



## INDEPENDENT STUDY: Module 3, Class 38

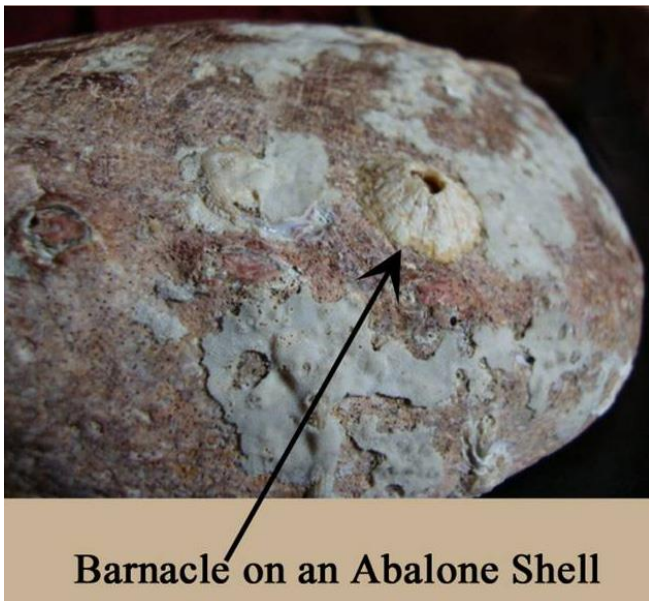
Please note: The pictures and comments in the transcript and recording below have been gathered over many years and where possible, I attribute them to their original source. If anyone connected with these photographs or comments would like them removed, please notify me and I will be happy to comply.

The recording for Class 38 is 46 minutes long.

Class 38: How Seashells Serve as Energy Tools, Part 3      Shell #15

In Class 37, you met my 12-hole Abalone. Do you remember the shell that was purchased as having 10 holes, became an 11-hole on the day it was sent to me, and arrived as a 12-hole Abalone by the time I received it?

We ended the class discussing the power of barnacles to cement themselves to the surface of a shell.



For those who have never seen barnacles attached to a shell, here is the photo we ended with showing barnacles on one of my Abalone shells.

We said that it would take a knife to pry those barnacles off.

Because we were out of time, I left you in suspense as to why I began a discussion about barnacles. I did not have time to explain my reasons, but I hinted that it involved a story that might change your view of the world. We have reached the point where all will be made clear, and you can let me know if this information rocks your world.

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-holed Abalone, I had an experience that validated this theory.

I was invited to attend a Spring Equinox ceremony and for some reason, I took the newest member of my Abalone family, my 12-holed, with me. Just before the ceremony, someone took me aside to ask me about barnacles. I told her about **shell #15** in Ocean Oracle which is a **Cone covered with barnacles**. When a barnacle attaches itself to a shell, as its colony multiplies, it covers an increasing amount of the shell's surface area.

Eventually, the shell disappears from sight. In a similar pattern, people may give others so much control over their lives that they become swallowed up and lose their identities in the process.



For this reason, shell #15 means “*Loss of identity, needing to assert oneself.*” You can see this Cone with barnacles in the picture to the left. However, after sharing this information with the woman at the Equinox ceremony, I was aware that I did not quite have all the information she wanted. I was not sure what was missing, so I asked her to please let me get back to her with more details. I didn’t recognize the significance of this conversation at the time, but it foreshadowed the magic awaiting us.

The Equinox celebration was about to begin, and upon entering the sacred space, we were all smudged with sage held in an Abalone shell so that its smoke could purify the energy.

During the celebration, the theme was “Remember Who You Are”. We meditated and played instruments and focused on this intention.

The main event for this powerful ceremony was a sound-healing CD created by Milagros Phillips entitled “*Remember Who You Are.*” As Milagros explains, this CD was recorded live and holds the loving intent of awakening the memory of our wholeness. Her voice intoned vibrations that sang our soul’s essence. Milagros teaches that “the voice can heal, transform, clear, balance, [and] induce higher states of consciousness as well as still the mind, quiet the body, and bring joy to our environment.”

