












## INDEPENDENT STUDY: LEVEL II TRAINING- Class 7

The recording for Class is in two parts. Part 1 of Class 7 is 48.32 minutes long, and part 2 is about 36 minutes long.

I want to begin this lesson with a review of our final client from class 6. She selected this combination of shells:

 <p>36</p> <p><i>Something from the past returning as part of a pattern</i></p>	 <p>52</p> <p><i>Ideal father or husband</i></p>	 <p>7</p> <p><i>Abuse perpetrated by others</i></p>	 <p>58</p> <p><i>Survival over something that disgusts you</i></p>
 <p>72</p> <p>Heart health, blood pressure, doctors, hospitals</p>	 <p>80</p> <p>Death, transformation</p>	 <p>191</p> <p>Changing roles or jobs, or change within a job</p>	
<p>Being someone's hero; a hero's journey</p>  <p>26</p>	 <p>104</p>	<p>Con man; fraud; deceit</p>	

What got our attention was the placement of these two shells next to each other... “being someone’s hero”, and a “con artist or deception”. We were left with a mystery. Why was the con artist next to the “being someone’s hero” shell? What was the deception about?

Since the earlier part of her reading revealed abuse by her father and ex-husband, I wondered how she would respond to shell #6 “Preferring to be alone”.



She loved it...and that was the key to the mystery of the Wentletrap. Sending her boyfriend away was not out of a noble motive, but fear. She did not send her boyfriend away to save him, she did it to save herself. That was the con! All the men in her life had abused her, she barely survived, and she was trying to make sure that did not happen again. She needed to find a way to protect her heart from the pain she believed was around the corner. This feeling she was better off alone was at a subconscious level, but once she was aware of her true motives, she was empowered with the ability to make different choices. She could look at her boyfriend through new eyes. Once she was no longer on automatic pilot, she was free to choose not to equate him to all the other men in her life.

I should add that after this reading, she informed me that her boyfriend had never hurt her. She was a bit shocked to recognize her actions came from her hidden expectation that he might. Seeing him in his truth, for the person he was, was very liberating.

Let's look at this reading from another direction with the Orange Spider Conch... if we don't think of this as her job, (we learned that her job was making her sick with the mold hidden behind the walls) but instead, focus on the Spider Conch definition as her role.



When we look at the Spider Conch as her role, it could be *the role* she has taken is making her ill and needs to be transformed.

Let's consider the roles in her reading. She began telling us she is a survivor of abusive relationships. She also sees herself as a hero, another role. But she ends the reading telling us about deception, or a con in relation to being the hero. This could be the role she has taken consciously is not all it seems to be...the role of survivor/hero is making her ill and needs to be transformed.

**This deserves some thought. What would it require to see yourself as a survivor?**

You would draw to you dangerous, abusive situations, all on a subconscious level and you emerge the hero of your story. But the con is there. Probing this way leads us to the same conclusion. This may sound like we are saying the same thing multiple times, but if it is truth, there are many roads to get there...all leading us to the revelation ....if she looks at that role in a new way, transforms it, she will see that the need to witness herself as a hero needs transformation. It is out of balance and limiting her in some way.

I wanted you to see that if there are questions as you are doing a reading, you can ask a client to look at a particular shell. The reaction to that shell will help guide you in interpreting the message. That was the reason for your homework in Class 4...you were given a matching test to see what shells you could use to check on your insights without influencing your client.

I do this often with the Venus Comb, the Green Tree Snail, the Tropicophora, the Inner Child Shell, the Nautilus, the Fossil, and as you just saw, the Sunburst Carrier.









This will help determine: Is she on her own list, how does she feel about being selfish? Does the client want to change the situation? Based on her reading, how does she feel about the value of struggle? How is her inner child feeling about the client's choices and behavior? Is this part of a pattern? Does the client need to be right about her belief? Is that out of balance so it better to be right than happy? Does she subconsciously feel she is better off alone, even though she is pursuing a relationship?

If I think any of these shells may provide more insight, this is how I would proceed:

If the client is by my side, I simply point to a shell on the fold-out poster and ask the client if she saw it when she was looking at the display. If the client is not in my presence, I refer to the shell # as they look at the display. If she did see that shell, I ask why she did not mention it in her selection. Often the client will tell you she was going to pick that shell, but she thought she was taking too many. Whatever the reason, I ask her to describe her reaction. If she did not see it, I ask her to look now, and tell me her reaction...do you like it, dislike it, or no reaction at all? Readings are a work in progress, and the client may need to process a certain amount of information before you can proceed to probe a bit deeper.

Some of you have started thinking about shells you would like your client's reactions to. Let's take a stroll down memory lane and take another look at your second homework client, Kathy. Here are her shells:

**Kathy's shells**

Shell #	Image	Theme	Reaction
9		<b>Demanding obedience, jump through hoops</b>	Just jumped out and grabbed me literally. I felt such warmth and glowing when viewing it. Just loved this shell.
38		<b>Pressure, stress</b>	It just reached out and caressed me. It felt like an old friend you want to share time. Another lover here.
90		<b>Unconsciously expecting plans to backfire, sabotaging oneself</b>	Nice like meeting a friend on the street
115		<b>Self abuse, addictions unhealthy behaviors</b>	
150		<b>Healthy self centeredness, focusing on one's needs</b>	I couldn't get away fast enough. I almost felt as if I was threatened
65		<b>Something completely out of one's control</b>	

Now let's look back at some of your cyber classmates' insights for Kathy.

**Cynthia:** I would now ask Kathy to look at the Green Tree Snail to see what her reaction would be to it. That would determine if she is ready for change or if she wants to continue with her comfort zone of the way things are going.... Perhaps, for example, you could also experience love through generosity, romance, physical intimacy, attention, or quality time.

In **Dar's** interpretation for Kathy, she mentioned: I would definitely pull more shells here or ask her how she feels about certain shells such as 7,2, 8, 15,23 and of course 32. I'd even look at the heart cockle and see about her spokes.

So, we know Cynthia and Dar are thinking about Kathy's spokes on the wheel of love and suggesting that all of the spokes have equal value. Let's take a closer look at the other shells they suggested.

