



INDEPENDENT STUDY: Module 1, Class 3

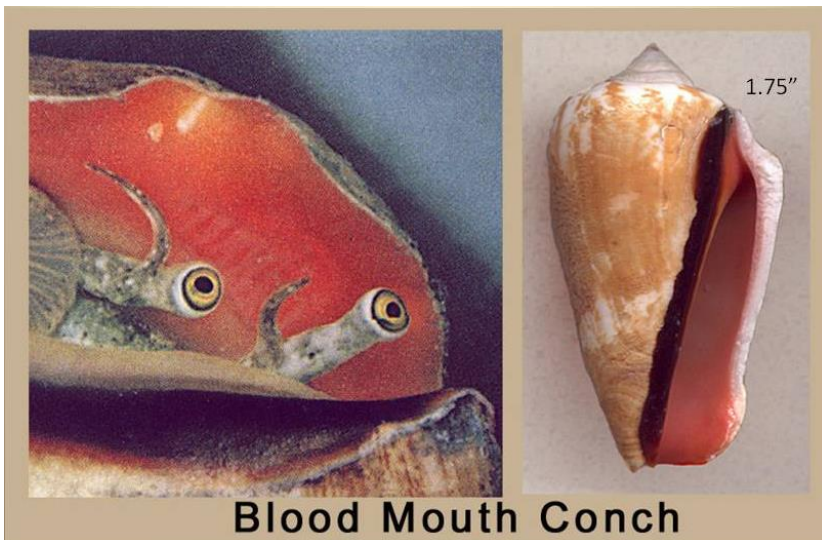
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The Class 3 recording is about 38 minutes long and is in your attachments.

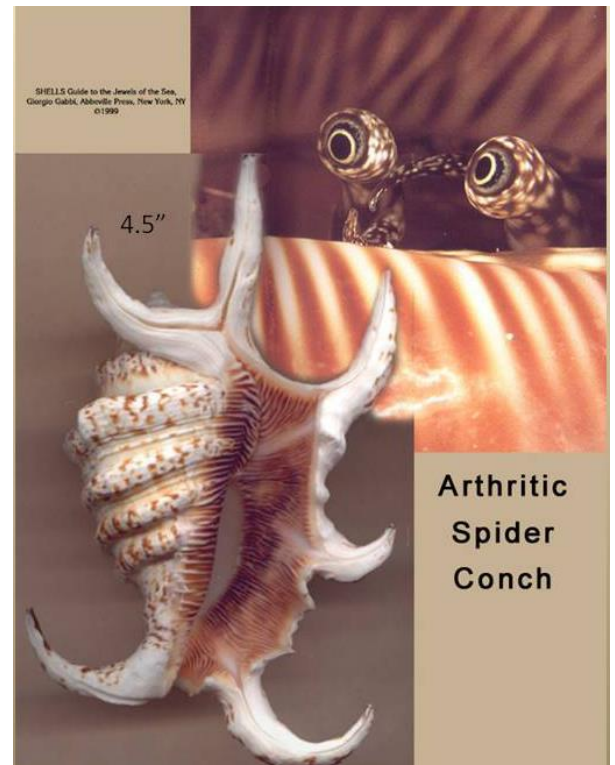
CLASS 3: Shell #: 75,143,7,115,117

In Class 2, we looked at the diverse arrangements within the anatomy of a mollusk's foot, blood, and heart. This allowed us to find unique characteristics to assign to various shells. Let's look at one more piece of anatomy.

The next series of photos compares mollusk eyes. We will revisit these animals in other circumstances later in the year, but I wanted you to see their eyes while we are still discussing anatomy. The picture on the left is of the **Blood Mouth Conch**. Conchs are noted for the colorful concentric rings in their eyes. I have paired the shell with the animal who creates and inhabits it.



This is a picture of the **Arthritic Spider Conch**. This is my favorite set of mollusk eyes. To me, they look like ET.



