

Focusing and a total healing via focusing in a listening session with a Dolphin

This article is about a Focusing Session with a big male Dolphin.

And it's about

the *Vibrational HEALING, that a Dolphin can give you.*

As well as getting AcuPressure from him via his Nose.

Therefore its also about Dolphin Sound / Sonar Healing via a Focusing Session, as well as Whole Brain therapy and here in my Focusing session, I am receiving from this big animal, some healing especially what he sensed too what my Body was in need of....specifically a Healing of my own High Blood Pressure" that he the

Dolphin - the new friend of mine

called Phillip, this Big Turkish Male Dolphin".

Although this is really and truly a Focusing Session of a special kind..still it was this normal ordinary Focusing session, I managed to do with a Dolphin, with the effect of being helped to cure my several years of experiencing too High Blood Pressure, that of course, no doubt for me, had been a hazardous health issue.

About me and Focusing:

In my life, Focusing is not just something I teach and give away to others via a training and education, as a Knowledge, as a Method, for being able to take care of themselves and for being responsible of their own life and happiness, also it's meant to teach people-to learn how to release old and new Traumas, ones Biases, Blockages, ones Issues, one Roles of being a Victim, and to be able to release of any Problem coming your way, or a tool for making life decisions, to interpret your Dreams using your own inner Guiding's and Body words, instead of someone else's meanings of your Dream sequences or Symbols. It's also to train and teach people to get to know, about ones Boundaries, to learn how to be living in the Present Now and most of all be happy and stay balanced, in a chaotic World.

To know and to use as a natural resource, Focusing it's, what for me a real true Living according to, what was "Meant to be", and it's surely a very highly perfected sense of awareness and a way to be using "our implicit, ***inborn Life Forward moving energy***" just as it's an ideal Way to live my Daily life, to aid me to stay in the Present Now, to be aware, and thereby naturally using a way to automatically, "being in contact with my core being" and having my mind/body connection in an ongoing use, which makes it "so easy" for me, to listen to my body signals, to my self and others, via of course, my felt senses !

NB: The Life Forward Moving energy is mentioned in some of Gendlins papers as such:

Quote where Gene said: "It took me a long time to figure out, that the ongoing bodily experiencing has its own inherent life-forwarding implying.

***That little steps that arise at the edge are creative, imaginative, and always moving in some positive direction”
(by Gendlin Beyond Postmodernism 2003..From concepts thru experiencing.)***

And here on my beautiful Baltic Sea rocky island, my life, is lived, being able to quite easily listen to other living entities, to nature, to animals, to humans and to, of course, the environment surrounding me.

Being in conscious interaction with what's going on between me and everything in my living surroundings, is what the use of focusing for well over 50 years now, has given me and has made it sooo easy, to be in contact with myself and life around me.

Focusing with the big Male Dolphin Phillip, to heal my way too high Blood pressure..

So, of course, therefor, it would be easy, to also do a Focusing Session being with a specific animal and checking my specific illness, that's a too high “blood pressure problem”, which I carried in my body, mind and life.

Being very much into vibrational Healing, and toning with sound and voice, using The Focusing Process Steps, I therefor decided to use one of the worlds most intelligent animals, as well as a Dolphin, being an animal, who uses Sonars and Sounds.

This is about me/myself and about having had too high blood pressure, since my menopause started, years ago, and this trouble was both being genetic through a few generations, as well as I had been living with some kind of stress, year after year, in owning an international European business as a Director.

Soo as the stress in my system obviously did not all go away, even with my expertise as being a yogaTrainer, since I was 18 years old, teaching many classes of yoga/ meditations every week, and neither from several Focusing Healing Sessions, done from the late 1980'ties, using Focusing, after I learned it and Certified in the early 1990'ties.

Obviously I often did a specific 6 step Blood Pressure Focusing Healing session accompanied by my Focusing partner, in order to find the root course and check out action steps, and ways to heal, this genetic stress oriented problem.

Meaning, I have always had great Focusing Partners, and every so often, I would go listen to my FS of curing my Pressure..

Working through my Sessions with a Partner, that of course, helped me getting clear actions steps to be doing, to lower the pressure and heal the root course of it, even going way back into cell memories, and my genetic heritage.

