



SUN TRIBE  
Awakening  
THE JOURNEY DRUM

# JOURNEY TO ATLANTIS

TRANSCRIPTS: Real student journeys with  
interpretations by Lesley Bergstrom



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## JOURNEY TO ATLANTIS

These transcripts are a number of  
journey to Atlantis journeys that  
some of Lesley's students have taken  
and the interpretation of these  
journeys by Lesley

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# Journey to Atlantis: Erica

My garden was a large lords garden manicured and orderly. I felt as if I was in Ireland. The creature I saw was a seal he had long whiskers and a cheeky mischievous smile and the beach felt as if it was in a secret location. The seal was almost as big as a walrus. When I arrived at the temple it was Egyptian yet felt like the 1800s. The message the seal gave me was to remember to have fun and don't take myself too seriously.

My angel had a gold dress on with a gold waistband and plaited Holden sparkly hair. She was very tall and her wings were translucent. When I entered the temple I was attracted immediately to the healers section on the left-hand side at the front of the temple, it was hustle and bustle in there and my clothing was made of hemp linen and my hair was bright red and tied back into a braided plait. The angel told me the message was to learn the "Art" of healing and the power of connection. The priestess looked similar to me but wore a red dress with a gold circle above the heart. The ocean was translucent green. As a dolphin, I felt free unrestricted, and flowing in harmony with its surroundings.

# Interpretation from Lesley

Hey gorgeous well done on doing your journey, past life journey shows us some of the gifts and talents we bring through to this life.

Seal comes to remind you to play and..Seal is about our inner voice and the calling to know ourselves. For what is within us is what we will attract in the outside world. Seal asks us to become aware of our rhythms, and how our energy likes to move and flow, do we work in short bursts before we need a break or are we good at long-distance runs? Know when you feel anxious or when you are excited. There are many people who think their chest is sore when they actually are heartbroken.

What does your intuition tell you, it is that still small voice that talks to you when you are making decisions, the more you listen the louder it comes.

What does your gut tell you about your decisions, do you listen or do you deny it? Seal asks that you listen with your heart for that is how you will find your

soul's voice. It's about finding a balance between sensuality and sensitivity, knowing the body and mind as well as the soul song. What is an attraction on all levels, it is a connection of the body mind and the soul.

Our body-mind carries all our life experience as well as all that of our ancestors. Our knowledge is actually thousands of years of evolution as well as our soul purpose.

Seal reminds you that what you feel inside is what you attract. The more conscious you become of who you are the more honest open and loving your relationship will be. The more you love and accept yourself for who you truly are the more you will be loved for who you truly are.

So know yourself, on all levels, body, mind, and soul, and listen to your heart when it comes to love, you are the only one who truly knows what you being years for.

The 1800s and Egyptian landscape show a connection to these times as a healer. The angel with gold on her and the healer with gold on them shows the wisdom you carry with you from many life times.

# Interpretation from Lesley

Your message to learn the art of healing is about learning to trust your intuition and what comes to you as you work with clients, it's about accessing your guidance and inspiration to gain a greater understanding on all levels of the person who stands before you, its about trusting your guidance and inspiration. The priestess shows she is of special status and learning, her red shows she grounds energy and heals family belief, and her gold circle shows the wisdom of the cycles of life in all ways, the connection to beginnings and endings through to infinity. Your shapeshifting into dolphins shows that you can shift consciousness easily and it is freeing and unrestricting and by using the breadth you can do this more.

Awesome well done xx



# Journey to Atlantis for Harry

The garden had flower beds with colourful flowers, roses and sunflowers, and tall jacaranda trees. The beach had coconut palm trees hanging over the white sand. His creature was a dolphin already who took him through the water to an Indian temple with a gold dome with 2 towers and large sandstone steps. The dolphin's message is that it lives in the ocean, is highly intelligent, very playful, powerful with grace, and very fast.

He went to the healers section in the temple which was on the right at the front. He was almost bald (number 1) early forties with a red robe with a gold cord around the waist. He was grinding plants in a pestle and mortar learning the power of herbs and how to serve.

The priestess wore a white sleeveless gown with a gold sash, a gold staff with a snake at the top, and a pink crystal in the shape of a pyramid. She had black hair like Cleopatra with heavy black eyeliner.

