

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**

**MAY 2009**

**INTERNATIONAL DOLPHIN WATCH (IDW)  
IS A GLOBAL FAMILY OF DOLPHIN LOVERS**

*HELPING DOLPHINS AND PEOPLE*

In the past, members communicated via the printed journal **DOLPHIN**.

Now information on the many activities of IDW including: conservation, dolphin watching, books, conferences, dolphin shop etc. is disseminated much faster and more efficiently via electronic Newsletters that can be downloaded with the click of a mouse.

Please feel free to pass this Newsletter on to others. If they would like to be notified when a new Newsletter is issued, plus information on its contents, contact: Kris email <mailto:idw@talk21.com>

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## EDUCATION

**EDUCATION is one of the major activities of Friends of IDW**

Education is one of the major activities of Friends of IDW. As a result there is an increasing demand for **Dilo Books and DVDs from schools and libraries around the world.**

**To encourage this trend IDW is offering**

**SCHOOLS AND LIBRARIES**

**\*A SPECIAL 25% DISCOUNT\***

**on all items in the IDW Mail Order Shop**

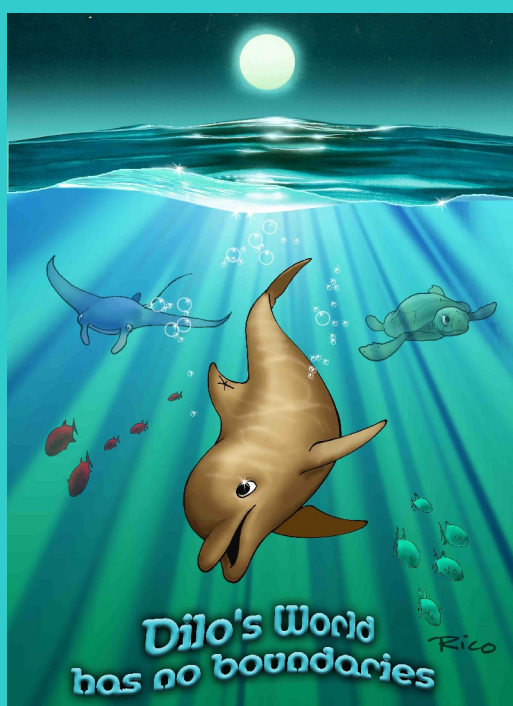
Postage and packing is charged at £2.50 per order in the UK  
and £2 per item for orders sent by **surface mail** outside the UK

and £3 per item sent by **air mail** outside Europe

Note: All items go via air mail within Europe

To browse the online shop click below:

[http://www.idw.org/html/dolphin\\_shop.html](http://www.idw.org/html/dolphin_shop.html)



## Dilo and the Isle of the Gods Serialisation: CHAPTER 3

### 3

#### THE ISLE OF THE GODS

AFTER HIS HIGH JUMP DILO WAS STILL BORED.

He didn't feel like jumping again. He swam on. Dilo turned on his magic sound. From the far distance, close to the surface, came a faint echo. What was it? Dilo decided to investigate. It wasn't long before he was zooming in on his target. It was a huge turtle floating on the surface. Its eyes were closed. Beneath it a little group of striped fish swam lazily around keeping in the shade. A seabird was resting on the top of the turtle's shell. A group of suckerfish, or remoras, clustered on the ancient turtle's carapace. Dilo tried to remember what his mother had told him about turtles. "If you use your magic sound you can see inside them," she

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the oldest dolphin," his mother had added.

Dilo continued to circle the turtle. Its head was in the air. It seemed to be fast asleep. He decided to give it a prod with his beak.

Tina awoke. She opened her eyes. Her seabird passenger was speeding away.

Boomp again.

Tina knew what was happening. It was one of those pesky dolphins. They always wanted to play. Sometimes they deliberately bumped her with

their beaks – just to see what she would do.

"Go away," she wheezed slowly. "Leave me in peace". Tina shut her eyes. She was always a bit grumpy if she was woken up.

"I'm sorry to disturb you," said Dilo politely.

"I've been swimming around you for ages. I didn't think you would ever wake up."

"What if I didn't?"

"My mother's dead," said Dilo.

"Well that's nothing to do with me," grumbled Tina crustily.

"Before she died she told me all about turtles."

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told him. "Sometimes they are full of eggs. When the time comes to lay their eggs, turtles leave the water. They clamber up a beach. They lay their eggs. Then they come back into the sea and swim away."

"What happens next?" asked Dilo.

"Nothing," she replied. "But about three full moons later lots and lots of tiny turtles come flipping down the beach into the sea."

"Then what?" asked Dilo, who was always curious about everything.

"The lucky ones swim away. The unlucky ones get eaten by the seabirds, who have a great feast when the sun comes up."

Dilo reflected on how his mother had looked after him from the moment he was born. He was her only baby. She was always nearby to protect him from danger. The poor little turtles had to fend for themselves straight away. Dilo could just remember how his mother fed him on milk until he learnt how to catch fish. Dilo was pleased that he was a dolphin and not a turtle.

"Turtles sometimes grow to a very old age. Much older than

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"So what"

"She said that turtles lived for a long time and became very wise - especially when they were as old as you."

"Who said I was old?"

"Well you look old, very old," said Dilo with innocent honesty.