I did not go over this before, but this is a good time to discuss this. Whenever you suggest other shells for a client, I would like to know your reasons. For instance, Cynthia says she would ask Kathy's reaction to the Green Tree Snail, in order to determine if she is ready for a change. Dar has several suggestions here, and it is a tribute to her that she is speaking shell so well, it does not occur to her to provide the reasons for her selections. I love the way she says "and of course 32" as if everyone knows that refers to her inner child's beliefs. But without her specifying the reason, we are left wondering why Dar wants Kathy to look at some of these other suggestions, such as why would Dar ask Kathy to look at shell #2 the Angel Wing? What would that reveal?

Let's look back at Kathy's reading on the previous page.....

Kathy's reading was about her desire for control as she took care of everyone else's needs. She had selected the shells for pressure, (which caressed her and felt like an old friend/lover) and self abuse, unhealthy behaviors (another friend.)

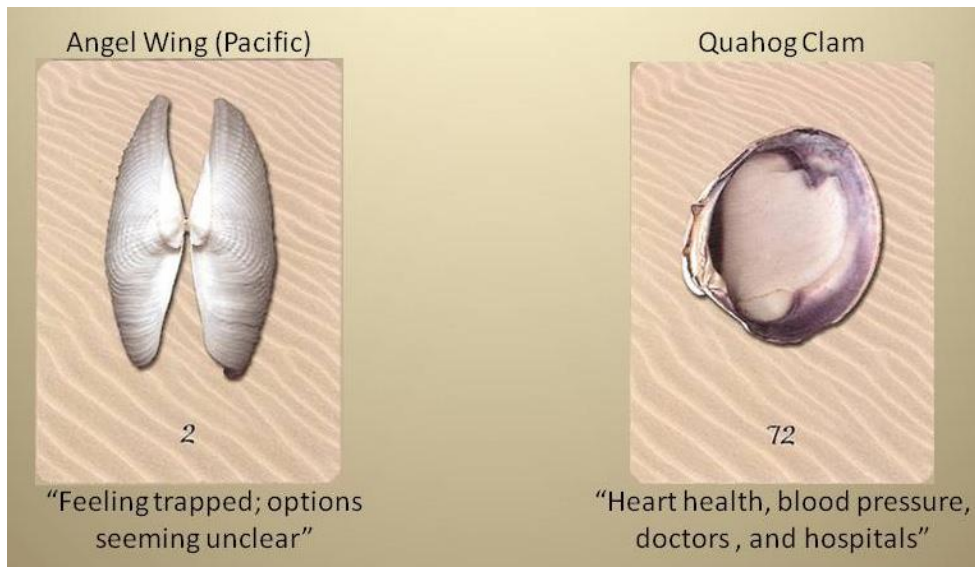
These shells prompted another student to pose a question for Kathy-- as a way to shed more light for her.

**Janine:** I would also ask if she has thought about the possibilities of jeopardizing her health if she continues down the current path she is on.

**Can you think of a way this unhealthy behavior might create physical symptoms from the pressure and stress? Pause here to journal your thoughts.**

**This might indicate breathing problems or anxiety issues, or heart problems.**

We can test these thoughts about anxiety or breathing problems using Kathy's reaction to the Pacific Angel Wing, (as was suggested by Dar) and to serious health and heart problems with the Quahog Clam.



We can see what Kathy would think of these shells, to find out if she was aware of the toll her behavior might have on her ability to breathe, or her blood pressure or heart health. As you now know, when we read Kathy's story, we discovered that she had a heart attack and thought that would be enough motivation to help her decrease the desire for control.

Another possibility for growing Kathy's reading came from Diantha.

Diantha thought of one other question for Kathy and said **"I would suggest that she choose one more shell and ask the question first before choosing: What do I need to do for me that would help improve my situation? What do I need most at this moment in time to help me "right" myself?"**

As you can see, there are several methods for growing a reading. Based on the client's shells, we can ask questions as in the example with Angel Wing... Do you have panic attacks, or breathing problems? Or we can pose a question and have the clients select shells with that in mind, as with Diantha suggesting a question before choosing shells. **What do I need to do for me that would help improve my situation? What do I need most at this moment in time to help me "right" myself?"** or we can select the shells ourselves for clarification as you learned with the matching quiz, and ask for reactions from the client.

As a reminder, here is some of Kathy's feedback:

I am a control freak I admit but I am trying to modify that behavior. **A heart attack** can convince one to release control somewhat and I am taking art classes in watercolor which is the medium that you have 'no' control over.

If I slow down I don't know if I will know what to do with myself. I am not sure exactly who I am or what makes me tick. I thought I was working on the 'letting go' **after the heart attack**

Imagine if you were sitting with Kathy during the reading and had been able to ask about the Green Tree Snail, or the Angel Wing or the Quahog. You could get her reaction to the shells about her comfort zone, and her anxiety or heart health, and then find out she had a heart attack.

That is similar to the situation with the client from Class 6. When I saw all of her shells, I had a mystery as to why she thought being a hero was a con.



When I looked back at her first group of shells, I began to wonder if there was a different reason for sending her boyfriend away....and I was able to ask the client about her reaction to #6, the Sunburst Carrier Shell.

Again, while you are reading for someone, you can point to the shell, or use its number so the client can locate it, and simply ask for their reactions to specific shells to help grow the reading.

Now let's review your homework exercise from your last class, for a client named Alex. She did not give us an arrangement, but she gave detailed reactions to her shell selections. Let's look at her reading:



This time, I gave you her reactions, but not the meanings of the shells. This is to allow me to mimic what you might experience in a reading with Alex.

Once you add the meanings to the shells she selected, we have this new information to work with:

## Alex's shells

 <p>5</p>	 <p>12</p>	 <p>13</p>	 <p>28</p>	 <p>40</p>	 <p>123</p>
<b>Finding that what used to come easily now requires hard work</b>	<b>Going with the flow</b>	<b>Maturity, acting older than one's years, responsibility</b>	<b>Looking for answers outside oneself when they reside within</b>	<b>Living in the now; detachment from negative past experiences and future expectations</b>	<b>Needing to wake up; receiving a wake-up call</b>
I just wanted to look at it more, study it. It felt positive even though it may not have been	felt hopeful	Ick. Negative feeling	Pulled towards and away – conflicting feelings	Interesting and hopeful	positive, energetic

Let's see what your cyber classmates did with this, using color coding to trace the source of their insights.