His angel wore a white robe and was male with long shoulder-length hair barefoot wrapped his wing around him as he walked and bathed him in white light.

As a dolphin, he felt powerful graceful and very playful, childlike happiness without any worries or responsibilities.

Thank you for deciphering this for us Lesley



# Interpretation from Lesley

Well done Veronica's hubby for connecting with herself! His garden shows he has great energy, he is loving, and is a source of power for others he knows how to give energy and uplift. His beach shows the connection to his past lives as an islander. Dolphin is coming as his messenger... Dolphin...Play

The spirit of the Dolphin wants to play with you. Are you going to honor this invitation? If the Dolphin comes, you may have been much too serious recently. Do you take life as an endless list of things – or even chores – to do? Do you consider yourself on a mission where pleasure and

play have little to no place? Or did you just get lost in everyday life issues, forgetting to relax? It may be time to understand that play is not a luxury. It is essential to a balanced life.

When you breathe, you inhale and exhale. Not playing is just like forgetting to exhale, holding your breath indefinitely, and keeping all tensions and stress within yourself. Children know the creative and relaxing power of play, so use this wisdom to reconnect with your inner child, and take time to have fun.

# Interpretation from Lesley

You will see that, instead of postponing your important tasks, it will actually allow you to create a new momentum, and be much more efficient once you get back to work. And don't forget: your work can be fun too! Message from the Dolphin: "Play is an essential part of your life. Have fun!" The Indian temple with the gold dome shows a past life connection to India where wisdom was gained. His age shows life experience gained, his haircut shows releasing attachment to ego and the gold belt shows his status as a healer, with great wisdom and experience. His grinding herbs show he has learned the power and how to use them in this past life and he may want to do this again in this life. The priestess shows ancient knowledge gained from Egypt, snake medicine is about transmutation, shedding old skin "beliefs" to grow, it is also a symbol of the snake that resides in the energy body the kandalini energy that can uncoil and enliven the chakra system and bring more energy into the body. The pink pyramid is about bringing light into the body and focusing it on love. Dolphin shows what energies you bring the the world at this time, and that you can be powerful, graceful, and playful, and it's ok to release responsibilities for a time, play is important to bring joy to the body. Great journey well done xxx



# Journey to Atlantis for Catherine

I felt this was a very calm journey in comparison to my previous journeys. I felt very grounded, calm & and protected when I reached the garden (interestingly enough I wore the crystals I've been wearing the past week & hadn't had them on before)

My garden was beautiful like I'd stepped into a storybook - pebbles cobblestones with grass growing between them, lots of coloured flowers, a wishing well covered in vines, and lots of green and little blue birds.

A dolphin came to get me, I could feel us bobbing in and out of the water - bright daylight.

The temple was made of Sandstone and I walked to an outside area of an old city. I was a young (early 20s) blacksmith with a long beard and hat and was sitting amongst the tools making horseshoes. My message from the angel was "the blacksmith is hardworking & determined, yet gentle & and caring" "you also need to connect more with the horses & learn from them & and their quiet achievements as therapy animals"

Whilst watching I got a cold shiver. As soon as I saw the pond I ran to it and was in it and could feel the water making me sway and really felt the rhythm of the water - I was handed a massive purple amethyst and when I morphed into the dolphin I was swimming over a beautiful underwater city - nemo style - lots of colour and activity (def saw a big red crab as well).

Back in the pond I morphed into a mermaid and had to sit on the edge of the pond till my tail dried and my legs returned.

When I returned with the dolphin the sea had become stormy & dark but the garden was the same.

When I came back into the room I felt nauseas!

# Interpretation from Lesley

Hey gorgeous well done on doing your journey, it was great you felt, calm and protected. Yes, the crystals can do this for you, amethyst carries great wisdom. Dolphin took you on your journey to yay, dolphins message. The spirit of the Dolphin wants to play with you. Are you going to honor this invitation? If the Dolphin comes, you may have been much too serious recently. Do you take life as an endless list of things – or even chores – to do? Do you consider yourself on a mission where pleasure and play have little to no place? Or did you just get lost in everyday life issues, forgetting to relax? It may be time to understand that play is not a luxury. It is essential to a balanced life.