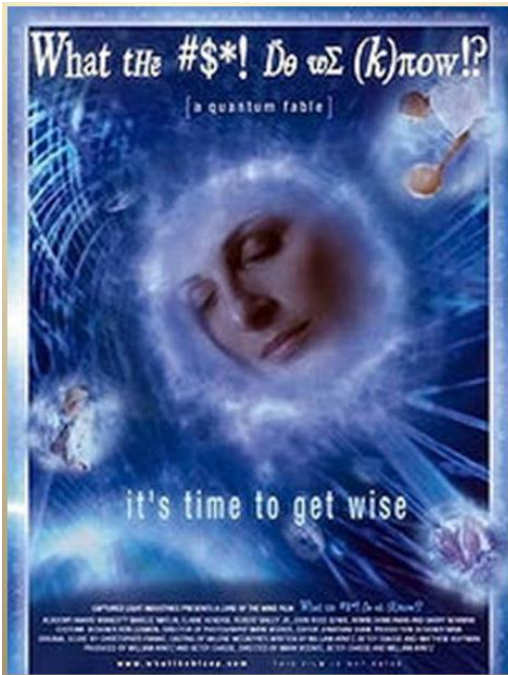
As we exited the ceremony, someone drew my attention to the crowd gathering around the Abalone used for smudging. The shell was sitting on a counter, and all around it were little fragments of something. It took a moment for this to sink in, but I finally realized that *the barnacles on the back of the shell were falling off*. They were scattered all over the counter where the Abalone was resting. Though I knew that Abalones have been used as smudging vessels for eons, I had never heard of this happening. As we discussed at the beginning of this class, barnacles cement themselves to the surface of shells. You would have to cut them off with a knife. However, during this ceremony they were simply falling off on their own accord.

Those witnessing this Abalone scene became curious about the meaning of this novel occurrence. The person leading the ceremony held my hands and suggested I connect to my 12-hole Abalone for answers. When I did this, I heard the word “masks.” The barnacles are the masks, or roles we play taking on false identities precisely because we have forgotten who we are. Having a room full of people all intending to step into our truth would cause our masks, or barnacles, to fall away. When we are in our truth, nothing can stick to us that is not real. The smudging Abalone had been exposed to the same powerful healing experience we had, and was either partnering with us, or mirroring what had happened to our energy. I am so glad that I was surrounded by witnesses to attest to this, and how amazing that someone would ask me about barnacles *before* we even started the ceremony.

I can’t imagine more dramatic evidence that Abalones reflect our energy. With that in mind, if my new Abalone could shift from eleven holes to twelve holes almost overnight, then perhaps it is reflecting our capacity to quickly shift our energy. At the level of the eleventh chakra, our masks can slip away, and the old rules no longer apply.

Consider this: A few years ago, it was unheard of to find Abalones with more than seven holes. Now they are found with holes numbering in the double digits. A possible explanation for this is beautifully illustrated by a story from the movie *What the \*Bleep\* Do We Know?*

<http://www.whatthebleep.com/> Website for what the bleep do we know.



This novel film combines drama, animation, and commentaries by leading scientists that explore the nature of reality. In the film, we are informed that our brains take in a great deal of information, all of which enters without judgment. This information is then filtered, and it is only to the degree that we are prepared to accept something as “reality” that information enters our conscious awareness. According to *What the Bleep*, we take in 400 billion pieces of information but only 2,000 may reach our awareness. The rest of this information remains unintegrated in our brains, never gaining our attention.

In *What the Bleep*, Columbus’ arrival in the New World is dramatized from the viewpoint of the Caribbean Natives. We are told that when the ships first sailed into view, the Natives were not able to see them. This was so foreign to their reality that their conscious awareness was unable to process anything beyond a disturbance on the water. The reenactment focuses upon the shaman who stares out at the ripples in the ocean. With the passage of time, he is suddenly able to see the ships. Once he does, he tells the rest of the tribe. Because of their great trust in this shaman, they see the ships too. The point here is that of course the ships were there all along. The fact that the Natives could not see them did not negate their existence. As the shaman meditated and evolved energetically, he came to a place where his “inner seeing” integrated with his physical eyes, and he finally saw the ships. (By the way, I couldn’t help noting that the shaman wears a necklace of Donkey’s Ear Abalones, *Haliotis asinina*, 6-hole Abalone shells. Kudos to the costume designer—this connects to the third eye chakra, the center for “inner seeing.”)

As much as the scientists in this film hope this episode is true, it can never be confirmed since it occurred over five hundred years ago. I happened to be writing the manuscript for *Ocean Wisdom* when I watched *What the Bleep*, and I debated whether to include this story in the discussion of the 12-hole Abalone. It is pure speculation. As I wrestled with this, I encountered another demonstration of the mind’s ability to filter reality, something current and much closer to home. At the time, a friend of mine lived in a nine-member multigenerational family. Her 94-year-old mother-in-law was quite weak and completely unable to walk without the aid of her walker. In fact, she walked so infrequently that she no longer owned shoes, only slippers. Since her memory was fading, she was often unaware of events that occurred a few hours earlier. Her physical strength was depleted, frequently confining her to bed.