"Well perhaps I am old," responded Tina huffily, "but I can still lay eggs."

"Oh very nice," said Dilo, not really knowing what to say as he very slowly circled round the ancient turtle.

"I was hoping you would give me some advice," continued Dilo, "now you are awake."

"What kind of advice?"

"I want to know where to go to have an adventure."

The turtle was silent for a few moments.

"Why should I bother to tell you that?"

Tina was now fully awake. For the first time she noticed the star on Dilo's dorsal fin. She blinked. Tina knew immediately that Dilo was a very special dolphin. A dolphin with a mission. That made things different.

"I know a place you could go for an adventure.

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## Dilo and the Isle of the Gods Serialisation - Continued:

It's exceptional," Tina continued in a pleasant manner.

"I'm going to a beach far away to lay my eggs. I'll tell you where it is. You travel much faster than me. Go there and wait for me. But beware. It is beautiful but it is also dangerous. So keep your wits about you. It's called the Isle of the Gods."

"Why is it called the Isle of the Gods?"

"Because powerful gods live there. You can hear them long before you reach the island. Once, when I was there, the gods were very angry. They threw fire into the air. Molten rock came down the mountainside in a stream. When the red hot lava reached the sea the water screamed and sizzled. It was very frightening, but very exciting."

"That sounds just the place for an adventure," said Dilo.

"Even when the gods are quiet it is exciting. It is also the home of the ocean giants."

Dilo made up his mind instantly. The Isle of the Gods would be his next destination.



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**CHAPTER 4** – will be in the next issue of the Friends of IDW Newsletter. An electronic copy of the complete book can be downloaded from <http://www.lulu.com/content/2713995> and a hard copy of **Dilo and the Isle of the Gods** can be ordered through [http://www.dolphinfriend.com/html/dolphin\\_shop.html](http://www.dolphinfriend.com/html/dolphin_shop.html)

## Dilo's World Has No Boundaries

In the February Newsletter we reported on how, thanks to the hard work and dedication of Anita and Raimund Scheerer, the first Dilo book became available in German *'Dilo und der Ruf der Tiefe'* (English title: *Dilo and the Call of the Deep*).

The next Dilo book in German *"Dilo schließt Freundschaften"* (Dilo Makes Friends) is now available, following its official launch date of 30<sup>th</sup> March 2009. It is published by "Dilo Stern" publishing house.

For further information visit the DILO STERN SHOP web site <http://www.dilo-stern.de>.

### DILO AND THE CALL OF THE DEEP IN CZECH COMING SOON!

## Dilo Goes to New Zealand

In the January 2009 Friends of IDW Newsletter, Peter Pola won the IDW Children's Competition, for his shell/sand drawings on Coopers Beach, Northland, New Zealand and was awarded a set of Dilo books for his school. Here is Peter with the Principal of Pasadena Intermediate School in Auckland, New Zealand receiving the Dilo books.

We do hope that the Dilo books are enjoyed at Pasadena School and invite the children and teachers to send the Author, Horace Dobbs, their reviews to <mailto:drdobbs@drdobbs.karoo.co.uk>



*Dear Horace Dobbs  
Thank you very much for the books, they are safely in the school library. Just recently at Coopers Beach I was swimming with about 30 dolphins, which was pretty cool. Here is a photo of me shaking my Headmasters hand. I will do more drawings in the sand next time I go to Coopers Beach.*

*Yours sincerely  
Peter Pola*

## NEWS/CONSERVATION

### Killer Whales Face Cull After Finding Taste For Rare Otter

From **The Sunday Times**, May 10, 2009

**Jonathan Leake, Environment Editor**

For conservationists it is the ultimate dilemma. Marine biologists are discussing a cull of killer whales because the predators are destroying other endangered sea mammals.

They are concerned by new research linking a huge population slump in species such as sea otters, Steller's sea lions and harbour seals to the changed feeding habits of some killer whales, or orcas, as they are also known. The main prey of these orcas has traditionally been great whales such as grey whales and sperm whales, but hunting by humans has cut the numbers of those species to far below their natural level.

Professor James Estes, an expert in the population dynamics of sea mammals at the University of California, Santa Cruz, believes that, faced with a shortage of food, some groups of Pacific orcas have altered their diets. Each killer whale is capable of eating several otters or seals a day.

Estes, whose research will be published in the Philosophical Transactions journal of the Royal Society, said: "Killer whales are the world's largest carnivores. They are fast and effective killers and they need a lot of food to keep going.

"They live in groups and I believe some of those groups are now preying on small marine mammals like sea otters and sea lions."

His views are backed by many eyewitness reports of killer whales attacking smaller mammals, some of which can be swallowed whole. Other experts have been prompted to consider culling killer whales.

Callum Roberts, professor of marine biology at York University and author of *The Unnatural History of the Sea*, said: "Steller's sea lions and sea otters are high on the conservation agenda, and seeing past success in rebuilding populations slipping away is agonising for those who have battled to bring them back from the edge of extinction. The possibility that killer whales are responsible creates the ultimate conservation dilemma: should we kill the killers?"

Estes is very cautious about such ideas, partly because he believes the science needs to be more certain and because predator control programmes are seldom successful. A cull would also cause an outcry among conservationists.

"Culling killer whales might solve the problem but it would have a huge political dimension. A lot of people involved in conservation are nervous about this issue," he said.