I couldn't resist showing you the animal while we are discussing mollusk eyes. During a live workshop, something important happened involving this shell. While I was showing that class a photo of these eyes, I grabbed the Arthritic Spider Conch shell to show them what shell this animal created. As I carried it over to the students, one of them ducked back and asked me to get it away from her. She apologized for this reaction, but could not help it. It was like an involuntary reflex over which she had no control. I was the only person there who knew the meaning of the shell...I had not told the class. They were precisely where you are now. Seeing the eyes, and learning about the shell this animal makes. The meaning of the **Arthritic Spider Conch, shell #75** in Ocean Oracle, is about "*Changing residence, or major change within a residence; someone moving in or out.*" It is not based on the animal's eyes, but its interaction with man. I silently wondered why she would react so strongly to the "moving, change of residence" shell. When I disclosed the meaning, it turned out that this woman had waited all her life for her children to be grown so she could begin her own business. She had finally reached a level of success and a few days before that workshop, her husband informed her that he might be transferred overseas for his job. She loved her husband, but the last thing she wanted to do was move. What amazed me was that she had this reaction to the shell representing "moving" without knowing its meaning. What a gift she had given me! Here she was apologizing for her reaction, and I was thrilled to know she was responding to the meaning connected to the shell. It was another little validation that the shells do have these meanings.



Now look at the **Episcopal Miter**. Those little black dots toward the bottom of the animal are its eyes. As you can see, these tiny eyes are quite a dramatic difference from those expressive eyes in the Arthritic Spider Conch.

Seeing the Episcopal Miter reminds me that I have not shared the story of my first shell reading with you. You have been very patient as I introduced the science to give you a foundation for the shell meanings. I think it is time to tell you about the first time I tried to use this information. It involved the Episcopal Miter shell.

If you recall, someone named Robert saw my shell collection and told me he heard of a shell reader. He tried to find the contact information for me, but that proved futile. He then suggested I use my own shells to do readings, and you have seen where that led!

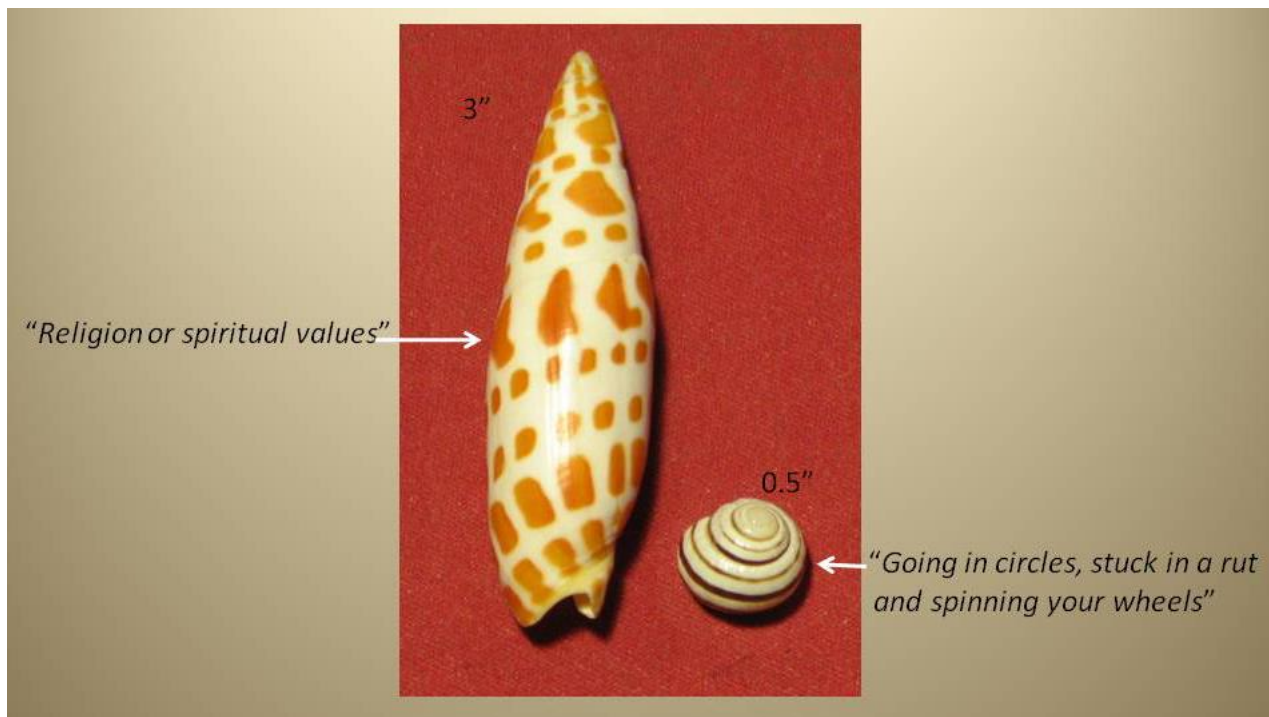
What I did not tell you was that when I met Robert, I was a very shy person. For me to call him after just meeting him in order to pursue trying to find the shell reader was completely out of character. In fact, because I was so shy, even after he suggested using my own shells, and I found the meanings of over 200 shells, I did not tell anyone about this.