The family kept a monitor in her room so they could hear if she needed anything. One night, shortly after midnight when she was in bed with a nasty cold, the monitor picked up comments indicating that she had drifted back in time thirty years. She got out of bed and began rummaging through her closet to get dressed. She was frustrated that none of the clothes were hers, and that she couldn’t find her shoes. Completely without the aid of her walker, she made her way through the house and began to do housework, with no sign of her cold symptoms. What amazed me about this story is not that her mind could convince her she was living thirty years ago, but that her body would allow her the strength and mobility to follow suit.

The family told me that she couldn't walk because, although there is nothing physically wrong with her feet, her mind was unable to tell where her feet were in relation to the ground. Feeling dangerously unsteady, she eventually accepted the fact that she couldn't walk. However, as she revisited her former life, her mind was sending no such message. This is a clear example of the power of the mind to control our reality. Our experiences are based upon our beliefs through conditioning. The next day, her mind returned to current time. Her cold was back in full swing, and she was immobile once again.

If our minds can filter that thoroughly, one can only imagine the worlds surrounding us of which we are not aware—or which some of us are aware, and others call crazy because they are not. As our energy expands, and more information permeates to our conscious awareness, one day we may see these other dimensions. What we must keep in mind is that as easy as it might be to think that they just arrived on the scene, it is more likely that they have been here all along.

What does this have to do with my Abalone shell? Perhaps the Abalone always had twelve or thirteen or more holes and it required my energy to shift in order to see it. If that is the case, then I could shift again and find even more holes in this Abalone shell. The shell is not making new holes; it is my evolution that permits me to see the already existing holes. This is similar to the shift my friend's mother-in-law made from being immobile one day and able to walk the next. The same physical body differed in capabilities due to the information coming from the mind. By the way, some people still see eleven holes in my twelve-hole Abalone.

Over 20 years ago, decades before Abalones entered my life, I entertained similar thoughts after reading *Strangers among Us* by Ruth Montgomery, a book that describes other dimensions as places with different energetic vibration. As she noted, "*We see the blades of a fan when it is operated at half speed but look directly through them when it runs at full speed.*" In other words, if we could synchronize our energy to theirs by slowing their energy down, or speeding our own up, we would see these other dimensions. After reading *Strangers among Us*, I wrote a little poem about this called "Blades from Another Dimension:"

*Look at a fan before it is turned on  
See the blades outlined nice and clear  
Switch it on, increase the speed, and you're looking at a blur  
The blades seem to completely disappear.*

*And yet you know those blades are still there  
You can prove it by slowing down the speed.  
You'll feel a change in the movement of the air  
A speed control knob—that is all you need.*

*Now imagine a fan already spinning fast  
With no obvious way for you the speed to tame.  
Its blades are still there, just a blur as they pass  
You do not see them, but they are there just the same.*

*Other dimensions are like the blades of this last fan  
Vibrating too quickly for us to see  
Yet though many cannot see them—others can  
They have found a way to control the speed.*

*The blades of the fan are turning slower now for me  
A whole new world is opening up before my eyes.  
I am just experiencing now what was always there to see  
And believe me, it really took me by surprise.*

*There are auras, like halos, surrounding everyone I know  
Around objects and plants they seem to cling.  
They dance around buildings, a spectacular light show  
Now that I see them, I don't want to miss a thing.*

*I don't know what I've done to make the blades slow down  
Revealing new wonders every day.  
Because there is no reason I can consciously point to  
I awake each day afraid they've gone away.*

*Then I look out my window and see a skyline of pure light  
Such a comforting feeling washes over me.  
Concern is replaced by excitement at the thought of what new sight  
Might appear from this "hidden" galaxy.*

Twenty years later, I realize that I may have had this reversed. Rather than the blades from other dimensions slowing down, the synchronization may be due to my own energy undergoing alterations. As our vibrations accelerate, allowing us to venture into new domains, speculation remains that we would become invisible to those still vibrating at the current speed. This is the case presented in the *Celestine Prophecy* by James Redfield. I have no idea where connecting to these new dimensions will lead, but I would like to speak about a few more Abalones in this context.

We have discovered how the Abalones connect to our chakras through the number of holes in their shell. To simplify the information, I covered the lower chakras before the transpersonal chakras, but in reality, this was the sequence of the Abalones joining my seashell family:

I had 3, 4, and 6 holed Abalones when I became aware of the connection. Then, I quickly obtained the 5, and 7. Next came the 2, then the puzzle of the 9 teaching me of chakras beyond the physical body. Then came the amazing 1, 10 and then 8, and another 8 because I missed the lesson. Then I was gifted with the 11 that became a 12. Did you notice that my Abalone collection did not arrive in sequence?