Still...and No no no ..it unfortunately never went totally away..at best it always cleared and went away, after some of the focusing sessions, and somehow, it always slowly sneaked back.

Sooo naturally enough, the pressure of my Blood, was going back to well known manners, as that was the way my body “now a days” for years had gotten used to, and through these several years, my body had gotten used to functioning on.

Dolphin Vibrational Healing:

For years, even before my blood pressure went up, I was having the wish to go be in the company of “a Dolphin” ..and for me, no matter”wild or tame”...both kinds would be ok.

My sons and husband back then, had all had the chances to be with semi Wild Dolphins in The Florida Keys.USA.

Not I....until one day, I had an invite to go with some good friends, to a great Holiday resort in the bay of Marmaris in southern Turkey..

I knew already, before going there, that in this area there would be a very well functioning Dolphin therapy and Swim centre..so right away, over their website, I booked a period with this big male Dolphin Phillip, that they loaned to people like me, who just wanted to be in the deep deep waters with him, “sensing and swimming”..

Ohhh dear, and Mind you...I had other ideas...: In the Marmaris deep sea or bay water, like what they used for the Dolphin centers in Marmaris Bay, where they let their captured Dolphins live, that place was too created, as in time some Trainers had moved in, as a healing and psychotherapy centre ..where some of the Dolphins were trained, as therapists for families or their kids.

When Dolphins are working as therapists, they do it here in this centre, in conjunction, with a couple of Personal Trained Therapist. During these sessions, it always shows us, that the healing and releases often comes via The Dolphins ways, and manners “of being sooo full of Sonar energies”. These vibrations, are clearly working like a Force of Healing Sound, as the Dolphins themselves, all the time..keep using these Sonar sensing tools, and as they are being themselves created with a well evolved intelligent life force and a biggish brain, then it makes it possible for a human beings, sooo easily can benefit from Communications with one of these loving creatures.

Another fascinating issue, about these intelligent animals, also is that ..despite the enclosed area in the Bay, it was still part of thus big deep deep Bay in the big Sea surrounding Turkey and Greek Islands etc etc ...soo therefor, the Area where the Dolphins lived, played, worked and swam, was at least 10 meters deep!

So therefor naturally another fact coming from the Sonars of the Dolpins, in this deep Sea/BayWater they occupy and live in, will be saturated too, with tgeir sonar like sounds and vibes.

So strangely enough..simply swimming around in the 10 meter deep Bay/Sea Waters, where they lived, were actually also a healing experience too.

This specific Turkish centre, was very well functioning, dispite having captured the dolphins, and kept them captivated....

It was obvious that here they were treated well, having a lot of space, and they seem to treat the Dolphin fair, despite keeping them captured.

They seemed to be giving them the best life they were able to "in captivity" and the animals were clearly given ample rest and loads of time for free play and games with each other, for only their own benefit.

In the therapy centre part, it was mostly their female dolphins, used in different areas of the Sea/Bay-waters to work doing Dolphin therapies with Clients.

This always had to be done, with the entire family being there, who belonged to the sick or handicapped person.

They offered, especially some kind of healing via daily training, for some weeks in one go, with a therapist or two even, and a dolphin, on we're offering healing of various handicaps, like these: Autism, Asperger's, Add, ADHD, Bulimia, Trauma related sickness, PTSD, Anorexia, people damaged by Brain Altering Drugs and Medications, PTSD, and otherwise troubled grown ups, still mostly children..

As I said it was very important, that all family members were treated at the same time as a unit, whatever kind of therapy offered, it was always about the entire family.

The main things in the therapies were, of course, going into "Whole Brain healing" and restoring the equilibrium in the Mind/Body balance and the persons lost contact to sensing one's own body, also had to be restored, as well, as of course restore sooo much Brain balance, that a healing and functioning of the Brain parts and the way these would re-learn, to be releasing, in a bigger balance, their Neuro Transmitters. And when healing that, then especially checking peoples stress hormones and enzymes.

Also as a lot of us must know, then it's quite interestingly, as dolphins and other animals, such as porpoises, bats, and whales share a unique way of "seeing" the world through echolocation, also called sonar. In other words, dolphins can emit and receive the echoes of sound waves that bounce off any objects near them in the water.

