

International Dolphin Watch (IDW)

Has an unblemished reputation as a non-profit organisation dedicated to helping dolphins since it was founded by Dr Horace Dobbs in 1978.



Friends of IDW NEWSLETTER

1st August 2006

IDW is moving forward to embrace some of the many changes that have taken place in recent years. As we take IDW into the new electronic communication age, our plan is to set up a worldwide network of **Friends of IDW** who want to help dolphins and share their passions and interests with others.

- ❖ The springboard for IDW's move into an exciting new future is the introduction of a **monthly Email NEWSLETTER**.
- ❖ The heart of IDW is it's new updated website www.dolphinfriend.com which is constantly reviewed and carries information on IDW's many activities.

The Revised Website and the introduction of a monthly IDW Email Newsletter has created an opportunity for **Friends of IDW** to share their stories about their personal dolphin experiences. It also provides a platform for **Friends of IDW** to advertise their organisation, projects and events they are organising, or taking part in.

PLEASE NOTE THAT WE ARE REPORTING WHAT "FRIENDS" AND ORGANISATIONS SEND US. WE NEED AND WELCOME FEEDBACK FROM PARTICIPANTS OF ANY PROGRAMME THAT IS ADVERTISED THROUGH US.

What we do at IDW

Research

The Dolphin Survey Project was established at Cambridge University with Professor Sir Richard Harrison to monitor dolphin populations worldwide. IDW facilitates data input from a wide variety of professional and amateur dolphin watchers around the world. IDW co-operates with organisations monitoring cetacean populations in the North Sea and introducing people to observational and recording procedures. All research by International Dolphin Watch is non-intrusive. No research is conducted with captive dolphins. We do not approve of keeping dolphins in captivity.

Conservation

IDW actively lobbies governments worldwide – pressing for laws to be upheld where they are infringed and urging for changes in legislation that will help to save dolphins and protect the marine environment.

Education

IDW is actively involved in education and produces an Education pack. IDEAL (Integrated Dolphin Education and Learning) is based on a fictional dolphin named Dilo who fires the imagination and makes learning joyful for teachers, parents and children – including those with special educational needs.

Dolphin Watching Guidelines

IDW advocates guidelines on how to behave in the presence of dolphins for boat users and those who want to watch or swim with dolphins.

Strandings

IDW has friendly links with organisations with whom it collaborates in the rescue and treatment of stranded and injured marine mammals.

Native Wisdom

IDW is forging links with indigenous peoples, such as the Australian Aborigines, to find ways of applying their ancient wisdom and understanding of the natural world to help solve present ecological problems.

Dolphin Healing

IDW is researching dolphin healing and investigating ways in which the benefits of swimming with wild dolphins can be recreated artificially.

Dolphin Shop

IDW has a mail order shop which stocks a range of books and dolphin goodies. Details on the website.

Co-operation

IDW has a policy of co-operating, not competing, with other conservation organisations that strive to help dolphins.

Personality of the Month

Dr. Horace Dobbs – Founder and Honorary Director of International Dolphin Watch



Dr Horace Dobbs PhD is a pioneer undersea explorer. He founded The Oxford Underwater Research Group and has won numerous international awards for his books and films. Dr. Dobbs is a multi-discipline scientist who has published papers on atomic physics, pharmacology and medicine. He has studied powerful drugs that affect the brain and was elected a Fellow of the Royal Society of Medicine.

The direction of his life changed when he saw his son given a ride by a wild dolphin. In 1976 he founded International Dolphin Watch, a charity dedicated to protecting dolphins and understanding their relationship with humans. In his search to unravel what makes dolphins so special Horace discovered that they had healing powers. Having shown that swimming with dolphins can help those afflicted with clinical depression he set about finding ways in which the healing essence of dolphins could be captured and reproduced artificially. One result of his research is *Dolphin Dreamtime*, a 'sound pill' based on Australian Aborigine lore, which is now used extensively therapeutically.

In 1979 Horace was awarded the Silver Bowl in Public Speaking - awarded by the International Platform Association in Washington DC. Other recipients of the award included John F Kennedy, Winston Churchill MP, Richard Nixon, Bob Hope, Danny Kaye etc.

To introduce youngsters to the mysteries and often magical lives of dolphins, Horace started writing a series of children's books about a make-believe dolphin he dubbed Dilo. In a cooperative business venture with a school Horace used the publication of *Dilo and the Treasure Hunters* to give pupils practical experience in the creation of a commercial enterprise with due concern for the environment. This led to a further programme looking at ways in which dolphins could help children with learning difficulties. This resulted in another book *IDEAL – Integrated Dolphin Education and Learning*.

Around this time Horace was also developing the concept of using the latest technology to create an interactive sensory environment that would artificially reproduce the life enhancing experience of encounters with live dolphins. The outcome was a large dome that could accommodate entire families. A prototype was successfully demonstrated at an International Conference at the Open University in Milton Keynes in December 2003.

Horace then turned his attention to developing a much smaller dome, relatively cheap to produce, that would make the benefits of encounters with dolphins readily available to children of all abilities. The result, a *Dilo Dome*. A

prototype is currently undergoing trials in mainstream and special needs schools.

Selected Books

Camera Underwater (Focal Press)	Dilo and the Call of the Deep (Watch Publishing)
Follow a Wild Dolphin (Souvenir Press)	Dilo's Fun and Activities Book (Watch Publishing)
Save the Dolphins <i>with forward by</i> <i>HRH Prince Philip</i> (Souvenir Press)	Fascinating Facts about Dolphins (Watch Publishing)
The Magic of Dolphins (Lutterworth Press)	Dilo Makes Friends (Watch Publishing)
Tale of Two Dolphins (Jonathan Cape)	Dolphin Healing (Piatkus Books)
Snorkelling and Skin Diving <i>with forward by</i> <i>HRH Prince Charles</i> (Oxford Illustrated Press)	Dance to a Dolphins Song (Jonathan Cape)
Classic Dives of the World (Oxford Illustrated Press)	Dilo and the Treasure Hunters (Watch Publishing)
Journey Into Dolphin Dreamtime (Jonathan Cape)	Dilo and the Witch of Black Rock (Watch Publishing)
Dance to a Dolphin's Song (Jonathan Cape)	Dilo in Lighthouse Bay (Watch Publishing)
	IDEAL – Integrated Dolphin Education and Learning (awaiting publication).