This is significant. Every time I teach this course, someone in the class has an Abalone shell...sometimes more than one. In 2010, I started keeping a list of the Abalones to observe the shift in energy over the years. Let me give you a glimpse at what Abalones students have brought to class on the first night of their shell energy work.

Some of the students from classes in 2010- 2015

**Sept 2010-Dec 2012**

Rachel: One shell with 4 holes

Janis: 3,4,5,6

Cori: 6, 3

Fatima: 5, 6,7, 9

Carole: 4, 5, 6

Laura: 6, 3

Marie Ann: One shell with 4 holes

Trude: one shell with 7

Patty: One shell with 8

Susan: 2,4,5

Sandy: 6, 3, 3

Julie : 3, 7, 2, 11

Norma: one shell with 4

### **April 2013**

Joy: one with 7

Melanie: 3 and 4 And just got 10 and 12

Fatima: 5, 6,7,9, 8 just got 10, 11

Jacob: one with 5

Janine: 3,4,5

Dana: 3,4,7

### **June 2014**

Shakti : one with 3

Donnaleigh: one with 3

Mel (next year): 8,6,5,4,3,1, 10, 12

Barb: 3,4,12

### **January 2015**

Priscilla: 4, 10, 11

Shellee: 9 shells— 4 are 3-holes, 3 are 4-holes, one 5, one 6

Cynthia: 2,3,4,5,6,7

Heather: two are 3, three are 4, two are 5, also 6,2 and last week, she just got an 8-holed Abalone

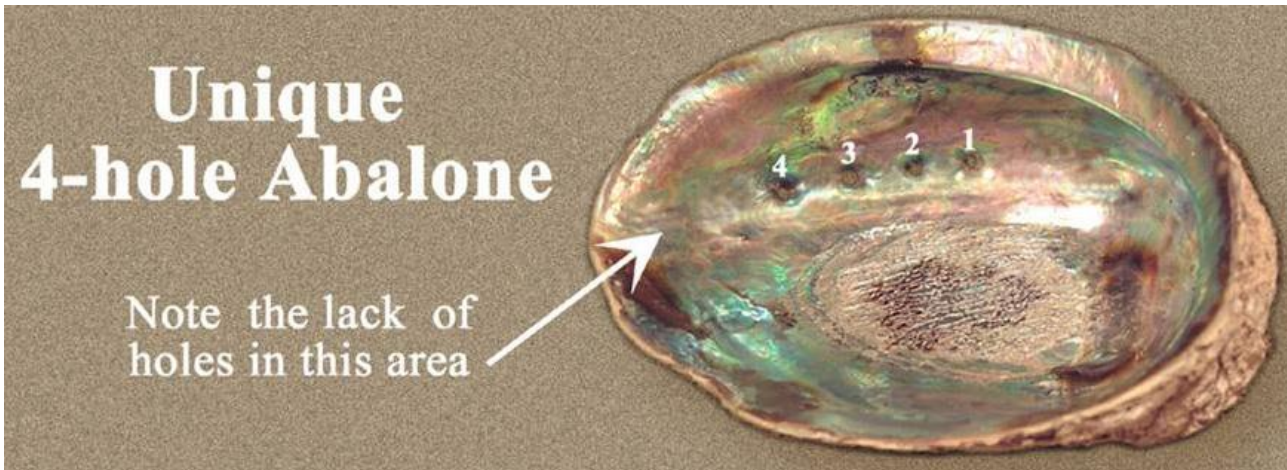
In 2008-1010, the majority of these shells fell between 3-7 holes. If you recall, Abalone shells were common with 3-7 holes, but only recently have they been available with 10, 11 or more holes. It is also true that finding Abalones with 1 or 2 holes used to be unheard of. As you can see from the former students, the majority of these shells fall between 3-7 holes. Students taking the course in 2012 reported having Abalones below 3 or above 7, but they mentioned that these were recent additions.

I now have several with 2-holes, and I came across my third 1-hole Abalone. The point I want to make is that if Abalones mirror our energy as the barnacle story would indicate, they reflect our spiritual evolution. I think it significant that the transpersonal chakra shells arrived on the scene the same time as the 1 and 2 holes. It seems to suggest “as above, so below”. It may take as much spiritual evolution to awaken and balance our transpersonal chakras, as it does to balance the first and second.

Some people live in the fourth-seventh chakras having visions and dreams and psychic experiences...but the work is trying to function in a physical human body. Sometimes, when we are not grounded, our body gets in the way. Integrating both the upper most and lowest chakras may be essential to function on the planet in a balanced manner, and that may be why the Abalones have arrived with double digit holes simultaneously with Abalones that have just one or two holes. This would lead to the conclusion that the “lower chakras” are not primitive at all.

