



## INDEPENDENT STUDY: Module 3, Class 36

Please note: The pictures and comments in the transcript and recording below have been gathered over many years and where possible, I attribute them to their original source. If anyone connected with these photographs or comments would like them removed, please notify me and I will be happy to comply.

Hi everyone,

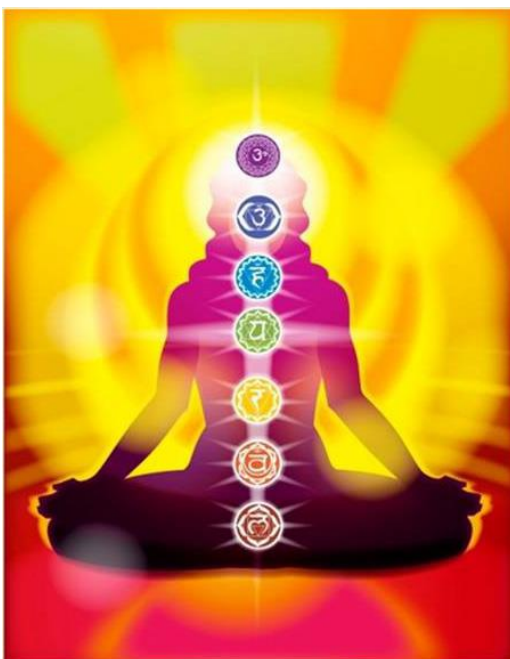
It gives me such joy to continue to share this wisdom from the seashell kingdom! I know many of you expressed an interest in using the shells for energy work, and we will now cover that in great detail. If you have any Abalone shells, you might enjoy their company during the next few lessons. More magic awaits!

Love,  
Shell

The recording for Class 36 is a little over 29 minutes long.

### Class 36: How Seashells Serve as Energy Tools

Welcome to Class 36. On our way through this course, you have met the Tiger Cowrie, the Isabella Cowrie, and other shells that have contributed to energy work. That is the tip of the iceberg...mere hints of what is in store. We are about to enter an in-depth discussion of shells as energy tools, and I want to establish a foundation.



Let's start with basics: I am assuming everyone is familiar with the term "chakra" as seen in the picture to the left. (Note: If this is not a familiar term, please google "chakra" and you will find many excellent sites to provide the fundamental principle behind these energy centers.)

Many of you are energy workers, and aware that crystals offer wonderful benefits for your mind, body, and spirit. You may have discovered that there are specific crystals that work at the level of each chakra. These crystals are from the mineral kingdom and are connected to the earth element.

Seashells are crystals too. They are from the animal kingdom and are connected to the water element. They hold many benefits within their matrix.

I was not aware of this until I received a telephone call in 2002. At the time, I had been working with seashell partners as divination tools for almost 20 years. In 2002, I received a phone call from a crystal worker asking how to add shells to her energy work. My response was to inform her that I had no idea because I worked with shells as divination tools. Instead of accepting my assurance that I could not help her, she said to me “You may not know now, but you will learn and then you can teach me.” I remember taking the phone from my ear and looking at it as if to say “Who are you? What do you mean I can learn and then teach you? I don’t see how that is possible because I don’t work with energy.” While I had those silent thoughts, she said “And you will be teaching teachers.” All I could do was politely thank her for the call, and hang up the phone thinking she had dialed a wrong number. I planned to forget that call, however over the next two weeks, two other crystal workers called with the same epiphanies. They wanted to add shells to their energy work. I thought they knew each other, but they were from different areas of the country, and each called independently with no knowledge of the others. By the third call, my curiosity got the better of me, and I wondered how the shells could assist these crystal workers. Setting out to obtain an answer, I never realized I would find myself on a 4-year journey. Let me share some of the highlights. By the way, some of this information is in *Ocean Wisdom*, but for editorial purposes, it is not presented in the true steps of this journey. I want to take this opportunity to share this story in the correct sequence with you.

During that first request for information on using shells as energy tools, I did not know where to begin. I tried meditating, and saw an Abalone. That is where I would like to begin with you.... the Abalone shell.

In this course, back in class 19, we learned about the Abalone and the strong contribution it makes to medicine.

### Abalones



To refresh your memory, this picture shows you the inside of a few Abalone shells. The play of light upon the crystalline structure creates an iridescent rainbow of hues. This panoramic display of colors attracts many admirers, and the natural concave structure allows it to serve many purposes.

The Abalone shell has become a favorite vessel for smudging ceremonies in which sage is placed in the center of the Abalone shell and set on fire. The smoke fumes produced cleanse the area of negativity. This is working on an energetic, emotional level. You may encounter smudging taking place at psychic fairs for the purpose of cleansing the energy.

