

News-Dolphin experience in Mozambique-November 2008.

Those that have read my website in the last few months would have seen a lot written about a trip to Mozambique to swim with the dolphins.

This trip has come and gone but the effects of swimming and communicating with the dolphins still remains and the memories will last forever.

The trip was a pilot and as per usual, I had a lot to learn.

A group of 7 guests arrived at Durban Airport where Charissa, my co-facilitator, and I met them. We travelled by bus to overnight at a Bush Lodge in the middle of no-where, where we were met by a most hospitable couple who had prepared a lovely dinner for us.

But, back to the bus trip! In order to have more free time whilst in Mozambique, Charissa and I decided to get the "meet and greet", paperwork and Animal Communication Theory behind us, so this was done whilst travelling through KwaZulu Natal.

This exercise proved a bit challenging but fun none the less. Ever tried meditating in a bus with traffic all around or teaching facing backwards from the front seat of a bus!

Our entry through the Kozi border post was without pain and there we were met by the Dolphin Encounters people. Surprise, surprise ... out transport consisted of an open backed bakkie. This of course meant that 5 fun-filled city slicker ladies needed to do the unimaginable.

Well, like the fun group they were, they hopped on and we were off. Of course the older and more frail were placed in the comfort of the cabin.

We arrived at the rustic beach camp where we were met by the management of Dolphin Encounters. The camp itself is very basic, perfectly clean and what struck me most was the peaceful ambiance. What bliss!

What followed for the next 3 days was a magical experience of not only learning about dolphins, sea creatures and the environment but also about ourselves.

The first swim was an experience of not only coming to grips with sea-sickness (for some) but also being in the middle of the ocean, snorkels and fins and our own fears. Difficult to work telepathically under those circumstances.

The second day was pure magic and I, Miss Animal Communicator, was for the first time able to connect, in the depths of the ocean, and obtain some useful and insightful information from the interactive dolphins that we swam with.

Later that day, the dolphins telepathically informed me that we would not be swimming with them again the following day as the climate and conditions would not allow. I informed the group that evening and requested that they use affirmations and all other tools to change this situation but the spirit of partying detracted from my plan, so sadly we did not swim with them again.

Having said this, I must admit that the perfection of the previous dive would have been a hard act to follow, so as per usual, everything has a reason and turns out for the best. The food at Dolphin Encounters was good, the hospitality great and any of the groups concerns were attended to immediately.

The trip back to Durban was a quiet one; everyone either exhausted or introspective or both.

One of the many things I did learn was that it is not easy to telepathically communicate whilst out of ones comfort zone (deep sea) and that I could not expect "students" to do so. This issue was easily overcome as the students communicated using a photo surrogate. Their feedback was not only evidential and correct but most appreciated by the management of Dolphin Encounters.

The 6am meditation and yoga sessions were optional and the die hard few that never missed a session, said that they enjoyed and benefitted from these activities.

Charissa, as the psychologist, offered her program on DAT (Dolphin Assist Therapy) and I will leave that story to her.

I would like to thank the ladies - Chandre, Wendy, Glynis, Nicci, Irene, Danny and Amber for being so interactive, such great fun and easy guests.

We have organized a reunion and follow-up session for Charrisa's research and I look forward to it.

Most people I have had contact with, including myself, have experienced far reaching effects on many levels and I have no doubt that the effects of this trip and mostly the interaction with the dolphins, will last for a long time.

Due to the success of this trip, Charissa and I will be offering a similar experience in Mozambique in February of next year. We have made a few minor changes just to ensure that everyone is comfortable and has a magical experience.

The photos seen on this page were taken by our group whilst in the sea.

Hope to see you there!

Charissa's feedback

WOW! We had a fantastic group of spiritual, fun loving ladies. At first Debs and I were a bit skeptical about a group with no men! However this turned out to be great, such a special group, who had a high level of conscious awareness, which made the dolphin experience more profound. Because there seems to be changes in the body on a cellular level, after swimming with the dolphins (at least that is what the research shows and what we are trying to confirm); we are following up with everyone to see how this has impacted on their lives.

Research indicates that the intensity of the dolphins' echolocation system of 8.3 W/cm² and their frequencies of up to 200.000 Hz can possibly explain the physiological cell and tissue changes and the influence on nerve cells via resonance, cavitations and sonophoresis.

After contact with dolphins, an increased synchronicity between the right and left brain hemispheres has been observed, plus a higher degree of the slow brainwaves in the spectrum of Alpha and Theta. This among other things strengthens the immune system and self-regulating processes of the body.

For me personally, I have been 'bouncing off the walls' with such energy. The change's psychologically, spiritually, physically and mentally, just reaffirm the potential affect that these beautiful creatures have on us.

It confirms over and over again, that we need to document and scientifically prove what we already know...that is...'your life will be changed (on some level) after swimming with dolphins'. Consciously or unconscious, there is more going on than we know!!!!

According to Horace Dobbs; *dolphins have an extraordinary power and magic to heal and transform our lives*

A special thanks to Debbie whom I headhunted to be my partner on these tours. Debbie your calmness, knowledge and organizational skills are such a bonus to what you already have to offer!

Dr. Donald Skinner, thank you for input in the scientific research of this work and dedicating your valuable expertise and time. You are appreciated