Estes, however, remains deeply concerned that the current population levels of sea otters, Steller's sea lions and some seal species is so low that they are at risk of extinction. Although exact numbers are unknown, the population of these species has dwindled to about 10,000-20,000, a fraction of their natural levels.

Such animals were intensively hunted for their fur, oil, meat and blubber from the 18th century onwards but their numbers began to recover after they were all given protection in the early 20th century.

Last century, however, industrial whaling wiped out most of the great whale populations in the Pacific, Atlantic and Southern Ocean. “It seems likely that killer whales expanded their diets to include a higher percentage of sea otters and other sea mammals after the reduction in great whale numbers caused by postworld war two industrial whaling,” said Estes.

Killer whales are found in oceans around the world. Their global population is thought to be 100,000-200,000 but around 90% of these live mainly on fish. It is the remaining 10%, a separate subtype, that prey on whales and other sea mammals.

**Note from Dr. Horace Dobbs**

The killer whale (*Orcinus orca*) is the largest member of the dolphin family. Orcas live mainly on fish. However a small subgroup have been accused of hunting Steller's sea lions and Sea otters which are endangered species.

“Experts have been prompted to consider culling killer whales.....For conservationists it is the ultimate dilemma. Marine biologists are discussing a cull of killer whales.”

What do YOU think?

Please let us have your views?  
Email: <mailto:idw@talk21.comm>

**Altering the food chain**

Hunting by killer whales could threaten some Pacific sea mammal species with extinction

**Former prey**

Great whales  
Human hunting has left too few great whales to support killer whale populations

**New prey**

Steller's sea lion  
Killer whales hunt pups and adults of this heavily endangered species

Sea otter  
Some killer whales now hunt otters, whose size makes them easy prey

## How we are emptying our seas

### Human exploitation of the seas has changed them forever, writes Callum Roberts, professor of marine conservation at York University

From **The Sunday Times**

May 10, 2009

Imagine sitting on the cliffs of Dover contemplating the sea on a crisp spring day. Today your eye would be drawn by the crawling shapes of cargo vessels, ferries and fishing boats.

Wind back the clock to the seventh century, however, and the scene would be very different. Instead of shipping, you would watch the passage of great whales on their northward migration from African wintering grounds to Arctic feeding areas. At the season's peak, over a thousand whales might pass in a day.

Today few whales are sighted in the English Channel, because we have decimated their numbers by hunting.

The slaughter began in the Bay of Biscay and English Channel around the ninth century and, by the early Middle Ages these abundant animals sustained a vigorous whale fishery that was conducted from coastal bays and inlets along their migration routes. Records suggest that numbers were declining as long ago as the 12th and 14th centuries.

The depletion of those stocks offers a good explanation for why Basques whalers were so quick to exploit newly-discovered Arctic and Canadian whale populations in the late 16th and early 17th centuries.

Over the following centuries – in Scotland right up until after the second world war – whales were pursued relentlessly. Those left are a small fraction of former numbers.

Over the following centuries – in Scotland right up until after the second world war – whales were pursued relentlessly. Those left are a small fraction of former numbers.

By the 18th century, for example, the Atlantic grey whale had been driven to extinction. Nowadays, despite being protected, the northern right whale is down to the last few hundred animals and faces the same fate.

How do we know how big whale populations once were? Whaling records, historians and others all describe the abundance of these beautiful creatures. One 16th century writer reported how whales were “ever present, familiar guests” around the coasts of Scandinavia.

Nowadays we also have DNA studies, showing a level of genetic diversity that could only have been achieved by huge numbers of animals.

How different the seas must have been then, in both spectacle and ecology, but it is not just whales that have dwindled over the centuries.

Our propensity to pursue marine wildlife extended beyond whales to porpoises, dolphins, basking sharks, angel sharks, tunny, skate and halibut and a host of other ocean megafauna.

Bone remains from medieval times tell of a Humber Estuary population of bottlenose dolphins that disappeared for good over a hundred years ago.

In the 18th century, porpoises were described as so common they sometimes darkened the sea as they rose to draw breath. Large predators were sustained by populations of prey fish, pilchards, herring, sprat and others, far greater in abundance than those present today.

In the United States, an unexpected consequence of the depletion of large sharks, like tigers and hammerheads, has recently been uncovered. When the big sharks disappeared one of their former prey items, cownose rays, flourished, in turn munching their way through any bay scallops they could find. Few would have predicted that shark fishing could cause the collapse of a lucrative scallop fishery.

Grey whales are submarine bulldozers, feeding on clams and other animals buried in the seabed. In the Pacific, historic populations of grey whales numbering near 100,000 animals once raised as much sediment in the Arctic as is dumped today by the equivalent of 12 Yukon Rivers.

Steve Palumbi of Stanford University estimates that nutrients in this sediment would have fuelled plankton blooms that would feed a million seabirds. There are no Grey Whales left in the Atlantic, but their role as ecological engineers has been replaced by prawn trawls that raise millions of tons of sediment as they sweep back and forth in chilly northern seas.

It is difficult to know in how many other ways the ecology of our seas has been restructured as a result of hunting and fishing. Historical ecologists will argue over this subject for years to come. For the rest of us, the loss of the seas' spectacular megafauna is a matter for sadness and regret.