For those of you who have *Ocean Wisdom*, you will find this book ends with the 12-hole Abalone. I would like you to meet a few Abalones that have entered my life after that book was published.

Do you recall the 4-hole Abalone that stopped making new holes but continued to live on the planet?



I called it the unique 4-hole because I thought no other Abalone would stop making holes the way this one did. Its message was that you could finish healing at the level of the heart chakra, and then continue to serve on the planet with no more “stuff” in the way.

Well, I have new Abalones that do the same thing, only they have 5 holes and 7 holes.

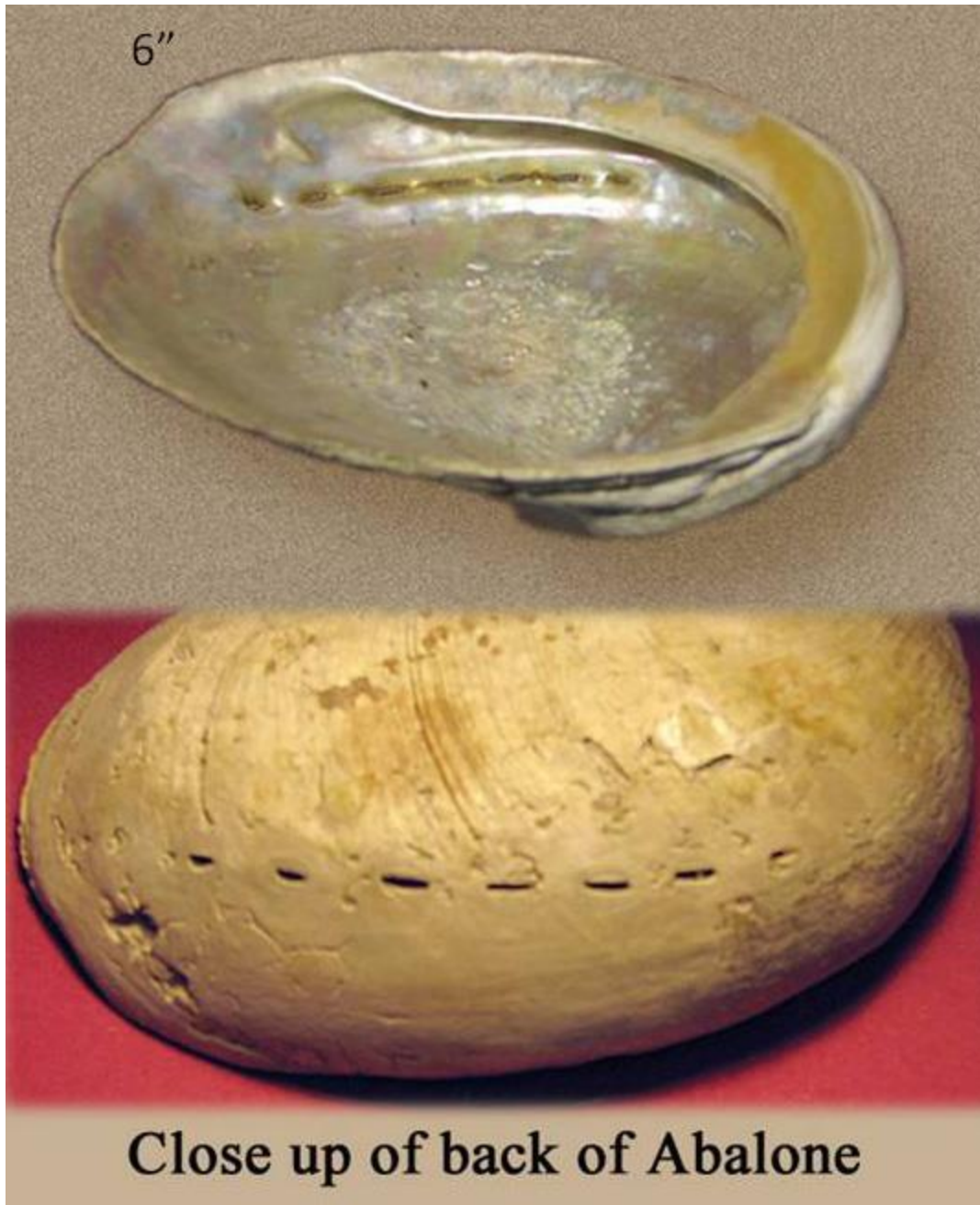
Here is a picture of the 5-hole Abalone.