When you breathe, you inhale and exhale. Not playing is just like forgetting to exhale, holding your breath indefinitely, and keeping all tensions and stress within yourself. Children know the creative and relaxing power of play, so use this wisdom to reconnect with your own inner child, and take time to have fun. You will see that, instead of postponing your important tasks, it will actually allow you to create a new momentum, and be much more efficient once you get back to work. And don't forget: your work can be fun too!

Message from the Dolphin: "Play is an essential part of your life. Have fun!" Love blacksmith's message, he combines the elements beautifully and he is creative too.

# Interpretation from Lesley

Looking at the horse's energy.

Horse dreaming manifests the true understanding of personal power and what it means to the individual. It promotes passion from within, the power to bring about movement, and the avoidance of stagnation in all aspects of life. Horses gave man the power to journey into places not yet explored and to move over great distances at greater speed. Horse promotes greater movement in your life, its time to get moving, you probably have a good idea in what direction, it's time to stop thinking and procrastinating and start moving one step at a time. It can also suggest it is time to travel, emotionally, physically, or spiritually. They are beautiful as therapy animals, they are very psychic and I found when I used to have a horse when I gave them a mental picture of where I wanted to go, my horse would turn, they are very calm and can have great positive effects on special needs kids.

Amethyst has healing powers to help with physical ailments and emotional issues, and in Energy Healing and Chakra balancing.

Amethyst crystal therapies are primarily associated with physical ailments of the nervous system, the curing of nightmares and insomnia, and balancing the crown chakra.

# Interpretation from Lesley

As an animal totem, the crab's ambulation is noteworthy. Never taking a direct (forward, or head-on) route, the crab makes its way on land with a sideways tap-dance.

This is a reminder that not all paths are direct and not all ways will be forthcoming in their meaning. When you are moving in a certain direction, and you feel a bit misguided, call upon the travel-savvy crab. She will guide you in an unorthodox way – taking lesser-known paths of least resistance and bringing you to clarity. The crab reminds us that we may live within the diversity of this world with the preparedness of a warrior (wearing armor), but we are born with this preparedness – we do not have to guard or defend ourselves on purpose. In other words, when we relax and move in the waves of well-being – moving in the natural flow of things, we have no need for defense. All of our needs are met, and we are divinely cared for.

Mermaids are half human half fish, and they show how you love to swim in your emotion. And how gaining legs takes a while, so take time to ground your emotions and don't get carried away with it. Love mermaids they are passionate beings. Naturally, mermaid meaning and symbolism also deal with love as they are frequently associated with love goddesses like Aphrodite/Venus. They are also affiliated with sea goddesses like Amphitrite, Tethys, Calypso, and the Norse sea goddess, Rán.

Mermaids are also aligned with Undines, those pervasive spirits of all waters in the world.

Sexually tantalizing and devastatingly lovely, mermaids are perfect pinups for feminine (yin) power. This is quite nice, as mermaids also represent wild freedom, rebellious spirits, and ferocious independence (they can never be contained and frequently avoid settling). Mermaids are often depicted holding combs (made of fish bones) – this is an ancient nautical symbol of power over nature as sailors believed fish bones could divine or control storms at sea.

# Interpretation from Lesley

They are also shown holding mirrors in art – a symbol of the moon which speaks of a reflection. Mermaids are elusive and rarely seen – this could be taken for modesty – but I like to think their scarcity is due to shrewd discernment. They know the hearts of man and are legendary for only appearing to the true of heart.

When they are seen, it is in the light of the moon (which they hold sacred) or between the hours of dawn and dusk. These are magical times – when sight and perception become fuzzed in mellow whirlpools dawn/dusk glows. This is symbolic of perfect timing to create magic in our lives – by relaxing our vision and letting go of our grip a bit – we come up to show ourselves drenched in the glow of truly magical color. Glad the journey was fun and insightful, you probably felt seasick on the way back as you really were in the sea.

Well done big hugs xxx





# Journey to Atlantis for Debra

The angel who appeared this time was different from my usual. This one kind of reminded me of the old-fashioned biblical times. Any hoo, she was lovely :)

The animal that came with me was a female white tiger. She swam seamlessly straight across the top of the water. I felt safe and protected.

