

## What to do to prepare for a session in Medicine Cove/ Dolphin Lounge

If you can, it is best to wear loose and comfortable clothing. Review the DVD menu choices with the attendant for the Lounge. Although I prefer to start everyone with the basic Water World DVD, you may be ready to go directly to the DVD with PTSD frequencies. This DVD could be a bit too strong with its frequencies and may make you a little woozy for about 10 minutes after you get up. If you get sea sick, or feel emotionally unstable, it is NOT recommended for you.

If you have a very dominant negative emotion, or a recurring thought that seems to take all of your energy, you might choose to go directly to the one hour Energy Psychology guided session. It is very powerful and has a profound effect on the emotional body. My best friend asked me "What did you do to him" after her husband tested it for me. So if you are in need of a major attitude adjustment, this could be for you.

Next on the menu is the Ave Maria with Ancient Tones, also known as the Solfeggio frequencies, embedded into the classical composition. For the first 7 minutes of the DVD, the sounds of the Dolphins and Whales are the only thing you will hear. Then, *as if* from heaven, Richard Plunkett's rendition of Ave Maria draws you further into the realms of the Angels with the dance of these sacred creatures. Richard's light show from the whale's tale is so amazing that we made it available to everyone on YouTube. It's a great way to start or end your day.

Finally, Embracing Self Love Guided meditation takes you on a journey with the Ascended Masters and your higher self, releasing endorphins into the bloodstream. This meditation is based on Dr. Candice Pert's instructions in the follow up book to *Molecules of Emotion*, ***Everything You Need to Feel Good*** which is found in her book ***"God"***. The three earth frequencies (136.10, 172.06 and 194.71) are embedded in this to insure that you are grounded when you awaken. Most people fall asleep during this session.

Not on the menu but available is Adult Addiction and Respiratory Assistance. It includes frequencies by Dr. Suzanne Jonas. Richard Plunkett's Miracle Chord embedded in the DVD graces the Whales and Dolphins for a magical ride. Several more ***symptom specific*** DVD's each month are being added to the collection. The basic 5 DVD's are available for sale at many Dolphin Lounges and are included for you to take home in the many packages offered at each location. Ask the lounge attendant which of the packages include the complimentary DVDs. Playing these DVDs from your entertainment center at home turns your entire home into a vibrating sound chamber.