



INDEPENDENT STUDY: Module 3, Class 39

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The recording for Class 39 is 44 minutes long.

CLASS 39: Shell #'s 58, 95

Based upon the information over the last three classes, I think you have a good foundation on how the Abalone shells connect to the chakras. Those 3 lessons covered the four- year journey presented in *Ocean Wisdom*, but in an effort to give you cutting edge material, I wanted to share the Abalone teachings that continued after *Ocean Wisdom* was published.

Meanwhile, there are other shells that connect to the chakras as well, and that will be our topic in this Class 39.

We will investigate Starfish a type of sea star, and Sand Dollar and a few other shells to see how they relate to chakra work. Let me tell you about the Starfish and see what chakra you would think it corresponds to.



Here you can see a Starfish.

By the way, a Starfish is not a shell. As you all know, a shell is created by an animal called a mollusk. The Starfish is not a mollusk, it is an echinoderm (meaning spiny skin) and is a member of the same family as Sea Urchins and Sand Dollars.

http://www.wetwebmedia.com/ca/volume_1/cav1i4/echinoderms/echinoderms.htm

Wonderful website for describing the echinoderms.

Now, let's return to our discussion of the Starfish. Starfish represents survival against all the odds in a situation that disgusts you.

Let's look at where this message is derived from.

When a Starfish is cut in half, each half can grow into a complete Starfish. When some species of Starfish are cut into sections, each piece containing a portion of the central core is capable of regenerating into a completely

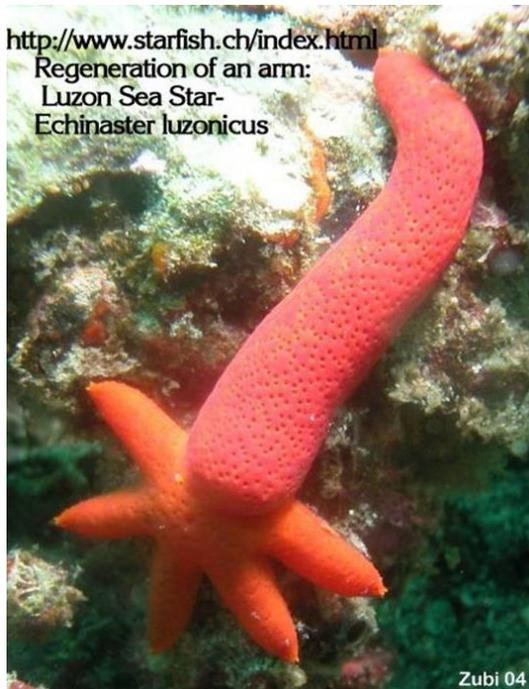
new Starfish. A few species can regenerate an entire Starfish from a single arm (called a ray), producing several Starfish from one that is torn apart.

Since Starfish dine upon oysters, they are the bane of oyster fishermen's existence. Some enterprising fishermen, in an effort to reduce the Starfish population in their area, hauled as many Starfish as they could aboard their fishing boat and chopped them into pieces. They then tossed these sections back into the sea. They thought that took care of their problem, but all they did was unknowingly multiply their problem!

With this incredible ability to survive, do you have any thoughts on which chakra the Starfish connects to?

First/Root

When this regeneration occurs, the Starfish has a distinct appearance. It contains a single arm with little buds for the future arms. Scientists call this stage of growth a “comet.”



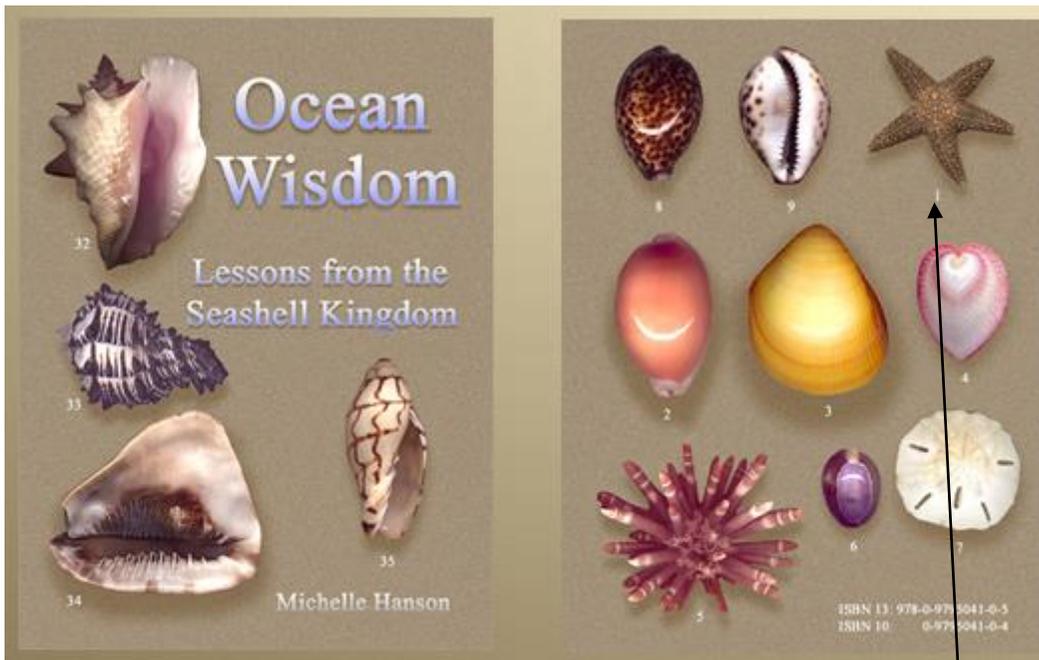
<http://www.madsci.org/posts/archives/2003-04/1049909519.Zo.1.jpg> comet photo