Films

Ride a Wild Dolphin (YTV)
The Magic of Dolphins (ITV)
A Close Encounter (Channel 4)
Eye of a Dolphin (BBC)
Bewitched by a Dolphin (HTV)
The Dolphin's Touch (TVS)
Man and Dolphins (NTV)
Dolphin Dreaming (BBC)

Worldwide News

Conservation

Whales Revenge www.whalesrevenge.com is trying to get a million people to sign a petition to stop whaling. If you could tell as many people as you can about the website, that would be a great help. Thanks for your support and remember to sign the petition.



London Zoo leads dolphin rescue

London Zoo is leading an operation to save the Yangtze River dolphin, which has all but been wiped out by overfishing and loss of habitat. It is estimated that as few as 13 remain. Scientists from the zoo will oversee an operation to move the dolphins to a nearby lake, where the Chinese authorities will protect them. Sam Turvey, a spokesman, said: "This really is the last chance that we have to save one of the world's most evolutionarily distinct and unusual animals."

Times 28th June 2005

News from NRDC

"The Mission of the Natural Resources Defense Council is to Safeguard the Earth: Its people, plants and animals, and the natural systems on which all life depends"

The threat of global warming has finally burst into the public's consciousness with last year's category 5 hurricanes and a steady stream of scientific studies about the alarming disappearance of Arctic sea ice.

Now we're about to get another wake-up call: a riveting documentary called "An Inconvenient Truth," which features Al Gore's acclaimed presentation about the here-and-now realities of global warming.

I've seen Al's presentation and I can tell you it's well worth the price of admission. It has enthralled audiences around the world and inspired them to demand change.

NRDC has been fighting for more than a decade to win forward-looking policies that can defuse the global warming crisis. But we need this film and many more like it to alert America to the stark choice now facing us: our government can avert a global warming catastrophe by taking action right now, or condemn our children to a future of drought, disease, floods and lost ecosystems.

"An Inconvenient Truth" opened in New York and Los Angeles on May 24 and nationwide in June. You can watch a trailer of the film and find a theatre near you where it will be playing by going to this link: <http://www.climatecrisis.net>. I hope you'll see it and spread the word.

Sincerely

Frances Beinecke
President
Natural Resources Defense Council

Dear NRDC Member,

I'm writing to report a big stride in our campaign to protect whales and other marine mammals from mid-frequency naval sonar.

Two weeks ago, NRDC attorneys raced to court to block the U.S. Navy from unleashing a barrage of ear-splitting sonar into the waters off Hawaii as part of a massive military training exercise. Whales exposed to mid-frequency sonar have repeatedly stranded and died on beaches around the world -- but the Navy refused to adopt even common-sense measures during peacetime exercises to help protect marine life from this deadly threat.

In an infuriating attempt to avoid our lawsuit, the Navy took the unprecedented step -- on the eve of the Fourth of July weekend -- of declaring itself exempt from the primary U.S. law that requires measures to protect marine mammals. But the court sided with us and found that the Navy's planned sonar use violated a second key environmental law as well, noting that NRDC had submitted "considerable convincing scientific evidence" of the dangers of sonar to marine life.

The judge prohibited the Navy from going forward with its sonar use as planned and ordered the Navy to sit down with NRDC and decide on a set of protective measures to be put in place during the month-long exercise. In the settlement reached last Friday after days of tough negotiation with our attorneys, the Navy will be required to create a sonar-free buffer zone around the newly

established Northwestern Hawaiian Islands Marine National Monument, as well as significantly improve its monitoring of marine mammals during sonar drills and implement other important safeguards.

This is an important victory, but much more needs to be done to protect whales and other marine life from high-intensity sonar, especially in biologically rich waters. As our campaign moves forward, we will continue to depend on your generous support and activism to compel the Navy to limit its use of harmful mid-frequency sonar. I hope you'll go to <https://www.savebiogems.org/whales/donate.asp> right now and make a contribution to support our ongoing legal efforts.

On behalf of our entire legal team, I want to thank you for coming to the defense of marine mammals around the world.

Sincerely, Frances Beinecke, President, Natural Resources Defense Council

Strandings

Birgit Baader
New Zealand

Email: BirgitBaader@gmx.net
www.tonecolorspace.com

Dear friends

We had a deeply touching Christmas experience gifted by the whale nation in Golden Bay, which I wanted to share - over 100 whales stranded in Puponga Bay (South Island, NZ) and we went there to help. I have swum with them before and met them in their natural habitat - but this time was different – of course - and I am still totally ... hmm, what is the "right" word - can not find it... impressed (no, it is not that, but I hope you feel what I mean...) by the way they were. These big animals, stranded and seemingly helpless on dry land, some of them dead, were beaming love - there was no grief, no depression, the atmosphere was so uplifting! What great teachers, what wisdom! They surrendered totally to the moment, acceptance, love, peacefulness, gratitude, trust and gentleness! So gentle, so loving – they touched and opened the hearts of EVERYONE present... Even when the tide came in and the giant whale bull I connected with was floating again, he let us guide him through the water... he might know better than we where, when and how to go, I thought, but he waited, quiet, confident, powerful - amazing!!! My heart and mind is full of joy and happiness to be alive since this encounter... They gave so much... To stand in front of their sonar and feel the high frequencies of love penetrating the body was and still is SO healing... All of us present feel the inner changes since those special hours.