So all this sound and sonar movements simply is for me, something that I am always aware of, because, already since, I was 18 years old, I learned yoga and and became a YogaTrainer already then...

So I have been used to being aware of my Body movements and functions from these trainings, as well as knowing the physiology and function of my

Body having studied Nursing, as well as, I have been a trainer teaching yoga, and later on, as a dance and aerobic teacher for a million years.

Focusing: After I certified as a Professional Trainer in Focusing 1991, and also the year after as a certified Body/Gestalt therapist, I then soon after started teaching Music and Sound therapy In Denmark, then began using how to add more Body awareness into my teaching using FOT...as well as I started giving Workshops with an American Body, Sound and Voice therapists, as well.

So this means working with this Sound Therapist and trying out, his ways, as well as with My Danish Educated focusing TnT and she was a music therapist, it gave me a tremendous Vibrational Healing knowledge and taught me with my own Focusing evolved Skill, that I by now, was able to go Create my own invention, that I call "Focusing and Toning", and in my FOT- and Coordinator Training I teach too, over an entire Weekend, my students, all kinds of Sound and Toning with own Voice from a FS, some Body Movements, Dance and Music exercises and as these Training have worked so well being integrated into these Educations, and of course it explains a million other ways how Vibrational and Sound healing works..

There were also a lot more going on inside My Focusing life, about how to add toning/sounds and use The Quantum Mechanisms, and knowledge, I had gathered from teaching Meditation. I also had One of my Trainee students who wanted to really be teaching with me, the Focusing process steps and being so lucky, as she was a Music therapist. So with hers inspiration, it was helpful, when I developed, years ago, this great functioning "Focusing and Toning Method" where we via our own FS, find our Handle, through the tones, and via our best sound (the handle then) for healing and releasing blockages and getting Action steps/answers ...all through Toning from one's FS.

Being into Focusing and all this Body awareness, then I studied more on these issues, and found from this person, a university Researcher of Vibrational Healing of aiding Cancer patients in Germany, who discovered that "the best/often only way to heal one's cancer was through one's own voice" ...Soo yes it was hereby discovered clearly, in his research, that what healed faster and deeper, was not via Music or some one else's voice..which is great, still no, no it's was not the best, as it turned out, it simply was the use of one's own voice.....(toning ..like humming, singing, sounds etc)
And what could be the safest way in this real world of cancer healing, with ones own voice was of course also to integrate it into and "to use the Focusing Process Steps and FS and Handles etc.,"
oh oh oh well easy it was, so I invented my own system for voice/vibrational/sound healing.

And today, I too integrate into a balanced life, the Focusing ways, well knowing too, that it helps equilibrium of one's Mind/Body and Spirit, balancing your self

with our earths vibration of the Schumann resonance, which is good for you, as it and your Brain when being balanced with this earth vibration, will make you feel grounded inside/and at home in your body. Scientifically. Knowing that the reality here is that, your own brainwaves, when in balance vibrates with same frequency, as also the Earth Schumann resonance vibrates the same (Mind you that BOTH are Vibrating at 7,83 HZ)...

There are several other known sounds in our world, we naturally are attracted to, when we need to sense Body/Mind equilibrium and grounded-ness in our Mind/ Body state. Here to mention a few: We have the purring of a cat, or the sound of the waves, or the wind blowing the tree leaves in the forrest etc etc.. they are all perfect healing tools you can use consciously for sound therapies..

Still the best thing to use, is about us now going back to our own FS and personal Tone that your FS helps you find, that you sing or hum from a minimum of three minutes for it to work, sitting with all your attention onto the FS and let it come out of and from your FS..resonating from here in perfect balance.

..yes yes..that's Toning coming from exactly HOW your body is carrying that exact issue..and as we know, inside EACH and every FS, you both have the issue or blockage and you also have the knowledge on "How it can heal"(just like your Body knows exactly how to heal, if you have a wound, a strain or a cut). It's really only about getting into the FS of "all about it" and into listening to and letting the Body show you:"How do you my dear Body, carry all about this"

Sooo here we are

knowing a lot more about Sounds, Toning and Sonars...sooo

now let's get into Focusing with Phillip/ The Dolphin.

So here we are, back in time and my meeting with Phillip in his home territories.