**Callum Roberts, Professor of Marine Conservation, Environment Department, University of York, York, YO10 5DD. <mailto:cr10@york.ac.uk>**

## **More information on historical losses of marine megafauna**

<http://www.york.ac.uk/res/unnatural-history-of-the-sea>

## **The Wildlife Trusts marine megafauna campaign**

<http://www.wildlifetrusts.org/?section=marinebill:seasofplenty>

## BDMLR - Dolphin Mother and Calf Rescue

# Dolphin mother and calf rescue

BDMLR DIRECTOR AND CORNWALL COORDINATOR DAVE JARVIS RECALLS ONE OF LAST YEARS MOST EXCITING AND SUCCESSFUL RESCUES



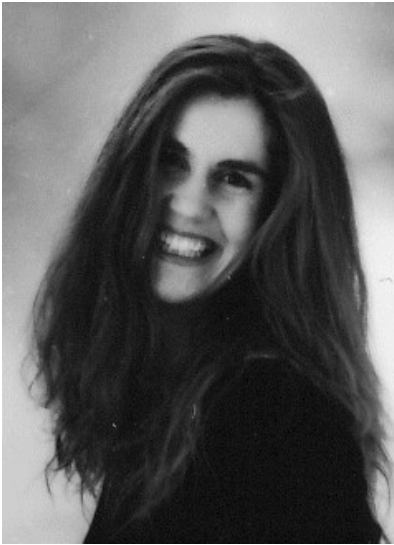
Taken from Making Waves – the newsletter of British Divers Marine Life Rescue (BDMLR)

### RESULTS OF ASSESSMENT

- Lungs clear on auscultation (stethoscope) in both animals
- Mucous membranes salmon pink in calf, slightly paler pink in mother
- Hydration good in both animals. Body condition moderate in both animals
- Only minor abrasions on both animals, e.g. right pectoral fin in mother, with some associated blood loss
- Tattoo lesions on thorax and flanks of mother
- Mother: left eye - some corneal oedema visible - suspect also superficial ulceration (probably occurred on stranding)
- Bloods for Brucella serology and biochemistry (sample unfortunately proved unsuitable for the latter) were taken from the mother and both animals were given oral fluids (Lectade Plus), antibiotics (long acting oxytetracycline) and an anti-inflammatory agent (carprofen).

# PERSONALITY OF THE MONTH

## Birgit Baader



### Introduction by Horace Dobbs

I never cease to be amazed by the diversity of the people whose lives have been touched and transformed by dolphins and have influenced my own thinking.

The late Sir Richard Harrison FRS, Professor of Anatomy at Cambridge University, with whom I wrote the first *Dolphin Spotter's Handbook*, devoted much of his illustrious career to studying how marine mammals had adapted anatomically to their extraordinary aquatic lifestyles.

The late Professor Masato Nakagawa, who started life as a watchmaker, introduced me to the role that ki or chi, the essential life force, plays in eastern medicine and the concept that the whales and dolphins have a vital part to play in maintaining the forces of nature that govern life on earth. Some of the extraordinary experiences I had with Dr Nakagawa whilst sailing on a square rig sailing ship down the Australian Great Barrier Reef are recorded in my book *Journey into Dolphin Dreamtime*.

**Birgit Baader** is another one of the many people with whom I have shared a stage and has subsequently become both a friend and colleague. Birgit played a major part in the tiny team that introduced IDEAL (Integrated Dolphin Education And Learning) into the German education system – a role which is now being carried forward by Anita and Raimund Scheerer.

However it was via my book *Dolphin Healing*, which she translated into German, that I really got to know and understand Birgit. *Heilen mit Delfinent* was published in 2004 by the Munich based publisher AT Verlag. After the official launch Birgit organised some workshops (which I always refer to as *playshops*) in which I was joined by my Japanese playmate Shizuko Ouwehand and were attended by artists, children and their parents. These playshops were joyful spontaneous events which were charmingly presided over by Birgit with her young baby Noa in her arms.

I stayed with some of the other participants in Birgit's lakeside house in the country, where on one evening we had a didgeridoo jam session in the garden.

During the delightful days of my visit I watched first hand how efficiently and smoothly Birgit blended her household duties with her business commitments. Seeing her at her desk early in the morning, communicating with the rest of the world, made me acutely aware of just what a vital tool her computer was in enabling Birgit to perform her many and varied activities, including of course her writing.

When she moved to New Zealand, with her computer keyboard at her fingertips, Birgit regaled me with stories of her new life in the Land of the Long White Cloud.

I cherish the friendship we now continue to share on opposite sides of the world.

## **Birgit Baader - Biography**

Birgit, born in 1967, studied business management and social behavioural psychology in Munich. Further trainings in Systemic Communication Therapy, Living Dance (Anna Halprin) and Healing Tao. At present she works as a free lance journalist, book translator and writer for print and TV media. Together with Peter Prestel she also produces CDs with guided imageries and music for meditation and relaxation. They have two children: Julie and Noa.

Birgit's interests are widespread and her life's journey led her through many different "waters": she worked in various job positions, travelled a lot around the world and is constantly seeking for "new challenges" and a deeper knowledge of herself and the being of life here on Earth.