There surely are a lot of reasons for strandings - the Farewell Spit at the tip of the South Island is a trap for the huge marine mammals because of its shallow waters, there is a lot of "noise pollution", too, because of all the water taxis, ferries, motor engines (very sad what we are creating...), and the whales become disoriented and cannot use their sonar properly in the shallows... But I think they also brought us humans a very intense message and tried to create a bond with whoever was/is open for it - Peter and I have vivid dreams since then, and "our" whales speak to us in our dreams. Fantasy or not: it is very real and the messages sometimes beyond words. I receive them in pictures

so it is hard to translate them into words (without adding my interpretation...). I will try to do it nevertheless and write about it later - but the essence is mentioned above: abundance of love, gratitude, gentleness, exhilaration, joy of life... it was as if the whales created an energy field with those frequencies, and I think everybody present was deeply touched (literally!) by it. I hope that we all become conscious of our fellow nations on this planet, and not invade the living space of others, stepping in their habitat without respect and care - with our technologies we are able to do that and harm the others (we just "saved" a little butterfly from the road: somebody stepped on him, without seeing him, too small, we are not used to watch our steps, we think we do not have to...). I wish you all the best for the next year, a year full of laughter, joy and happiness, full of praise of life. And I thank you all for "being in touch" - I am glad our pathways crossed.

Journey well!

Love, Birgit

Bargain of the Month



<http://www.idw.org/html/video.html>

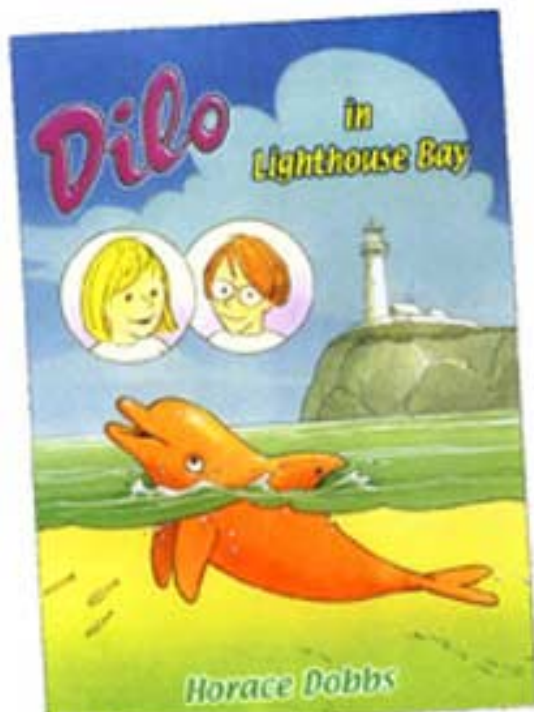
Book of the Month

New Children's Book

Dilo in Lighthouse Bay

The dolphin and the twins are back in another gripping adventure by best selling author Horace Dobbs

(Available online from The Dolphin Shop: http://www.idw.org/html/dolphin_shop.html)



Dilo

the dolphin and the
Terrible Twins
are back
in another
gripping adventure
by
best selling author
Horace Dobbs

"I couldn't put it down"
- David Bellamy

Fact and fiction come together
in the story's exciting climax when a sculpture
'Spirit of Dilo' is erected in Lighthouse Bay.
The structure is based on original abstract sculpture
by acclaimed artist **Ginger Gilmour ASWA**
www.ginger@gingerart.net

As in previous tales of Dilo this book is laced with humour and
illustrated throughout in his inimitable style by
www.rico@deeptrek.net

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Wash
Publishing

Paperback 128 pages
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CD's of the Month

In the book '*Dolphin Healing*' by Horace Dobbs, he writes about the first Ki and Dolphin Healing Centre that was opened in 1992 at the Myoren-ji Temple in Kyoto, Japan. 'The Dolphin Song' was written in Japanese for the opening ceremony. The song was to be free to spread love, joy and peace throughout the world.

This song has now been given to 'Operation Sunshine' so that an English version can be composed to help special needs families through Operation Sunshine.

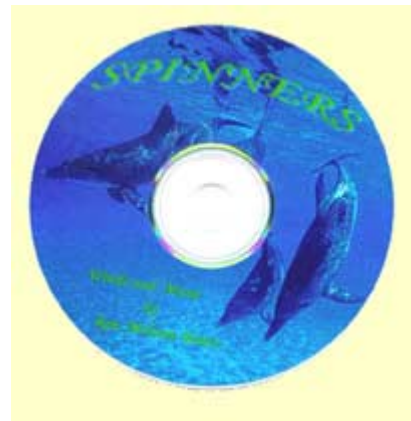
Rev. Melanie Watts (singer/song writer) has composed this version of 'The Dolphin Song' with additional vocals by Ellie Sitton.

Copies of The Dolphin Song CD can be obtained by making a donation to Operation Sunshine- information on www.operationsunshine.org.



Copies of other songs by Rev. Melanie Watts can also be obtained by emailing Melanie at RevRecords@hotmail.co.uk

Latest single by Rev. Melanie Watts 'Spinners'



In honour of the experience shared by Ken Shapley below, he has created these two CD's:

'Didgeridoo Dolphin Dreamtime'

'What The Turtle Heard'

Each CD sends out a call to the spirit of Dolphin or Turtle to come visit you in your dreams. They are wonderful for a quick power nap or for deep meditations into the dreamtime of these totem animals.

Both these CDs can be purchased online through the Friends of IDW Shop http://www.idw.org/html/dolphin_shop.html

Dilo Corner – children's news



Dear Boys and Girls,

Dilo is a mischievous dolphin who loves having fun – which sometimes gets him into trouble.

The stories I have written about him are all based on experiences I have had with friendly wild dolphins in the open sea.