### FROM MICHELLE:

Alex, you are starting to notice that what use to come easily now requires hard work. You seem to be someone that goes with the flow, and you are tired of being the mature and responsible one all the time, and may be looking for a bit more relaxed life. There is a saying in life that the grass is greener on the other side. People generally say this when they are not happy in a situation and think that running from the issue at hand, everything will be better "on the other side". This is not as shiny happy as it may seem. In order for you to make your current situation better or make good decisions going forward, take a good hard look at your current situation and surroundings. You may find a lot of your answers right in your own back yard. In other words, stop looking for answers outside of yourself or on the other side, because your answers truly reside within you. With all this said, it's time for YOU to wake up and smell the coffee or roses so to speak. This is YOUR wake up call to YOU to look within yourself and soul search to get your life on a more happier and relaxed path.

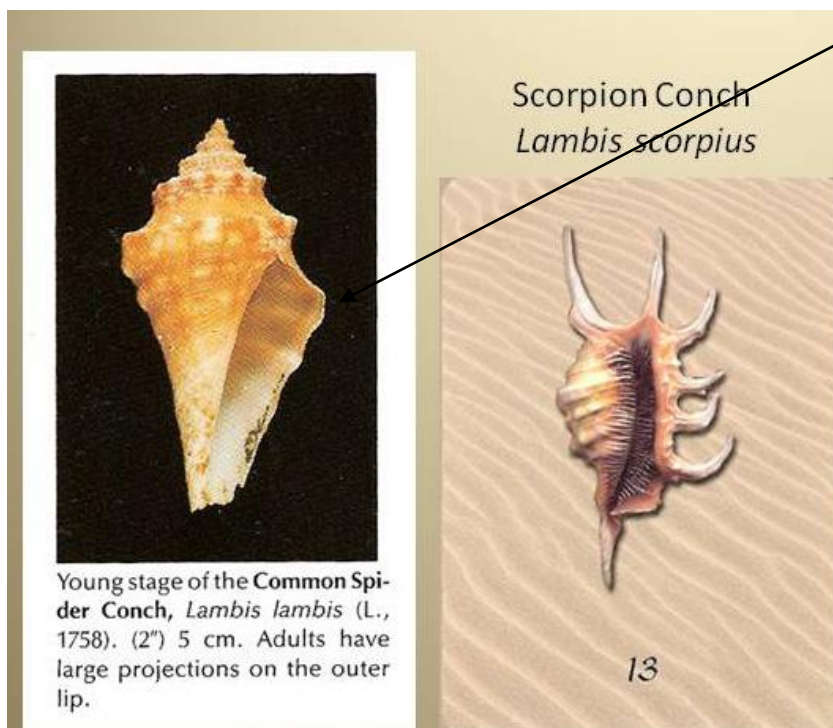
## FROM CYNTHIA:

Alex, your Higher Self wants to bring a few things to your attention. You have some unconscious beliefs that are affecting your life right now. **You feel that what used to come easy now requires hard work. You feel quite positive about this even though you could be wrong. (I would now ask her to look at the Fossil and get her response to see if she is right or wrong)** You feel hopeful about going with the flow and this could mean you don't want to deal with challenges or conflicts or whatever is causing more hard work. If you possibly immerse yourself in a situation by going with the flow you are on autopilot and this could not lead to working out the issue. You are tired of being the responsible one and going with the flow very much appeals to you but it has caused negative feelings. In other words you would like to do, act or carry-on like everyone else and possibly have other interests you'd like to pursue. You have conflicting feelings about looking for answers outside of yourself when your answers reside within. The answers possibly require you to look at how past experiences or future expectations have affected your life.

You find the concept of living in the now and detaching from negative past experiences and future expectations interesting but hopeful. So it seems you are open to a solution. The solution could be to learn to remain in the now so that each moment you create results in a different outcome free from past conflicts of past events and free from future expectations. **You feel positive and energetic about needing a wake up call about what is happening in your life. You have already expressed hope and this could lead to you making changes.** Your Higher Self recognizes this but your subconscious beliefs might not let you move forward. **(I would now ask her to look at the Chambered Nautilus to see how she feels about evolving).**

I want to go over the Scorpion conch to give you deeper insights when working with shell #13. Scorpion Conch derives its meaning from the animal's construction of its shell. The protruding digits don't form until the shell has reached maturity.

Here is a picture of a juvenile Spider Conch and you can barely see the digits.



Because the animal must be mature before the digits form, attraction to this shell indicates a very mature, responsible person. This person may have had responsibility heaped upon him/her at a very young age and may not have even had a childhood. As an adult, this is the designated driver, or the person who cleans up after everyone else.

What does it mean if this shell is disliked?

*Ocean Oracle* says a dislike of this shell can indicate a reluctance to grow up, or some other issue with responsibility.

Actually, I would now say that every client who has selected this shell when it bothered them, was a very responsible person who was tired of being the responsible one.

**Now, when Alex looked at the Scorpion Conch, her reaction was ICK. What does that tell us? Please journal your thoughts and then continue to see what some of your cyber classmates said.**

**Michelle---** and you are tired of being the mature and responsible one all the time...

**Cynthia---** You are tired of being the responsible one and going with the flow very much appeals to you but it has caused negative feelings. In other words you would like to do, act or carry-on like everyone else and possibly have other interests you'd like to pursue.,

Both of these insights have merit. When disliked, this indicates someone who has grown tired of being the responsible one. This person wants to be able to enjoy the party like everyone else, and let someone else take the role of designated driver....or to take a job because it brings joy instead of the needed paycheck. With that in mind.... Let's look at a few more cyber classmates' thoughts on disliking the Scorpion Conch.

**From Gail:**

*Alex has spent many years acting older when it pertains to responsibility of issues within her life but is tired of carrying the weight of this responsibility. Alex is expressing the feeling of Ick which has caused struggles with the realization of not wanting the responsibility of acting as a grownup due to shouldering this responsibility at a young age.*

**From Bri:**

*Having an icky negative feeling towards this shell would indicate that maturity, responsibility, and acting older than her years is the issue that needs to be explored within herself and her life. Her reaction is indicating that she is in a situation where she is acting older than her years and she does not like doing so*

**From Janine:**

*As she is excitedly pushing forward to pursue her dream, she is awakening to the fact that this is a huge responsibility and she doesn't like that. Perhaps because the level of responsibility on her shoulders is already a heavy load.*

**From Tracey:**

*There is a sense of tiredness around Alex with her ongoing responsibilities and life in general.*

**From Fatima:**

*She don't like take responsibility for anything in her life... She had depression sometime when she need take responsibility*

**From Chanchal:**

*You feel over-whelmed by the responsibility for others or their work. Desperate Circumstances may have made you take them under your wings. Now you resent this responsibility. You would like to be your-self and do your own things, your own way for your-self. This is more full-filling for you.*

Here is the feedback from Alex: Her comments are color coded. Please refer back to her reading on page 8.