I did meet him sitting below me in his enclosed area in the Sea/Bay-waters he used, so I could make friends with him first, by feeding him a bit of fish.

After a while i was asked to jump into the deep warm water.

I had my life vest on and were told by the Dolphin trainer, just to let go of my Body, letting it sit in the water ..and not be afraid, as I would not drown, I just had to stay calm, stay afloat, and still pump my legs being upright, and straight, in order to make it possible for the Dolphin to get up to me, real close.

1. I stayed calm, and it was so easy, as I began doing the Focusing Process Steps, like after relaxing, then getting into my usual Focusing Attitude, then Clearing a Space, like letting go of what was in the way in there, as exactly importantly needed here, was to be in an open receiving, loving, accepting, kind of mode, in order to be able to both contain my FS of the Too High Blood

Pressure and also at the same time, being relating via a coming soon to me, FS, with Phillip from an open space to where his Sonar healing could enter.

2. Time was now to get the FS..while paddling only with my legs carefully in the water, waiting there for Phillip to get ready to listen to me...He was kindly swimming round and round,near me, and coming closer and closer to me, so it was really urgently time to get my FS of all of this, and of my Pressure...and it was too important to concentrate on "hoping that he would soon come close and very near to me."

Well easy that was too, sooo I simply stayed in my Focusing attitude. and started asking for the FS of my HIGH blood pressure,on how it was sitting right now, being in need of healing and adding this "by being right here in close company with this dolphin guy..."

Mean while, he /Phillip swam closer and closer, as like "he was trying to get his FS of me and sensing that I was ok for him to encounter"..

While he was doing that, I got my FS about "All about that", which were like a Hard Fist, just over my Solar Plexus, and in its Foggy edge all round the Fist, was these beautiful movements, like ready, open and waiting, to open up, going into apexes of light, in order to heal via the Sonar sounds....

3. "Then now it was time to get my Handle..."

Which arrived fast and clearly and said:

"Deep sound connections"

Resonating..perfectly all the time.

Then reaching into the 5 th process step, the asking Step: Me asking in my Mind "what this handle was telling me and it meant:

And this is what came to me: "These sonars will release the tension via my brain and neuro-systems, especially In frontfrom the throat, inside in the belly and guts, all the way down to the pelvic area..that's where our Enteric Nervous system (ENS), is situated, and it is defined as the arrangement of neurons and supporting cells, throughout the gastric intestinal tract, from the oesophagus, to the anus and pelvic floor.nerve,?.....Here it would then, re-create the equilibrium, that I need to lower the pressure"..

Soo niw being in A Focusing relationship with Phillip, as I hereby was in constant contact with mt FS and with Philip,and sending over to him, in images with thoughts and emotions, my prayers to him, and sure enough, he simply responded, sooo strongly by coming closer and closer and kept after a while, pushing his nose onto my kidneys and my glandular adrenals. He was now giving me Acupressure, as well. Like Pushing quite hard his nose into these Organ areas.

First pushing his nose onto my back parts ..both sides of these organs rooted seats for my Blood Pressure, and after a while he carefully came to my front and gave me acupressure there too, also on these same organs in front.

In between, he stopped and swam a bit, and then stopped to look at, and come very close to my head /my brain area ..

Oh here when he came that close to my Head, I intuitively sensed, that he kind of tried to balance his brain waves with mine...and to transfer/give me my Whole Brain sense of joy.

After all if this close encounter with Philips nose and sonars, then came the time to experience with him, a few tricks he had learned.

This was now his trainer telling me what I could do with Philip, right there close to me..

One of these were were "Like if he could to sit still for me... and then the trainer asked me Birte, to now move over, close to Phillip and to go close to his head..right in front of him, in the water, where he was still quietly laying and looking at me.

The Trainer then told me to let Phillip be guided by HIM, the trainer in order to let him kiss me..or really, more for me to hug and kiss Phillip.

(By the way one is in such a heightened and elevated sense and state, that one naturally gets into, just by being in these dolphin waters and in his company, that one soon after getting in there, one gets so excited and just make one, want to kiss and hug him, all the time/non stop..it's really the sense of a heightened state of Love.

The sense or feeling, one is mostly satiated with, is clearly one of LOVE vibrations.(No kidding) ..And I am here not talking about any kind of love vibration, and of course here I am staying away from the New Age illusory philosophy of what love is.

