



INDEPENDENT STUDY: Module 3, Class 37

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Hello everyone,

Since we are in the midst of investigating the use of shells as energy tools, I thought you might benefit from this extra information.

A student once asked me if I noticed a difference between doing a reading with the actual shells, and using the deck. In this class, you will learn about the reading I did for someone who was blind which proved to me that it is the energy that delivers the message....and the deck also carries that energy.

That reminds me of one other experience. Before I wrote *Ocean Oracle*, around the same time as the story of the high school boy and the Purple Drupe, someone came for a reading who could not stand. She was sitting in a chair, and when I opened the shell cabinets, she selected the shells for her reading. As I interpreted her reading, it did not resonate with her. I thought the problem was that she could not reach all the shells when confined to her chair. I put them all away, and took out the 300 pictures of all my shells that I kept in a plastic box for traveling to psychic fairs. That allowed her access to everything on all the cabinets. I instructed her to run her hands over the stack of pictures and pull out any that she wanted.... sight unseen. Well, when she selected her shells, they were the same shells that I had just put away! Clearly, her chair had not limited her after all. As I probed deeper, it turned out the reason the message did not resonate was because I spoke about her daughter's marriage as it mirrored the situation in her own life. She told me that her daughter was not married, "just living with someone." Because I used the term "marriage" she dismissed everything else in her message. That is why the Wedding Cake Venus Clam now has the meaning, "*wedding, marriage, committed relationship.*"

But again, the fact that the pictures of the shells matched the actual shells she selected from the cabinet, speaks to the energy delivering the message.

And now for more magic from the Abalones!
Shell

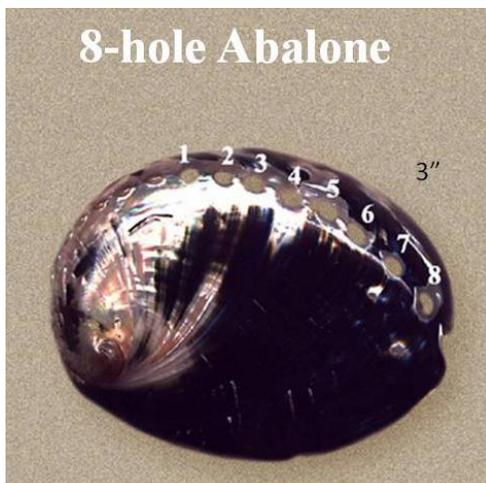
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The recording for Class 37 is 31 minutes long.

Class 37: How Seashells Serve as Energy Tools, Part 2

In the last class, you learned about the phone call that set me on a 4-year journey learning about shells as energy tools. I had a theory that Abalones might connect to our chakras, but I was not certain until I found that treasure...the 1-hole Abalone which validated the theory of the Abalone/chakra connection. Secure in that connection, my journey continued with other Abalones that presented challenges and stretched my growth. You met the 9-hole that took us to past lives and other dimensions of self, and the 4-hole that stopped making holes telling us you can finish healing and still serve on the planet. We left off with my placing an order for a 9-hole Abalone and receiving a 10-hole Abalone instead. This shell took me to the next level of chakra work.

By now, since I owned one, two, three, four, five, six, seven, nine and ten-holed Abalones, I was certain there had to be an eight. I simply asked anyone who was traveling to keep an eye out for one.



My parents returned from a trip to Florida with the prized 8-hole Abalone. This was the bridge connecting the physical chakras to the trans-personal chakras. Boy was there a lesson waiting for me with this one!

When I began this odyssey with the Abalones, I knew very little about chakras...just enough to be dangerous. I thought there were seven of them, and I was under the impression that the point of working with chakras was to evolve by climbing higher and higher along the chain from first to seventh. I think it was the term “upper chakras” that led me to believe I needed to climb away from the “lower chakras” to increase my spiritual evolution.