Smudging is confined to the shell portion of the Abalone. The abalone mollusk also has a contribution to make.

<http://www.marinebio.net/marinescience/06future/abintro.htm> Unfortunately, it concludes with a cooking lesson.

Excellent site for abalone anatomy,

The abalone mollusk has an extract called paolin, which fights penicillin resistant forms of strep, staph and typhus. It is a natural antibiotic, connecting the abalone mollusk to our physical body.

[http://www.manandmollusc.net/advanced\\_uses/medicinal\\_uses.html](http://www.manandmollusc.net/advanced_uses/medicinal_uses.html)

*Paolin, a drug made from abalone juice, is an effective inhibitor of penicillin- resistant strains of bacteria, such as **Staphylococcus aureus**, **Streptococcus pyogenes**, **Salmonella typhus** and parathyphoid A & B bacteria.*

In seashell divination, the Abalone means *the need to heal emotionally*. If we deny those emotions, and repress them, they don't disappear. Instead, they resort to gaining our attention through other means. This can manifest in the form of physical ailments. Therefore, *the first lesson from Abalone is to acknowledge emotions so they don't become physical problems.*

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Metaphysics teaches that our essence extends beyond the physical body in several energetic layers comprising our aura. Abalone instructs us that healing may be accomplished working from the outside emotional, energetic fields inward toward the physical body. If healing occurs at this level, we may circumvent physical illness. If healing is not accomplished at the outer level, the issue may manifest as a physical ailment. As much as people might wish it were otherwise, when emotions are repressed or denied, they do not disappear. They desire our attention, and if ignored at the emotional stage, they ask for our notice at the physical level. Working with Abalone is about learning to honor your emotions, not to repress them. They must surface to a level of awareness before they can heal.

The Abalone is a Univalve; there is no second half of the shell as is the case with a Clam or any other Bivalve.



<http://www.youtube.com/watch?v=j84nQN-yfKk> Video of abalone showing anatomy...you can watch the abalone from its underside as it descends to the bottom of the tank.

The mollusk is perched beneath its shell and has to attach itself strongly to the interior of the plate-like covering of its Abalone shell.

The central region of the shell containing the greatest concentration of swirling colors is the muscle scar where the animal was once attached.



How interesting that attachment leaves a scar. The guidance this offers humans is that *once we acknowledge emotions, we must be careful not to attach to them.*

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For example, let's say that you buried feelings, and now allow them to surface. You discover that you are very mad at someone...in fact, it is his/her fault your life is a mess. OK that completes step one, you acknowledged your emotions. However, if you attach to this realization by continuing the cycle of blame, you have just prevented yourself from succeeding in life because you have to show the other person how much he/she ruined your life. If you are successful, he/she is off the hook.

How healthy is that for you? Abalone cautions that this is not healthy at all. Holding on to painful experiences, allowing them to fester, can wreak havoc upon the physical body.

As damaging as repressing emotional pain can be, so too can dwelling upon it. *We need to release by healing through forgiveness.*

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The release point in the Abalone shell is connected to the holes; this is where the animal excretes its waste. The holes serve as a reminder that we too must prepare continual outlets to release these emotionally charged issues. Although we can't heal the unhealthy waste in our lives without acknowledging it, we also do ourselves a disservice by hanging onto and revisiting it. Our friend, the Abalone, is here to work with us on many levels to acknowledge, heal, and release our pain as we grow into our truth.