As this for me, was the vibration of pure life forward moving force and creative LOVE, as well as grounded wellness, empathy and acceptance.

Ohhh and then: Of course the Bahamian trainer of Phillips, thought he 'd better give me some specific Dolphin experiences too. Meaning when every time, I had a chance, I was then offered by the The Dolphin, to Swim with him, (holding onto his fins) and then he pulled me round the big enclose of his in the Bay. It was ever soo exciting to be swimming like that with a big loving dolphin, and every time moving round the-enclose a few times and of course, My Joy hit the ceiling of the Sunny Sky.

Also when Phillip laid calmly still, I found myself just wanting to hug him, to hold him, to kiss him and was in between allowed to feed him.

Every time "before and after" a session in his area, Phillip was asked to jump up to a board, near the Trainer.

Here one can sit quietly being with the Dolphin.

Pictures: You can notice, maybe in the pictures, that I am constantly in Bliss smiling and exchanging love energies and sound healings with him. I had the centers Photographer take loads of Pictures of us.

Then I did the last 6th the double Process Step, finishing my Focusing session Off, by being very grateful..

6. step. I now asked for my Action step, as well as transferred the new preferred pathways from my brain just created, into my future and daily life, using the Observer affect, by observing my Self being, free of high Blood Pressure stress and tiredness and being healthy in all of my blood vessels and blood veins..and having more calm energy..

I found that the message from my FS about my action step, was simply one of "to keep using for the next 3 weeks daily my CD at home, which plays the meditation sounds of a Dolphin making his voices, sounds, and his talking. I used my observer effect too, to make sure. To get my new ways, created into my reality, LIKE bringing the new ways into my coming reality ..(And I have ..back then yes yes yes meditated for 3 weeks, until it had completely re-arranged my Brains preferred pathways of behaviour going down into my Body consciousness, and life reality.)

A dolphins powerful ways are exactly this kind of intelligences, that we as Focusers love..

Being well grounded and in the present NOW, which is necessary to be, and in order to do a good focusing session, and to be sensing and open your energies like the sonar you release...and then they would start balancing your body/mind fields with these Sonar sounds they make, going right into your brain cells and brain parts, into areas, from where you create your Neurotransmitters..

Sooo wherever in your brain parts, that you create too many, too few or none at all of these neurotransmitters, then now from this Dolphin contacts, your brain parts will re align../and balance, their transmitter excretion.

Of course this energy, also have you align your contacts between Mind/Body and through the full session you do..it's just like it happens for you, in Focusing ..then it all will create "a full whole brain function"and will help you in the future again, to be good at making the correct brain waves needed for your daily wellness, and best functioning life..

(this list below shows you the areas of brain waves) ..

When my swim was over..I walked back on the nice pathway along the seas coast, to my fancy Resort hotel, and already there I had booked myself a lovely Ayur Vedic massage, with these warm oils falling quietly down onto my forehead..

This massage lasting nearly a small hour, and it totally helped me, integrate Phillips sound and Echolocation(=Sonar-) type of healing. I was totally afloat and in a heightened state of mind and body and it stayed with me ..for a day or two.

The interesting thing about the Acupressure Phillip gave me on my organs and head ..showed also a detox process got started, of some side effects, I have had from my medication, to over years lower the pressure..

Oh it was especially, because, as my super nice family doctor, would not ever have kept me, on any medication giving side effects.

He would, if I had the slightest, then find another medication to try out.. Well this project had taken quite some doing and time, before I went to see Phillip, as it was not easy to find one, without side effects, meaning for me, “now it was time to detox the bad ones.”

Sooo obviously now, that was in perfect order too, for Phillip to also start that detox process. Now at that time, I was using one medication with no side effects.

Soo here I was back home again, and as time went by, here at home in my daily life, then some weeks passed, and went before, I could feel my blood pressure felt sooo different.

Indeed it did more and more ..and when I measured it ..clearly it showed me now, it was normal rating for my age.

Over some days I would check it several time, and saw it was ok ok ok..

Sooo happy was I ...and then thereafter I managed to get a specialist doctor, who from then in, would monitor me for the many coming years, if I wanted him to, so I would keep being ok.

