



For 3 years now we have been drumming for the whales. It all started when I facilitated a study group based on Sandra Ingerman's book "Medicine for the Earth - How to Transform Personal and Environmental Toxins". One of the exercises was to get in touch with the consciousness of a big mammal, so of course we chose the Orca. When we shamanically journeyed to the Orcas we received disturbing messages - "our skin is itching because of the pollution in the water, we can't hear each other anymore because of the noise, there's not enough food anymore..." and we all jumped up - what can we do? How can we heal them? After some brainstorming we decided to ask them what we could do and the answers we received were amazing. "We don't want to be fixed or healed and **you can diminish our suffering by living more consciously in your everyday life.** If you want to help us, come to the beach and drum for us... **no healing or fixing needed...** just acknowledge what we are going through".

So we packed our drums and headed to the beach. The more we acknowledged the pain and suffering of our non-human brothers and sisters the more we had to work through our own pain. There were times when we stood at the edge of the ocean and all we could do was drum and cry, salty tears joining the salty waters, and the mutual healing was tremendous.

After continuing indoors during the winter we returned to the beach as soon as the evenings were warm again and we could feel how the whales solemnly welcomed us back. They understood the value of the personal work we were doing and they liked our faithful commitment to making a

difference in the best way we could, not to mention our love for the earth. And this year there were less dead sea creatures washed ashore, and seals and porpoises often came close to listen.

Every circle had a different teaching, a different gift, but there's one that's still vivid in my memory. We drummed as usual but there was a very special energy surrounding us: strong, powerful, knowing and joyful. Everyone felt it and it was so hard to close the circle that evening. Nobody wanted to stop even though it got dark and the air was chilly. When we finally parted I took the way along the beach to share my overflowing heart with the water and all the creatures it nourishes. Something colourful caught my eye in the dimming light. When I picked it up all I perceived from it was tremendous joy and gratitude. It was already too dark to find out exactly what it was so I carried it home. It was a branch of sweet pea flowers. There were nine of them and there were nine drummers that evening. Each one of these fluorescent pink blossoms sent out so much joy and gratitude, a message from the conscious universe acknowledging us, acknowledging our love and caring for the earth and all her children. The sweet pea and I looked at each other while I filled a little vase with water "thank you" we both said "thank you" for the dance, thank you for being able to see me and thank you for being able to acknowledge me.

The next morning a friend called and told me that she was late for the circle so she watched from above the cliff. While we were drumming at the edge of the water there was a pod of whales swimming in the glow of the setting sun. It seemed that they danced to the beat of the drum. It was such a powerful experience for her that she needed to be alone and could only share it with us the next day. Whale energy... mutual gratitude for sharing the dance of life with each other. No, we are not alone!

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