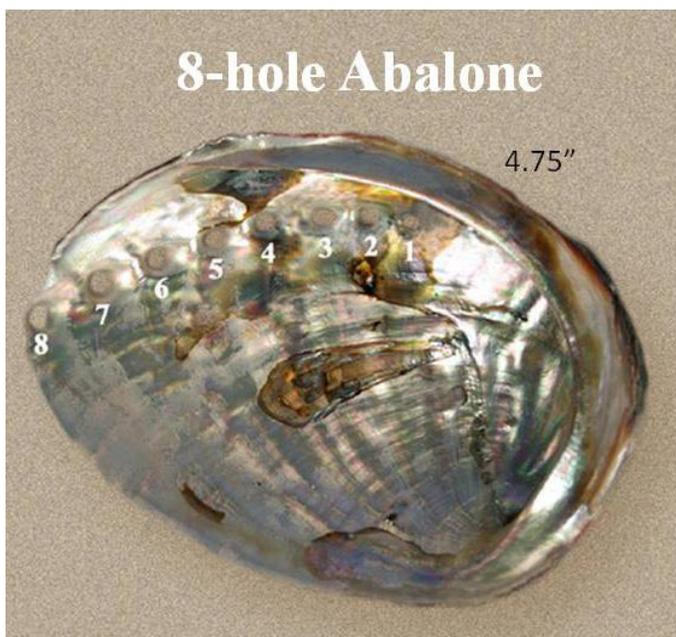
My Abalones definitely decided to set me straight. While I enjoyed working with the 10 and 9-hole Abalones, I had some unusual thoughts. In St Croix, while I was wading in the ocean, I actually became upset at myself because I could not remember how to walk on water...I knew I could do it, I just could not remember how. On another day there, I was swimming with friends and approaching a wall of coral. I thought that posed no problem, I would simply disassemble, and reassemble on the other side. My friends' screams were the only thing that prevented me from crashing into the coral. They startled me, and I snapped out of my thoughts wondering what possessed me to think I was anything other than a solid human being? I remember asking myself “What is in this ocean water?” It wasn't the water. It was a sample of what it was like working with the 10-hole Abalone...the oneness, no separation. I congratulated myself that I had crossed the bridge to the upper chakras.

Meanwhile, an odd thing happened during shell readings. Clients would select the 10-hole Abalone for their readings, and I would share the new information regarding the lesson of forgiveness. As I explained the teaching that the real lesson of forgiveness is understanding that there is nothing to forgive, the clients looked at

me as if I were the coldest person on the planet. One brave client finally told me that instead of finding comfort in the idea that there is nothing to forgive, it was hurtful to clients who had been traumatized by others and fought to reach a place of forgiveness. Despite my good intentions, the suggestion was perceived as a devaluing of their journeys.

As I struggled with the emotions of being perceived as inhumane, I also faced some physical challenges. In rapid succession, I had cataract surgery, my back went out of alignment requiring physical therapy, and I was in a car accident. In my ignorance, each time I thought my body was being put out of commission so I could connect more strongly to the upper chakras.

While I was laboring under this delusion, a few days after the car accident my doorbell rang. I opened the door to find my neighbor cradling something in his hands and asking me “Is this what you need?”



Believe it or not, when I had a clear view of the item, I discovered that he was holding an 8-hole Abalone. He had just returned from a trip to Mexico, and he told me that a year ago he overheard my conversation with his sister. She was admiring the Abalone collection, and as I showed her the series, I mentioned that I was missing the 8-hole Abalone. Since it was a year later, he was uncertain if he got the right number of holes, and that is why he said, “Is this what you need?”

As surreal as that was, I was confused. I already had an 8-hole Abalone and had crossed the bridge to the upper chakras. I could only conclude that I must have missed something vital about the energies of the eighth chakra.

Working with this second 8-hole Abalone, I finally understood. When you cross the bridge to the upper chakras, the purpose is not to leave the rest behind as if they tainted your spiritual growth. You engage with the energy of the upper chakras, and then return back across the bridge to integrate them with the rest. When I had cataract surgery, I missed the message. Then my back went out of alignment, confining me to bed again, but I missed the message. Even with a car accident, I still missed the message. These experiences were not to bring me closer to the upper chakras; they were my body pleading with me to remember I still had a body.

