

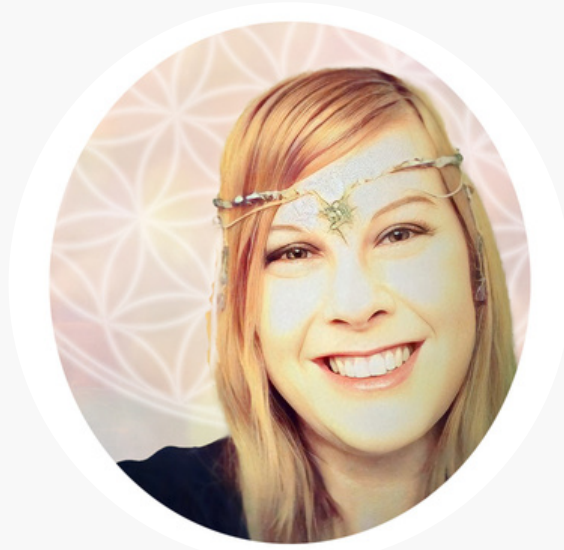
# *Dolphin Medicine*

## HEALING ACTIVATION WORKBOOK



THE FAERY STAR  
TEMPLE

# REMEMBER WHO YOU ARE...



Joanna has devoted more than 23 years to the path of spiritual healing, with nearly 20 years of professional experience in energy-based modalities and holistic practice. Her work bridges the mystical and the practical — rooted in earth-based traditions, plant medicine, sound healing, and subtle energy work, while supported by extensive formal training and certification.

At the heart of Joanna's practice is a deep relationship with the natural world. She works in alignment with the wisdom of plants, stones, sound, and the living energies of land and spirit. Through this connection, she gently supports others in releasing what no longer serves, restoring balance, and reconnecting to their own inner guidance. Joanna does not position herself as someone who "fixes" or overrides another's path. Instead, she holds compassionate and grounded space for healing to unfold organically — guided by intuition, experience, and respect for each individual's sovereignty.

Her work weaves together modalities including:

- Plant Wisdom Medicine — flower essences, herbal preparations, and aromatherapy
- Sound Healing — crystal singing bowls, drumming, and tuning forks
- Reiki (Usui & Karuna) and energy balancing
- Shamanic healing practices and soul integration work
- Crystal healing and elemental energy work
- Spiritual life coaching and holistic wellness support

Joanna offers private sessions and classes in Arizona, as well as virtual sessions for clients worldwide. The Faery Star Temple is an extension of this calling — a sanctuary created as an act of service, gratitude, and care for those navigating change, grief, awakening, or renewal.

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# 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:' header.