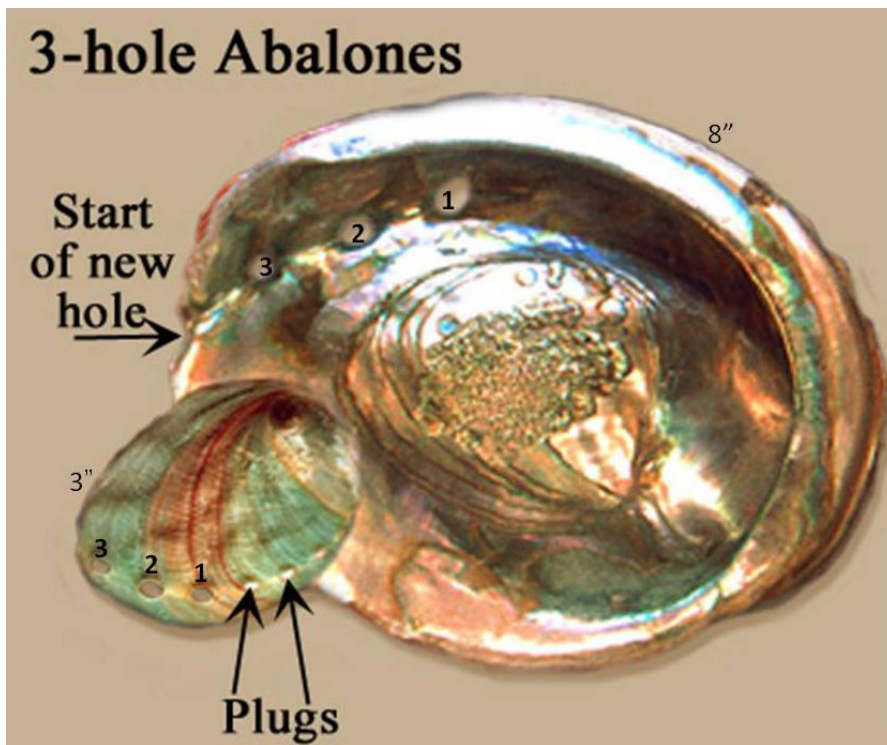
**If any of you have Abalones with you, how many open holes do you see?** Don't count the unfinished hole on the outer edge, just the completely open holes.



You may not realize this, but the number of holes in an Abalone shell remains consistent its entire life.

Let's take a step back for a minute. When mollusks are born, their shell fits their body perfectly. As the animal grows, the shell becomes too confining, and the animal must add new material to accommodate its new dimensions. When an Abalone adds more shell material, it constructs a new hole to release its waste. This would lead us to conclude that the shell will now have one more hole than the number it had prior to this new growth.

However, while the animal is building its new hole, it **simultaneously plugs the oldest opening so that it returns to the original number of holes again**. Put another way, if an Abalone has three holes, it will have three holes its entire life, no matter how large the shell becomes.



If you look at this picture of two 3-hole Abalones, you can see the **size is not the determining factor in the number of holes an Abalone has**. One of the shells is 8 inches, and the other is only 3 inches. If any of you have Abalone shells, turn them over, and you will see the plugs on the back of the shell.

I believe that, just as our DNA codes for hair and eye color, their DNA codes for the number of holes they will have.

This becomes very significant. When you examine a variety of Abalones, you will find some have three holes, some four, and some have five, six, or seven holes. (As seen in the muscle scar picture at the bottom of page 3.) With

this DNA information, we gain insight that a 4-hole Abalone is not a former 3-hole, and will not become a 5-hole, but has been and will be a 4-hole throughout its life. When we couple this insight with considering the chakras, we can enhance our understanding of Abalone's teachings. It is the need to heal emotionally, but at the level of a particular chakra. A 4-hole Abalone connects to the fourth chakra, the heart chakra, a 5-hole Abalone to the fifth/throat chakra, etc.

When Abalones first taught me this theory, I did not think it would stand up to testing. If the holes are where they excrete their waste, what about Abalones for the second or first chakra? How could Abalones have only one or two holes? That would be one constipated Abalone. Well, when the student is ready, the teacher appears. A girlfriend sent me an Abalone she found in a mall in Michigan. It had two holes. Even more telling, many people connect colors to chakras, and the color for the second chakra is orange.



The back of this 2-hole Abalone, which was from Viet Nam, has streaks of orange on it.



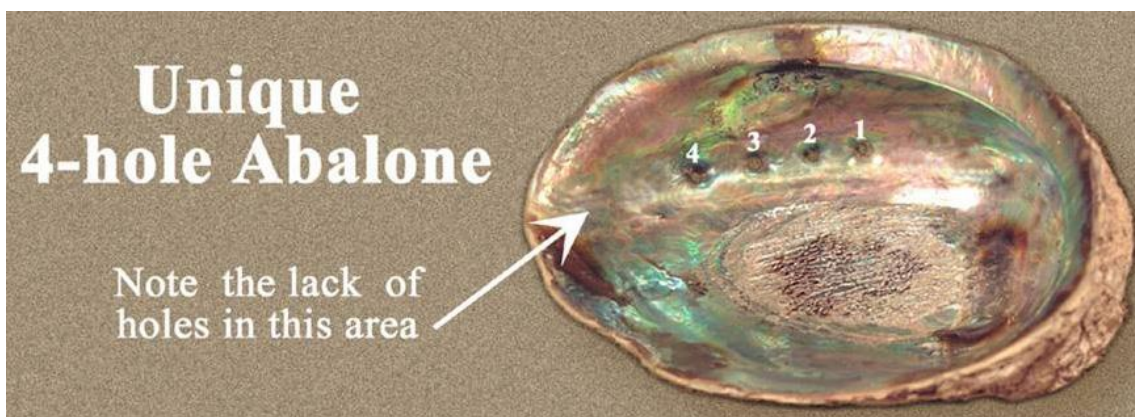
Because I thought there were only seven chakras, I was thrown for a loop when I was gifted with a 9-hole Abalone. As exquisite as this shell was in appearance, I expected it to be the death knell for the chakra theory. Reluctantly, I took it to a shaman friend. If I had to hear the bad news, I wanted it to come from his lips. When he saw my shell, he held it over his head and said it was like a portal into other dimensions. I didn't realize there could be chakras beyond our physical body.