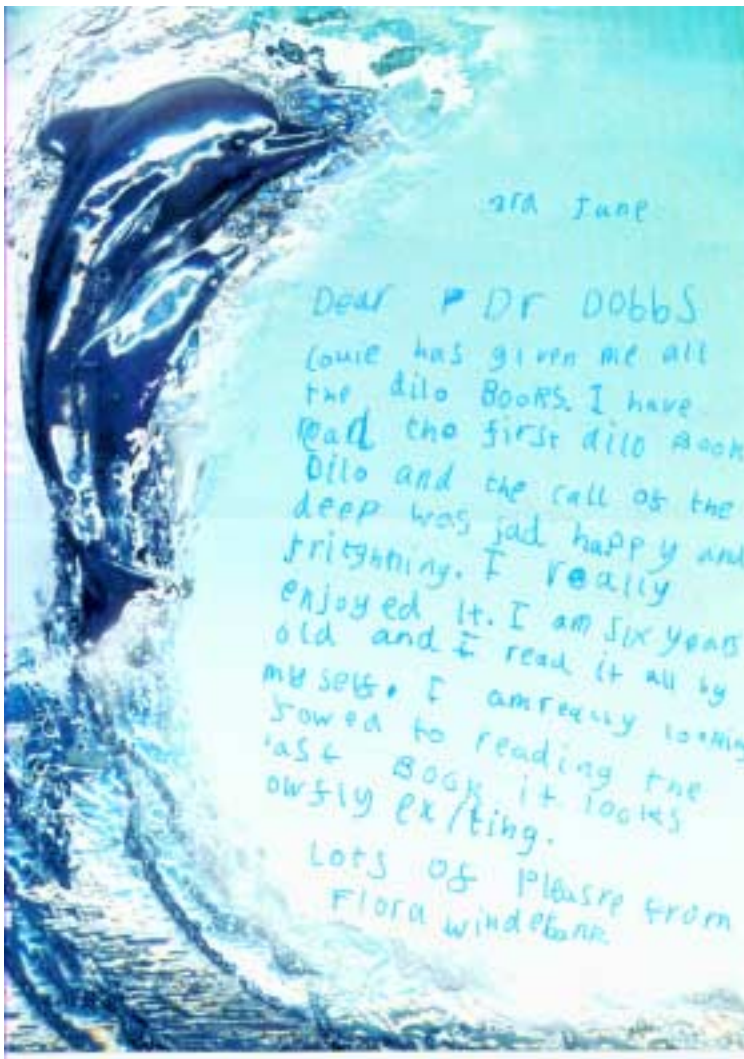
One of the joys I have had from writing my Dilo books, a bonus if you like, is getting letters and Emails from young readers.

Have you got story you would like to tell me about Dilo?

If you have please send it to me by Email horace@drdobbs.karoo.co.uk or mail it to:
[Horace Dobbs, Watch Publishing, 10 Melton Road, North Ferriby, East Yorkshire HU14 3ET, England.](#)

In June I received a letter from Flora who is six years old and is reading the first book in the Dilo series (there are 5 altogether) *Dilo and the Call of the Deep* all by herself.

On the back of her letter she drew a picture of herself in bed reading Dilo with her Mummy and Daddy downstairs sitting round the fire. I thought you might like to see her letter and drawing. So here they are:



I look forward to hearing from you.

Wishes for Happy Dilo Days,



Horace

Dilo Dome News – *Dilo Dome faces a new challenge*

Introduction

The Dilo Dome is the latest outcome of over 20 years of research by medical scientist Dr. Horace Dobbs into the benefits of interacting with wild dolphins in the open sea. It is part of the long term, on going research programme, Operation Sunflower. To make the observed therapeutic benefits of swimming with dolphins widely accessible Dr Dobbs set out to recreate them artificially. He succeeded in several innovative ways. The latest, the Dilo Dome Project targeted specifically at children with special needs, was started early in 2004. It utilises the adventures of a make believe dolphin named Dilo, the eponymous hero of 5 books by Horace Dobbs (Watch Publishing), to take children on a playful, imaginary journey into the undersea world of dolphins.

Prototype Dilo Domes



A headmaster pops his head out of the first prototype Dilo Dome under trial in his school in Milton Keynes watched by Horace Dobbs, Jackie Connell and lots of highly amused pupils.

The Dilo Domes that have been undergoing trials are based on commercially produced inflatable igloos made of translucent, very pale blue plastic. The structure takes shape and remains semi rigid when hollow ribs are inflated with a small foot pump. They weigh 5 kg, have a base diameter of 1.8 m and can easily be placed over a child with limited mobility in a bed or on the floor.

Trials in a school for special needs children, a hospital and a children's hospice have provided unequivocal evidence that the principle of creating a dome shaped enclosure in which children with special needs can experience the uplifting effects of encounters with dolphins is sound.

Trials in a wide variety of other situations have yet to reveal a single "normal" child who does not enjoy the experience of going into a Dilo Dome. The vast majority absolutely relish it. Involved parents and grandparents, anxious to purchase a dome, are told that Dilo Domes are not yet for sale. They are prototypes under trial. This widespread interest clearly indicates that in addition to therapeutic applications for

special needs children there is a large potential market for Dilo Domes for purely recreational purposes.

However, multiple use, deflating, packing into a small case, transporting and re-inflating the Dilo Domes at different locations has revealed a shortcoming. Slow punctures have developed which require the deflated panel(s) to be periodically re-inflated. Also the inflated plastic domes are vulnerable to deliberate or accidental damage.

So the time has now come to look for a new prototype without these disadvantages. A completely new structural concept needs to be designed and fabricated for the next generation of prototype Dilo Domes. One possibility is that a commercially available, dome shaped camping tent could be adapted.

The small circular opening at the top, through which children can poke their heads, has proved to be an attractive feature of the existing prototype Dilo Dome for active children. If possible this feature should be carried over into the next generation of prototypes. The new Dilo Dome does not have to be waterproof. But the covering must be of a translucent, flexible material onto which images of dolphins and underwater scenes can be printed, or stuck. Ideally the covering should be of a natural material such as silk. The framework supporting the dome must comply with the very high safety standards necessary for an apparatus used by children with special needs who can be destructive at times.