Robert came into my life in his role as a professional psychic. A friend recommended him because my husband was having some unusual experiences...at least unusual for us, because I knew nothing about metaphysics at the time. You have to love the Universe when you gain 20/20 hindsight. If I had not been concerned about my

husband, I would never have invited Robert to our apartment, and he would not have seen my shell collection. I may have never heard of the concept of shell reading.

Other than his profession, I knew nothing else about Robert. I mention this because about a month after his first visit, Robert returned to my apartment to speak with my husband. While there, he asked me if I had done any shell readings. I told him that I knew what they all meant, but how could I tell people that there was a language? I thought they would think I was crazy. He simply smiled at my confession, and asked if he could have a shell reading. I was nervous, but the scientist in me thought I might as well find out if there was anything to this. So, Robert walked over to my shell collection and selected a grand total of 2 shells. He had over 200 to choose from and my heart sank. I barely knew him, and he only gave me 2 shells to use. But, I looked at the shells and saw that one was the **Episcopal Miter**. Remember that the first person who finds a shell can give it any common name he/she desires. Miters are named that because someone thought they resembled the headgear worn by the clergy. Knowing this, for me this shell represented religion. If you look at shell **#143** in Ocean Oracle, you will see it means “*Religion or spiritual values.*”

The other shell he picked is not in Ocean Oracle, but it was from my childhood Irish babysitter who brought me some shells from Ireland. The round shell had a pattern on it that circled the shell as if someone is going around in circles, spinning their wheels. You can see his selections here:



That was all the information I had from the two shells he selected. So, I said to Robert. “I don’t know why, but if you are focused on religion, you might find yourself stuck in a rut and spinning your wheels.” I did not think this would have any meaning for him, and was sorry I only had two shells to work with.

If anyone is unfamiliar with the expression “spinning your wheels, or stuck in a rut... It is an expression that comes from watching a car that is stuck. You can apply gas, but the tires spin around in place. You are not able to get traction to move.

In this case, for Robert’s reading, if he is spinning his wheels, it means that he can’t move forward. Despite putting in the effort, no progress is made.

Adding this to the second shell which was about religion, the clergy, I thought this reading meant he would not be able to move forward because of religion. I could not see how that would make sense to him.

I will never forget his expression. At first, he looked shocked, and said to me: “You are saying that if I were to concentrate on religion, I might end up getting stuck.” I apologized that this was all the shells would tell me, and figured my career as a shell reader ended as quickly as it began.

Then his expression changed, and he grinned and said: “Well, I am an ex-seminary student. I was studying to become a priest.”

Now it was my turn to be shocked. He was an “ex” seminary student, past tense. Those two shells summed up his life struggle at a soul level. He was called to spiritual service, but it was not to be through the priesthood...he encountered some differences in beliefs and could not continue in the seminary. After much soul searching, he left and developed his spiritual growth in another direction becoming a professional psychic.

As I was digesting the accuracy of these two little shells, he said to me: “So, this doesn’t work, huh?” with a twinkle in his eye. I think he knew that I was hooked.

Now that we have looked at some Univalves’ eyes, let’s consider the Bivalves.

Bivalve Mollusk Eyes



Bay Scallop



Doughboy Scallop

When we look at Bivalves, oysters and clams don’t have eyes. However, scallops certainly make up for that in the Bivalve class. They have 50-100 eyes. Here are two different scallops, and each blue dot you see is an eye.