Hi Shelley,

Wow – the interpretations are right on.

At the time I made my selections, my head was very much still at work – it seems the shells picked up on that. Here's what has been going on.

Since mid-September, the other 8<sup>th</sup> grade science teacher on the hall has been out on medical leave. While there have been the legally required warm body subs and twice we hired a real teacher (neither stayed long) I have been doing all the lesson planning, parent contacting, teaching and grading not just for my 8<sup>th</sup> graders and high school classes, but also hers, 235 kids a day. Class sizes of 60, planning period used teaching, all while still taking care of my department chair duties, graduation committee, the clubs and teams I coach...I am fried.

The job that used to be my joy has become a burden.

Michelle--Alex, you are starting to notice that what used to come easily now requires hard work

Cynthia--You feel that what used to come easy now requires hard work. You feel quite positive about this even though you could be wrong...(I would now ask her to look at the Fossil and get her response to see if she is right or wrong) You feel hopeful about going with the flow and this could mean you don't want to deal with challenges or conflicts or whatever is causing more hard work. ( **Note from me:** *Class, I want to pause here to add this note: Cynthia's suggestion to use Fossil is a great way to gain insight for Alex...but Fossil will not reveal if she is right or wrong, but it will tell us how important it is for her to be right about her belief because that is what she will manifest subconsciously.*)

I have been taking care of every responsibility no one else would take and I haven't been able to do all the fun, goofy things I usually do with my students.

Michelle---you are tired of being the mature and responsible one all the time, and may be looking for a bit more relaxed life.

Cynthia--You are tired of being the responsible one and going with the flow very much appeals to you but it has caused negative feelings. In other words you would like to do, act or carry-on like everyone else and possibly have other interests you'd like to pursue.

**Note from me:** *Alex does like to do fun and goofy things, but is no longer able to do that with all the responsibilities on her plate.*

Alex tells the former students: **You all totally nailed my current feelings about my dislike for the responsibilities I have at the moment.**

I have chosen to go with the flow rather than rock the boat –

Michelle—You seem to be someone that goes with the flow

Cynthia--You feel hopeful about going with the flow and this could mean you don't want to deal with challenges or conflicts or whatever is causing more hard work. If you possibly immerse yourself in a situation by going with the flow you are on autopilot and this could not lead to working out the issue. You are tired of being the responsible one and going with the flow very much appeals to you but it has caused negative feelings.

**I could have refused to take these extra classes, but I got a lot of praise and appreciation from my administrators, peers and the parent community. While I don't like this about myself, I know I have a tendency to feel good about myself if others do, instead of just finding that positive feeling inside.**

**Cynthia--**You have conflicting feelings about looking for answers outside of yourself when your answers reside within.

**Michelle--**There is a saying in life that the grass is greener on the other side. People generally say this when they are not happy in a situation and think that running from the issue at hand, everything will be better “on the other side”. This is not as shiny happy as it may seem. In order for you to make your current situation better or make good decisions going forward, take a good hard look at your current situation and surroundings. You may find a lot of your answers right in your own back yard. In other words, stop looking for answers outside of yourself or on the other side, because your answers truly reside within you.

**The cost of this really hit home this year and has made me re-evaluate the way I do things.**

**Michelle--**With all this said, it's time for YOU to wake up and smell the coffee or roses so to speak.

**Cynthia--**You feel positive and energetic about needing a wake up call about what is happening in your life.

*Note from me: This wake up call can also be this shell reading...gaining awareness of her issue with being overly mature and responsible.*

**Another possible area that might have been involved, I am about 4 years beyond the end of an abusive marriage and just recently have found someone that made me interested in being close to someone again. It has required a good bit of letting go of the past and not worrying about what might happen in the future.**

**Cynthia--** The answers possibly require you to look at how past experiences or future expectations have affected your life. You find the concept of living in the now and detaching from negative past experiences and future expectations interesting but hopeful. So it seems you are open to a solution. The solution could be to learn to remain in the now so that each moment you create results in a different outcome free from past conflicts of past events and free from future expectations.

**Also, I am getting wake up calls to practice and use my developing metaphysical side, but have been hesitant to take on the full responsibilities that lifestyle choice requires.**

**Lots of personal growth and challenges in the last few years!**

**Michelle--** This is YOUR wake up call to YOU to look within yourself and soul search to get your life on a more happier and relaxed path.

**Cynthia--** You have already expressed hope and this could lead to you making changes. Your Higher Self recognizes this but your subconscious beliefs might not let you move forward. (I would now ask her to look at the Chambered Nautilus to see how she feels about evolving). *Note from me: Her reaction to Nautilus would be a great idea to see if she is ready to consider growing spiritually or if her subconscious is blocking her for a reason.*

**While they pointed out some of the less pleasant things in my life and about me, your interpretations were insightful, accurate, and helpful. Thank you for work on this!**

**Alex**

I wanted to give you an opportunity to hear from a few other cyber classmates regarding Alex, so let's see what insights they would have shared with her. I have also highlighted any suggestions for growing her reading in yellow. Notice the variety of styles...but as you will see based on the feedback you have from Alex, all of these have merit.

### **Shakti for Alex**

#5- Pallid Carrier- *this shell being liked shows her that her efforts are no longer easy to accomplish like they once were. They now require much harder work. Alex remains hopeful and positive shown by liking #12 Listers Conch and is willing to go with the flow.* #13 Scorpion Conch gives her negative feelings-not liking this shell shows that she is tired of being in charge as the responsible mature one and is seeing a benefit not to grow up too fast-just going with the flow.