### ***Focus/Areas of Interest:***

- Interspecies communication  
extrasensory communication
- Peace  
peace "education"/alternative ways of learning/learning the natural way
- Shamanism
- Autism and other gifts to raise awareness
- Natural birth

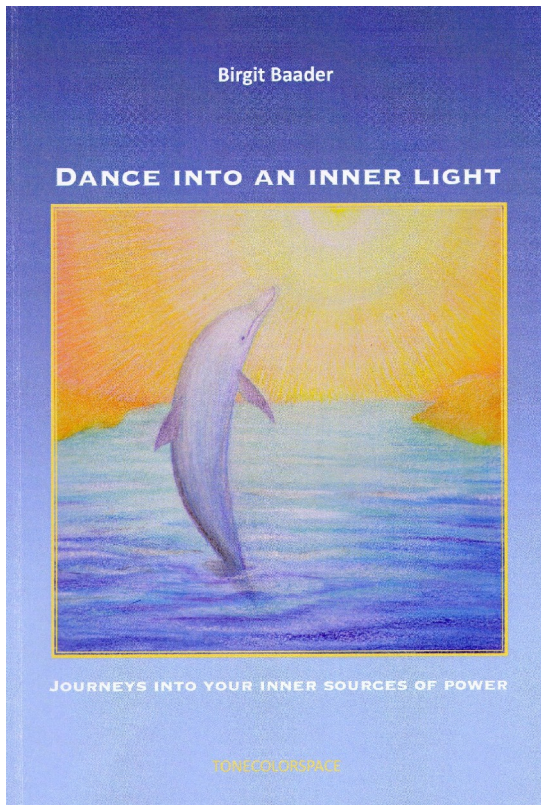
### ***Current Projects:***

- Films  
*New ways of evolution?* part 2 (documentary) – in process  
*birth into being* (with elena tonetti, USA) (documentary) – completed OCT 2008  
<http://www.birthintobeing.com/>  
*Alternative living* (documentary) – in process
- Books  
*Birth – rediscovery of the female way*, AT Verlag, published April 2005  
*Power secrets for power kids – shamanic techniques for children* – in process  
*Ra and the humpback whales* (children fiction) – in process  
*Dance into an Inner Light* (book + 2CDs) – published April 2009  
*Raiti and Moonlight* (children fiction) – completed NOV 2008  
*Children of the Rainbow – wisdom from around the world* – in process  
*Dreaming the dream* (adult fiction) – in process
- Music  
*The Power of Nature*  
developing ways of bringing the balancing power of sound, especially natural sounds, to an audience not able to experience it at first hand (e.g. children in hospitals, therapy centres, etc.) & sharing Nature's sounds to touch people's heart  
*Dolphin Magic*  
interaction between cetaceans and other species, recorded with hydrophones
- Learning in and from nature – naturekindi

- Transition towns  
creating and holding a space for alternative ways of learning  
<http://www.transitiontowns.org.nz/>

## Dance into an Inner Light

### Journeys into your Inner Sources of Power By Birgit Baader



#### About the book

When we are born we are usually connected to an inner well of intuitive universal knowledge and wisdom that reaches far beyond our physical realities. As we get older our connecting channel sometimes gets clogged up. There are many things that can block and hinder our connection: (self) destructive beliefs and behavioural patterns of our parents and of other influential persons that are not supporting us, role models surrounding us, etc. In general, our civilized societies do not provide or hold a space that fosters the connection with this inner source. We do not encourage our children to trust, nurture nor refine it – maybe because many of us lost it long ago during our own childhood. Therefore, we mostly lack a culture that acknowledges, nourishes and preserves the connection to this important inner source of power and energy connecting us with all life. And yet this “power tool” is innate in us all.

I have worked with the inner journeys presented in the book for many years now and I have observed how they have helped children (and adults) tap into their inner source of power.

#### Structure

The book consists of three main chapters with meditations and guided imageries. An additional fourth part offers background information for the left brain, and thus is mainly aimed at adult travel companions.

The active meditations in the first chapter can be helpful to get children used to meditation and contemplative processes. They are also especially supportive with so-called hyperactive children, and children who are agitated, lively or don't find it easy to “sit still”.

The next chapter presents sensitively illustrated fantasy journeys that are designed to lead the children within themselves, and to connect them to their subconscious and a deeper universal knowledge. Each journey includes a short break to allow inner images and visions to surface. The length of this break can be adjusted to the needs of each child. The recorded versions on the enclosed CDs provide examples. The journeys in this chapter are also suitable for very young children if the break is not too long.

The imageries in the third chapter represent the archetypal qualities of the elements and encourage the children to explore their relation to each element. They are also suitable for younger children, although the sections after the meditations are more relevant to an older age group (approx. 5+).

### **This book can help to**

- create a space to connect
- establish a “routine” to connect
- rekindle, strengthen and nourish the connection

### **and thus, gives children a tool to**

- truly love and respect themselves (*real* self-esteem and self-confidence)
- stimulate their self-healing powers
- find solutions and ways to cope with life’s challenges by using “resources” that reach beyond their individual physical limits and perspectives
- focus and concentrate
- discern and realize what really matters in their lives
- reduce stress, anxiety, anger and anything that has a negative effect on their energy balance and hinders them from leading a healthy and well-balanced life

By using this tool the children will feel more “whole” and understood. Most children I have played with reacted instantly to the journeys. Many of them reported it was like “coming home”. They felt a huge relief that this inner connectedness was finally recognized and acknowledged by the world around them. This was very comforting for them and released a lot of fears, tensions, corresponding behaviours and difficulties.