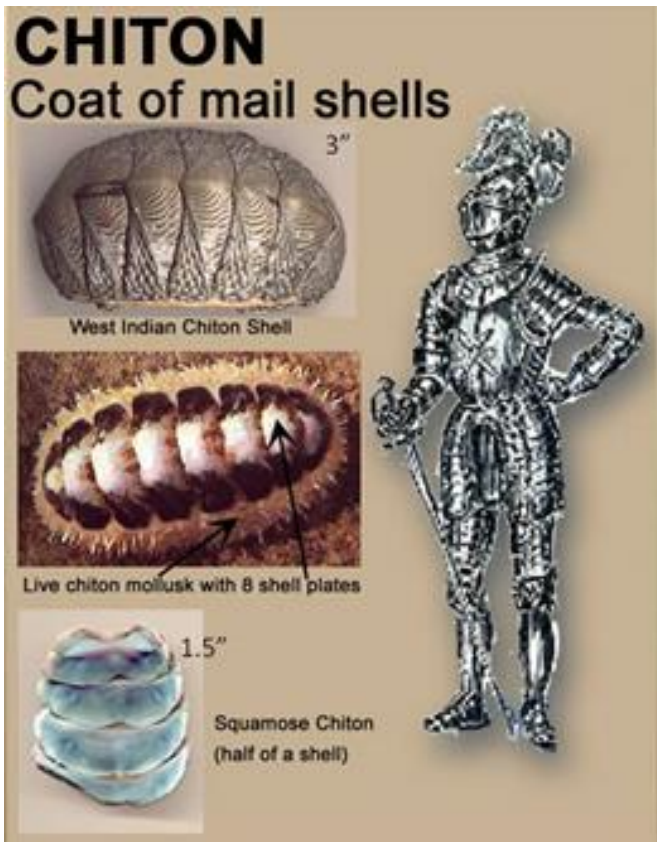
The **bay scallop** is enlarged so you can see the blue eyes along its mantle. The **doughboy scallop** shows the entire animal. With all of these eyes, scientists can’t find an area in their brain to coordinate the vision. They think the scallop only detects motion, so it knows when to close its shell.

When considering their hearts, we saw the mollusk with the most evolved heart was the clam. When it comes to eyes, the cephalopods are the most evolved. The octopus can see you as clearly as you see the octopus.

As I mentioned before, no matter what aspect of a mollusk we examine, there will be tremendous diversity among these animals. We have looked at the differences in the anatomy of their heart, blood, foot and eyes. We have taken this beyond a science class by understanding how the diversity in these organs allows us to assign individual meanings to the shells associated with each mollusk.

But seashell reading is about the divination, using the shells as a psychological tool. How do they do that?

To answer that question, let me demonstrate with a mollusk you have already met. I want to expand upon what we saw when observing the mollusk's foot and to focus on the chiton. To refresh your memories, please look at the pictures of the Chitons again.



In Class 2, I said that chitons like to suction onto rocks with their foot muscle. We also noted that their shell is in 8 separate plates and resembles a suit of armor. The separate plate arrangement allows them to conform to the contours of any rock formation. It should be noted that they have enough flexibility to curl up into a ball.

One book said that they curl up whenever “they are molested.” As you might imagine, those words jumped off the page at me. I saw this ball formation as a fetal position. This is the defensive pose we adopt to protect our internal organs when confronted with a beating. This knowledge led me to connect chitons with situations involving abuse. In Ocean Oracle, **shell # 7 is the West Indian Chiton**. On page 32 in your book, you can see that its meaning is “*Physical or verbal abuse by others*”.

But abuse can be self-inflicted. This is the case when working with **shell #115 The Squamose Chiton**. Its meaning on page 77 is “*Self-abuse; unhealthy behaviors; addictions*” Remember that chitons are also called coat-of-

mail shells due to their resemblance to suits of armor worn by knights of old. Our addictions are the way we shield ourselves from pain. Whether we over-indulge in food, alcohol, sex, drugs, shopping, gambling, or something seemingly healthy like exercise, or reading, if it is over-done, occupying a majority of our day, it is still abusive to our body, mind, or spirit. We adopt a behavior hoping it will offer an escape and somehow medicate our pain. When this coping behavior reaches the point of addiction, we are on automatic pilot, and that is the ultimate form of self-abuse. We have deprived ourselves of the freedom of choice.

One technical note: If you look at the picture of the Squamose Chiton, at the bottom of these Chiton pictures, you will only count 4 plates. This is not an exception to the rule that all Chitons have 8 plates. Instead, this is only half of the shell. Someone sent me this Chiton thinking I would like it for my collection, but she may not have been aware that she was only sending half of the shell. I did not want you to be confused if you only saw 4 plates.