Alex is liking the feeling of becoming more youthful in her new approach to life's issues and tasks..#28- Long Ribbed Limpet- gives her conflicting feelings about looking for answers somewhere else or wanting to look within herself. but, with the Millers nutmeg #40 liked- she finds that living in the now is much more youthful, interesting and hopeful.

#123-Rooster Tail Conch- she needed a wake up call and most likely had one. She needed to take the time to smell the roses while living each day!

### **Diantha for Alex**

Alex is finding that something in her life which used to come easily is now requiring her to work harder and harder. She is trying to just stay in the flow of things so that she can survive the turmoil but she is also refusing to take responsibility here, perhaps because she is just tired of being the responsible one so she just floats around the issue. She is wavering about whether to look within or without for her answers, thinking erroneously that "somewhere over there" is where her answers might lie. She is hopeful that by living in the moment and staying in the flow, it will all just take care of itself without her having to take responsibility but this challenge of having to work harder is a wake up call for her, perhaps helping her to give up being over responsible, or perhaps helping to guide her towards her own inner guidance. It would require some conversation to uncover which the wake up call is for.

## Mel for Alex

Hi Shelly,

I put my numbers in this order

5L    12L                    13D    28  
                 40L    123L

#5 the pallid carrier suggest Alex is finding what use to come easy now requires hard work, She has too much baggage of others attached to her. So instead of dumping some baggage,  
#12 the lister conch suggests she is going with the flow because its easier.  
#13 scorpion conch #28 ribbed limpet which he dislikes, Alex is tired of being responsible for so much and many, and is looking for greener grass, while she is going with the flow,  
#40 millers nutmeg suggests that tired of the responsibility, going with the flow, looking for something but not sure what, is causing her to live in the now, with no direction,  
#123 rooster conch suggest WAKE UP ALEX, dump some baggage, and less responsibility for others, and go back and look in her familiar back yard. Then she will feel direction again and not be blowing in the wind..

## Dar for Alex

Shell the reading at this point could go either way meaning that her wake up call is either about growing up and taking responsibility or she's tired of being the responsible one. However, I feel the key is in shell 5 and your hint. Before I even say more I would ask her how she feels about the green tree snail. I feel as though this women is getting her wake up call right now. I feel as though she is beginning to step into her truth. I feel this because of her reactions to the shells. She was drawn to her patterns no longer coming easy. She felt hopeful about going with the flow, she's tired of responsibility, she's looking for answers albeit perhaps in the wrong place but she also is hopeful about detachment from past negative feelings and felt energetic and positive about receiving a wake up call. I feel this women is very much in transition. In fact, if this were a tarot reading I'd be the tower card would be right smack in the middle of her reading. To me she is ready to break old habits and at this point I would pull more shells for the guidance she needs to help her shift this and become the person she wants to be.

*Note from me:* I highlighted a portion of Dar's remarks in yellow because I want to point out something for you. Do you remember when Dar had a long list of shells she would ask Kathy's reactions to, but she did not give a reason for these suggestions? Now, contrast that to what she says when asking Alex about the Green Tree Snail. She has fully elaborated on her reasons for wondering about her position regarding a change of comfort zone...Dar says (based on Alex's reactions to her shells) she feels Alex is getting her wake-up call right now, and beginning to step into her truth. She feels Alex is very much in transition, and even compares her position to the tower card in a tarot reading. Dar concludes with the feeling that Alex is ready to break old habits all of which can be tested by her reaction to the Green Tree Snail.

## Barbara for Alex

Alex found the Pallid Carrier (5) to be positive and wanted to keep studying it even though in her words it may not be. So, there was some sort of doubt surfacing. I focused on the Carrier, as the main shell for there are many levels of interconnection with the mollusk and human behavior.

Whatever her behavior is, possibly Lister's Conch (12) she sees herself going with the flow (even though they survive monsoons), concerning the issue of maturity Scorpion Conch (13) which she had a very strong negative

reaction, ick. Has she been able to possibly camouflage this (in a two-fold ed way, such as the mollusk which picks up debris, which in society usually is done by inmates, that keeps her in some sort of sub conscious self imprisonment and camouflage by taking on the responsibilities) in order to get what she wanted, and now finds that it requires work to do so. With the Pallid Carrier picking up the debris, they are also expanding their shell surface to prevent sinking. Alex is taking on all of these responsibility issues so she doesn't sink, so she believes. With which also like the Carrier gets hampered in her mobility to move. She is now at conflict, Long-Ribbed Limpet (28) as to where to find answers to assist her with this maturity issue. Does she wish to be somewhere else than where she is in her reality? That it may no longer serve by just going with the flow (survival), which she reacted hopeful towards and when partnered up with the Rooster Tail Conch (123) which she feels positive and Energetic about, as she receives this wake-up call, she may be ready to change. She felt interested and again hopeful with Miller's Nutmeg (40) to be in the now and create a clean slate for herself. And to do this she needs to go within for the answers.

At this point I would grow the reading by asking her what her reactions would be to the following shells. I could approach this in many ways but being that I am not in dialogue with her, I would lead with either Venus Comb Murex (150) and see where she is on her list. Which may shed light on how to reassess the way she behaves. Or the Pink Mouth Murex (32) to see if her inner child and the adult her can converse to a trust point. And I would definitely ask her reaction to Green Tree Snail (54) to see if she IS ready to change. And follow that up with the Saul's Murex (48) to see if she is open to work with an outside counselor.

The other shell's I would consider would be Prostitute Venus Clam (118) is she just going through the motions (autopilot), Chambered Nautilus (36) is there a repeating pattern with pressure attached to it, Does she keep bumping into the pattern? (the mollusk swims backwards and bumps into things) and West Indian Worm (65) as it is the other shell that grows in a 'out of control' form and does she have a sub-issue with control with Scorpion Conch, Can she give up control with all the responsibilities and pursue her passions?

Note from me: Barbara provides reasons for every shell she would use to grow this reading. But I want to point out one other thing. Notice these insights from Barbara: With the Pallid Carrier picking up the debris, they are also expanding their shell surface to prevent sinking. Alex is taking on all of these responsibility issues so she doesn't sink. ...With which also like the Carrier gets hampered in her mobility to move. Class, Barbara is using the behavior of the mollusk to add to her insights.