The journeys link us up to all life, not only on an individual level. They open the doorway and clear the path to re-establish our connection to everything alive, to all living energy. This gives us the opportunity to feel “whole” and “one with all life”, and to feel the abundance of life, which finally leads us to health, inner peace and harmony.

Llyn Roberts, author of the book *How to Heal and Transform Yourself and Our World*, writes:

*“From time immemorial aboriginal peoples across the planet have experienced life as an interwoven, alive and responsive fabric. Children grew up in such cultures knowing they were inseparable from the waters, trees, birds, winds, other people, animals, stars, past and future generations, stones and so forth. Beyond simply being resources, the trees, plants, earth, waters, animals, stones, celestial bodies and rivers were part of a sacred living web, a receptive mesh connecting people with all sentient life. They knew how to access power from other realities and adopting the perceptions of other life forms to impact their own reality and were active participants with the cosmos and nature utilizing wisdom, power and energy that filtered through their senses, intuition and longings.”*

We all long to be in this natural state of connection. Therefore, it is usually pretty easy to walk down this path. It’s like running down a hill: once you have made the first step, it will all come naturally and by itself.

May many children (and adults) benefit from this book and may it contribute to your enjoyment of life.

Arohanui,

Birgit Baader

**ISBN 13: 978-0-473-14764-8**

Paperback, 136 pages, beautifully illustrated by Wolfram Schulz  
incl. 2 audio CDs  
Author: Birgit Baader  
Voice: Heather Burnett-Rose  
Music: Peter Prestel

Recommended retail price: NZD \$25 (please ask for bulk prices and discounts - special offers for schools, hospitals, and community organisations).

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## FRIENDS NEWS

### Congratulations to Dr. Estelle Myers

In the January 2007 Issue of the Friends of IDW Newsletter, we featured Estelle Myers as Personality of the Month. Here is Dr. Estelle Myers, Doctor of Philosophy, receiving her PhD.

#### DEAREST GLOBAL FAMILY

I have just been woken from an amazing dream to be a voice to spread the GOOD NEWS. It is up to each and every one of us to hold the vision and keep the good virus of love and hope circling the planet. Dr. Estelle Myers can be contacted on her new Email address: <mailto:estellejmyers@gmail.com>

STOP THE ROT  
HOLD THE VISION AND TRUST  
AND TRANSMIT ONLY LOVE  
NOT FEAR



**It's happening Sunday, May 24th And you're invited!**

**The World Grace Foundation:  
a "Heaven-on-Earth" project**

<http://www.worldgracefoundation.org/>

**In conjunction with**

Mary J. Getten: Whale naturalist,  
animal communicator and  
author of *Communicating with Orcas*

<http://www.marygetten.com/>

Along with groups from France, South Africa, South America and growing locations around the world Are holding their annual

### **Worldwide Water/Whale Wave Meditation**

A unified moment in time to focus on the restoration of the earth's waters while in appreciation of meditation with the whales. Positive changes have occurred each time we hold this space. Please join us and help the restoration hold longer and longer.

**When:** Sunday, May 24th, 2009, Concentrating the effort between 7 a.m. to 10 a.m in your time zone to create a continuous wave of meditators across the earth. Even a few minutes of your love during this time can make a difference.

**How:** Choose any method (see ideas below) that you know works for you, or create your own, and thank you for adding your energy.

**Where:** Try to get to any natural body of water during this time (wells, rivers, streams, ponds, lakes, sea beaches) and offer your energy/blessing. Or, send distance healing/prayer.

- Reiki and other forms of energy healing of the water
- Distant energy healing of the water
- Tuning in to the frequency of the whales
- Offering the lost mode of prayer\* to the water by feeling it already pristine and restored to beautiful life (see below for more on this method)
- Charging or blessing a tiny amount of clean distilled water and releasing this into an open natural body of water for a rippling effect across the planet (make sure this is allowed in your area)
- Casting spells of love and healing
- Re-enacting the ancient European ritual of blessing the wells
- Working with the elementals
- Offering healing prayers from your faith tradition
- Calling forth angels to assist in our choice for the waters of heaven on earth.
- Simply picking up even just one piece of trash on a beach, and properly disposing of it.
- Organize a group to gather and do ritual, or incorporate this into your Sunday service if you attend one. Groups create power.

*\*To participate using the lost mode of prayer, be at peace with the one of many possibilities (pollution) playing itself out here right now, knowing the choice of purity is already in existence and can replace the current reality at any time. The current reality is not permanent, feel it as just a short-term drama with which we are experimenting, think of another more pristine and heaven-like possibility, and during at least part of those three specified hours, feel what it would feel like if it were here: The whales and dolphins sing with joy, their home is an underwater paradise of life and clarity, the beaches are lovely and beautiful because we live in a world where everyone, everywhere, takes loving care of the earth and its waters. We are a human family working together side by side with Gaia. What does it feel like to live in this world? Offer that feeling to the universe. By doing this, you have opened up a doorway in which the universe can ignite a new possibility. Then go about your day.*

## **Ocean's Essence Holistic Dolphin Swim Trips**

<http://www.oceansessence.com/>

**Now you've got an extra date to make your dolphin dreams come true!**

**August 2009 - Friday 21st to Tuesday 25th**

**Magical Dolphins Tour to mesmerising Mozambique. Swim with the amazing wild dolphins on their terms, participate in relaxing meditations and learn the incredible Dolphin Breathing Techniques.**