The eighth chakra energies allow us to integrate all parts of ourselves so that our spiritual, emotional, mental, and physical selves can function in this human body. My effort to abandon these lower chakras is precisely why I seemed so cruel to my clients. The only way you can speak the words “there is nothing to forgive” without sounding cruel, is to connect with your heart chakra so you are coming from your heart, and with the throat chakra, so you are speaking your truth. I learned that every chakra has equal value, and what enhances one enhances all. Therefore, what diminishes one, diminishes all. So please remember to pay as much attention to your root chakra, as you do to the crown chakra.

The energies of the ninth and tenth chakras connect us to advanced spiritual concepts and wisdom permitting us to discard old notions of our identity and replace them with greater awareness and psychic abilities. As we open our eighth chakra, we engage in the work required to unite these parts into a transformed whole being complete in a way we had never imagined. Instead of being in the world *but* not of it, we learn to be in the world *and* not of it.

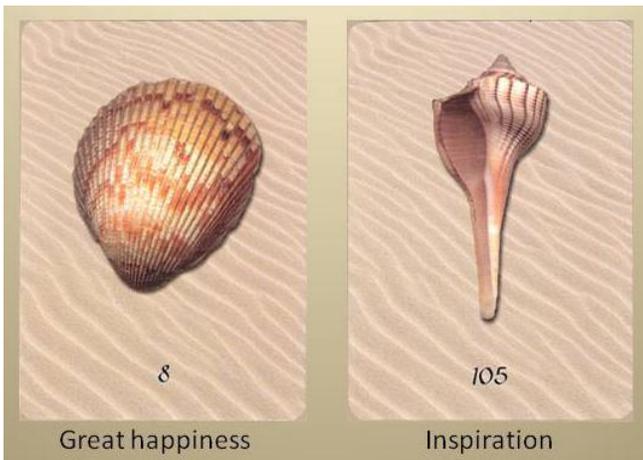
Instead of being in the world *but* not of it, we learn to be in the world *and* not of it

Processing and integrating the lessons learned from the ninth and tenth chakras, purifies us so we can release old patterns that kept us functioning from our physical, fear-based conditioning, and accelerate our spiritual growth.

Based on everything I now know, I feel confident the connection between chakras and Abalone has been clearly demonstrated. In my quest for answers, the Abalones have taken me beyond my wildest imaginings to a world of joyous possibilities. It gives me tremendous pleasure to be able to share this outcome with you.

Now that we have established the connection of Abalones to the chakras, I would like to begin with a look at how the Abalones work on the first seven chakras. I want to share a story of someone I met in Florida while I was still in the experimental stages of the Abalone/chakra theory. She has given me permission to share this information in my classes.

During a workshop I was teaching in Florida, one of the students arrived with a 5-hole Abalone containing broken pieces of other shells. She asked me why I thought she only found broken shells.



When I examined her shell fragments, they were Lightning Whelks and Cockles, the shells for inspiration, and joy.

Before I answer her question, let's work on this together. We will take this in steps:

What chakra would connect to the 5-hole Abalone?

5th Chakra....the throat chakra

So, she is only allowing fragments of inspiration or joy connected to her throat chakra. **Can you think of a source of joy or inspiration that comes from the throat chakra?**

Some ideas: Expressing your truth, singing.

Remember that this occurred in the very early stages of my Abalone theory. My first thought was, if this theory about chakras were true, then she might not have the full measure of the joy and inspiration that comes from expressing herself...her throat chakra.

I asked if she ever had any problems in that area. She revealed that following a horse-riding accident when she was 15 years old, she was in a coma for months and was left with partially paralyzed vocal cords. Her voice was barely above a whisper.

It has taken her years of hard work to regain a normal level speaking voice, but she was unable to modify her voice to sing, or raise her voice to yell. When I asked if she ever wished she could sing, she said she did not miss that. She could not sing well before the accident, so it was not a great loss. Then, I asked if she wished she could yell. She replied that it would be useful in an emergency.

