express yourself. Let your mind roam free.

Music is a very creative process and can reflect our mood so beautifully. If you play an instrument, you will know that music can take you to a different world. If you do not play, then just listen to music. Sometimes a song will trigger happy memories, or will reflect your mood too. And whilst you are at it, why not to sing along to your favourite tune, it will help your throat chakra and it is also quite fun. If you are not too shy, a karaoke session is also great fun and a way to creatively recreate a song. ;-)

A fun way to be creative is to have a vision board. It can be as fancy or as simple as you want (a black board or a sheet of paper will do, you can buy a ready-made board, whatever takes your fancy), and on your vision board put the pictures of what you dream of achieving in your life but also with Taiji. You could have vision board for your personal dreams and one for your animal activism.

You can put pictures of dolphins swimming free in the sea, you can put pictures of protests against captivity, happy pictures of cetaceans, pictures of the ocean, mermaids, other sea creatures. The idea is for your mind to see these pictures often and for your conscious mind to wish upon these happy pictures to produce a tangible effect in reality. And also, raise the vibration of your heart chakra. Also, after seeing some of the pictures of the dolphins in the cove or other sad pictures with animals, you also need to see the beauty in life, and happy pictures will help to keep the balance. Your vision board can be just that, something to look at that will make you happy.

We do have a mini version of a vision board everyday on [Mermaids 4 Cetaceans](http://www.mermaids4cetaceans.org) when a picture of a blue sea is posted, for us to visualise a blue cove.



You can do the same with your personal vision board, putting pictures of what you want to achieve; for instance, a dream home, dream holidays, love, romance, health...again be creative. Look online for the pictures of what you would like...print them out, cut them and pin them on the vision board. Be realistic in your expectation and have fun in the process.

Another great thing you can do is to do some daily affirmations; you can also put them on your vision board. For example: a simple sentence such as 'today I am detached from Taiji' could help your subconscious mind not to respond with pain or anger when you think of Taiji and a red cove day...we are working on detachment and this is part of it.

Again, do not feel that if you detach from Taiji and anger, you will feel less and you are letting the dolphins down. It is paradoxically the opposite, the more you detach the more you will be able to help the dolphins, from a place of balance and love instead of anger and negativity.

You can find so many affirmations these days online, that it will be a bit of fun for you to find the ones that resonate more deeply with you. Put the affirmation on your vision board and repeat the affirmation as often as you want, particularly just before going to sleep. ☺

This now leads us onto nourishing your spirituality.

Spirituality can be practised via a religion or outside any organised religion. Spirituality is accessible to all (more now with the internet) and it is indeed a personal journey through trials and tribulations.

Spirituality is like a muscle; the more you exercise your muscles the stronger they become. The more you are living within the principles of your own spirituality and beliefs and the stronger it will become, leading you to be a more balanced and compassionate individual.

Nothing is permanent even the most painful of situations. Pain moves and transforms. Your goal is to achieve inner peace (often through spirituality) which will bring a strong connection with the dolphins.

The darker side of inner peace is compassion fatigue.

Inner peace is not an instant state of mind or a happy pill; it is rather a long term project for you to cultivate, to find your own happiness and to create your own reality.

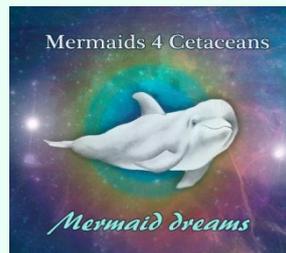
Embrace your spirituality by any means available to you or following your own beliefs. Some people find praying very soothing and will pray to their deities to protect the dolphins.

Other people prefer meditation, creating mandalas with crystals (some are stunning) to send their intent to the universe to help the dolphins, whilst others do visualisations.



Visualisation is a very simple technique that we do collectively during a Full Moon and every Sunday during the hunting season in Taiji and the Faroe Islands. You do not need to be an expert; there are many visualisations that you can find online.