**8 spaces are open! Book now!**

Email: Michelle Sachs <mailto:michelle@oceansessence.com>

## Kaleidoscope Courses and Enrichment Workshops

# KALEIDOSCOPE THERAPY COURSE HELP CHILDREN TO MEET THEIR TARGETS!

A RESEARCHED & EVALUATED PRACTICAL PROGRAMME  
TO ADDRESS YOUNG PEOPLE'S EMOTIONAL WELLBEING  
FOR HAPPINESS, LEARNING & ACHIEVEMENT



### Course Led by Anne Lubbock

Director of Kaleidoscope

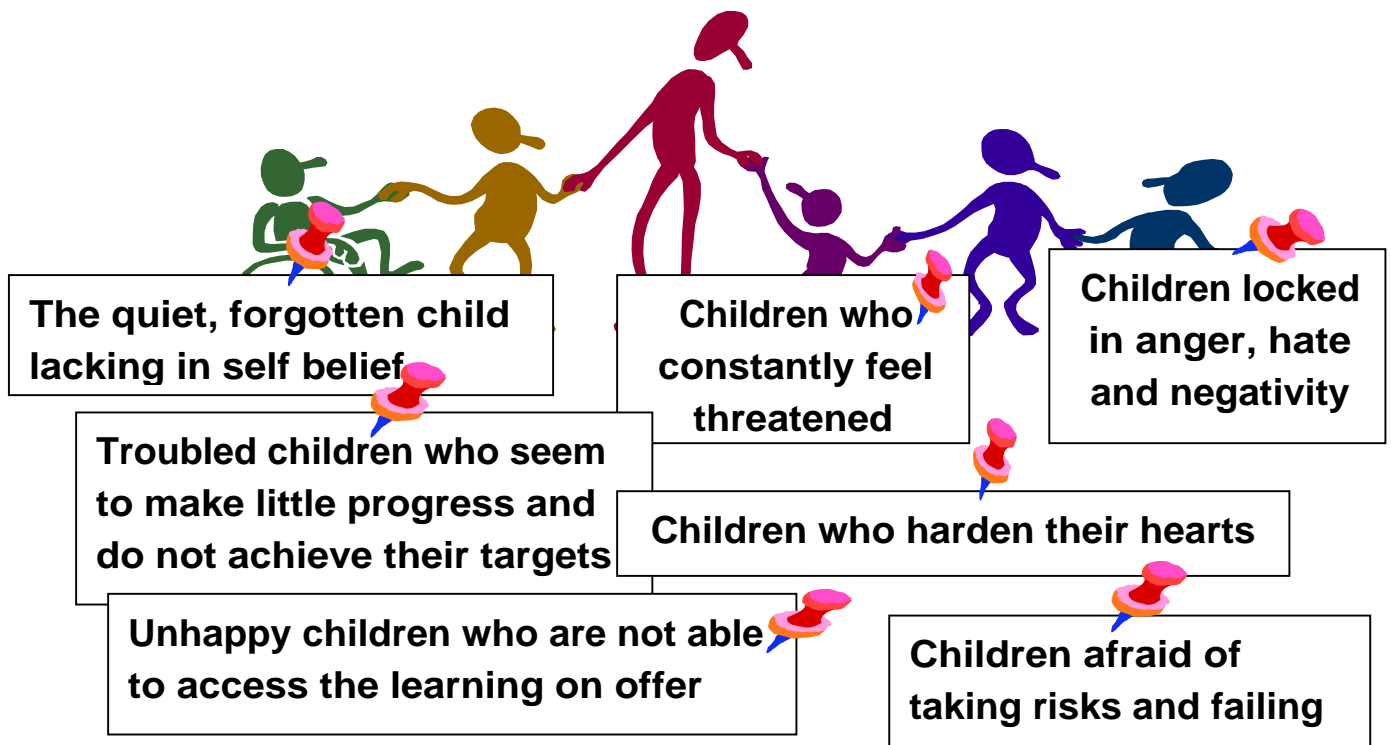
Former Headteacher, Senior Education Officer, School Improvement Partner, Counsellor  
Hospital Teacher & Light Therapist

### A Split 4 Day Certificate Training Course

Endorsed by Ofsted and Margot Sunderland

(Director of Children's Mental Health Centre, London)

Can be used as part of SEAL, Emotional Literacy and all PSHE programmes



CHANGE DESPONDENT ATTITUDES, IMPROVE BEHAVIOUR, <REDUCE STAFF ABSENCE>

USING: COLOUR, LIGHT, SOUND, AROMA, COUNSELLING SKILLS, RELAXATION, MENTAL REHEARSAL, AFFIRMATION, PUPPETS, GAMES, EXPRESSION, KINEASTHETIC STORY, EXPLORATION, ART/PLAY/DRAMA THERAPY,

**This course is for** Leaders, Teachers, Learning Mentors & Support Staff who support children, young people and their families' wellbeing and learning in & out of school from 4 to 16 yrs old

**Course spread over 4 days**  
**Thursday 18<sup>th</sup> June and Friday 19<sup>th</sup> June 2009**  
**Thursday 2<sup>nd</sup> July and Friday 3<sup>rd</sup> July 2009**  
9:30am until 3:00pm