I don't know about you, but I thought that was pretty limiting. I asked if she ever got angry. At first, she replied "No." But then, she admitted that there were times she wanted to yell, but she held everything inside. She described herself as meek.

We discovered that she thought in order to be loved, she had to hold her tongue. When we looked deeper, it turned out when she had the accident that took her voice, her parents were divorcing, and she felt that any problems she had should be kept from them, so she did not add to their burden. She was amazed to see that her accident guaranteed that she would never say anything to add to their struggles.

We discussed the fact that even if an emotion is repressed, it does not disappear. Her 5-holed Abalone teaches that it still impacts your life. When she showed me her 5-holed Abalone when we first met, she was broadcasting that she was working on her throat chakra. Once that information was brought to her awareness, she could heal energetically, even if not quite physically.

I caught up with her a few years later and discovered that she had taken up a new hobby...painting mandalas. She informed me that she even painted one that looked like someone screaming. She said that she thought that must be connected to someone she knew who was angry about something. **What do you think? Who might be doing the screaming?**

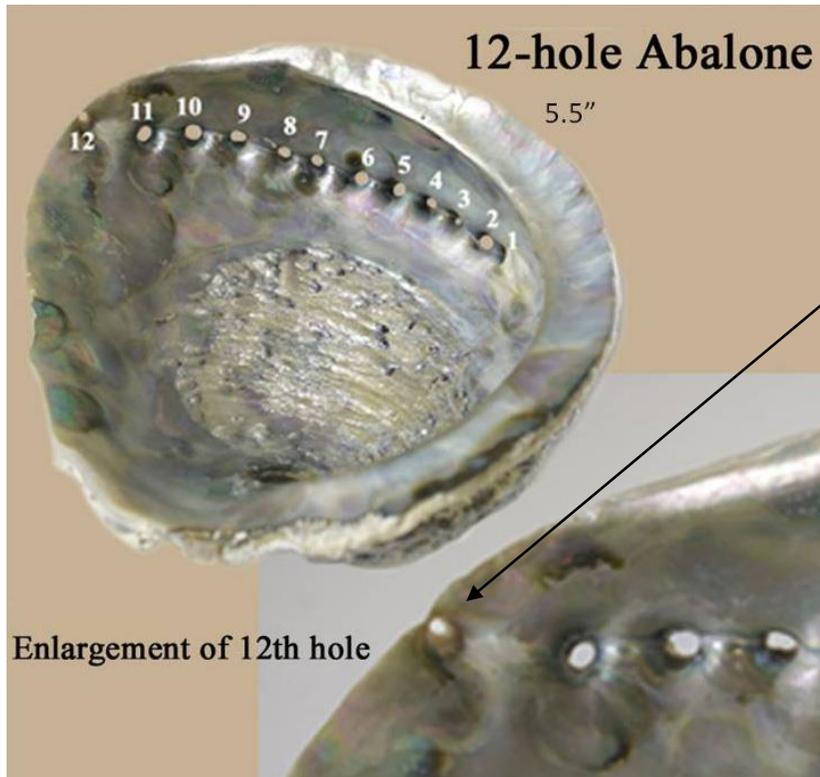
It was her tool to scream through her mandala.

It took a while, but she finally saw that she was the one who was screaming. As our conversation continued, she recognized that her mandala paintings offered a wonderful way to compensate for her damaged vocal cords, allowing her to express herself. She said that she starts out drawing very tentatively, and then when she adds color it flows. We quickly figured out that the drawing is like her whispering, but the color is what lets her increase the volume! And she is starting to express herself verbally, even if it is in a quiet voice...she finally feels that she is entitled to state her opinion. All of this awareness began from asking about her Abalone shell with the broken pieces of shells in it.