In *Ocean Oracle*, the meaning for Starfish #58 is “*surviving something disgusting and stomach-turning*”. Now that you understand the reason for the meaning reflecting survival, it is time to address the “disgusting, stomach-turning” part of this meaning. The Starfish has a very interesting digestive apparatus. It possesses two stomachs: the cardiac and the pyloric. When a Starfish has pried open an oyster’s shell, it is faced with quite the dilemma. The reward for all of that exertion is an oyster that is too large to fit into its mouth. Undaunted, the Starfish relies upon its cardiac stomach, which is centrally located directly above its mouth. It pushes the cardiac stomach out through its mouth positioning it between the oyster’s valves. Once the cardiac stomach has partially digested its prey, bite-sized morsels are passed inside the Starfish where the digestion is completed through the pyloric stomach. After absorbing the nutrients provided by this meal, the Starfish swallows its stomach back into its body. This technique of turning its stomach out of its body represents the situation that turns your stomach, or disgusts you.

Hence, the combination of these traits leads to the meaning...” *Surviving something disgusting and stomach-turning.*”

Starfish energy is designed to create a safe environment for you to confront hidden feelings of disgust. Rather than burying these offended feelings out of fear of acknowledging them, the Starfish is encouraging you to notice that this confrontation is necessary for your survival. When hiding or denying feelings, you are not living your truth. Whether you are deceiving yourself or others, you diminish yourself by expending a great deal of energy in order to keep these feelings buried, energy that could be employed in much more productive ways.

Because of its extraordinary capacity to survive, it is used with the first, also called the root chakra.



If you refer to the back cover of *Ocean Wisdom*, you will see the **Starfish is #1**, as in first chakra. This chakra concentrates on survival skills. In human terms, money issues, food, shelter, clothing, physical health, and self-preservation. When someone has strong survival skills, they have a balanced first chakra.

Can you imagine stronger survival skills than those possessed by these starfish? Their ability to dedifferentiate their cells in order to regrow their bodies borders on a path to immortality.

Allow me to elaborate on this dedifferentiation.

When you are a fetus, your cells start off neutral. Then eventually, some become kidney, or nerves or heart. That is when they differentiate. The controversy over stem cell research is due to the knowledge that stem cells have not differentiated yet, and have the potential to become many different organs.

So, if your cells could dedifferentiate, they go back to neutral, and can become anything! You could regrow your own tissue for a heart, stomach, or lung from the neutral cells. This is why some suggest dedifferentiation could increase our life span indefinitely...and this is what Starfish do when they regrow their bodies.

Starfish is here to assist you in discovering what behaviors you might have performed that disgusted you, or turned your stomach. With Starfish pointing the way, you can see that at the time, you believed these actions to be necessary for survival in the material world. Ask yourself where you might have abandoned your spiritual pursuits in order to meet survival needs. Starfish reaches out in companionship to hold your hand. It is safe to expose these dark places so you can heal and release them. There is no shame. These are simply choices you made related to the material world. Starfish assists you to pry open the places where you have stored your hidden disgust.

Wherever you find yourself disgusted with choices you made for survival, Starfish is here to offer its strength for you to choose again, to survive without compromising your truth.