I mentioned that shell reading is a psychological tool. Let me demonstrate how the appearance of the Squamose Chiton in a reading lends psychological insights. The point of a shell reading is to empower you through awareness. When the Squamose Chiton appears, it is a reminder that you can't do anything about changing an addiction when it is on automatic pilot. You are not even thinking about what you are doing, and may not even label that behavior as unhealthy, or that it qualifies as an addiction. The other shells in the reading will bring details to expose why you are choosing this behavior, how is it benefiting you? Now that you know you are doing this, is this behavior limiting you in any way, would you like to make a different choice? For now, I wanted you to have this image of the fetal position, or a suit of armor, so the next time you work with the

Chiton, you will know that it is trying to bring awareness of some type of abuse to provide an opportunity for new choices.

Even knowing about the Chiton, I was not sure how I would react if a client ever selected it. In *Ocean Oracle*, I tell a story on page 20-21 of a woman named Linda. It was so long ago that I can't recall her real name, but I will never forget her reading.

Let me set the scene: I had been reading for friends and family, but I was new to reading for strangers. Three women had arrived together to have a shell reading. I was glad two of them could keep each other company in another room while I read for the third. Using this strategy, they rotated until only Linda was left. It was getting late, and she had a cavalier attitude that she was just out with the girls and would humor me as she selected some shells.

As I looked at the shells she picked, I became concerned. This was a combination of shells I had never seen that involved abuse. As I began interpreting her reading, speaking of abuse, she seemed to not relate to the message at all. She volunteered the information that she had a boyfriend who wanted her to kiss him more. That was not what I was seeing in her shells. But I was still new to reading for strangers, and could easily doubt my interpretation. Thinking she must not have selected all the shells she needed for her message, I asked her to look in the shell cabinets again and see if anything else got her attention. I expected her to find a shell that would say something like "never-mind" and take me in another direction. Instead, she took a shell meaning "your rights are violated" and she added that to the mix. In essence, she confirmed everything I said before, and took it up a notch. This gave me no option but to repeat what I said earlier about being abused. In my head, I thought this was not about kissing, it was about serious violation. She had several shells in her reading that she paired with these Chitons, and I could not figure out why the shells were so insistent, when she was denying everything. I thought I better just apologize for not being able to read her shells. Before those words left my mouth, everything changed. Suddenly she broke down crying. She pointed to her shells and said "This section is my father who molested me and my daughter. And over here is my husband who held a gun to my head." Then she looked up at me with tears streaming down her face and said, "My friends in the other room don't know about this, nobody knows about this, how do the shells know?" I explained that the shells knew because she knew. The shells are tools used by the subconscious. In effect, she was having a conversation with herself. My role as interpreter was to bring this information to her awareness, to help her see the burden she was carrying.

I wanted you to see that her shells were showing me the fetal position in connection with horrible offenses. As we continue learning about the shells and mollusks, you will see how they can talk to us, alone or in combination with each other. In fact, there are many of you who already speak shell, just not at a level of conscious awareness.

How many of you are drawn to greeting cards with seashells on them?

My husband once gave me an anniversary card with pretty shells on it, and inside he wrote "I hope these shells say that I love my wife." Amazingly, they did. That got me to check out other greeting cards, and I noticed that the shells often reflected the sentiment on the card. The most profound example of this was a bereavement card that had shells on it depicting the stages of grief. I noticed this because it had the **Hieroglyphic Venus clam**. I had never seen this shell on a card before, but it is **shell #117** in your book. You can see that it means "*The key to understanding, making a breakthrough.*" This is based on the Rosetta stone. This stone contained the same message written in three languages...two were separate forms of Egyptian and the third language was Greek. One of the Egyptian forms was hieroglyphics.



The stone was carved in 196 BC, and was not discovered by modern man until 1799. During the time of its carving, hieroglyphics was the language used by priests to record important or religious documents. The second form of Egyptian script on the stone was used by the common man. The Greek version was due to the fact that Egypt was ruled by Greece at this time in Egypt's history. Therefore, the message on the stone could be read by priests, the common people, and the government officials. In 1799,

Napoleon's French soldiers discovered the stone while rebuilding a fort in Egypt. However, it took until 1822 for a scholar familiar with Greek and the common form of Egyptian language to use the Rosetta stone to decipher hieroglyphics. This provided the key to decode the ancient Egyptian hieroglyphic symbols on a variety of sources, and shed light on an important chapter of our history.