Up until this point, I have held that an Abalone maintains the number of holes it has throughout its life. As discussed in the previous information, its DNA seems to code for this. True to form, just as I became comfortable with this theory, an Abalone arrived to push me out of my comfort zone. After witnessing the 4-hole Abalone that ceased making holes, and the 10-hole Abalone with no muscle scar, I have learned nothing an Abalone does is impossible. However, this new Abalone pushed my understanding of energy to an unprecedented level, and with its teachings, I have entered an entirely new realm of possibilities.

Since writing *Ocean Oracle*, I have been blessed with many generous readers who have taken the time to contact me expressing their appreciation for the information. With one such reader in Hawaii, our conversation led to me sharing the new information about Abalones. A few days later, she sent me an e-mail describing her

chance arrival at, of all places, a seashell store, when she had pulled over simply to avoid traffic. There, she found a 9-hole Abalone, a 10-hole, and an 11-hole Abalone shell. My Abalone collection did not exceed ten holes, so I asked her to please let me know what she learned working with the 11-hole Abalone. When she wrote me that she had bought one for me, I felt it represented a new spiritual initiation, and imagined what it would bring to my life. When it arrived, I got quite the surprise: it was not an 11-hole Abalone, it had twelve holes. The twelfth hole was on the outer lip of the Abalone where a new hole should form, but the curious thing is that it had taken a different direction from the other eleven.



As you can see in this picture, the first eleven holes are all in a row on one plane, but then the pattern suddenly bends, placing this twelfth hole on a different plane. The enlargement shows a closer look at this change in direction.

The first night I worked with it, I had a dream. I was told to place an object in my right hand, and one in my left hand, and to close my eyes. My right hand grasped a juicy red apple, and my left encircled a gleaming Cowrie shell. Then I was told to open my eyes and allow myself to be surprised by what was in my right hand and then told to be surprised by what was in my left hand. I found these requests ridiculous since I knew what I had placed in each hand. How could I be surprised? And then I understood. By assuming I already knew what was there, I

left no room for it to change. Holding the energy of possibility allows people and events to grow and teach us something new. The Abalone was a living example of this. It was supposed to be 11 holes, and when I wrote to thank the person who sent me this now 12-hole Abalone, I didn't know what she would think. When I read her reply, she shared an even greater surprise. Here is what she told me in her own words.

When I first found the elevens I found two of them. I brought home a nine, ten, and an eleven for me, and a ten and eleven for another friend. When I got them out I thought, "Oh, I must have miscounted." There were one eleven, two tens and two nines. I went back to the shell shop to look for two more elevens, but only found one. Then I got ready to mail the shells out (I was planning to keep searching for an eleven for my other friend, or give her mine). I had been careful counting them; holding them up to the light to be sure it was a hole I was looking at and not just a spot. And I kept them organized in groups. I must have counted them over a dozen times to be sure I had it right. The morning I packed them for mailing—I swear, I thought I was going crazy—one of the tens was now an eleven! I now had three elevens, two tens and two nines. I think they change according to our energy—I have no doubt that the twelfth hole appeared just for you.

This Abalone transformed from an 11-hole to a 12-hole seemingly overnight, and some people have seen the makings of a thirteenth hole. I readily admit that I have no explanation for how this Abalone shell was able to change its structure when it was devoid of any physical animal—the being supposedly responsible for making the holes. All I can do is report what I have observed.

This 12-hole Abalone has revealed itself to be all about the gift of surprise. The biggest surprise in my life so far has been learning that even when we think we really know ourselves, I—we all—have the capacity to evolve to new levels of awareness. In Abalone terminology, we think we are eleven holes, when overnight we can transform into twelve, thirteen, or beyond. I have evolved from someone certain that I did not sense energy, to one that has learned, through working with the shells, that I have a sensitivity to it. It has taken me some time to share what I've learned because of concerns that it defies logical explanations. But as my insights grow into knowing, there are a few things I would like to teach about shells in connection with energy.

