

Messages From The Dolphins

A companion to the breakthrough book:
THE DOLPHIN LETTERS



Muriel Lindsay

Messages From the Dolphins

A Companion to “The Dolphin Letters”

By Muriel Lindsay

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Photos by MURIEL LINDSAY

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Preface

This booklet consists of random quotes from the book THE DOLPHIN LETTERS. The subject matter of the quotes is in no particular order but were chosen out of a desire to share some of the wisdom that comes from the unlikely source of the consciousness of another species, that being of the dolphins. As the author, I paradoxically learn as much from what I read here as someone reading the words for the first time. It has been nothing but my privilege and pleasure to be the conduit of this information.

The photographs are my own and are of dolphins I have been with and learned from. They really are, as they themselves attest to, like our elder siblings. Learning from them may be among the smartest choices we could make as humans.

Enjoy these samplings.

Muriel Lindsay



There is a tendency for humans to not recognize who we are or, to go in the other direction making us more than we are. We are as your older siblings. Our life styles, so to speak, and resulting capabilities are different since, as you know, one's environment has a strong shaping effect. And there is that matter of our having been here 25 million years longer than you have which has given us more time to work out many things.

From Letter 8



The most important thing of all is what you discover and uncover from your own inspiration. Our intent with you for millennia has been to inspire you so that you may know more of your creative potency. When we refer to your creativity, we also include the need for balance and not going overboard in any direction without correcting things in short order. We can tell by looking at your fields of energy, which we can easily see, how things are going with you. The degree to which we trust our feeling nature is what allows us to do this since that is our top priority, and has been the most prominent aspect on our evolutionary path.

From Letter 7



Things do appear to get worse oft-times before they get better, during such mutating times as these, but we encourage you to not pause in your creative enthusiasms just because others are mired in what needs to be released. You cannot save anyone from their chosen path but you can most assuredly inspire others to save themselves. You inspire us when we see your light. You most certainly do that.

From Letter 7



What you need to know is we do not suffer about our suffering. We know we are not just here on this planet for ourselves. We are here for the whole. It is one reason we do so well as a pod. We have learned that altruism and self love are the same thing so we do not personalize much of anything.

From Letter 6



We dolphins do not use pain to evolve ourselves. We use life itself and profound interest in it and love of it to evolve. What that requires is to not resist the forms life is taking so much as to find a way to flow with them, much as you practice in some of your martial arts. You are capable of evolving out of love and interest and not using pain as the primary means, but most of you do not believe that. For one thing, you do not trust you are good enough to deserve to live in that kind of world.

From Letter 6



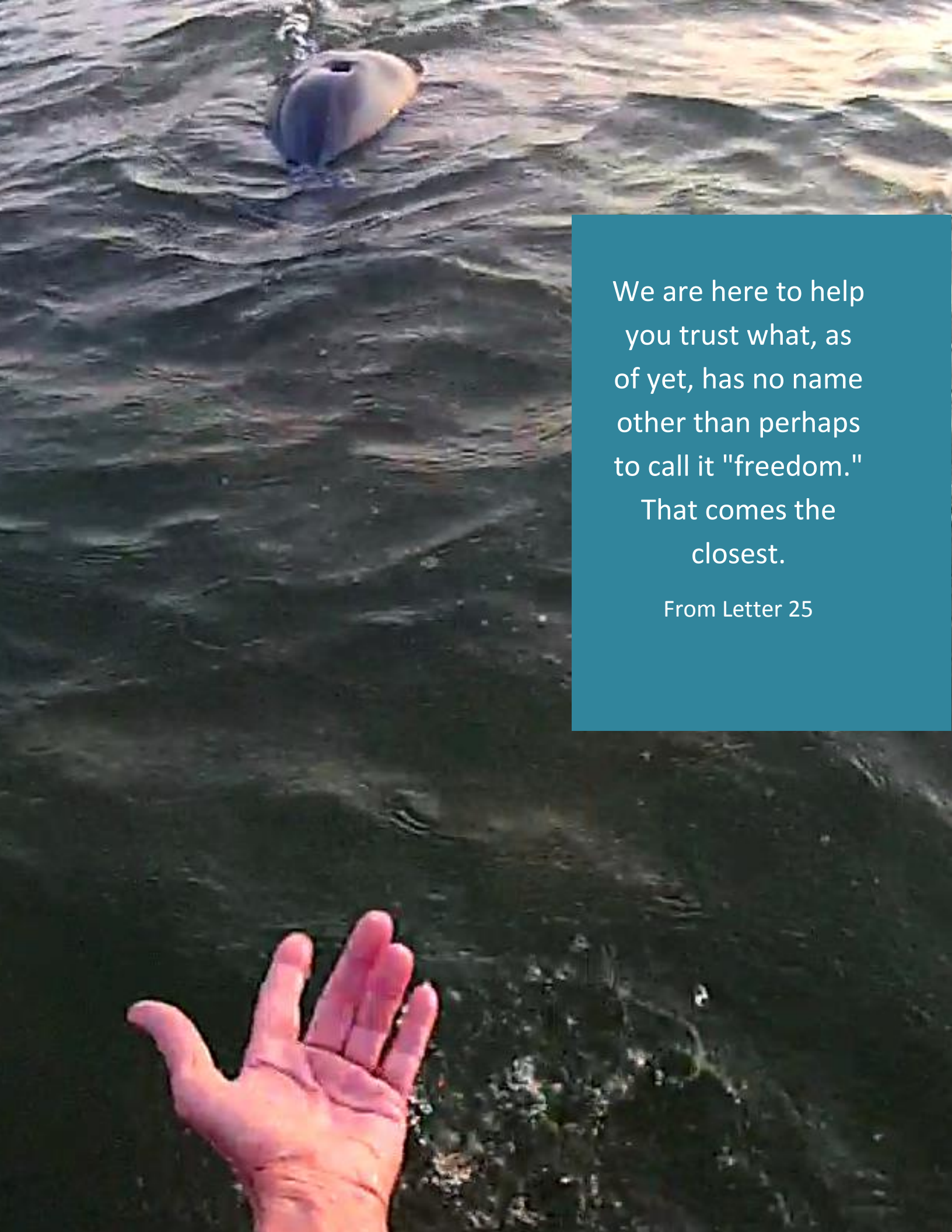
We are suggesting things to you to try on to see how you feel in your whole being, not just in your mind. In the book **STRANGER IN A STRANGE LAND**, the term "grok" was introduced to suggest knowing something with all of you as we are suggesting here. This word has become part of your lexicon because so many understood the reference. We are asking you to see how much of what we share with you, you can "grok."

