

# ZeroPointHealing

DEBBIE CAKNIS

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*Dolphin Dynamics*

## WHAT I LIKED

the dolphin encounters  
retreat well and smoothly organized ... obvious Debbie's done this before!  
everything!  
peace, trust and tranquility of the resort  
came as strangers; left as friends  
accommodation and staff very accommodating  
the activities, yoga, sunset cruise, meditations, animal totem and daily special message  
Debbie's energy and care; she leads the group and part of the group at the same time  
time spent on the beach  
the healing sessions  
the flexibility and variety in the days program  
Angie's care, love and knowledge of the dolphins  
the food!  
everyone's needs taken into account

## WHAT I LEARNED

to trust and be in control of my emotions by releasing my fears  
release the fear and negativity and turn it into positivity  
step out of comfort zone  
share with others; take courage from others  
be in the moment, don't stress and go with the flow  
power of visualization  
be quiet and listen!  
focusing on the bigger picture is far more important than getting stuck and lost in the detail  
more about Kundalini Yoga and different meditation mantras  
as a loner, how to interact with a group  
lots about dolphins!  
the power of crystals and their healing properties  
more about animal communication

## ME ... WHAT I FEEL

blessed, privileged and touched by the dolphin encounters  
relaxed, loved and honoured  
sad to be leaving but grateful that I could be part of this amazing journey  
a sense of peace and personal achievement  
revitalized!  
change in group energy after a few days together ... great and positive!  
gratitude  
effects of healing sessions on myself and others  
harmony

## WHAT I DID NOT LIKE

nothing! everything was great  
the yoga but very happy using this time as quiet time  
too short!

## WHAT CAN I USE

everything!  
the healing, love and advice  
reflect on the highlights; not the lowlights  
the relaxing techniques to calm down  
the meditation techniques to continue growing on a personal level  
the knowledge about dolphins to create and awareness in others