When we arrived at the temple, it looked like a Mayan building. Yellowish sandstone & brick with water features, crystals, and chimes. I was attracted to the healers, yet when I saw myself, I was teaching children. There was a sense of being alone. Then jumped to a scene of being on the edge of a cliff and jumping into the water. I wondered if she was trying to escape.

Next scene she was walking back to the top of the hill with many guards. Like she was captured.

Next scene - at the pool with the priestess. She had a huge emerald on her staff. I turned myself into a dolphin without her having to do anything lol

I had so much fun as a dolphin. I felt freedom and excitement. There were lots of crystals on the pool floor. They looked like rubies and rose quartz.

I look forward to doing this journey again to find more out about the lady who jumped! I felt rushed and I was curious.

When I arrived back with the tiger, a flash of a male lion came into my mind. All these big protective cats are around me :)

# Interpretation from Lesley

Hey gorgeous well done on doing your journey to Atlantis, do you know which angel it was ? Love white tiger, they walk with you and help you bring healing from that past life, it would be good to journey again to retrieve or heal the energy.

White tiger: Submissiveness.

The sacred White Tiger aligns us with our unique inner power. Due to its lack of pigment or rare genetic makeup, the white tiger is a great example of how often we must choose a path in life that is not safe or 'normal'. It is in this birthright that we must honour what we are gifted with and continue to carry on sharing our message and living our lives how we dream it.

Each tiger has stripes that are as unique as fingerprints, which are more like pigments in the skin, not just a characteristic of fur. This shows us that our own unique blueprint is ours only to share, and to not feel threatened

by those who roar in your pride. Instead, it's a matter of acceptance, banding together, and working for the greater good, all the while enlisting our own tribe through our own set of individual skills, offerings, and strengths and bringing them forward into the light, together.

With their charismatic and playful nature, the tiger can teach us about inner and outer strength, whilst still being a well-rounded and relatable individual. Their powerful roar can be heard from up to 4km away, which shows us that sometimes, we really must be visible, loud, and proud and share our individual voices in order to establish our place in the pack, as well as help us to step into our power and become what it is we seek to be.

# Interpretation from Lesley

The energy and power of the white tiger – taps into our inner spark, our drive and guides us in leaps and bounds towards our wildest dreams. The white tiger opens the higher chakras to receive all forms of healing, clairvoyance and clairsaudience from the spirit world. Working with the white tiger we can learn to quickly download and clearly understand our psychic visions and messages. When we own our white lightworker abilities, we can do much more potent and transcendent work in this world.

This life shows the connection between children and healing. What you viewed would be good to go look at again, take your guide and ask how do I bring this lifetime back to balance.

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This life shows the connection to children and healing. What you viewed would be good to go look at again, take your guide and ask how do i bring this life time back to balance.

# Interpretation from Lesley

The crystals show you like to work with their energies, Unlike the red ruby, which is a blatant statement of passionate love, the emerald conveys a more complex set of symbolism and emotions. Green, by nature, is the most calming of all the colors on the color wheel. It encourages growth, reflection, peace and balance. It also represents healing and fertility. Rose quartz is a softer love energy.

You are a good shape shifter ! Yes dolphin is free !

Message from lion.. People who carry lion dreaming are usually powerfully confident, hardworking, inspirational and creative. If they have a cause that inspires them or offers them purpose, they hold within themselves the inherent fertile ability to manifest whatever they put their mind too. They can turn what ever they touch to gold. Lion promises warmth, protection and potent possibility. Lions shadow self is that he can procrastinate and prefers others to do the hard work for him, the female hunts after all and he just arrives for the meal, he prefers to focus on what is important to him and put all his time into it, the mundane is boring.

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He may need constant encouragement to achieve domination over his kingdom and needs a team to help him achieve his goals and help him be king.

Lion symbolizes the new dawn of a day, the rising sun after a dormant dark night. If lion walks with you, there is great power within you to achieve great things, but you have fear too and tend to procrastinate. So stop procrastinating and step through the fear into what you need to do next. Believe in yourself who you are is perfect and you do not need anyone else to tell you that.

Awesome journey i look forward to hearing about the next one xx

