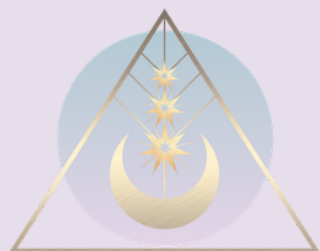


Dolphin Medicine

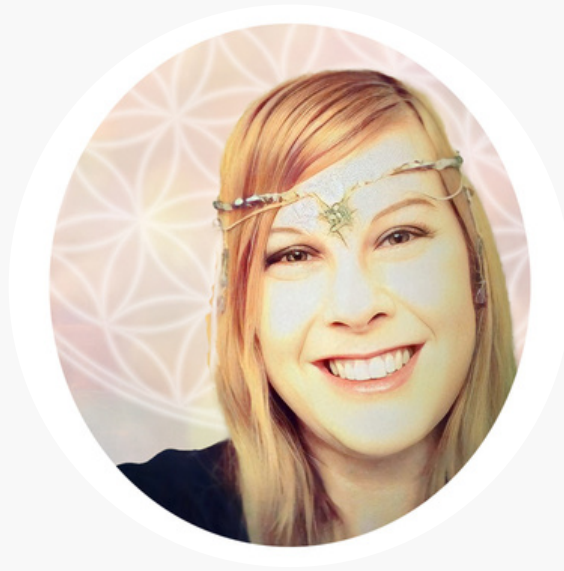
HEALING ACTIVATION WORKBOOK



EARTH & SKY^{✦✦}
TEMPLE

© 2026 EARTH & SKY TEMPLE / JOANNA ROWAN

REMEMBER WHO YOU ARE...



Joanna is a vibrational healer, teacher, and guide with over 23 years of experience in spiritual healing and nearly two decades of professional energy work. As the founder of Earth & Sky Temple, her practice is rooted in the sacred relationship between the wisdom of the stars, the living Earth, and the subtle languages of energy, sound, water, and symbol.

At the heart of her work is The Celestial Resonance Path, a holistic approach weaving together crystalline sound healing, Starseed Astrology, celestial water codes, plant spirit wisdom, light language, and sacred symbolism. As a Certified Astro-Herbalist, Joanna brings a unique perspective to her practice, bridging celestial influences with the traditional spiritual wisdom of plants and the natural world.

Through her offerings, Joanna creates a nurturing space for healing, remembrance, and reconnection, gently guiding others toward greater harmony, self-discovery, and the wisdom held within their own souls.

THE MEDICINE OF DOLPHINS

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 the edges of the walls I build to protect myself?

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

Where can I allow more 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 offer to us on our journeys.

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 playful, and deeply attuned to the rhythms of nature. 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.

Offered and created with love to you,
Joanna

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: