

# dolphins the human-

Just as air has an airiness water can only aspire to, so it is that Humans who have swum with dolphins are forever yearning for the perceived spiritual attainment they attribute to these creatures of the briny dreamtime. **Richard Beaumont** gives an impression of the dolphin journey from speaking to his dear friends, **Paul** and **Atosh Guess**, who were privileged enough to travel with **Wild Quest** on one of their dolphin holidays to Bimini, in the Bahamas.

**I**t begins with a fantasy and unravels as a magical dream. The exciting 'difference' of getting into a seaplane. The foam of the water against the windows as you touch down on a watery landing strip. The brilliance of the turquoise of the water that electrifies you by its magnificent otherworldliness. You even swop sunglasses in an attempt to pigeonhole what is unbelievable to you. You can't. It's real. The sea IS that colour!

The initiation in shallow water in the basics of scuba diving – an attempt by the nurturing organisers to impress upon you the rare opportunity you have to meet across the species a 'kindred spirit' who breathes as you do, that plays, as you once did, who sees as you can – on an extreme day. The organisers have a relaxed but focused urgency, to prepare you to get the most you can (they know how much) from an experience that is mythically unreal, yet poignantly imminent in your life.

Spluttering nervously, you do your best, amidst the 19 strangers from all walks of life, in an unfamiliar watery medium. You find yourself with men and women and children with whom you've been aligned to enter this portal of dolphin dreamtime. You don't know it that first day, but these people will become your closest friends within the next few days. You will see some of them weep with joy, others open like flowers for the first time in their lives. You don't know it yet, but you've entered sacred ground. Your feet follow a mythic path.



# A dreamtime dolphin connexion...

Good food, nice hotel. There is a certain fragile familiarity of the ground under your feet, even in a strange land. But behind all your thoughts and reactions to the everyday, it's the next day that looms in front of you. The stories. Other people's tales of awe from the night before, whisper in your mind of possibilities yearned for... your whole life. You pray. You hope. You have anxiety. Most of all, there is the anxiety of the possibility of nothing happening. The nervousness of not... of not seeing them, of not being seen by them. There is an expectation that is called out from you, just as big as the expectation that you

being just a single, small being. A being with hopes, in the middle of an ocean that seems so big and unseeing. The gentle rocking of the boat, exercises your lymphatic system, the gradual releasing of tensions previously unknown. The waiting. The unknown. The nothingness, that surrounds the hope. The waiting. Some yoga wakes you up. Then a lovely hot stone massage leaves you deliciously vacant. The gentle rocking of the boat seems to be all there is. You forget you're waiting. As you hear distant soft laughter somewhere behind you, you smile, lying on the deck at the front of the boat. You feel good, very good, joyous even. Very joyous. Sooo good. So unexpectedly good.

“A bubble of joy,  
speaking just to you!”

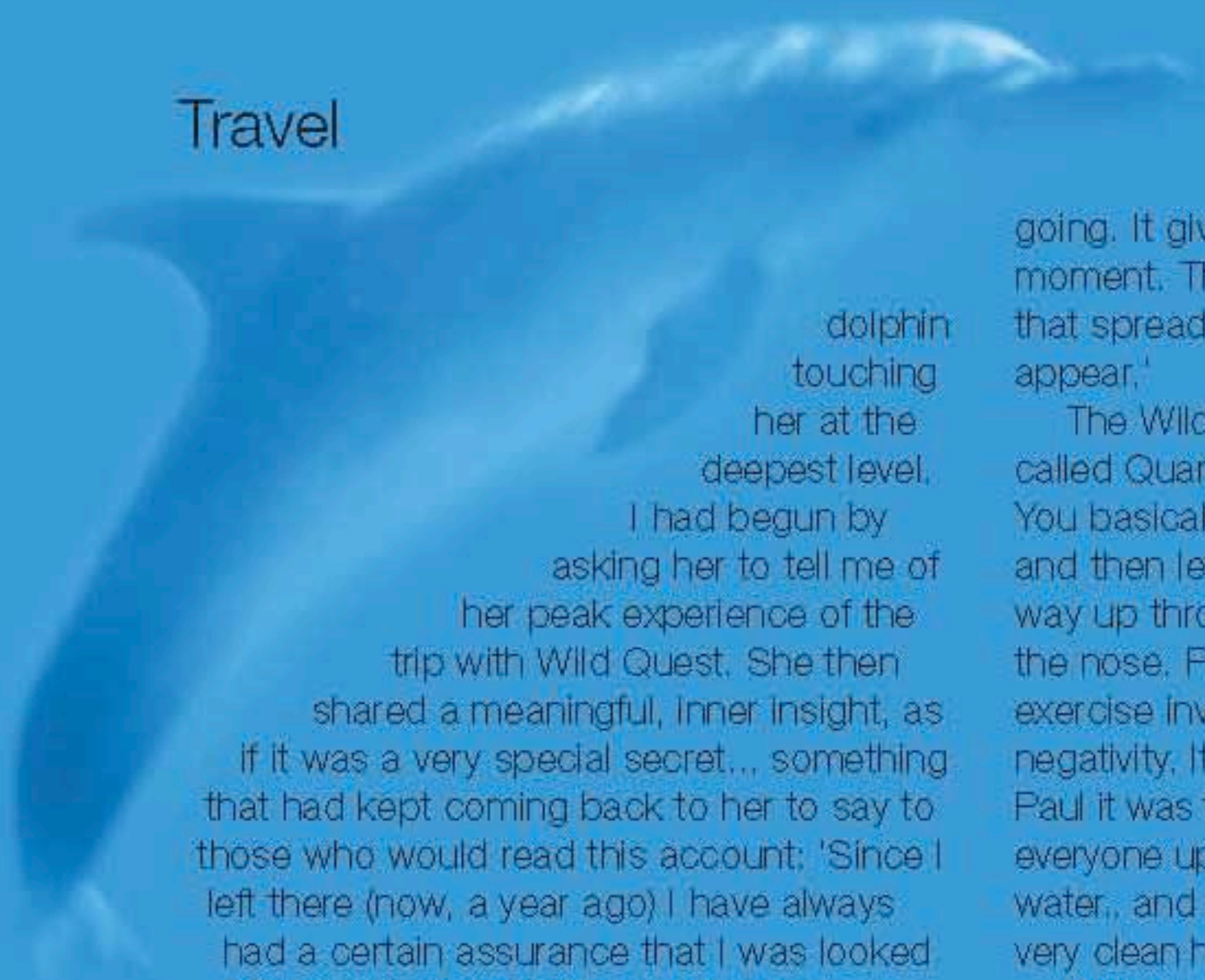
call out for. The dolphin quest goes deeply inwards, as much as it takes you far out of... your depth.

Next day comes. The vast blueness of the sea is before you. The expectations of encountering the wild. For this is truly a 'wild' quest. Despite their deep familiarity with the dolphins and their patterns – known 'homes' are temporary. Wild dolphins keep on the move. Who knows when they will appear? Or if, that day? And if so, for how long?

And so it begins: The growing humility of

Then you become aware of the soft, clicking sound in the distance. 'Is it?' 'Oh my GOD! It is! It IS!' Coming right towards you. Out of the vast, hugeness of blue in front of you. A lone wildness. A bubble of joy, speaking just to you! 'This one was a single adult, like in the experiences I've had in the deepest meditation there was this feeling that I was heard, recognized. The dolphin found me, or I found the dolphin... we connected in this huge ocean with it's endless opportunities,' Atosh told me, her eyes somewhere still seeing the





dolphin touching her at the deepest level. I had begun by asking her to tell me of her peak experience of the trip with Wild Quest. She then shared a meaningful, inner insight, as if it was a very special secret... something that had kept coming back to her to say to those who would read this account: 'Since I left there (now, a year ago) I have always had a certain assurance that I was looked after, protected, that I can relax, because they are there. Even though I'm here, they are out there. The dolphins seem to be on some kind of mission. They have something we don't have... a way of tuning in, the whole time – perhaps you'd call it telepathy. If you're open, you're immediately connected to that. So now, if I'm going through a hard working day, even now, I can tune into that.

“they're in a state of joyousness. They celebrate their being in expressions of joy, pleasure and delight,”

I can let go of any load easier, because it's being carried by the whole. The dolphins are part of a larger consciousness.'

A similar dreamy cloud came over Paul's eyes as he related his account of being in the presence of, and swimming with, the dolphins: 'There is this elemental value. The fire, the sun, the air... and the incredible turquoise water... and yourself – it's an alchemy that's present, by being in that situation.'

Paul, Atosh and their 13-year-old son Sebastian, had gone to join their friends in Bimini, in the Caribbean – by all accounts a radically different place from everyday life at home in the UK. Sebastian had immediately resonated with the dolphins, and his parents watched with awe as he swam out into the blue hugeness into the dolphins' nurturing and playful midst. Dolphins have an immediate connection to children. Perhaps it's the playfulness they can relate to. The young are generally more open to living.

Paul spoke of the dolphins being attracted to riding the bow of the boat as it cut through the water. The fact that the dolphins can appear suddenly out of nowhere, and be gone just as quickly. 'There's a joy, a presence, an attentiveness that's apparent. They bring you into the present – they're like quicksilver – they come and they go. You never know when they're coming, you never know when they're

going. It gives a preciousness to the moment. There's an immediate joyfulness that spreads throughout the boat when they appear.'

The Wild Quest crew taught a meditation called Quantum Light Breath, a prana yama. You basically breathe in deeply from within and then let the breath be expelled all the way up through your lungs and out through the nose. Paul described its effects: 'The exercise invigorates the body and clears negativity. It brings one into the present.' For Paul it was this breathing exercise that opened everyone up to being very comfortable in the water, and more relaxed on the boat. 'It was a very clean high experience.'

Both spoke of the crew's absolute facilitation of everyone's relaxation. As Paul says: 'The care to our well-being was a natural, beautiful caring that allowed us all to relax.' Atosh saw this facilitation as a major reason the dolphins chose to come and play with them. Somehow the more relaxed they were on the boat, the more dolphins came to visit.

The gratitude shone in both their eyes as they described the dolphins: 'They're in a state of joyousness. They celebrate their being in expressions of joy, pleasure and delight. Riding the bow of a wave. They're surfers. They love the free-flowing wave.'

But it wasn't just the dolphins. Stories were told of eye-to-eye contact with a moray eel lurking in the rocks below, tales of initial anxiety at seeing harmless, but large, sand sharks feeding on the ocean bottom. And the special times – Atosh told of her blissfulness of having her husband holding one hand, her son holding the other, as all three of them snorkelled together.

Then there were the sharings. Each person sees different things as the goggles cut out peripheral vision, which gave rise to many excitedly told revelations of 'Did you see..?' The group sharings on the boat, the shared meals back on solid ground, and the immensely quick development of intimacy brought about by the specialness of the situation.

Sharing the underwater world of the dolphins seems to be unanimously transformative for all who have that opportunity. In answer to how she rated the whole experience, Atosh's response was devastatingly both simple and direct: 'It was the best holiday I have had in my whole life. No question!'

