



Personal Journey Pre-Session Tips



Thank you for scheduling a Personal Journey Session with me! I greatly look forward to our experience together. The following pages give tips and suggestions on ways you can prepare for your session, so that you may deeply and fully receive all of the gifts the dolphins, ocean, and other friends in spirit that gather for your journey have to share with you.

~ Linda Shay, Dolphin Ambassador of Love & JOY!

How does the Personal Journey Session work?

- **Read the *Dolphin Energy Pre-Session Tips* document!** ~ Because a full Dolphin Energy Session is included in your Personal Journey Session, all of the information and tips contained in that document apply. *Please read that document first.*
- **We'll begin the session by talking and sharing** ~ This is the time for you to tell me about yourself. Some things that are helpful for me to know about you are:
 - Where are you on your spiritual path ~ are you years into your journey, fairly new at it, or somewhere in between?
 - What is your connection to the dolphins?
 - What brings you JOY in life? What are you passionate about?
 - What's working in your life? What's not working?
 - What outcome would be exciting for you to receive as a result of this session?
- **We will follow the inspiration and flow we receive from Dolphin, your spirit guides, and your soul/spirit throughout your session** ~ The flow of most Personal Journey Sessions is that we talk and share first, for about 15 or 20 minutes, and then enter into the **Dolphin Energy Plus!** session for the duration of our time together.
- **Dolphin is the predominant spiritual presence in these sessions, and other beings may join in as well** ~ *Dolphin Energy Plus!* sessions are like a spiritual dance. Dolphin is in the lead, and choreographs the movement and flow of all other participating energies. Ocean brings her powerful healing gifts into these sessions, along with other beings that your soul calls in for your most optimal experience.

- **Once the energy is flowing, we can either hang up, or remain on Skype/the phone** ~ Because these sessions are more active, and interactive, many clients receive a lot of value by staying connected and listening to the sounds and watching my movements. For others, it's a distraction that takes them out of their own experience. Do what's best for you. If you start out staying in connection, and then change your mind and decide to hang up, that's perfectly okay!
- **Your session will last up to 1 ¼ hours** ~ Please follow the suggestions and tips provided in the *Dolphin Energy Pre-Session Tips* document to maximize your receiving and post-session experiences.
- **Within a few days after your session**, I'll send you a link where you can download the MP3 session recording.

How does the **follow-up phone call** work?

- After your session, **you'll receive an e-mail with a link** to schedule your follow-up session using our online scheduler.
- **We'll connect in the same way we did for your session**, unless you request differently.
- The follow-up call is **your time to share the shifts and discoveries** you've made since your Journey session. We can talk about any questions you have, or any issues or concerns that arose after your session. Dolphin may have additional guidance or suggestions to share, based on what's present for you at the time of our call.
- **We'll complete with a mini-energy transmission!** ~ If there's time remaining in our call, Dolphin will come through with a mini-energy transmission to bring your *Personal Journey Session* to completion. From what my clients are telling me, these mini-transmissions are quite powerful!

Thank you for choosing to experience a Personal Journey Session with me!

I greatly enjoy the opportunity to be of service to you in this way. I invite you to visit our website to learn more about this unique healing modality, as well as the other sessions and programs we offer.



Radiant Blessings!

Linda Shay

Your Dolphin Ambassador of Love & JOY

Dolphin Heart World, Inc.

***Love Heals. Joy Transforms.
Dolphins are Pure Love and Joy!***

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