Course Held at ST JAMES INFANT SCHOOL,  
Daventry, Northamptonshire, NN11 4AG

***CONNECT, ENGAGE and HELP children maximize their EMOTIONAL  
HEALTH, HAPPINESS and capacity to LEARN***

**Benefits from attending this Course:**

- Understand the psychology and brain science which underpin behaviours and low self esteem
- Experience and learn to use the 7 steps of the Kaleidoscope Programme in St James' own Kaleidoscope Room
- Take away a comprehensive file, practical tools and activities to work with children and their families
- Have practitioner status and set up your own programme with children, young people and parents
- Have the opportunity to engage in further supported case studies for accreditation with Kaleidoscope

**ASPECTS OVER 4 DAYS**

**Each training day will include hands on experience of:**

Practical techniques and resources for the **7 STEPS OF KALEIDOSCOPE:**

- 1) **RELAXATION** simple techniques for the most street wise of children
- 2) **MENTAL REHEARSAL** visualisation and guided imagination
- 3) **EXPRESSION** through the language of colour
- 4) **MOVEMENT** shift in mind set, optimism, happiness and laughter
- 5) **BUILD** self - esteem through games
- 6) **EXPLORE** natural environment, colour walks, kinaesthetic story
- 7) **AFFIRM** concrete positive colour triggers for feelings and actions

**KALEIDOSCOPE THERAPY  
LEVEL 1 CERTIFICATE**

**Kaleidoscope, 102 Pennycress Way, Newport Pagnell, Bucks, MK16 8TT**

Website <http://www.kaleidoscopetherapy.com/>

**DATES Thurs 18<sup>th</sup> and Fri 19<sup>th</sup> June 2009 and  
Thurs 2<sup>nd</sup> and Fri 3<sup>rd</sup> July 2009**

Kaleidoscope Courses and Enrichment workshops are aimed at building positive mind sets in children and young people to help them develop healthy relationships, achievement, attainment and happiness.

For more details please visit the web site <http://www.kaleidoscopetherapy.com/> .

**Contact: Anne Lubbock Director and Course Leader on 01908 617110 or Judith Amery, Headteacher St James' Infant School  
Tel: 01327 702783. Please do not hesitate to phone for more details re the Work and evaluations re kaleidoscope research.**

Kind regards  
Anne Lubbock  
Founder and principal of Kaleidoscope Colour Therapy  
Tel 01908 617110, Email <mailto:anne.lubbock@kaleidoscopetherapy.com>

## **Dolphin Expeditions – A Life Changing Experience!**

<http://www.dolphinexpeditions.com/>

Dolphin Expeditions offer one week, all inclusive, eco-oriented wild dolphin swims in Bimini, in the Bahamas to singles, families and groups.

Five weeks into our 2009 season, we have been blessed with wonderful new guests and in spite of a windier start of season than usual there have also been many very special dolphin encounters.

We have always considered our guests as a big dolphin family. This year, so far, 50% of this seasons guests are joining us for the second, third and fourth times...that is special!!!

The facilitated weeks have been everything that we have come to expect from Asia, Mary, Claudia and William. The best. We are looking forward to Rebecca and Penelope's weeks coming up...  
Dolphin Video... If you would like to check out our new YouTube video. It is taken from one of our April dolphin swims. It was shot by Duncan and Jillian.

[http://www.youtube.com/watch?v=77hvWvPIRto&feature=channel\\_page](http://www.youtube.com/watch?v=77hvWvPIRto&feature=channel_page)

**For further information visit our web site on <http://www.dolphinexpeditions.com/>**

**Geoffrey Hanan**

Email: <mailto:DOLPHINEXP@aol.com>

772-597-1800 or 242-359-8060

## **Dolphin Coast TV - coming soon with DolphCom Solutions**

<http://www.dolphcom.com.au/>

Join Andrew and the gang as they showcase amazing dive sites, the worlds deadliest and most exciting creatures, the latest in equipment, groundbreaking research, exciting locations, exploring the complex and fascinating world of communication between species in the ocean realm.

Email Andrew Parker <mailto:andrew@dolphcom.com.au>

## NOTE FROM THE EDITOR

**THIS IS YOUR NEWSLETTER - PLEASE KEEP YOUR STORIES COMING**

**WE ARE CREATING A GLOBAL NETWORK OF DOLPHIN LOVERS THAT CARE ABOUT OTHERS AND THE EARTH WE SHARE.**

Email your news and comments on articles in our newsletters to me at <mailto:jackieconnell@btinternet.com>.

**The Friends of IDW Newsletter is FREE** but if you would like to support the work of IDW to help dolphins and people, you can still **make a donation or adopt a dolphin** through the Dolphin Shop [http://www.dolphinfriend.com/html/dolphin\\_shop.html](http://www.dolphinfriend.com/html/dolphin_shop.html).

**Friends of IDW can advertise on** <http://www.dolphinfriend.com>. Email our Webmaster Terry Connell on <mailto:terry.connell1@btinternet.com>

International Dolphin Watch has always striven to encourage youngsters to take part in dolphin activities. I hope therefore, that you will enrol as many children as you can to become DOLPHIN FRIENDS and encourage them to contribute to future Newsletters.



Jackie Connell  
EDITOR