

# 7 Secrets of the Sea to Illuminate Your Brilliance

The ocean holds every secret to a life lived fully, passionately, and in true abundance. It is a direct connection to your innermost being and powerful source. If you embody the lessons it has to teach you, you will know a life of more ease, less struggle, more abundance, less lack, more joy, less worry.

*You will know the life of your greatest imagination.*



DANA & MERMAID

# *Dive In!*

## THE STRENGTH OF SURRENDER

*Learn the strength of surrender and art of allowing  
the currents of life to carry you.*

Not a single creature of the sea battles the great currents that wrap the world. Instead they surrender to them and allow themselves to be carried by the flow of the ocean. They live their lives riding the currents, not resisting them.

Your life is no different. When we allow ourselves to be who we are meant to be and flow with life instead of struggle against it, the path unfolds to a life lived on purpose. Opportunity, experience, and love abounds.

# *The Power of Intuition and Awakened Senses*

## TRUST YOUR INNER GUIDANCE AND INTUITION

Have you ever seen a group of fish scatter, but weren't able to discover the source of their disbandment? Creatures of the sea as well as the land rely on their intuition for survival. Somewhere along the way humans separated themselves from their intuitive senses, making decisions based on every other thing except their internal guidance.

Many of the decisions I've made in my business and life don't make logical sense. But trusting this deep inner knowing no matter what others think has steered me to success every time. When I'm feeling foggy, I've found there is no faster path to awaken my senses and bring them back to focus than a swim in the ocean.

# *Open Your Heart to an Ocean of Abundance*

YOU ARE THE ONLY THING THAT LIMITS YOU

The ocean is a landscape of vast abundance – it stretches beyond our limited view and contains millions of species known and unknown. It constantly balances and provides for all that is contained within it. The ocean is truly plentiful, as are we.

When we open our minds and hearts we discover the amazing possibilities in life and within ourselves. We are as abundant as we choose to be. Like the whales that each have a unique fluke print, we all have our own imprint that is uniquely ours and the world is not only able to provide for every one of us, it needs the expression of our singular gifts.

# *The Positive Force of Fun and Its Impact on Success*

FUN IS ALWAYS THE ANSWER.

Carpe Diem! The dolphins are our best teachers in the art of fun and play. They are masters in the art of enjoyment and amusement.

When we make fun a priority and live out our passions by doing what makes our heart's sing, we inspire others to enjoy life as well. Fun raises our energetic vibration and allows deeper abundance to cascade into our lives. Life is meant to be enjoyed to the fullest. How have you played today?

# *Limit and Lack Exist*

ONLY BECAUSE OF YOUR BELIEF IN THEM

*Whether you believe you can, or you believe you cannot, you're right.*

Humpback whales migrate thousands of miles (each way) every year to mate and give birth. The whales don't eat for the duration of their warm water stay and the mothers can lose up to 50% of their body weight while nursing a calf that's the size of a school bus when it's born.

The 'impossible' is done daily with more impossibilities becoming probabilities every time someone breaks beyond their own limiting beliefs.

As a free-diver, I achieve the impossible by pushing my body past the limits that are known to man, my mind and body tells me I need to breathe, but I focus on where I'm going. Through training, desire,

and focus, my body reaches new levels and breaks through boundaries set before.

The same is true in surfing as there are waves that roll in that appear there is no way to safely ride them, and yet by believing I can, focusing and holding the intention, the result is a beautifully ridden wave.

By expanding beyond limiting thought patterns and belief systems, you open yourself to a world of abundance. Dream big!

As Les Brown says, "Shoot for the moon, even if you miss you'll land among the stars."

*"Nothing is impossible. The word itself spells 'I'm possible'."*

- AUDREY HEPBURN

# *Dive Beyond Your Current*

REALITY AND FULFILL YOUR HIGHEST VISION

*Faith and action are a powerful tonic.*

The oceans are only beginning to be understood. They plummet to depths unfathomed by humans. In the same way, the reality you are able to create is as vast and unknown as the ocean.

Begin with a dream, believe it can happen, take action steps and then surrender to the flow. By following that simple formula, manifestations are limitless.

# *Make Decisions Based in Love*

TAP THE ALOHA THAT LIVES IN YOU

Service, quality, care, kindness and deep love for our creator and every being on the planet are all part of Aloha. Love is the world's most powerful language, and whales and dolphins are our best teachers in that universal exchange.

Mahalo for being part of the Dana Mermaid community; where we value freedom, love, abundance, and connection to the sea above all things.

[Visit us](#) any time to learn more about how together we can leap beyond your current reality and connect you to the most expressive, playful, and expansive version of you.

*Aloha!*  
*ʻE Malama O Ke Kai*

# About Dana

Having overcome dark times and exalted in brilliant moments, I know what it is to ride the ebb and flow of existence. On my journey through life's undulations one thing has remained constant – the calling of the ocean.

Since I was a child I dreamt of the ocean and a life lived within it. I spent countless hours playing mermaids, hosting underwater tea parties, and ignoring the calls of my mother to Get out and dry off!

I've always felt a connection to the sea, dolphins and whales in particular, and spent my life dreaming of living in Hawaii and being amongst them.

My life has been a dream beyond my own design. I have swum with over 21 species of wild dolphins and whales and am on 1 of 11 research permits in the State of Hawaii for humpback whales. I've rescued both humpback whales and spinner dolphins from net and line entanglements. And having spent hundreds of days in the water with the Hawaiian dolphins, I can truly say we know each other and are friends.

After 12 years of working on boats as a safety swimmer, crew, and captain, and launching a successful underwater photography and videography business, I felt it was time to

deepen my impact by working one on one with women.

I began by crafting mermaid tails as an expression from my heart and a love for the sea. But what started as a message of ocean conservation and inspiring education in children has since evolved into a channel for healing, reconnecting to the source within, and dissolving limiting beliefs that hold you back from floating free in the life of your choosing.

Having already gone through transformations, with several thousands of hours in the water and an innate ability to make people feel safe and calm in the ocean, I knew I could create space for women to reconvene with their inspiration that is often blocked as a result of 'always-on' living.

A Mermaid is my creature of choice because she is more than a pretty girl who plays in the water. She lives and breathes the interconnectedness of every being on the planet, and it is my greatest love to see a woman awaken her genius through the doorway of the sea.

There is power in the land, but magic in the ocean.

Aloha,

*Dana Mermaid*

  
DANA MERMAID