So that is the challenge the Dilo Dome Project now faces – a new prototype Dilo Dome is needed that can be tested and eventually put into commercial production. Thus providing a way of bringing dolphin joy into the lives of children around the world, whatever their circumstances, including those with special needs.

If you can help in any way, please contact:
Jackie Connell
Email: Jackie.connell@ntlworld.com

Friend's News

My Dolphin Story

Dancing with Dusky's



Dreams really do come true, I know, because recently one of mine did. Almost a month ago, I was privileged to have a 30-minute encounter with a pod of approx 20 Dusky dolphins.

Whenever I think about that wintry, overcast afternoon, within seconds my body is flooded with the same heavenly warm glow that I experienced with the dolphins that day. I can't stop smiling.

It was late in the afternoon, around 3:45. I was relaxing with my husband when I received a txt from my aunty that there were dolphins at Arkles Bay: Our local beach! Within seconds we were in the car and on our way. As we arrived I could see a couple of dolphins just metres from the shore. I kicked off my shoes and started walking, then running, passing dozens of people knee deep in water, then I was swimming. Without speaking, as if in a trance I made a beeline for those guys.

At that stage the pod looked about 100 metres out, and they were heading further out to sea. However, it was completely out of the question to give up, I was determined to be with them so I kept on swimming and called to

them to come back and play. I rolled onto my back and kicked my feet as hard as I could, I splashed, I even begged them to come back, all in the hope of attracting their attention. After a few minutes of kicking, to my delight, one lone dolphin turned and sped towards me to investigate. My heart soared and I dove down to meet him. Within seconds he appeared ahead of me, I heard his chirpy squeaks and clicks and felt a unique rush as his sonar pulses vibrated through my solar plexus as he swam the length of my body. I surfaced for air just in time to see the rest of the pod speeding towards me. I dove again, anticipating the moment and within seconds they were everywhere, darting in all directions underneath and around me, unbelievably just an arm's length away. The languid sea suddenly bubbling with activity. I was about ready to explode with excitement and joy. "You guys are beautiful!" "I love you!" I screamed to them.

We entertained each other, playing a wonderful game together, me diving and somersaulting under the water, them leaping and somersaulting, in synchrony 2 and 3 at a time. All sense of reality disappeared, as did the rest of the world including my husband who was waiting for me on the beach. I felt as if I could spend eternity with these beautiful characters. I don't ever remember feeling so full of love, or so safe, or so blissfully happy.

30 minutes was my eternity, then as quickly as this miracle had occurred, so too it was gone. I watched them leave, joyfully jumping their way along the cliff-edged coastline. Those cute guys were gone, I missed them immediately.

I swam to shore unable to remove the grin from my face. My husband greeted me and informed me I was a 'tinny bum' he was smiling too, and took a photo of me still basking in the glow. He later told me how relieved he was that I had returned. He had worried the dolphins and I would fall in love, and he would never see me again! Cute! We arrived home and it was just after 5 o' clock.

Footnote: There are moves afoot in some countries, mostly by people who have never been in the water with dolphins, to prohibit swimming with dolphins on various grounds, including harassment. This is an example of the dolphins being completely in charge of the situation. They came of their own volition. They stayed for a game and then departed, leaving Rocky filled to bursting with joy. I have seen this kind of experience happen to many, many others. It stays in their memories for the rest of their lives. When they talk about it, it brings dolphin joy to those who listen. Who are we to prohibit such wonderful, spontaneous experiences provided we show respect for the beautiful friendly mammals who have been described as "Man's Cousins in the Sea"?

Horace Dobbs author *The Magic of Dolphins* (Lutterworth Press).

Thank you to Rocky Gaines for her story. Rocky lives on the Whangaparaoa Peninsula, north of Auckland, New Zealand. Rocky can be contacted by Email at rockyjlawrence@hotmail.com

Thank you also to Ken Shapley for telling us about his experiences below:

It all began with dolphins and turtles, over a decade ago. I had been playing my didgeridoo at a talk by Dr Horace Dobbs of International Dolphin Watch in Devon, England. As I played, I prayed to the spirit of the dolphins to come and communicate with the audience. It was very successful, about 80% of the people found themselves dreaming of dolphins during my long hypnotic didge song. As luck had it Rebecca Fitzgerald was in the audience that day. She runs "DolphinSwim," a company taking small groups out to swim with wild dolphins in the Bahamas. She invited me to come along on board as a guest workshop leader. The BBC was also there filming a documentary called "Natural Neighbours," which has since been shown worldwide; perhaps you've seen it? For three consecutive nights before flying out I had the same lucid dream.

*Turquoise water, ocean dream
You hang suspended,
Quite able to breathe.
You wait as if for something
You know is about to happen.*

*Out from the depths
Great turtle swims,
Tireless, in its kin's ways
That spans five hundred million years.
Larger and larger and larger it grows.
You cannot move and you fear for your life
As it opens its' mighty mouth and swallows you whole!*

*There you are again, suspended in waters blue.
The Turtle has swallowed yet passed right through you.
Another Turtle swims in from the depths.
Mesmerised by its grace you wait, unable to move.
Larger and larger and larger it grows.
The great Turtle swallows yet passes through you,
Once more you are suspended in waters blue.
Something of the Turtle has imprinted in you.
Over and over again this happens,
It's like being cradled within Russian Dolls
Yet they are living Turtles, swum into your dream to
Give you a personal message and us all a collective
Dream of our larger family.*

In a quiet cave now, you watch,

*Slow motion water droplets falling
Into the pool of your knowing,
Sending circular ripples out and away,
Gently stirring your soul to remembrance.
A voice you can trust booms in your head,
For me it said
"Remember, you are master of your own time."
For you it was something different.
You never forget this dream,
How can you? Your cells have changed.*