And that has happened and stayed ok..

Now my Mind/ Body seem to find and to stay that way, in its implicit“ birthright of knowing” how the kidneys, adrenals and stress hormones, enzymes and Brainwaves slowly get back to functioning in their natural way of working “as they WERE meant to do.”

...all is well.

And mind you, at that year from then onwards/from my Turkey trip ...I have had the correct blood pressure and now with no more medication either ..And before that, for 20-25 years, I had to unfortunately be on medication.

Apart from the focusing with Phillip, which by the way lasted just over an hour.. I felt for ages so related to him, ...and therefor a period followed my Focusing process session with him, and it was also, mso easy for me, to daily be staying in my Focusing accepting and receiving attitude.

I would, at any time recommend highly that someone who needs joy, Dolphin love and a happiness experience, and from there, encounter some equilibrium, created between the 2 brain halves, and one's Mind/ Body, Spirit, using Focusing with a dolphin.....and even hereby getting to sense experiencing the Feeling if Pure Love vibrations...which we as Focusers all will recognise.

Mind you, though, its like, that it only here could happen to me, and interestingly enough, with this Dolphin, as ai was being surrounded by and kept in near physical mega super strong vibes of his loving company.

Strongly activated and coming from another living being supporting you, which was streaming towards me from this huge loving 3 meter long male Dolphin.

Hereby from me....to all of you ...

Nothin`but love from me Birte

and I am of course also sending you wishes for a Merry Merry Christmas and a very happy new year from m

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WORDS OF WISDOM “Within you is a stillness and a sanctuary to which you can retreat at any time and be yourself.”

HERMANN HESSE

<https://www.dolphinsplus.com/blog/how-do-dolphins-use-echolocation>

Frequency range	Name	Usually associated with:
> 40 Hz	Gamma waves	Higher mental activity, including perception, problem solving, and consciousness
13–39 Hz	Beta waves	Active, busy thinking, active processing , active concentration, arousal, and cognition
7–13 Hz	Alpha waves	Calm relaxed yet alert state
4–7 Hz	Theta waves	Deep meditation /relaxation, REM sleep
< 4 Hz	Delta waves	Deep dreamless sleep, loss of body awareness.,

We have vibrating in our Brain, DIFFERENT TYPES OF BRAIN WAVES: DELTA, THETA, ALPHA, BETA, GAMMA: Our brain consists of 5 different types of brain waves; Delta, Theta, Alpha, Beta and Gamma brain waves. Each of these of these brain waves has a normal frequency range in which they operate. The table below gives a brief overview of the primary function of these brain waves.**About Dolphins using SONAR SOUND WAVES/ECHOLOCATION.** Discover how animals use echolocation to navigate, hunt, identify other species and avoid obstacles. Echolocation is a technique used by bats, dolphins and other animals to determine the location of objects using reflected sound. This allows the animals to move around in



pitch darkness, so they can navigate, hunt, identify friends and enemies, and avoid obstacles. For dolphins and toothed whales, this technique enables them to see in muddy waters or dark ocean depths, and may even have evolved so that they can chase squid and other deep-diving species.

Echolocation allows bats to fly at night as well as in dark caves. This is a skill they probably developed so they could locate night-flying insects that birds can't find. How do dolphins use echolocation? Dolphins and whales use echolocation by bouncing high-pitched clicking sounds off underwater objects, similar to shouting and listening for echoes. The sounds are made by squeezing air through nasal passages near the blowhole. These sound-waves then pass into the forehead, where a big blob of fat called the melon focuses them into a beam. If the echolocating call hits something, the reflected sound is **picked up through the animal's lower jaw and passed to its ears.**

Echolocating sounds are so loud that the ears of dolphins and whales are shielded to protect them. Dolphins and whales use this method to work out an object's distance, direction, speed, density and size. Using echolocation, dolphins can detect an object the size of a golfball about the length of a football pitch away – much further than they can see. By moving its head to aim the sound beam at different parts of a fish, a dolphin can also contact **different and use it between species.**

The picture below of the Pink Species are not what this is about but still love to show you what either freshwater dolphins one can see or be lucky to encounter in the world as well..I have seen them they are near three meters long and live in the intakes in Amazonas ReinForrest



