



## Swimming with Dolphins in Hawaii

Five years ago if anybody had said I would soon be spending most of my winters in Hawaii I would have laughed. You have to have plenty of money don't you? And yet, here I am in 2004 experiencing my third winter in Hawaii, and having the honour to facilitate Dolphin swimming trips.

I first visited the Big Island six years ago at the invitation of a friend who had moved there. I was stunned by it's unspoilt beauty and way of life but I was not to return until 2001 when I took another trip to see my friend and ended up staying two months!

During that time I discovered a large alternative community that was far more 'mainstream' than over here and made more friends than I have done in my entire lifetime. It was hard to leave but I knew I'd be back and I felt a strong urge to share this Island with my family and friends.

Members of my family asked me if I had got bored lying on the beach all day every day, which they presumed I was doing. But I wasn't. I was discovering ancient Hawaiian sacred sites, learning to speak Hawaiian (and the ukelele!), joining workshops and classes in everything from Sufi Dancing and Hula to Tantra and Meditation which is especially beautiful when experienced on a platform overlooking the turquoise sea. And of course my encounters with the Dolphins swimming in the bays was, and continues to be, ever magical.

Two months later, after renting out part of my house, I returned with a quest to seek out suitable venues to bring a group over the following winter. The Island is overflowing with gorgeous accommodation and when I 'accidentally' bumped into Diana Cooper at a Retreat in January 2002, she asked if she may help me facilitate a group as she was keen to go there herself. This took place over the following Christmas and New Year - a wonderful combination of dolphin swimming and meditation!



Now this winter I am bringing two smaller groups of 8 over. During the first week we will be staying at the beautiful Balinese House in Kona beside a white sandy beach where the dolphins come and play whenever they feel like it, usually three or four times a week. The second week we stay in a small hotel in the pretty oceanside town of Kailua.

We will swim in the warm sea, snorkel with the abundant tropical fish and turtles, dip into the lava tide pools and sit on the sand watching the beautiful sunsets each evening. We also visit the sacred site. We will also visit some of the stunning beaches along the west coast, view the Petroglyphs and explore the ancient sites of the Hawaiian people.

A trip to Volcano will be arranged where you can view the ever flowing lava flow into the sea, walk on the newest land on the planet and explore the miles of rainforest and creators. The views are stunning.

We can swim in the natural hot pools beside the ocean, visit the Waipio Valley and gaze at the incredible waterfalls. We can kayak across Kealakekua Bay to Captain Cook's Monument where we can snorkel and sit in the "Queen's Bath" and play with the dolphins who invariably visit this bay.

The sacred mountains are topped with snow in the winter months so it is possible go swimming with the Dolphins in the morning and then drive up the mountain to ski in the afternoon! Hawaii has eleven climate zones, all within easy driving distance.

Life in Hawaii has it's challenges, just like here, but somehow it seems easier to get through them when the sun is always shining and one is supported by such good friends.

If I had to describe the difference between living here and in Hawaii on an energetic level, I would say that in England I feel more 'grounded' in the lower three chakras, in Hawaii I am more in touch with the top three. They say Hawaii is the gateway to the spiritual world. I can fully support that.

The Universe has undoubtedly supported me one hundred percent in my journeys to Hawaii by always providing me with suitable accommodation and friends and, most of all, inspiration.

*If you are interested in receiving details of the next trip in November please contact me as early as possible.*

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