### **Trude for Alex:**

#### **“Cock-A-Doodle Do!”**

Alex has the opportunity to wake up to life, quicken her ability to live in present time. The interaction of her most positive feelings around #40, the Miller's Nutmeg, right with #123, the Rooster Tail, informs us of her orientation to what's fresh and new before her. This is the nexus for her strongest emotions. She is most invested in Opportunity Knocking, represented by the wake up call of the Rooster Tail, and listening to the bell ringing excites her in a most positive sense. The Nutmeg supports her in this with an accent on attention to present time, as she expresses interest and hope with regard to this shell.

Her core struggle we see via the #28, Long-Ribbed Limpet, as she states she goes back and forth with its energy. She would love to go toward the “greener grass,” but something pulls her away from the forward Journey. So there is suspension, as if she is on a bridge between what's past and what's future. I also see this metaphorically as an opening and closing, if we were to activate this image with our Imagination. At one

moment, she might feel like the Limpet with its eagerly open frame, yet the next she might retract and close off even the possibilities of greener grass.

When we see her happy and excited with **#123, Rooster Tail**, we know she senses her wake up call represents the positive pull into the future. The balance, what lures her back into the past (and thus keeps her unable to move fully forward), we can pinpoint through **#13 The Scorpion Conch**. This shell evokes the strongest energy of the reading, because Alex immediately says “Ick” in disgust. The emphatic response represents an exclamation point within her, and she definitely doesn’t like it at all. This informs us that she has “an older head on younger shoulders” and has probably lived a long time assuming responsibility and presenting maturity.

She has now tired of that load and it is likely she wants to dispense with this mantle. Much like Scorpion energy, she like the Phoenix is poised to change out of the outworn ways. However, she is not quite ready, as we can see by her reaction to her first shell selection, “**#5 The Pallid Carrier**. She feels drawn to study it, to see what it has to reveal, but there is a reservation. She indicates that she questions her positive feelings around it...it may in fact have negative connotations for her. In other words, she is just beginning to open to it, to have a kind of awakening. She’s intrigued, yet aware of something below the surface. As **Pallid Carrier** shows us first she has found things are not working as easily and she’s discovered a struggle emerging: Something amiss is tapping from within the psyche. **Pallid Carrier** can be the Touchstone for Alex’s change, especially as she senses another layer around it.

What comes next, **#12, the Lister Conch**, brings hope around her experience of **the Pallid Carrier**. She is actually swayed toward the hope that things can change for the better. **The Lister Conch** she sandwiches between **the Pallid Carrier** and **the Scorpion Conch**, so it forms a link between what is now “hard work” for her and the pattern of being responsible and mature. We see the first and third shells then as the core issue.

Alex’s conflict stems from still feeling responsible and mature, tethered to this pattern, yet longing for something better and more workable, mirrored by **the Limpet**. Her route into the greener grass is indicated by **the Lister Conch**, Going with the flow, as well as **Miller’s Nutmeg**, Living in the Now. She indicates hope with both shells, and her interest even increases the Nutmeg. I see Alex attempting to balance things out via the ongoing flow of the **Lister Conch**, and this growing back and forth adaptation resulting in her being able to live in the now.

As Alex increasingly takes up residence in “**the Now of the Nutmeg**,” the more she answers the knock at the door of Consciousness, the “crowing at dawn” of **the Rooster Tail** and its call to Awakening. Alex has arrived at a personal dawn, prelude to her realization of personal empowerment.

### Cris for Alex:

With Alex’s reading she mentioned she wanted to study the Pallid Carrier more, as it seems that hard work and responsibility may be familiar to Alex, therefore, there is a sense of comfort and knowing. The shells show, that Alex may have had a lifetime of responsibility, however Alex is coming to a point, where that role no longer serves her for her highest good, and the universe has a different plan to help assist Alex in change, as Alex’s old ways, may now be challenged, to hopefully help Alex find another way to do things, to make a change or to continue going with the flow, of her old patterning and her old role. As Alex showed a dislike to the Scorpion Conch, showing that Alex is tired of responsibility, and more or less perhaps taking care of others. Alex may feel that her role was to be the care taker of everyone else, which may lead to bitterness, and resentment. And may give her something to complain about. With this Alex may find comfort in victim mode, but she may not see it as victim mode, as there is a sense of martyrdom, with having responsibility, but it is an opportunity for

Alex to work on setting boundaries, and to begin to make changes, so life is not so complicated as it may have been lately. Perhaps Alex is seeing others as being the lucky one's not having all the responsibility, and by taking care of others it provides a need for Alex, and also leaves no time for Alex nor energy to begin to make changes and take care of Alex. As in the past as mentioned Alex took care of everyone, and it is her time to take care of Alex now. But to do this Alex needs to set boundaries, and learn to be in the now. As this will help Alex not take on so much, and to honor herself. As past experiences and expectations are not the now. Alex takes on the role of needing to care and provide for everyone, a motherly role, but people grow up, and Alex needs to step back and allow others to grow up and pull their own weight. Alex needs to wake up and accept as mentioned that people grow up and are capable of taking care of themselves, and Alex needs to take care of herself, otherwise the universe may have a plan, to help Alex relax, and take care of herself, but it may not be her ideal plan. Alex needs to learn to put Alex first. Just like with the oxygen masks on planes, Alex needs to put hers on first before she can help anyone else.

### **Joy for Alex:**

Hello Alex this is your Wake-up Call!

Alex needs to trust her intuition about others and/or to realize that others provide us an opportunity for growth. Alex has always been considered mature for her age, and she just wants to learn to "go with the flow".

However, Alex is uncertain how to let go of the past and live in the moment. This she struggles with, sometimes Alex just wants to let go and play and not be the responsible one.

Alex is looking outside of herself for the answers, she has a tendency to go to others, (perhaps counselors, spiritual teachers, friends) and get their advice rather than going within and trusting her own inner guidance.

### **Promise for Alex:**

Dear Shell- this class was wonderful! It took me a bit to weave all the wonderful messages together and I can see perhaps how this reading would be enriched asking Alex about her response to more shells or asking her to pick a few more-

As always I look forward to your response dear one!