http://www.bbc.co.uk/history/ancient/egyptians/decipherment_01.shtml#two [Cracking the Rosetta Stone code](#)

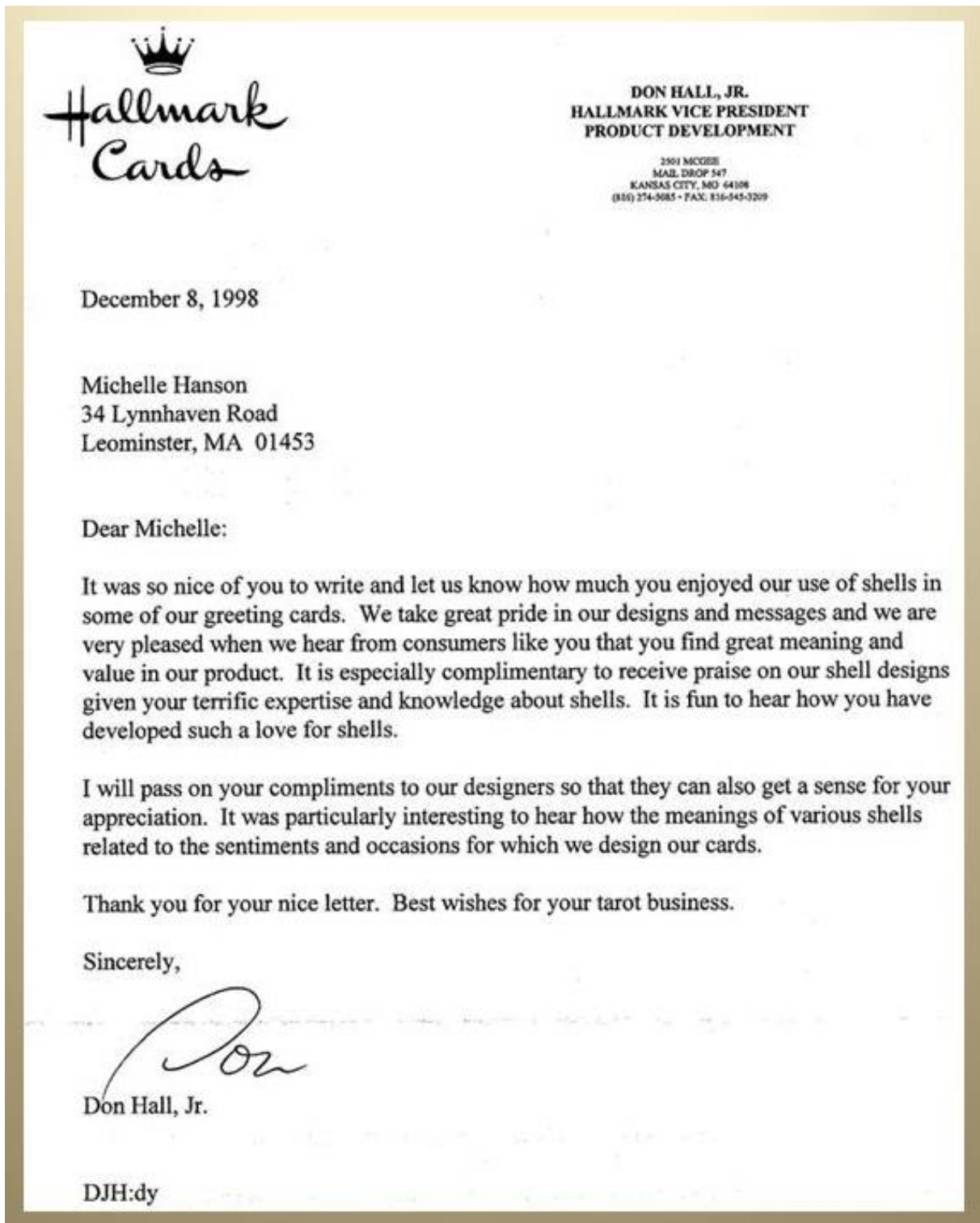
For me, all seashells have individual meanings. These are derived from the name of the shell, its appearance, the abilities and behavior of the mollusk (the animal that created and inhabits the shell) and its interaction with man. By selecting a specific shell, the meaning attached to the shell reveals a subconscious message. Below, I have indicated how the subconscious message is carried through the shells on this bereavement card.