You can clearly see five holes, and then it completely stops making new holes. Energetically, this tells us that you can finish the challenges around throat chakra and speaking your truth.

How much better could you serve on the planet if there were no more blockages to speaking your truth?

Now, take a look at this 7-hole Abalone. I wanted you to see the inside and the outside of the shell to get a good look.



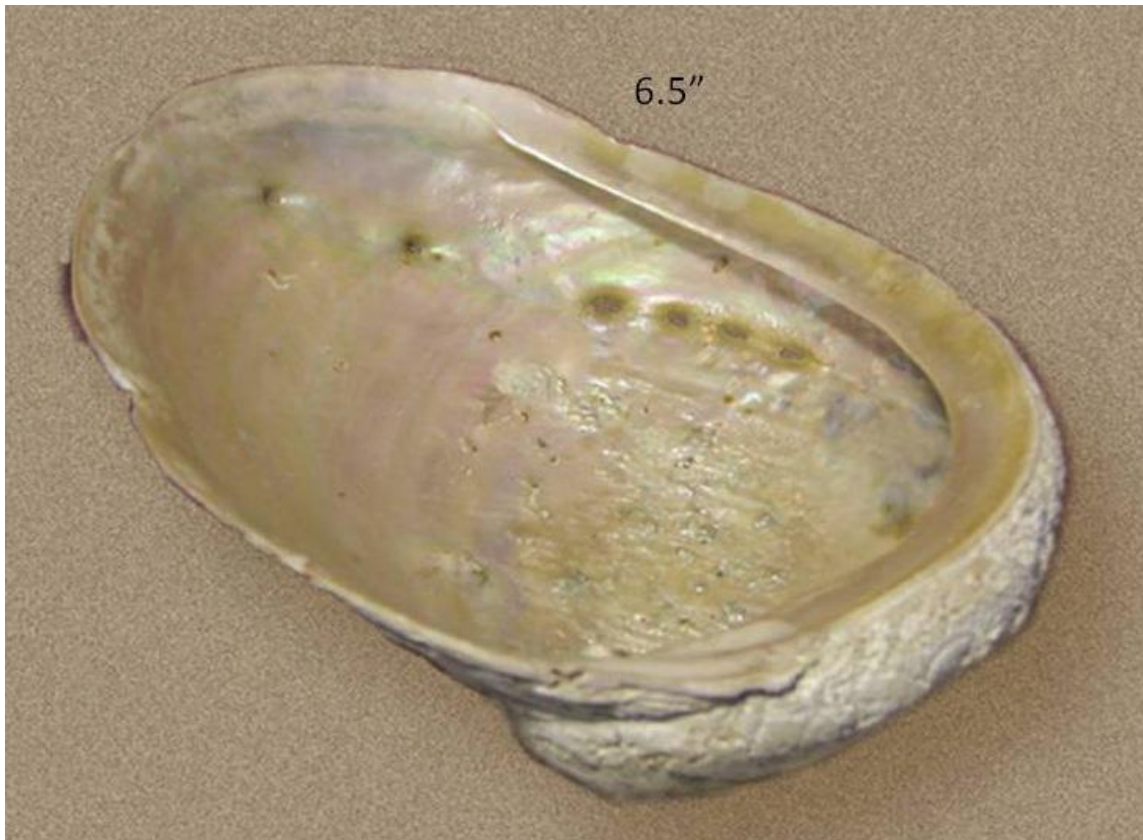
Does everyone see the holes?

They are more like slits. If the holes are where we heal, and the 7-hole connects to the crown chakra, that would mean healing our feelings of abandonment or separation from God. A former student once asked me if I thought an Abalone could have no holes....and I replied that I needed time to present a foundation before answering that question. Now that we have arrived at the 7 slit Abalone, (I can't call them holes,) this is the closest shell I have found to that. It does look like these slits would continue to close up. I believe this 7-slit Abalone could close these slits entirely and eventually have 0 holes. If the holes are becoming slits, it looks like not only will this feeling of abandonment or separation from God be healed, when the holes close, that feeling will be erased as if we never felt separated at all! That is where our spiritual evolution can take us! It is the difference between no longer feeling separated, vs. erasing any memory of ever feeling that you were.



OK. Now to go out even more on a limb. This is the last Abalone to show you.

I would like you to write down what chakra you think it connects to. Please pause to note your own thoughts before reading below.