The Shells truly came together in this reading to "announce" an energetic "wake-up call" for Alex and Rooster Tail Conch leads the way! Her response to Pallid Carrier "feeling positive but it may not be" perhaps points to this shell's message asking her to invest her energy and effort where it may not have been necessary before. She is tired of a response "ability" that may relate to Long Ribbed Limpet's wisdom. Reading again the scar (or anchor/attachment) limpets create and return to- the shells invite her to revisit an attachment or outmoded belief keeping her from listening to her inner guidance. It may be easier to go with the flow, rather than go within and listen to her own truth. She describes Millers Nutmeg as interesting and hopeful- so perhaps she is ready to detach from the status quo and how she lives now -or according to someone else's beliefs thereby releasing herself from acting responsible when it does not serve.

This hue-man experience is a gift and a journey wrapped with opportunities to explore! How blessed we are to have one another and wisdom keepers sharing their Light with us!

Blessings to you my dear lady- and there are no words to describe the amazing gifts the Shells share!

In Harmony,

## Promise

Note from me: Notice this insight from Promise: Reading again the scar (or anchor/attachment) limpets create and return to- the shells invite her to revisit an attachment or outmoded belief keeping her from listening to her inner guidance. Here is another example of a student using the behavior of the mollusk for her insight for Alex.

I hope you can see that there are a variety of styles and insights from your cyber classmates, and you can compare and contrast your own journaled insights with theirs as you see how well your interpretations match up with Alex's feedback.

Great work everyone!!!!

Now, I have one last client for you with a simple 3-shell combination in her reading.

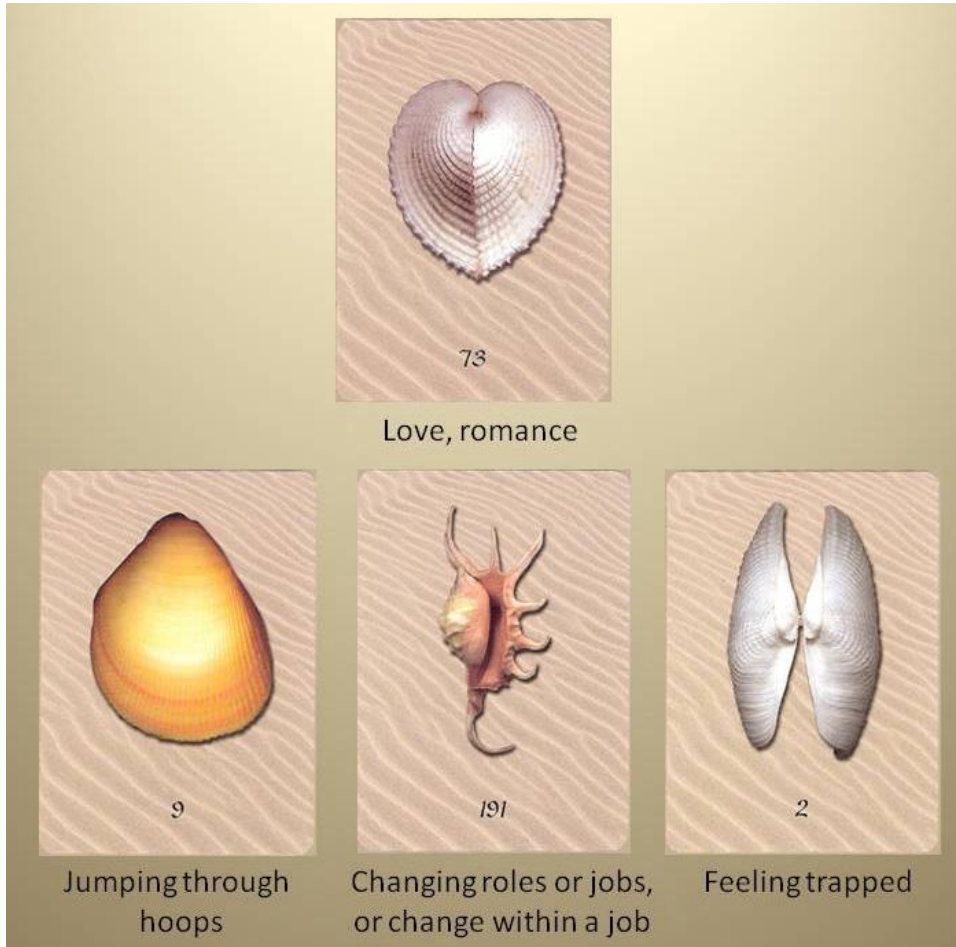


She selected the Heart Cockle #73 and the Angel Wing #2 and Giant Pacific Cockle #9. They were arranged in a triangle. love/ feeling trapped/ jumping through hoops. In this triangle, all shells are equidistant from each other, and they can interact in any direction.

**What would you conclude from these 3 shells regarding this client?**

Your cyber classmates all agreed that she would feel trapped having to jump through hoops for love.

When I gave her this message from the shells, she disagreed with this, and quickly picked out another shell.



The new shell was the Orange Spider Conch relating to her job. She placed it next to jumping through hoops.

What would that tell us?

At the time, I said she would feel trapped having to jump through hoops at her job.

She got a devious smile on her face, and said “I never get trapped, I always find a way out.” So, it is not that she doesn’t get trapped....she gets trapped and then finds a solution to escape the trap.

Is there any question you might want to ask her based on the shells she selected and energy work?

Some of your cyber classmates wondered if she might have a breathing problem...anxiety or panic attacks?

At the time of her reading, I wondered the same thing, and I asked if she ever had breathing problems. She told me that she did occasionally have panic attacks. So, this client loves watching herself get out of traps...find solutions. The problem is, she will keep increasing the level of the trap to make it more challenging....and with Heart Cockle, eventually, instead of just being on the job, the trap will enter her love life. Remember, if she loves finding the way to escape the trap, she first must be in the trap. She actually benefits from drawing situations to her that test her ability to escape these traps. In a way, this is a game for her. It works on the job, but what happens in her love life? She will attract a partner that lets her play this game. She jumps through hoops, feels trapped, and she is going to find a way out of the trap.

The problem with all of this is her panic attacks. It is fun now; she had that smile on her face telling me she always finds a way out of the trap. Each time she escapes, her self-esteem increases. However, as the traps become more difficult, her anxiety may increase to the point where it is not beneficial for her.

So that was her full reading. With that said, what this client does with the information is up to her. She loves the challenge of solving the traps, so I would not expect her to stop. However, if the panic attacks increase too, then hopefully this reading---her Higher Self placed these shells in front of her for a reason--- may have planted seeds to give her insights on her behaviors and maybe then it will be old.