Now, one more step. When you work with the transpersonal chakras and integrate their energy with the physical chakras, survival can be looked at from a new perspective. Integration of the upper chakras introduces an entirely new way to interpret what keeps us secure when applied to the lesson of Starfish and Survival. From this perspective, because our physical identity gains equal value with our light bodies, security no longer exclusively pertains to physical health, financial stability, and a roof over our head. Although these remain vital, other factors contribute equally to our security. When considering survival, knowing that we are part of the Oneness, and that we exist in other dimensions of self can soothe what is commonly the greatest fear: death. With increased comprehension, we can appreciate that we are energy, and that energy can't be destroyed—therefore we do not cease to exist. On a daily basis, recognizing that we are surrounded by Universal love provides access to inner peace.

Our material security can manifest from our connection to our Divinity. How many of us have had this experience? We leave our homes to go about our daily business, and somewhere along the way encounter someone with a horrible cold. Our defenses go up because we are programmed to believe that exposure to someone with a cold threatens our well-being.

Does this sound familiar to anyone?

Up until a few years ago, I experienced this all my life. Then, while I was writing *Ocean Wisdom*, I met someone who had multiple personalities. The personality who greeted me at her home had a full-blown cold and could barely speak through her misery of runny nose, watery eyes, and cough. I was silently upset she had not warned me, and was sure I was doomed to catch her cold. I barely had time for this thought to register when she alternated her personality. To my amazement, every symptom vanished. This was the same human body, but the cold only affected one personality. Clearly this was evidence that the cold was not in the body, but in the mind. With this knowledge, I decided not to allow my human conditioning to follow its usual routine of creating a cold just because I was in the company of someone else who had one. My test came when my husband arrived home with a terrible cold. He suffered for days, but for the first time ever, even sleeping in the same bed did not result in my joining him in this agony. Understanding how we create, connecting with my Divinity, aided me in reprogramming my thoughts to choose a different experience for my body.

A few years later, I took a course that taught us that one of the illnesses that is associated with the root chakra is multiple personality disorder. I find it ironic that it was that very illness that provided me with these amazing insights on the first chakra.

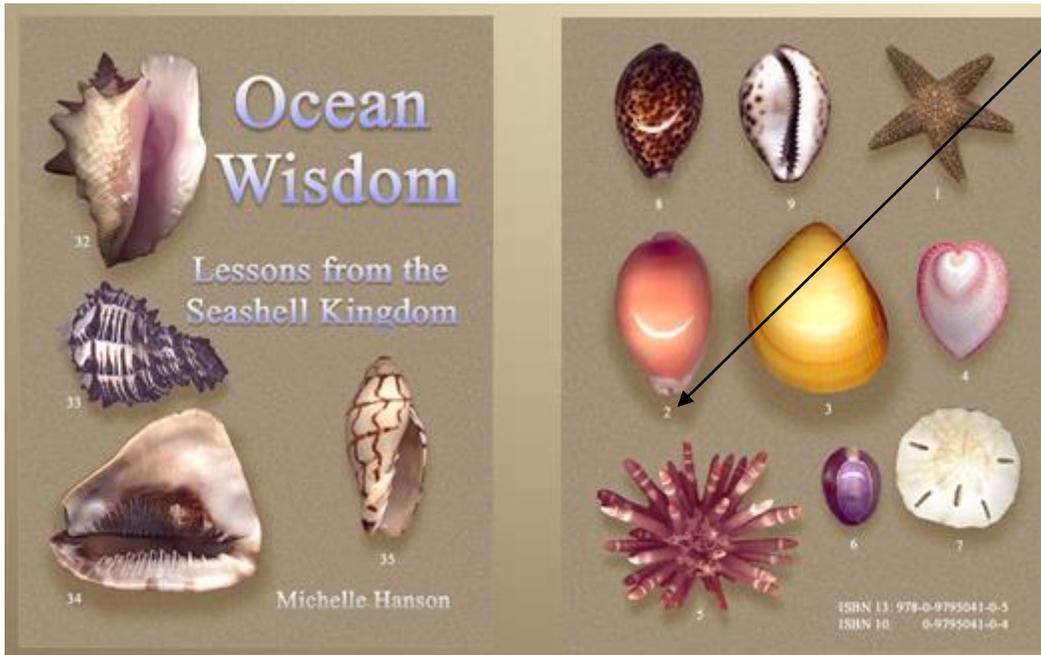
And by the way, the name of the alternate personality who had the cold was Shelley 😊

The following winter, I used this same information when my husband had another really bad cold...he sounded like he was coughing up a lung. It lasted for almost two weeks, and yet even though I never left his side, I did not get his cold. I told myself that was his cold, not mine.

So you see, the starfish is first chakra, but when we value all the other chakras, we can connect to our Divinity to experience survival differently. That is applying the Abalone information to the wisdom from the starfish.