In previous live classes, everyone had a different response when asked what chakra this Abalone would connect with. Let's investigate this more.... For quite a while, I thought this was a 6-hole Abalone. But, after I worked with my 12- hole Abalone, I noticed this shell in a new way. If you look at the holes, you will notice they begin on the right with 4 holes very close together, and then, as you move to the left edge, there are 2 more holes spaced quite a distance apart. What if this Abalone is not 6, but actually contains the lesson of 4 and 2 in one shell.... this would be second chakra and fourth chakra, or two aspects of love, the distinction between sex and love. Don't laugh, but all this time before I realized this, this Abalone was perched on my nightstand near my bed.

The 12- hole Abalone is all about the element of surprise...and that brought a new perspective for me with this Abalone. Just as I asked you for your reaction to this shell, I did the same for students in the live classes. When they shared what chakra they saw in this shell, there were almost as many different responses as there were students. When this first occurred, it caused me to wonder what was going on. Until then, I only had my own impressions that had shifted from the 6 to noticing two chakras, the fourth and second. I never sought other peoples' opinions on this shell before, so I was not prepared for the variety of class responses. I found that fascinating, and literally had to sleep on it to understand the significance.

That night, in my dream, I found myself in a very busy restaurant. After eating my fill, I became tired and intended to leave to find a bedroom for the night. As I prepared to leave, the thought crossed my mind that I did not have to go anywhere, the bedroom was already there. As quickly as I had that thought, the restaurant disappeared, and a sumptuous bedroom took its place. I had not taken one step from where I was standing. What changed was my focus, a shift in my conscious awareness, and I was transported to that bedroom. The restaurant and bedroom existed at the same time in the same location, but appeared according to my needs due to the shift within me. If I had assumed that all that existed in that space was a restaurant, I would have had to leave to go hunt for a bedroom. But it is like the blades of a fan, other dimensions occupy the same space we do.

This relates to my first vision when receiving the 12-hole Abalone. Let me repeat that for you here: 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 it had become a 12-hole Abalone.

Now, let me comment on these class experiences with that final Abalone. As the stories of the shaman viewing Columbus' ships, and the mother-in-law who shifted her mobility overnight demonstrate, it is all about what reaches our conscious mind based upon what we allow into our reality. We witnessed that right before our very eyes by the variety of responses to viewing that shell. Every answer I have heard over the years mutually existed in that shell. Our answers differed because of our own filters. Were there 6 holes? Were there 11 holes with some healed? Were there more than one chakra.... perhaps the second and fourth in one shell? Or, were there two 1 holes and a 4? The answer is "yes" to all of the above. Every one is correct; there is no right or wrong answer. That one shell contains every variation mentioned and more. It is literally in the eye of the beholder. Whatever you needed was there. In my metaphysical studies, I came across the concept that due to a shift in vibration, a person could pick flowers in the middle of a battlefield. I now see that is what the dream showed with the restaurant and the bedroom. Other people could still be in that restaurant while I left to inhale the flowers in the bedroom.

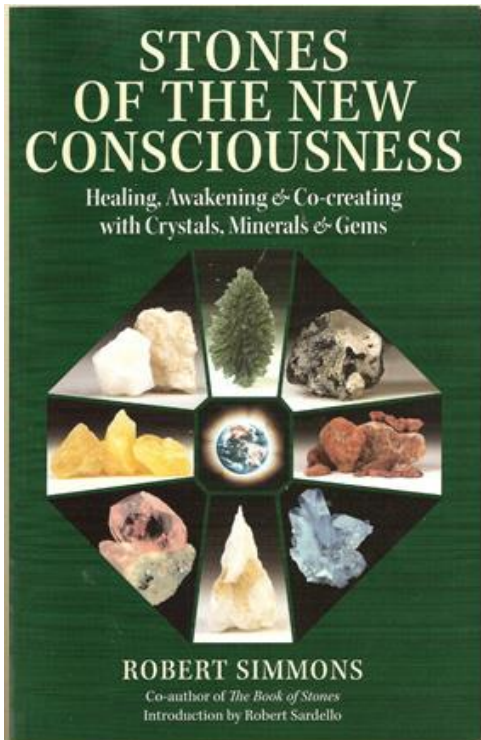
It is difficult to teach about transpersonal chakras because nobody really knows. It is all conjecture based upon theories and observations. However, when we have personal experiences, for me that increases credibility. When I told my husband about my dream, and how it related to our class, I said "It is mind blowing!" He responded by saying, "No, it is mind expanding!" He called that Abalone "Universal."

A while later, I was discussing the Abalone/chakra connection with Robert Simmons who is the author of a multitude of books on crystal energy. I took out each Abalone, and as he held each shell, he felt the energy in his corresponding chakra. As I progressed through the 3-7 and the 1 and 2, 8 and 9, when I got to 10, he said to me "you are going to show me one with 42 holes aren't you?" I could only think about the 12 being as far as my collection would take him, but when I ended with the Universal Abalone and asked what he saw, he said, "Here is the one with 42!"