- Name of Shell: Hieroglyphic Venus Clam
Meaning: The key to understanding, you make a breakthrough
- Name of Shell: Florida Fighting Conch
Meaning: Fight in self defense, protect oneself
- Name of Shell: Starfish
Meaning: Survival against all odds
- Name of Shell: Scallop
Meaning: You are my hero
- Name of Shell: Coronate Prickly Winkle
Meaning: Ignoring one's own desires Not directing any energy toward oneself.

On this bereavement card, as you can see to the left, the shells were about the stages of grief, and ended with the Hieroglyphic Venus clam...*The key to understanding.*

What more could you want for someone who is grieving than to understand the purpose for why someone was in your life and is no longer here?

This was a Hallmark card, and I wrote to commend them on their messages through the seashells. I did not expect a reply, but I got one. It turns out that Hallmark cards was a company started by Mr. Hall. The person who wrote me was Don Hall, Jr., the founder's son and vice president of product development. You can read his letter here.



He explained that the art department was not aware that the shells they used had meanings. I could only smile.

They may not be aware consciously, but they are so accurate with the shells they use to depict certain sentiments, that I know they are aware subconsciously. I think you will see why when I continue with the rest of the shell reading with Linda.

Remember that she had selected shells that spoke of a nightmare of abuse. Once I realized how painful her message was, I did not want to prolong her agony. I asked one question, and was going to leave it at that, but instead of answering me, she pointed to a shell in my cabinet. When I translated the meaning of the shell, which was about seeking forgiveness, she mutely nodded her head in confirmation. Then she pointed to another shell, which I translated. It was about her abuse of power. I did not understand this....HER seeking forgiveness for HER abuse of power? She kept pointing to shells. This allowed her to continue the conversation without having to speak out loud. It became apparent that somehow, Linda thought she caused her father and husband to abuse her. She was seeking forgiveness for causing them to harm her. I did not understand this until the shells showed that by thinking she caused them to harm her she felt like she was in control. She convinced herself that she must have possessed tremendous power. That was preferable to thinking she was a victim. All of this was revealed by her silently pointing to various shells. At a conscious level, she did not even realize these were her beliefs, but as the shells revealed their message, she knew them to be true. She blamed herself for what happened and had lived a life of shame for this abuse of her power. As this information came to light by her simply pointing to shells, I was amazed, excited, and grateful. Her hands danced from one shell to another taking her deeper and deeper into the hidden beliefs that had been impacting her life.

Here was proof that she spoke shell! I am certain that when she came to my home that night, she had no idea that she was capable of this. But, when she left, she had broken her long-held silence and told me that she was ready to seek out a therapist for counseling.

Just like Linda, many of you in this class already speak shell. As we examine the mollusks and shells and learn their meanings you may find yourself thinking, "I knew that." Others in this class may not have thought about this before, but will be thinking, "That makes sense." For others, the jury is still out. That is OK. Everyone is at a different level here, but my goal is to teach all of you so that you will have the skills to use the shells as psychological tools. To do that, I want to show you more about the science of these mollusks. Each will give you another tool to apply when you do your own shell readings.

I think we have an understanding of how meanings can derive from the anatomy of various mollusks. In discovering this language, I sought something unique about a particular shell or the animal that made that shell. Just as you have witnessed, this can be determined from something as basic as their anatomy...like the tusk mollusk that has no heart, or the bittersweet clam that has red blood and iron-carrying-hemoglobin to efficiently use every little drop of oxygen.

We can also use their unique behaviors, as you saw with the chiton rolling up into a ball, or the cockles who are jumpers.

On the next page, you will find some of the seashell partners you have met along the way. Now you have a means to decode the source of these messages... and we can start speaking shell 😊



There is so much more to explore in this arena! I will also be showing you many examples of how shells and mollusks have interacted with humans throughout history. I wanted you to know about Robert's reading so that you can see how we can even use the name and appearance of a shell as is the case when working with the Episcopal Miter. Each of these methods provides a source of their contribution to the seashell vocabulary.

In our next class, we will explore how these different methods of deriving meanings are utilized in the *Ocean Oracle* kits. Again, you will not be at a disadvantage if you don't have *Ocean Oracle*. Anything I discuss will be covered in the pictures in your transcripts or in the mp4 videos.