*Now you are travelling.
Oceans' deep and the depths of space
Feel just the same.
You are travelling within the dreaming of the Turtle Tribe.
Ahead you see a light,
It grows larger and larger and larger
You see it is a vast spacecraft,
As large as a city.
You know it is a Mother ship.
Closer you come and you see within its' walls
Spheres of light racing along within transparent tubes.
You wish to be inside, and in a flash,
So you are! Travelling within a sphere.
It takes you to a huge hall where you
See other dreamers.*

*We have all come to witness something special.
The hall is full with row after row after row
Of beautiful black suits of armour,
Curvaceous and delicately crafted by alien hands.
You desire to be inside,
And so you are!
Safe and sound, you feel so secure.
A nuclear bomb could go off next to you
And you would be fine.
The suit of armour rises into the air.
Looking out you see thousands of them, all
Flying towards the end of the hall.
You follow and at the halls end, having travelled*

*Many miles, up you fly, right up to the top
Of the Mother ship.
You see a vast amphitheatre open to the stars.
There, in the ever rising tiers are
Hundreds of thousands of people all like you,
Safe within glorious suits of armour.
You fly to a seat and look down to the stage
Far below, you see dancers, ritually sweeping it clean,
Bringing joy to their mundane task as a lesson.*

*The Dancers depart and a being of light
Descends from the stars.
You need your suit for you are in the presence of
A being so magnificent it would
Destroy you with its radiance,
Burn you up in its love
Reduce you to ash
Yet you would not mind at all
For you would have just gone home.*

*The being of light descends,
Its' chakras are like galaxies,
Its' meridians, great rivers of light,
Each acupuncture point a Sun.
It asks us how it may be of service?
It gives us all exactly what we need,
All at once
By way of diamond light sounds,
Given from its' body
In their hundreds of thousands.
All at once we receive
A wonderful something
No words can describe
You just know.
And awaken drenched in the scent of roses.*

And then, when I got out to sea and jumped in the water for the first time with wild dolphins, a dolphin came up to me hung still in the water and we watched each other for a long while. Then the dolphin jerked its head off to the side and looked at me again. It repeated the action and then swam off slowly in the direction it had indicated. Bemused, I followed and after 100 meters or so it turned around and looked at me

again and then nodded its head, indicating the space over my right shoulder, I turned to look and there, to my utter amazement was a huge sea turtle swimming in from the depths. I looked back to the dolphin and it got really excited and nodded its head up and down very fast and emitted a lot of sounds that swept through my body head to foot.

The turtle settled itself down on the sands 20 feet below and I took a breath and swam down, I curled up next to it and we just observed each other for a long long while. It was the oldest living creature I had ever seen.

This was my first experience of a lucid dream unfolding into a similar reality, and to me the dolphins were the guides between the two. There is particular magic to dolphins. Everyone who has encountered them physically or through their dreams will testify to this.

Ken Shapley

News from Mexico

Personal story of Dolphin Awareness,
Carmen María de Alba

I was born on 10th November 1974. My mother married my father instead of attending the water ski World championship. They met each other in Hawaii. My father was a surfer. We moved to Puerto Vallarta when my brother was born in 1978. We both grew up going to the beach almost every day and, practicing water sports such as swimming, snorkeling and fishing. I also practiced gymnastics for 9 years and had to leave due to a back injury. Not until I was married I started practicing Yoga and, then my life started changing in a very positive way. Having my first baby at home and in the water also changed my life forever. Yoga has helped me in every area of my life, leading me in to willing to share this with other women. I found myself discovering a midwife inside me as my grandfather who practiced midwifery all his life.

Then one day in a congress called "The Nature of Birth" I met a German midwife who came to our house and stayed. She invited me to swim with wild dolphins! And these experiences woke up dolphin awareness at a higher level of understanding. Then Elizabeth Battenberg, my German midwife friend, her family and I organized a "Dolphin Playshop" which was held January 2006, directed by Dr. Horace Dobbs, here in Boca de Tomatlán where I live with my family. The playshop was an invitation for gathering informally and sharing a daily boat trip in Banderas Bay. Although we did not see any dolphins that week, whales and manta rays were with us every day. Participants came from England, North America, Canada, Russia, Slovenia, and Mexico. Many different people joined us every day in a dolphin synchronicity.

Since then I have been going every other day in a little boat or kayak to observe and interact with wild dolphins. I have been very involved in community projects, painting a mural at kindergarden, doing yoga with children and teenagers...inviting people to do aqua yoga and kayaking too. When the water gets warmer and clearer as the summer comes, it will be perfect to practice in the water.

The hills are dry but the trees are blooming orange, pink and yellow. Dolphins are like love - they are everywhere! With our girls in the little boat, we saw a group of 5-7 bottlenose dolphins. I got in the water and some 50 meters away they started jumping in the air, flexing their spines in joy and bliss. I enjoyed being in the water with them until another boat came and the dolphins vanished. THEN a school of about 80 dolphins came! They were swimming fast and so we joined them in our little boat. The dolphins slowed down and so did we. I got in the water and they all passed by apart from the last 5-6 spotted dolphins that stayed to observe us.

Horace - I thank you for your attention, your interest from the heart. I love the pictures in your books. Such an inspiration! Here is the Magic Star (Mural Story) and pictures of the mural we painted at the Kindergarden.

Dolphin love from the bottom of my heart
Carmen

THE MAGIC STAR (Mural Story)

On a cloudy day a group of school children went on a field trip. They were going to the beach that was only a few blocks away, along a river called "Orcones."

On their way, children found a seastar, and one of them thought... "Mm... We must return her to the ocean, so she finds her family of stars..."

So all the children agreed that this was common sense, since all of them loved being with their parents. One of the children wearing a red short saw something swimming toward them, what a surprise!! And even more so, when she got close enough, she started speaking and the children could understand!

She started by saying: "I am Rufina, the guardian turtle of this magic star. Thank you for bringing her back. And thank your parents for no longer eating us! Better eat fish and some shrimp!

