

CHAPTER

The Story Behind The Dolphins

"The Compass Within"

I shall narrow what is a very long story down to include only what is relevant and my wish is that these words bring you as close to the dolphins as I was. To feel the incredible beauty, intelligence and a connection that transcends understandings beyond this world. It is something we all carry 'within' yet have simply forgotten, now remembering.

I am happy to share a few of the experiences with the dolphins and shark (for there were many) within the covers of this beautiful book and hope you enjoy them as much as I enjoyed 'living' them.

It all started with an incredibly strong pull at this very pivotal moment in my life to get away from my home in England that I shared with my husband, British author David Icke. The details of "why" are not necessary here. We all have our own journeys and experiences and through the pains and traumas - the laughter and love - I can assure you, there is nothing to fear but fear itself for sure. In the end, love IS all.

The pull to leave was intense. If I did not go my heart was going to stop. I sent an email to a friend saying "I have to get out of here".

He said "Where do want to go?".

"I don't know?"

"Well, if you could go anywhere or do anything what would that be?"

I said: "I wanted a hut not a hotel. Somewhere I had never been before. I needed to put my feet in the sand with wide open skies by the ocean and air to breathe. To be alone, to go 'within' myself and to swim with wild dolphins.

I am ever so grateful and humbled for it seemed as if life rolled out the red carpet, picking me up like a big mother lioness by the nape of my neck and out of England she dropped me in a place called Marsa Shagra in Egypt for rest and recovery. How I got there is almost a blur.

It was June 6th, 2007 when I left and arrived at Marsa Shagra the eco-village on the Red Sea for what was to be the beginning of an amazing journey and my new home for the next six months. I had originally booked this trip for two weeks and ended up staying for five weeks.



Funny enough, with a travel company called "Wild & Free"!

At the end of my five week stay I flew home to England where I began packing my belongings as I was moving to America. At some point while there I felt this incredible urge to go back to Egypt. The water and the dolphins were calling me. Strongly. I cannot tell you or explain the feeling. It just was.

I dropped everything I was doing, left my boxes in the front room of my flat, booked another four weeks and ended up staying for five months.



I began to trust and follow my intuition. I began to follow the strength of my heart. There was something working with me in unseen realms that I cannot explain. It was so beautiful, powerful and undeniably making sure I was going in the direction I was meant to go in.

I let go of 'thinking' too much. I let go of everything really. I began to pay attention to the signs. To enjoy the silence for I knew it was here all questions were answered. It was here there were no questions to be asked. I began to live in calmness. To be thankful for the earth that carried me. To smell the scent of the flowers in the breezes. To notice the little things. To hear the messages in the water gently flowing down a stream. To be grateful as life was passing by ever so quickly.

And most of all ... to forgive. I cannot love you if I first do not love myself. When I love me, I love you. When you love you, you love me. To make any changes "out there" it must begin "within".

I was going with the flow knowing that I was heading into territories of massive change with love in my heart for everything that was happening. Removing fear, freeing my mind and following the compass within.

I was breaking patterns and habits and breaking free to be me.

