



DOLPHIN ESSENCE – “TOGETHER”

The Atlantic Essences

By Muriel Pichard

This essence was prepared on a bright warm sunny day, in France, on the Brittany coast on 29th August 2010. This is a co-creation, between a group of Bottlenose dolphins, my sister Frédérique, my niece Adélie and myself.

We went out at sea with the intention of meeting the group who live there. Suddenly, we started seeing fins... 1,2,3,4, and many more! All coming from different angles, but all coming together towards the centre.

We were surrounded by them and were in awe of their energy, lightness, harmony with their natural environment, and were filled with joy at sharing this together. The water was so clear that we could see through it. The dolphins played, jumped in the air, followed the boat at great speed and with acute precision.

Suddenly the energy changed, and we witnessed a hunting scene. The energy was intense, the dolphins all went into different directions, but there was a definite sense of strategy. They all knew instinctively where to go, and although it was for the individual act of eating, there was a collective energy.

Frédérique had brought equipment to prepare an essence. She started the process, then went into the water to meet the dolphins and Adélie and myself both carried the bowl at different times. I was then suddenly drawn to go to the forefront of the boat. Two dolphins then came to meet me. They were swimming against one another, totally in harmony with each other, matching the exact speed of the boat so that they were precisely at all times always slightly ahead.

Then one dolphin turned his face towards me and looked at me straight in the eyes. I received the message from him: “we are here, we are part of this, we are participating”. I just instantly got the message that this dolphin knew we were making an essence, and wanted consciously to be an active part of it. When I later spoke about this with Frédérique who has an extensive experience of dolphins, she was not surprised as she had experienced this herself at other times. She confirmed that when she was with the dolphins in the water, they suddenly went to the front of the boat, and that was exactly when I was holding the bowl.

It was an awesome experience, one I will never forget. That contact, communication and total engagement, precision with a real sense of direction. Going straight, together in a line. Knowing where to go without attachment.

The Dolphin Essence “TOGETHER” is a research essence, but from our collective experience, its message is:

It is time to gather. Together, we are strong, we go in the same direction, know exactly our individual contribution to the whole and perform it with total consciousness, aliveness, lightness and sheer inner knowing and determination. We are all part of a collective consciousness.

Recommended for group work.

If you would like to send your feedback on the Dolphin essence “ TOGETHER”, please contact Muriel at: muriel@theessencewithin.co.uk – www.theessencewithin.co.uk

For information on dolphins, you can contact Frédérique at: www.institutdony.com