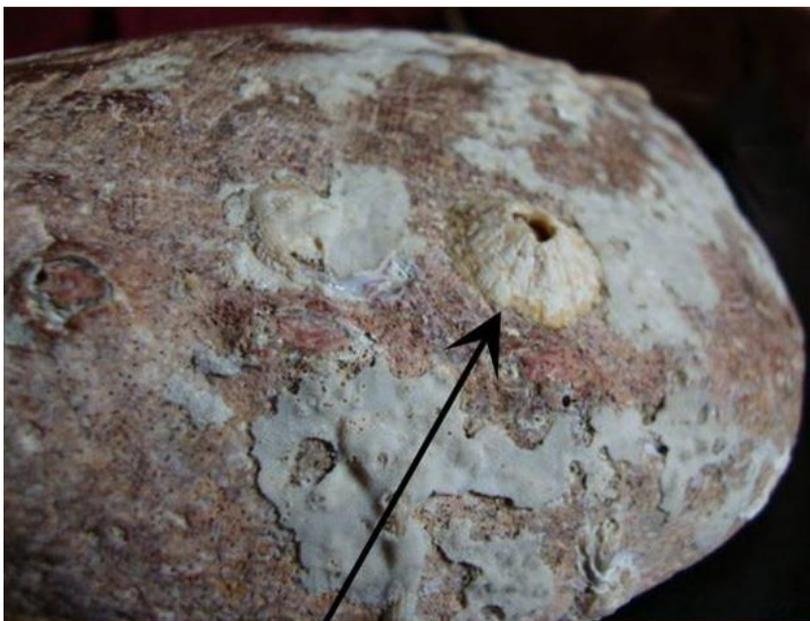
My theory is that Abalones mirror our spiritual evolution.

If Abalones connect with our chakras, it would follow that once we reach ten chakras, all paradigms regarding our chakras and our energy dynamics shift. We enter another dimension where energy operates differently. A week after receiving my 12-hole Abalone, I had an experience that validated this theory.

Are you all familiar with barnacles?

They attach themselves to ships and cause damage, but they also attach to the backs of shells.

Do any of you have Abalones with barnacles on the back of their shell? Let me show you a picture of the back of one of my Abalone shells.



Barnacle on an Abalone Shell

If you try to pull it off, you will see that they are just about cemented on. Removing them would take a lot of strength, and probably a knife or saw of some kind. We don't have time now, but I want you to keep this in mind as I share a story with you in our next class that may change your view of the world.

One extra note:

I wanted to share one other piece of information with you. A former student asked me if I ever did a shell reading for someone who was blind. As it happens, I did. I want to share that with you now because it applies to this class since it involved Abalones. The day before this client arrived, I had taught a workshop at my home. I set out 40 shells on a table as the focus for the workshop. Below the table, I had placed all the Abalones to be used in the second half of the workshop. This table was in a corner of the living room where my two shell cabinets are located. That kept all the shells in the same room in case I needed to refer to anything still in the cabinets. The workshop ran late, and I was too tired to return all the shells, so I left them on the table.

The next day, someone was visiting me who happened to be blind. During our chat, she asked for an impromptu shell reading. I did not know what to expect, but I was game if she was. I opened both shell cabinets and directed her to stand in front of each of them. She reached in and sort of touched the shells.... barely, a quick tap, while they remained on the shelves... not holding the shells at all. You could see the evidence she touched them because they were spun in a different direction as she made her selections. She proceeded to the second cabinet and did the same.

Then I took her over to the table where many shells remained from the workshop the day before.

She did the same quick touch on each, if you blinked your eye, you would miss it.

Then she said to me, "Is there something under the table?" She must have sensed the Abalone energy. I told her she could kneel down and there were a few shells on the carpet. Again, she barely touched them, but when she stood up, she said, "Oh, those shells are like the one on the top shelf in that cabinet," pointing to the cabinet where my large 4-hole Abalone was on display.

I was in shock.... I could understand if she held the shells and felt them to discover the holes along the edge, but she didn't. She only touched the outer lower edge where there are no holes.

This was evidence for me that the Abalones give off a particular energy that she could sense and connect to each other even across the room.