

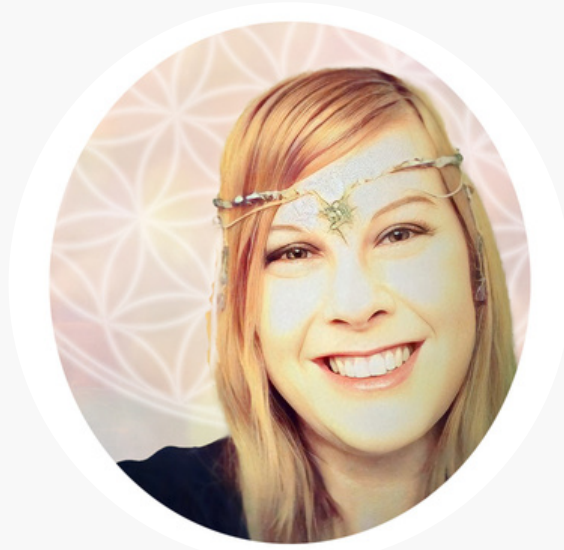
Dolphin Medicine

HEALING ACTIVATION WORKBOOK



LEMURIAN^{✦✦}
MOON TEMPLE

REMEMBER WHO YOU ARE...



Joanna is a vibrational healer, teacher, and guide whose work is rooted in the understanding that all life moves through resonance. With over 23 years of experience in spiritual healing and nearly two decades of professional energy work, her path has been shaped through a deep and lifelong connection with the natural world, the wisdom of the stars, and the subtle energetic languages that flow through sound, water, and symbol. She is the founder of Lemurian Moon Temple, a sacred space devoted to healing, remembrance, and reconnection with the soul's natural harmony.

At the heart of Joanna's work is what she calls The Celestial Resonance Path — a holistic approach to healing that weaves together: crystalline sound healing, Starseed Astrology insight, plant spirit and herbal wisdom, celestial water codes, light language and symbolic activation. This path is guided by the understanding that healing unfolds when we return to harmony with the natural rhythms of the universe — the movement of the stars, the cycles of the Moon, and the living intelligence of the Earth. A foundational thread within Joanna's work is her certification in Astro-Herbalism, a sacred discipline that bridges the wisdom of the cosmos with the healing intelligence of plants. Through Astro-Herbalism, the energetic patterns of the stars and planets are understood in relationship with plant allies, allowing healing to be approached as a unified conversation between celestial influence and earthly medicine.

She holds space for clients to gently release what no longer serves and reconnect with the deeper wisdom of their own soul.

THE MEDICINE OF DOLPHIN

Dolphin medicine carries the wisdom of the waters — fluid, intelligent, and deeply attuned.

As beings of both breath and sea, dolphins move between worlds: beneath the surface and into the open air. In this way, they symbolize our own ability to navigate both the emotional depths and the clarity of conscious awareness.

Dolphin energy reminds us that healing does not always need to be heavy. It can be playful. It can be rhythmic. It can arrive through joy as much as through release.

On a healing journey, dolphin medicine may support:

- Emotional flow rather than suppression
- Gentle heart opening
- Reconnection to inner joy
- Breath awareness and nervous system softening
- Communication from the heart
- Trust in the currents of life

Dolphins travel in pods — they are rarely alone. Their medicine carries the reminder that connection is part of healing. We are not meant to move through life's waters in isolation.

Above all, dolphin medicine teaches fluidity.

Water does not force its way forward — it moves around obstacles,
reshapes itself, and continues on.

In your own healing, you may ask:

Where can I soften instead of harden?

Where can I move with the current instead of against it?

Where can I allow joy back into the process?

ABOUT THIS TRANSMISSION

This healing transmission is a sacred sound and visual immersion inspired by the ancient intelligence of the sea and the medicine that Dolphins can bring to our lives.

In this transmission I used my Ocean Marine Gold Crystal Singing bowl that carries the Dolphin Essence, Mineral/Element of 24K Gold & Sea Salt. The bowl carries pure vibrational tones while the subtle calls of dolphins ripple beneath the surface, inviting a return to fluid awareness and heart-centered calm. Ocean imagery supports the nervous system in softening and expanding, like tides breathing in and out.

This transmission is offered as a space of restoration — a reminder that healing can be gentle, playful, and deeply attuned to the rhythms of nature.

You are invited to simply rest within the sound.

Let the tones move through you like water. Allow the waters to carry what is ready to be released.

Feel free to record your experience in the pages below.

RECORD YOUR EXPERIENCE

After your Healing Energy Activation, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE TRANSMISSION /ACTIVATION?

ADDITIONAL NOTES:

A large, empty white rectangular area intended for additional notes, occupying the majority of the page below the 'ADDITIONAL NOTES:' heading.