This is the last class before your Level II final exam. I hope you enjoyed learning ways to advance your reading skills by growing a reading. To summarize, there are several methods available. Based on the client's shells, we can ask questions as in the example with this last client's Angel Wing... do you have panic attacks, or breathing problems? Or we can pose a question and have the clients select shells with that in mind, as with Diantha suggesting a question for Kathy before choosing her shells. **What do I need to do for me that would help improve my situation? What do I need most at this moment in time to help me "right" myself?"** or we can select the shells ourselves for clarification as you learned with the matching quiz, and for example ask for reactions from the client to the Green Tree Snail, Pink Mouthed Murex, or Fossil.

You now have all the skills you need to complete the final homework exercise, your final exam for Level II.

This is in two parts, for a client named Karen....

In Class 8, the last class in your level II course, we will go over the final exam of Karen's readings.

As we conclude this lesson, I have one last piece of advice to relay to you. When it comes to growing a reading, the first time I taught this class, students barely responded with another question for a client or other shells for her reaction. In later classes, the pendulum swung in the opposite direction. Students were growing the reading in so many directions!

Let's look back at a few of your cyber classmates:

Here are six shells Dar suggested for Kathy: *I would definitely pull more shells here or ask her how she feels about certain shells such as 7,2, 8, 15,23 and of course 32.*



And here are seven shells Barbara suggested for Alex:



*I would lead with either Venus Comb Murex (150) and see where she is on her list. Which may shed light on how to reassess the way she behaves. Or the Pink Mouth Murex (32) to see if her inner child and the adult her can converse to a trust point. And I would definitely ask her reaction to Green Tree Snail (54) to see if she IS ready to change. And follow that up with the Saul's Murex (48) to see if she is open to work with an outside counselor. The other shell's I would consider would be Prostitute Venus Clam (118) is she just going through the motions (autopilot), Chambered Nautilus (36) is there a repeating pattern with pressure attached to it, Does she keep bumping into the pattern? (the mollusk swims backwards and bumps into things) and West Indian Worm (65) as it is the other shell that grows in a 'out of control' form and does she have a sub-issue with control with Scorpion Conch, Can she give up control with all the responsibilities and pursue her passions?*

These are all excellent choices for deeper insights. My final caution now would be to select one or two most important questions, or 3 or 4 shells for her reaction because in a real situation, you may be limited for time. If you are feeling all the shells speaking at once, ask them to slow down and speak one at a time...and if time is a factor, you can even ask for them in priority for the client's highest good.

And now for your final exam.

#### HOMEWORK: Karen's shells part 1 and part 2

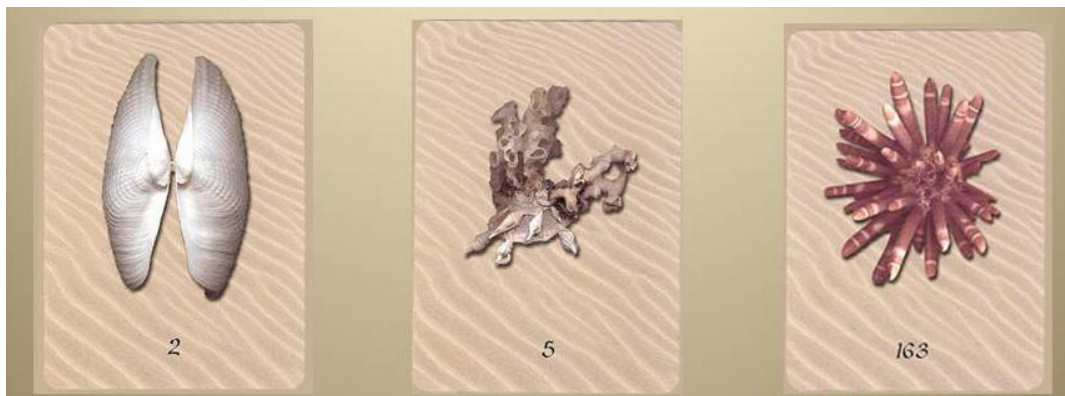
With only one class left before graduation, it is time to meet your last client in this course, Karen. As you will see, Karen did two readings. The first was based on a question. The second was a Higher Self reading.

#### **Karen's shells Part 1:**

Karen began by asking a specific question before she selected her shells.... **Due to recent dramatic life changes, is it advisable to remain in my current home or should I sell it and purchase a new home?**

Since we are not trying to predict the future, I suggested rephrasing her question to ask if there is anything blocking her from selling her home.

With that question in mind, she said that the three shells that stood out the most for her were:



**Here are Karen's reactions to her shells:**

#2 -I immediately thought of beautiful Angel's wings

#5 -This shell looked like the magnificent Pegasus in flight

#163-This one startled me because I instantly saw it as tarantula legs - frightening

Although Karen did not make an arrangement, she gave wonderful descriptions of her reactions to the shells. I would like you to use these shells to determine if there is anything blocking her, and also to tell me:

1. Based upon the shells she selected, is there any other question you might want to ask her?  
(Remember your energy work.)
2. Based upon her question, is there any other shell you would like her reaction to and why?

Please send me your insights for this first reading before moving on to part 2 on the next page.

**Karen's shells Part 2-- Higher Self reading with no question in mind:**



**Here are Karen's reactions to the shells in her Higher Self reading:**

1 - I think it is pretty and it reminds me of the Hermit (with wings) in the Tarot

28 - I loved the star shape as well as the colours inside

45 - This is a grounding Shell with a classic feel the looks like it is potentially ready to transform into something else

52 - I have always been drawn to sea horses - they are so powerful and graceful to me

73 - This is another very pretty Shell that looks like an iridescent heart

111 - I am very drawn to this Shell and I'm not sure why other than I love its warm, rich, earthy colour and rough rippled texture.

136 - This Shell is interesting and fascinates me, and yet it disturbs me on some level as well. Perhaps because I don't understand it?

152 - I love the rich deep orange and the 'shag carpet' looking texture on this Shell. I just want to run my hands over it. (though this darling may not be as fluffy as it looks!!)

191 - This Shell looks like either a Warrior Scorpion (with a Shield in his right 'hand') or the Water Bearer Scorpion (with a vessel in his right 'claw'). Either way I like it as it is both powerful and life giving.