When you examine the 9-hole Abalone, in its muscle scar you can see a portion of a skull with eye sockets, and some white buffaloes in the upper right corner. The image on the right is a close-up of the muscle scar. This Abalone is connected to past lives and other dimensions of self. Can you see the skull?

I also learned a wonderful lesson from a unique 4-hole Abalone that left me speechless. Remember how I said that the abalone adds new holes throughout its life to eliminate waste?

Well, that is how I thought life worked. We heal and release, and there is always something new to take its place. Once we heal everything, that is when we leave the planet.

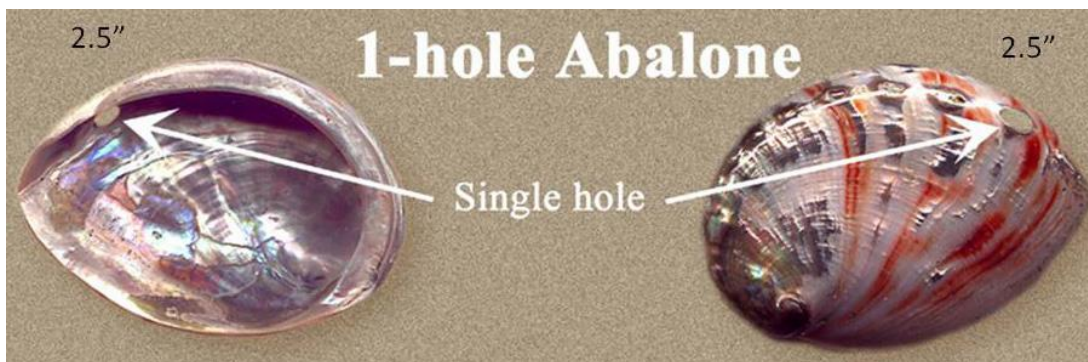


My view on life changed when I met this amazing 4-hole Abalone. Look closely, and you will see it has four holes, but then it stops making holes. Judging by the amount of shell growth without

holes, it continued to live a very long time. My first reaction was to think this was impossible. How can it release its waste if it is not making holes? And then I realized that it finished....it healed at the level of the heart chakra, but it did not leave. How much better could we serve on the planet if we did not have any more of our stuff in the way? I wanted to scream from the rooftop, "You can finish, and live!" This is ascension but remaining in your body.

It was about this time that I had the honor to be a presenter on the Sea Angels cruise. This was a series of metaphysical classes offered on a cruise ship. I was granted the opportunity to teach on the Cayman Islands. I needed to travel light, so I left my shells at home bringing a photo album of hundreds of pictures as substitutes. But, when it came to the Abalones, substitutes would not do. I wanted the students to see the actual Abalones for themselves. I carefully packed them up to carry on the plane, treasures to share at my workshop. I did not realize I was carrying invisible baggage with me too. It came in the form of a nagging doubt about this theory. Because I did not think there could ever be a 1-hole Abalone, I would never have definitive proof this theory could be true.

The day of the workshop I took one of the earliest boats to shore, and discovered that the temperature was already blistering hot. To make matters worse, ship time was one hour later than Island time, so nothing was open yet. As the minutes ticked by, I sought sanctuary in the first store that opened its doors. As I felt the refreshing cool air, I found myself in a jewelry store. While I admired the pretty baubles, my husband noticed some seashells in the corner. He directed my attention there, and I knelt down to take in the display. I could not believe my eyes...there in all its glory was a 1-hole Abalone shell! It only cost \$5.00, but it was worth a fortune to me. Ever so slowly, I turned it over, and yes...it had red streaks on the back! An hour later, I left to teach my workshop with complete confidence in the Abalone/chakra connection. Here are the front and back views of this shell.



Once the theory was established, the Abalones continued to teach. Everything I learned about chakras came directly through them. The Abalones that followed these expanded me more than I ever dreamed.