[Mermaids 4 Cetaceans](#) have created a visualisation for the dolphins in Taiji, Faroe Islands, Solomon Islands and Peru that you can download for free. It is a MP3 and can be transferred on your player so you can do the visualisation anywhere.



Click on the link below to download the visualisation.

<https://soundcloud.com/mermaidsforcetaceans>

Apart from these various forms, there are other ways to practice your spirituality.

For instance you may want to acquire some healing techniques (chakra balancing, Reiki, spiritual healing, crystal healing, quantum healing etc) or refine your healing skills. Attend workshops, read about healing and the chakras, research distant healing and quantum physics, open your mind to a new world of possibilities.

There are many Mind, Body and Spirit events you can visit, have a stroll around the stands, go to a lecture, participate in a workshop, and perhaps try a healing session or a massage at a festival? There is lots of information on offer and you never know, you may decide to enrol to a course that could change your life and career. Follow your intuition.

Some people prefer to be spiritual with other minded people, if it is the case for you, go to a meeting, or join a group or organisation with the same interests as you. Often, healers gather together to exchange healing (healing the healer), whilst people practising the old ways of being spiritual gather at specific times of the year to worship nature. Whatever your calling, go for it.

Lots of people practice their spirituality via a philosophy such as yoga. Even if you are not spiritual, yoga has many benefits for health and mind. It might be a good idea to enrol in a class. Many are drop in classes, so not string attached!



Part of being spiritual is also based loosely on established religions or philosophy. Often you will see that some affirmations talk about forgiveness (a concept rooted in many religions).

Mahatma Gandhi said that "the weak can never forgive. Forgiveness is the attribute of the strong".

Many people talk about forgiveness, it is often about human to human, not animal to human. Forgiveness is a human concept.

This simple word "forgive" is something many spiritual activists working with the dolphins or animals struggle with (myself included).

Let's examine what is forgiveness and do we need to forgive?

According to Wikipedia:

"Forgiveness is the intentional and voluntary process by which a victim undergoes a change of feelings and attitude regarding an offence, to let go of negative emotions such as vengefulness".

Forgiveness is mastering compassion for those who have wronged us instead of allowing anger towards them.

It sounds like forgiveness may not be ours to give as the real victims are the dolphins themselves. Dolphins operate on higher frequency than us and 'who knows' on a soul level. Maybe they are able to forgive their abusers? As forgiveness is a human concept, I am not sure we will ever know the answer to that question.

The closest place to forgiveness (if you feel you need to forgive, it is entirely your call) is to be in a neutral place regarding your feelings towards the fishermen. No anger, no resentment, no ill wishing, nothing...conversely, no love for them either. These people just exist on this earth plane and since they operate on a low frequency, they should not be able to disturb your own frequency. Neutrality in your heart regarding these people will be the best way to remain balanced. We have reviewed many ways of keeping the balance in your heart chakra. Practice and practice is the only way to see a result.

In the marine movement we have seen two people turning their backs on their old ways of making a living, from a fisherman hunting dolphins to a dolphin trainer. They have worked tirelessly to change perceptions and to educate.

Now how do you feel about them? (Hopefully you know exactly who these 2 guys are otherwise look at Bright sea and Save Japan Dolphins).

Many spiritual activists support both of these guys and they are respected and branded heroes for the movement. Forgiveness has occurred naturally.

It is not far-fetched to think that if and when the fishermen in Taiji stop hunting dolphins and start to take people on their boats to do some whale and dolphin watching, people will feel exactly the same about them. They will be applauded for their efforts, for turning their backs on an out-dated and archaic way of earning a living. Feelings towards them will change and life will move on.



I know that when this will occur, our work will have contributed to the change.
I am visualising this change happening, it will happen and then forgiveness will have truly occurred, naturally.

Until then, our work is not to waste our energies on negativity towards the fishermen, our work is to operate on the highest frequency possible, love, in order to reach the dolphins and whales.

We have now reached our destination and I hope this mini guide will help you and support you on your journey towards compassion and love.

Oephebia