OK. Now that you have this foundation, let's move on to other chakras.

The shell connected to the second chakra, is the Golden Cowrie. We learned about this shell in Class #18, let me refresh your memory... this is shell #81 in *Ocean Oracle*. You will notice that this is shell #2 on the back cover of *Ocean Wisdom*. Again, just as Starfish was #1 because of its connection to the first chakra, Golden Cowrie is shell #2 because it connects to the second chakra.



From class 18:

Golden Cowrie is shell #81 in Ocean Oracle. The meaning is “*Feeling cursed; a run of bad luck.*” This deserves an explanation, and this time we have to visit the Island of Fiji.

Once extremely rare, Golden Cowries were found in Fiji, and only the chiefs were allowed to have them. Chieftdom was strictly hereditary and considered sacred. No commoner was allowed to touch a chief or any object belonging to him. The Golden Cowrie was a symbol of status and rank. The Fijian culture believed the Cowrie shell housed the souls of their possessors. To protect this precious cargo, the chiefs attached a curse to the shell intending to deter potential thieves. Because of this historic connection to a curse, the Golden Cowrie, can communicate a feeling of bad luck, like a dark cloud hanging over you.

The Golden Cowrie seemed to be the seashell version of the curse of the Hope Diamond. Legend had it that anyone who possessed one of these expensive shells would suffer from a bad experience. Because I knew about this, I never wanted to own one. Several years ago, I was visiting someone who sold shells from his home. On his kitchen table was a carton full of Golden Cowries. This sent a shiver down my spine, and I expected the ceiling to cave in at any moment. Then sanity prevailed, and I realized the carton held more Golden Cowries than there were Fiji chieftains. This was my “aha” moment. The shell only makes you aware that you are feeling like you are cursed...it is not cursed itself.

It is important to explain one more aspect of shell reading. Having a Golden Cowrie in a reading will not bring bad luck to your life. Its purpose is to make you aware that at a subconscious level, you believe you are “cursed” which results in your constant run of bad luck. Each bad experience reinforces the belief that you are cursed...a vicious cycle. Remember that you create from your beliefs. The Golden Cowrie is there to make you aware that you carry this hidden feeling. It is not judging this as good or bad, it just is.

As with every other shell, once you are given its message and made aware of your inner thoughts, you now have options. If you decide that these thoughts no longer serve you, you can change them.

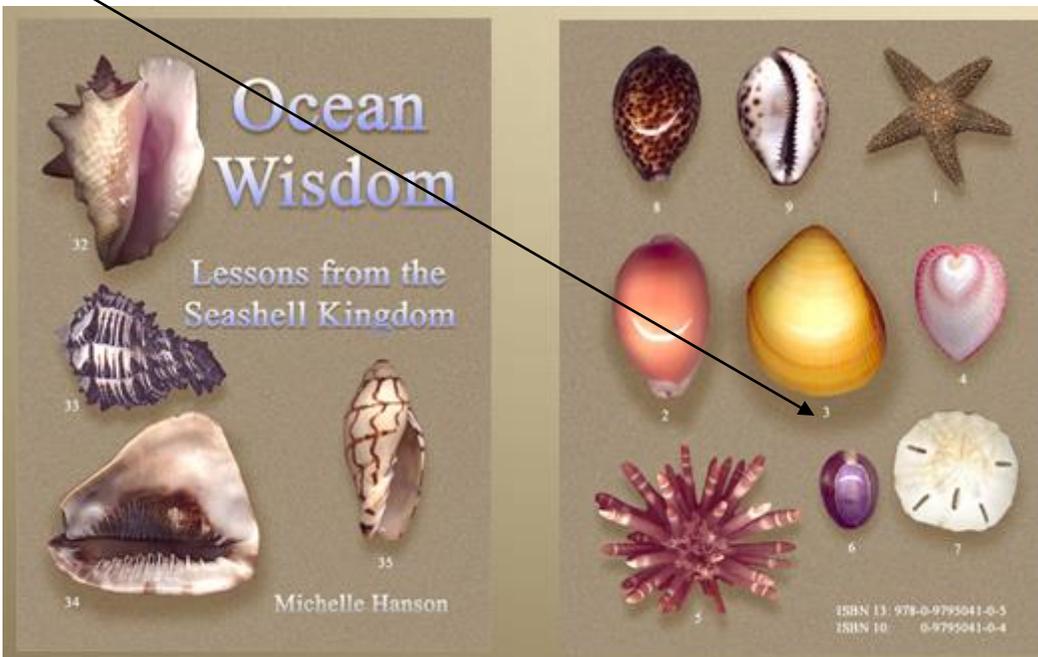
For those of you who are curious about how to apply the Golden Cowrie to energy work, it connects to the second chakra, the energy center associated with sexual and other pleasures. Remember that the Fiji chieftains believed their Golden Cowrie housed their soul and they attached a curse to prevent it from being stolen. Working with the Golden Cowrie can aid you in discovering where your soul was stolen in pursuit of pleasure.