Do you recall the woman who first called me to ask how to add shells to her crystal work?

Actually, you have met her before in this course. You may recall the woman I called my personal Green Tree Snail. The one who invited me to a gathering of light workers, only to discover my name was on the brochure as the ambassador to the Seashell Kingdom.

Throughout the years, I kept her informed of the journey with the Abalones, and eventually she came to visit me to meet my seashell partners. Shortly after her visit, she invited me to come teach a weekend workshop in the Virgin Islands. Prior to this, I had only taught 4–5-hour workshops. As you might imagine, there was so much information I was not able to cover in that format. You might think I was excited about going to the Virgin Islands, but honestly, I was thrilled at the prospect of teaching for an entire weekend! I wanted to express my gratitude with a gift. During her visit to my home, I noticed how she had been captivated by my 9-hole Abalone. I thought of the perfect gift, and I called a shell store requesting that they send me a 9-hole Abalone. I don't know what I expected, but certainly not what I received.

Here is the shell that arrived. How many holes do you see? And look at the center of this shell...do you notice anything?



**It had ten holes, and even more amazing, it had no muscle scar.** I wondered how an animal could make its shell if it does not attach to the shell to make it. The scientist in me had to take a back seat to allow my intuitive self to understand this message. At the level of ten, you are at the oneness. You can see the big picture, and you come to comprehend that everything happened exactly as it was supposed to. There is no scar on this shell because it incarnated understanding that there is nothing to forgive. As difficult as it is for humans to reach a place of forgiveness, the next level of this lesson is understanding that *there is nothing to forgive*.

If we look at the interaction between Judas and Jesus, many feel that Judas betrayed Jesus. But, with the perspective of history, we can see that Jesus could not have fulfilled his destiny if Judas did not behave exactly as he did. Ultimately, in the big picture, there was no betrayal.

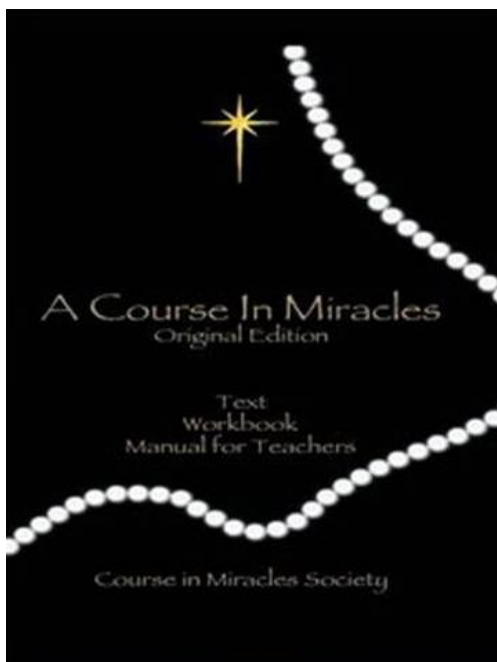


There is a statement in a book called *A Course in Miracles* that says something like, “God does not forgive, because God does not condemn.” During the two weeks I had this shell before I was due to teach in St Croix, people were having amazing epiphanies with it. Once there is nothing to forgive, there is no judgment, anything you feel guilt or shame about loses its power and can be released. The interactions were so profound, that I became reluctant to give it away as a gift. I called the shell store to get another. In fact, I wanted lots of these Abalones for people to experience their energy, but I was startled at what I learned. The storeowner informed me that when I made the first request for the nine-holed Abalone, he did not have any Abalones in the store. He had an unsorted box of shells in storage, and that is where he found the Abalone he sent me. He had no information on what species it was, he never noticed that it lacked a muscle scar, and I was left with no way to obtain more of them. Now I had quite the moral dilemma because this shell was intended as a gift for someone else.

When I arrived in St Croix, I told the crystal worker that I had a gift for her, but I admitted that I was having a hard time parting with it. Her reply revealed so much about the caliber of person she is. She said that she felt she was just supposed to work with it while I was there, and then she would return it to me. Her energy work, by the way, involved trying to heal the heart chakra of the Island by visiting energy vortexes. As promised, the day I was flying home, she returned the shell to me so that others can have the profound experience of working with this Abalone.

I can’t help but marvel at the circumstances that brought this shell into my life. I had been studying Abalones for three years, ordered a 9-hole for a gift, the shell that came had been stored in a box away from public view, and this was its message!

God does not **forgive** because He has never condemned. And there must be condemnation before **forgiveness** is necessary.



This is a lot to absorb so we will end here. In Class 37, we will discuss working with the transpersonal chakras.