From Letter 17



There is a beautiful birthing of intent to do better on the parts of ever increasing numbers of people as they become guided by compassion more than any other energy form. Compassion always joins. Out of compassion, things will be assisted to move in the direction of what humans can jointly do. It is too late for blame. Who did what to whom is beside the point because of the degree to which you now see, you are all in the same boat.

From Letter 17

A hand is visible in the bottom left corner, reaching out towards a small, round, light-colored object floating in the water. The water is dark and rippled. A teal-colored text box is overlaid on the right side of the image.

We are here to help
you trust what, as
of yet, has no name
other than perhaps
to call it "freedom."
That comes the
closest.

From Letter 25



You humans have the means of dissolving so many boundaries even as you sometimes become entrenched in strongly held beliefs or viewpoints. Right under those seemingly bedrock beliefs is a fast running river of openness and flexibility built on self-trust. It is our impression that it is hard for you to reach this level of openness and desire to explore "other" because self-trust is a bit of a weak note in your musical scale.

From Letter 23



If you take nothing else away from what we have shared, please take with you both our love and admiration for your species. Some of you feel embarrassed, indicting yourself for imagining you are so slow to evolve. You have come further than you know. The parts of your world that are so hurting and so bruised and misaligned are not going to stay that way, and you are the ones that will see to it. Even the most stubborn and resistant of you are going to find "the third thing." You don't have to take our word for it. Truth will out.

From Letter 23

Author in her kayak "Buttercup"



Muriel Lindsay lives on a barrier island off the coast of Georgia having moved there 15 years ago for the specific purpose of connecting with the dolphins who live in the surrounding waters. She moved there to find a way to answer to an inner knowing she has carried her whole life. The knowing is that there is something she is supposed to come to understand and then share about the human/dolphin/whale connection. In that spirit of investigation, she has spent 15 years doing what she calls “participatory research” which basically amounts to just hanging out with dolphins on their terms, in the wild, both in and on the water, while opening all of her mental, emotional, physical and spiritual channels.

Get the Book!

The Dolphin Letters, subtitled "Vital Information from Sea to Land" is a compendium of vital information from an unlikely source, part of the intelligence that lives in the water, the dolphins. The information in this book lends not just hope to the human race, but excitement about the future as well during these dynamically shifting times.

Interestingly enough, this book is not primarily about saving the planet, or the dolphins. Rather, the book offers a way of understanding that for the human race to go on to thrive, it must save itself BY coming to collaborate with the intelligence in the waters, and in all parts of the natural world, for that matter. It is US we are trying to save.

The dolphins communicate in a tone that is unique and strangely recognizable. The author was merely the "scribe" as she puts it. How that came to be she explains in the beginning of the book, but the point of why this book is important is definitely about the vital and now shared information it contains. To read this book is to be simultaneously uplifted and grounded in undeniable truth.



"As this globe struggles with understanding human conflict and suffering, Muriel Lindsay offers us a deeper insight into the Web of Life and shows us what is right before our eyes. After reading this book, the unplumbed depths of what it is to be connected with compassion and love is at our fingertips. Don't neglect this gift."

Dr. Paula Reeves, author of [Heart Sense](#) and [Woman's Intuition: Unlocking the Wisdom of the Body](#)

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