Suddenly, **three** dolphins came out of the blue ocean. They seemed to have something specific in mind. They **swam** directly to the group of children and started communicating. Children where **absolutely startled** they could understand what **they** were saying!

"I am Fermin your dolphin friend," **one said**. "We are very sad about our brothers kept in captivity, in those concrete swimming pools, eating **dead** fish! And not being able to use their magic sonar like we do! We want them to be released here, where they belong, with their families!" "We have so much to share with humanity," he went on saying. If you only **became** aware of the importance of keeping **the Earth** clean... **and at** peace... **we could** evolve together! You children are the light in the world.

Fermin had not finished **when** a huge whale and her baby jumped out of the water splashing the children! **They were** joining the **human-dolphin interaction**. **Mama whale** looked at every **child** in the eye... **and then** very softly but very powerfully, **she** said:

"We are so **very** thankful for being able to come every year to Banderas Bay **to** have our babies and make more. **We love** singing under the **Pacific Ocean**. Thank you for not hunting us!"

She was so tame she let the children hold on to her fin and took them around Boca de Tomatlán Bay.

This was **such** a memorable **day**, **that the** children decided to bring the light of the **whale's** eye to their parents... **All** they had to do **was to** look at them in the eye **for** this light **to** be shared and **to** enlighten every **one** they looked at.

Children went back to school and noticed how they made prettier each thing they looked at... It was as if a special magic was happening around, as if Mother Earth was so happy and felt so clean and healthy, that even a new kind of flower bloomed in their school garden. They named her magic star.



Operation Sunshine News

Holidays for adults and children with special needs



www.operationsunshine.org

‘Operation Sunshine’ is a not-for-profit organisation

Aims and objectives

- It is the aim of ‘Operation Sunshine’ to improve the quality of life, health and social well-being for adults and children with special needs, their families and carers.
- To raise sponsorship/funding to take small groups on a much-needed holiday to the island of Bimini in the Bahamas.
- As well as a sun, sea and sand-relaxing holiday, when conditions allow, we will provide trips to swim with dolphins in the clear crystal waters around Bimini.
- Although it is accepted that swimming with dolphins can be therapeutic the dolphins will not be the only focus of the holiday as we wish to include other activities and alternative therapies.
- In addition to the water-based activities, working with the local school, church and community, we plan to encourage creativity and the exchange of culture between different countries.

Operation Sunshine Summer 2005 Programme

Al Sweeting/Seacrest Hotel in Bimini, Bahamas hosted our first Operation Sunshine special needs programme. Information and photos can be seen on http://www.operationsunshine.org/html/summer_2005.html.

Operation Sunshine Summer 2006 Programme

20th June - 27th June - For participants and Programme, please see http://www.operationsunshine.org/html/summer_2006.html

**OPERATION SUNSHINE 2006 REPORT WILL BE INCLUDED IN THE
NEXT FRIENDS OF IDW NEWSLETTER AND ON THE OPERATION
SUNSHINE WEB SITE**

www.operationsunshine.org

Synchronicity Happenings

Dear Dr Horace Dobbs

I felt I must write and let you know what has been happening to me over the years.

I met you in about 1986ish in London when you were doing a talk about Operation Sunflower and Dolphin Dreamtime. I was fit and well and little did I know then how much your Dolphin Dreamtime tape would be helping me in the future.

Unfortunately in 1990 I had an accident at work and my health has been deteriorating ever since. I have tried various treatments over the years, orthodox and alternative and found listening to music helped. After listening regularly to the Dolphin Dreamtime Tape I wrote down what I had visualised. Interestingly the "Bay" where the dolphins are swimming is exactly the same and that image never changes. The dolphins (most of the time) take me to a huge oyster on the seabed and the colour of the crystals, the animals and the plants change but the "Bay" doesn't.

My health was getting worse and thought it would be more beneficial for me to move closer to the sea. I kept being drawn to Dorset. I didn't know why as I had only been to Bournemouth twice in my life and didn't even know anyone there but I was being drawn to it and after doing a lot of thinking, a lot of research and a bit of luck, I finally moved here Xmas 2005.

The move took a lot out of me and I hadn't got round to buying a 2006 calendar until May and I found one with pictures of various parts of Dorset on it. Imagine my surprise when I saw my "Bay" there on the calendar. The place I kept visualising was Durdle Door, Lulworth, Dorset. Although my "Bay" was at a different angle there it was, the famous rock arch, beach, and sea.

I was even more gob smacked when I later looked on the web about this place (www.soton.ac.uk/~imw/durdle.htm) and discovered a dolphin has actually visited there. The last time was 12th August 2002 known as George and he had also visited Bournemouth a few days before that.

That was another coincidence and here was yet another one. My local ME group (which I had only joined recently) had arranged a special boat trip from Weymouth for us and we were going very close to Durdle Door, Lulworth etc. in June. Great timing I thought. Before going there I took a couple of books out of the library and again more coincidences, not only to do with my career, poetry but also about ill health. Because of all these coincidences I planned a few days away to Weymouth and Durdle Door, Lulworth.

I got to beautiful Weymouth and unfortunately the boat was cancelled due to bad weather but I was able to meet other ME sufferers and we went on another boat which went around Portland instead of Lulworth. During the trip we were told that an oyster farm was near to Weymouth and I later found out the farm will be re-opened next year so I will definitely be going to that especially as it was in my Dolphin Dreamtime visualisation.

I realised I needed to extend my trip so I spent a few extra days at Durdle Door Caravan park and at last I visited my "Bay". Sadly I couldn't go down the path to the beach as it was too steep for wheelchair users but I was able to see my Dolphin Dreamtime "Bay".

Sadly no dolphins, but the many hours I was there, it was worth the visit. I felt so at home there. Something about that place it was like time stood still. It was so serene and beautiful. The sea, the countryside, the wildlife. Binoculars essential! It was a real tonic.

