

COLLECTIVE RESONANCE

Resonating with Dolphins

— Terry Kalayjian

Dolphins are joyous creatures, and being with them is a way to access that profound joyfulness. They are intelligent friends who encompass all the qualities we value as humans. Dolphins are peaceful, playful, joyous, harmonious, wise, graceful, cooperative, and unconditionally loving. They are one with nature, living without judgment, anger, or retaliation. As humans we want happiness; the dolphins have it.

For the past ten years, swimming with dolphins—wild or captive—

has been a magical experience for me. Their ability to use more of their senses and intelligence recalls our untapped human potential and spiritual unfoldment. They remind us of our unlimited essence and our capacity to experience love more fully.

Being with my dolphin friends reminds me of who I am, in gratitude: a conduit, a facilitator in transforming and freeing myself and others from old patterns into new possibilities, with humor, light, laughter, tears, and deep connection. The opportunity to



work in a therapeutic situation with them was a fulfillment of dreams.

In August 2004, I spent a week in the Bahamas as an advanced craniosacral therapist with 11 colleagues and osteopathic physician John E. Upledger, a pioneer of craniosacral therapy, and founder and medical director of The Upledger Institute in Palm

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Beach Gardens, Florida. Most of our time was spent at UNEXSO

Dolphin Experience in Freeport, Grand Bahama. This facility has about 20 dolphins that interact with people daily. The Upledger Institute has a contract to work with some of these dolphins in a specially designed healing area for their Dolphin-Assisted CranioSacral Therapy Program. In this space, dolphins do healing work with patients while craniosacral therapists also work on the patients.

Craniosacral therapy is a gentle hands-on method of detecting and releasing restrictions in the craniosacral system, which surrounds the brain and spinal cord. This is a physiological system like the cardiovascular and respiratory systems. Correcting these craniosacral imbalances can help alleviate a full range of sensory, motor, and neurological dysfunctions.

The Upledger Institute is a health source center that is recognized worldwide for groundbreaking continuing education programs in craniosacral therapy, clinical research, and other complementary therapeutic services. It is dedicated to the advancement of innovative techniques that complement conventional care.

There were 12 therapists, 6 patients, and 2 dolphins. Among the symptoms in this group of patients were thyroid cancer, Parkinson's disease, diabetes, autism, cerebral palsy, and depression. Each patient had two therapists. Three patients and six therapists were in the water at a time, for 30 minutes. We worked in a roped-off area on a platform in about 4 feet of water. The two dolphins participated in each 30-minute session.

The patient, floating in the water, was gently supported by the two therapists. The dolphins swam in,



under, and around the patients, using echolocating energy as if they were creating an X-raying screen with what they felt and sensed. They would gently back away and then return, intentionally putting their rostrums (the long, beak-like protrusion) on specific

areas of the patient's body. It is important to note here that they sometimes would enhance the process by going through the therapist's body, sending energy into or through the therapist, rather than straight to the patient. Those of us who are familiar with

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the acupuncture points on the energy meridians were amazed at the dolphins' natural abilities as acupuncturists. At times two dolphins would work together on one patient or gently maneuver the patients and therapist together to work on the whole group at once.

Dolphins work with the frequencies in the body and can sense and correct energy disturbances. As in most energy work, it doesn't matter what is exactly wrong; it just matters that the disharmony is corrected, whether it is genetic or

something that happened yesterday. The dolphins put something into harmony.

Dolphins are known to emit ultrasound waves that vary in frequency. The alternate sound frequencies of the dolphins have been measured at levels that

exceed those used in many hospitals to shatter kidney stones.

Therefore it is conceivable that dolphin's ultrasound is

capable of affecting human tissue. The variable modulation of the frequency appears to contribute

significantly to the tissue and membranous releases noted by the

of the water. She was totally relaxed, smiling, surrendered, and



therapists. At times it felt like they were sending a blast of energy, sometimes a pleasant tingling or a mild electrical current, at other times, a general sense of gentle well-being and deep relaxation. A shift occurred, a correction, a release of restriction. As therapists we could feel the effect of this resonance on the body. It was as if the dolphin's whole-body-scanning ability provided a more accurate image of the tissues than our palpation skills. We had to learn to hold our intent for healing, to be the container for this magnificent process, to defer to the dolphins, to open and to trust. Sometimes people would spontaneously laugh or cry. Whatever we all received, in some way we were all transformed.

I worked closely with the young woman who had thyroid cancer. What stays in my mind is her session on the last day. As she was floating in the water, two dolphins came—one underneath each of her shoulders—lifting her slightly out

trusting, allowing herself, perhaps for the first time in her life, to feel and be totally supported. It was a great heart opening for her and for all who observed her.

A baby boy with cerebral palsy and autism came with his mom, dad, and brothers. He had much tension and rigidity in his body and was upset and crying. His mom joined the two therapists holding him in the water. After observing him from about two feet away, as if they were sending healing energy through the water, the dolphins swam around the child, scanning him, choosing to work on him (by sending energy) through his mom as a conduit for her son, putting their rostrums on various points on her back. He began to open and loosen. There was a reflex action within his body to tighten and curl. It began to lessen. He stopped crying. They then swam around him and, for short periods of time, gently touched his feet and hands. His mom said that night, for the



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first time, he responded to her when she called his name. He slept better, too. By the end of our time with him, she told us that he had

never been able to laugh without regurgitating. Now he was able to laugh freely, with no other physical reactions.

Allowing. Trusting. Surrendering. Being open to extraordinariness, to the possibility of entering the portals of the dolphins had to offer.

Problems arise when we consider ourselves separate from nature, from each other. As we were working together in the water—therapists, patients and dolphins—a great bond of unspoken, heartfelt unity permeated us all. There was a sense of time standing still, of

melding energies deeply connected, creating a healing environment beyond the boundaries of our personal limitations.

It was clear to us that dolphins possess an extraordinary ability to

and spirits. Simply being in their presence seems to arouse feelings of profound inner peace. There is a resonance, a flow of vibrational energy that creates a oneness, a physical connection, and a

resounding universal connection, beyond ego, creating a collective consciousness of all who are in their presence. It is within this energy, characterized by love, compassion, reverence, and awe, that I was able to share and witness a level

of resonant consciousness that has an untapped, transformational, therapeutic potential for mankind.

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DR. UPLEDGER IN LARGER HAT, THE AUTHOR TERRY KALAYJIAN IN SMALLER HAT.

trigger the healing process within people. They have a remarkable power to uplift the spirit. Feelings of contentment are an important part of recovery; negative emotions are linked to disease. Dolphins emit special energy and sound vibrations that have a potent influence on our bodies, minds,