When I asked the significance of 42, Robert said: *“The only meaning I have heard about for the number 42 comes from the tongue-in-cheek novel, The Hitchhiker's Guide to the Galaxy. In that book, 42 was “the answer.” The problem was no one knew what the question was. Maybe that's my problem too.”*

I explained that the Abalone where he found the 42, is quite incredible. I told him that I call it my Universal Abalone because everyone who works with it senses something different. The Universal Abalone will be whatever you need it to be. In this case, he had answers and needed to discover the question.

With that mind set, I thought about the composition of shells, a protein matrix containing Calcite and Aragonite.



This inspired me to look up Aragonite in his book “Stones of the New Consciousness” and on pages 134-136, I found everything I could hope for and more. The introduction to Aragonite states, *“Aragonite forms the skeleton of a number of marine organisms.”* As you all know, shells are likened to external skeletons offering structure and support to mollusks.

Later in his book, he mentions that *“one of the strengths of Aragonite is to help us connect empathically with animals”* ...I told him that could be speaking about the mollusks, the animals who create and inhabit the shells. It is as if, while he offers insights on Aragonite, he is speaking about what I have experienced as the master teachings from the seashell kingdom.

As he continues describing Aragonite, he mentions: *their purpose was to integrate, align and increase instant communication between the right and left hemispheres of the brain. (Does that sound familiar to anyone?) ... activation, awakening and alignment of the Light Body... Aragonite, as it spreads its higher-realm vibration through the body, dissolves*

*[negative patterns] as long as we are prepared to agree with this.* (Students, please come back to this statement after you study Chambered Nautilus in Class 41.)

He ends with the comment: *“I feel a strong quality of a potent unknown future potential...As deeply as I wish to delve, there remains a great deal that is hidden about the purpose and possibilities to which these stones are attuned.”*

Bingo! Here is the question connected to 42. In his own words, we solved the mystery. I wrote to Robert, with my discovery. The question for which 42 is the answer....*What is the hidden purpose and possibilities of working with Aragonite?* The answer was already in his hand with the 42 Abalone shell.

As you know, I am always looking for a teacher, and with this Universal Abalone, all of my students became my teachers! I am deeply grateful!

Love,  
Shelley

Did you ever think there would be so much information from the Abalones that it would take 3 classes to cover it all? You learned in 3 weeks what initially took me 4 years...but as you can see with my experience with Robert Simmons, the education continues!

In the next class we will finish our series on the connection of shells to the chakras by looking at shells other than the Abalone...and there are even more amazing stories!

And I have one last story to share with you from a former graduate student, Tracey, who sent this email on 4/19/2013. She has kindly granted me permission to share this with all future students. I just love when one of these stories is not mine, but from a classmate's experience.

*I just learnt that abalone has been discussed in class. Now you may remember, or not, that when I first made contact with you about doing your course I mentioned that I had a theory about abalone shells and I would share it with you if were interested? I feel now is the time to share what my journey with the abalone shell has been.*

*I know you mention in your book that there is an abalone for each of the main seven chakras, back in the early days of our discussions I mentioned how I had obtained them. What was interesting about them coming into my life was that I was able to obtain them all from one place on one shopping trip, it was the same day the pink mouth murex, comb looking murex, tuns and other shells followed me home.*

*Once home I cleansed them and gave them a Himalayan salt bath, let them clear and take in my energy. What happened over the next few days, not weeks, the muscle attachment within some of the abalone shells started to disappear. In some of them the attachment completely cleared.*

*Relating this back to my work that I have been doing on my own spiritual evolution and chakra development, for each chakra that I know is fully open and cleared within myself the abalone was a mirroring back to me what had taken place on an energetic level. So for example my crown chakra is completely clear, open and full of white light, at times there is this brilliant white lotus in full bloom sitting above my head that I can see. The abalone shell for this chakra happened to come to me with an almost pearlised off white inside and after clearing there no muscle attachment. This is similar for some of my other charkas. I have found this so interesting. Here I have, a set of tools in the physical showing me what is happening on the energetic level of my being.*

*As I continue to work on my chakras the muscle attachment is slowing dissipating on the remaining abalone shells. I would love to show you images as it is amazing. The photos I have taken have not come out quite right, in that they do not do justice to what is taking place. I will work out a way to capture them on photos so I can show what is happening.*

*Not sure if you have come across this yourself or with other students and would love to hear your comments.*

*Shell blessing from Australia*

*Tracey*