

## **Great White Whale Message:**

**We the Whales and Dolphins, advise you to move deep into your Sacred Heart space every day in the morning time and balance the Diving feminine and masculine energies with your body. As you connect with Mother Earth and Father Sun you are accessing the highest potential of balanced energy available to you as a human. Then move consciously into your Sacred Heart and tune to the crystalline transmissions emanating from the Earth's Grid system. Visualize the Earth Star Ascension Portal and connect your energy to the pathway that is being created for us to Ascend. Ask to release any fear, trauma, pain or unresolved anger from your body and mind. The Whales and Dolphins are anxious to assist you in clearing all realms of your existence and begin to integrate the new multidimensional frequencies that are yours to claim. You are becoming a "Light Being" and this is the lifetime you have waited for. We ask you now to turn your consciousness to the truth and wisdom of Who You Really Are.**



**Namaste and Many Blessings!**

**I Am Vendekata the Voice of the Great Whale Council through Laurie Reyon**