Another day I visited West Lulworth and Lulworth Cove and thought I might be able to visit Durdle Door by water but sadly the only boat there at the time was a rapid speed boat and was not recommended for the elderly or disabled. I even offered to hire the whole boat so long as they went slower but sadly they said no.

I wasn't too disappointed that I saw no dolphins as my trip was well worth it. It did me a power of good and has led me to do other things. But I won't give up and will be back there again very soon. I am determined to go on that beach and swim in the sea and if I'm very lucky a dolphin might come and say hello.

Synchronicity, coincidences, signs etc what ever word you use, I know these have given me some comfort and reassurances and that I'm on the right road, so to speak, and the Dolphin Dreamtime has definitely made my life better. I look forward to my next Dolphin Dreamtime and more synchronicities just watch this space.

Thank you Dr Dobbs & everyone at IDW.

Cherie Hitchens

Reply from Horace Dobbs

You won't believe this but I have described my experience at Durdle Door in length in my book *The Great Diving Adventure* Published by Oxford Illustrated Press in 1986. ISBN 0946609314. If you would like to read about them I suggest you ask the library to get a copy. It is out of print now but copies can probably be obtained via Amazon.com.

I think these kinds of synchronicity happenings would make good topics for IDW Email Newsletters. So by copy of this message to the Editor Jackie Connell we can start the ball rolling. Exciting isn't it!

Letters from the IDW Guest Book

We love hearing from you at IDW - here is a small selection from our Guest Book – please keep them coming!

I have just come back from Marsa Alam and we were sooo lucky. We stayed at Nakari Ecollodge Village and the staff are so helpful they will go out of their way to do anything for you. Anyway on the 1st dolphin trip we went out on the boat (silver wave) to the dolphin house. The driver of the ship Abdeen was great he knew exactly where the dolphins were and Ahmed the zodiac driver was wicked to. We swam with about 50 dolphins the dolphins first swam in front of us and then came back round and swam under us. On the 2nd day we asked if we could go on the silver wave boat again because all the people on it were so great. This time it was just me, my mum, my sister and my mums boyfriend and we was out in the middle of the sea in the zodiac and then Abdeen said go so we all just through our selves into the sea and we swam with about 65 dolphins. We got back into the zodiac and the dolphins were following the little boat and were jumping at the side of it. We got back into the water with them and my sister actually swam in the middle of all the dolphins it was amazing. On the third day we only swam with 4 dolphins but Abdeen did everything he could to get us to them. Also on the third day the dolphins came right up to the big boat and were playing underneath it. Our holiday was fabulous because we also swam with the sea cow (dugong) sharks turtles and millions of different types of fish. We were so lucky to even see one dolphin let alone swim with over 65 of them we all believe that without Abdeen or Ahmed that we wouldn't have swam with any. Thanks guys we love and miss ya so much.

I love this site. It's interesting and great for people all over the world to help the poor dolphins in danger. I respect what you guys are doing because I LOVE dolphins for life. I would do anything to help stop the killing and keep all dolphins safe.

Shawntel Whitten

I really love dolphins. I am 18 years old and will be 19 on 15 July 2006. I have loved dolphins since I was very young. I find them so fascinating. Not long ago I watched a documentary on tele about aggressive dolphins but I think that dolphins are aggressive if you treat them in the wrong way. They are nice, pleasant creatures and harmless if you treat them with the respect and love they deserve. They have helped so many people including those who are ill. My dream is to swim with them. I would give anything for this chance. . I really admire dolphins. So many are hurt and killed and I find this truly heartbreaking after all they are the same as us, apart from they live under water. I believe dolphins touch so many people's lives that they should receive medals. Sorry if I am going on but I just have so much to say about them. They are gorgeous, intelligent creatures and should be cherished not harmed. If only I could get the message through to people. I would like a career in working with dolphins. Do you know where I can find out about this? I would be truly grateful.

Many thanks.

Helen, E-mail: helen15s@hotmail.com

My favourite animal is a dolphin, I am still learning about them and I can't wait to meet one in real life. You see, I haven't yet, but I will when I get older. I've read lots of articles and even have tons of pictures, and posters up in my room of dolphins. I also like your site. Its real cool and informative, I really like it. Keep doing what your doing.

Your dolphin fan

Karley.

The website is very nice indeed. I am Surfing from Kenya and any one who wants to ask me any question or wants to be of any assistance to me to protect these very important creatures in the coast of the Indian ocean can contact me on the email here: richnormans@yahoo.com.

Thank you. You can reach me by taking your phone and dialling this number. Mobile Phone number 254 721343805

Norman Nyabinda.

Thank you for the video footage of the dolphin swim...It is truly an amazing experience. Research recently has shown that just by viewing Dolphins, our brain wave activity is balanced and calmed! Thank you for the meditative moments!!

With Love and Appreciation,

Lanis Chidel

Research Director

The Love Foundation, Inc.

"inspiring people to love unconditionally"

Tampa, Florida

www.thelovefoundation.com

GLOBAL LOVE DAY MAY 1 2006

"Love Begins with Me"

NOTE FROM THE EDITOR

Dear Dolphin Friends

We hope that you have enjoyed this [First Newsletter](#).

Please send your suggestions/articles for future News.

Suggestions received so far for future Newsletters are:

Up and Coming Events
Society of the Month.

If you would like to advertise on www.dolphinfriend.com or be included in the **UP AND COMING EVENTS** or **MY DOLPHIN STORY** section on the website, then Email our Webmaster Terry Connell on terry.connell@ntlworld.

Please help us to spread the word about **NEW IDW**. Encourage your friends and associates to become **Friends of IDW**. Friends of IDW donations can be made online on the Dolphin Shop http://www.idw.org/html/dolphin_shop.html or download a form that can be printed out and sent to IDW:
http://www.idw.org/assets/applets/IDW_Dolphin_Friend_flyer.pdf.

If you wish to be deleted from future emails please Email Jackie.connell@ntlworld.com



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