The Golden Cowrie suggests asking the question...Where did you leave your truth behind when tempted by desires? Or is Golden Cowrie here to show you how you have denied yourself pleasures? Did you not think you were deserving? Have you been disconnected from your body?

Although the shell is called Golden Cowrie, you can see that it actually orange in color.

This center is the seat of creativity and being open to healthy pleasures allows creative energy to flow. Golden Cowrie can assist you in understanding why previous pleasurable pursuits were unfulfilling or denied. The Cowrie encourages discernment for it knows lasting pleasure comes from the desires of your soul, not the shallow desires of your personality. When working with the Golden Cowrie, allow time for the Cowrie to partner with you in dissolving the cords derived from your personality, and to fasten new cords that connect your desires directly to your soul.

The shell connected to the third chakra, is the Giant Pacific Cockle. This is shell #9 in *Ocean Oracle*, and shell #3 in *Ocean Wisdom*.



The third chakra is the energy center concerning your ego and self-image. As you learned in Class 2, the Giant Pacific Cockle is connected with jumping through hoops. A balanced third chakra will result in a confident person with a strong sense of self.

As your companion, The Cockle asks you to consider what hoops you jumped through to bolster your self-esteem? What pieces did you force yourself to hide thinking you wouldn't be accepted if this portion of your truth were exposed?

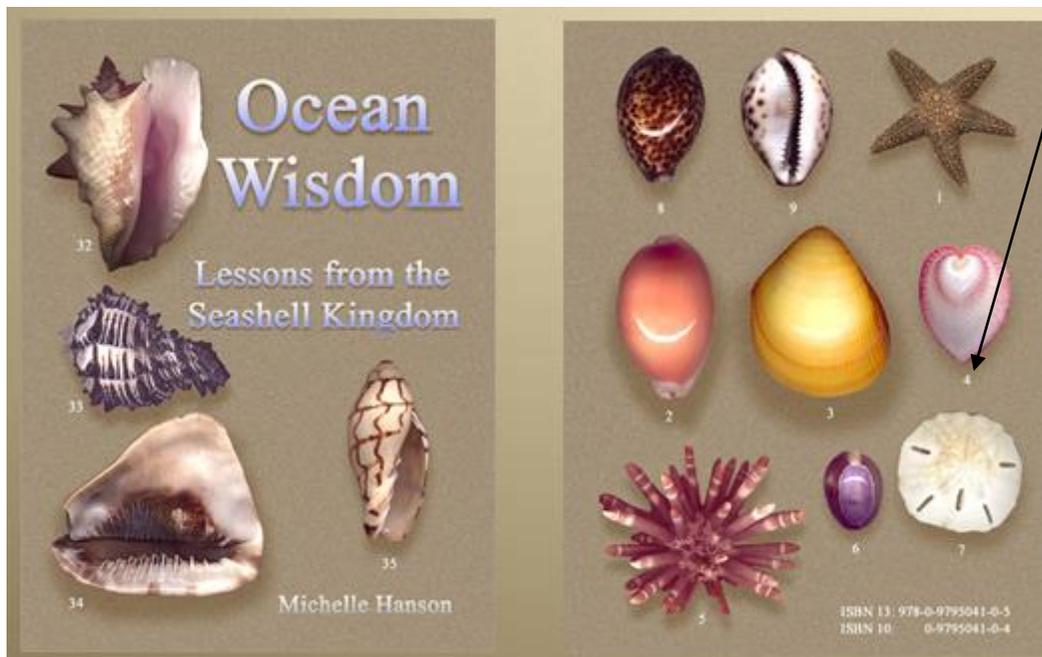
Spending time with this yellow Cockle can reveal what demands you placed upon yourself that hid your true identity. This Cockle can work with you to dissolve the hold these demands had upon you separating you from acting in your truth.

Let me show you the shell connected to the fourth/ heart chakra. I think the reason will be obvious. You met this shell in Class 20, and it is called a Heart Cockle. In *Ocean Oracle*, the Heart Cockle, shell #73, is white. The Heart Cockle in *Ocean Wisdom* is white with pink tones.



Here is a picture to compare the two shells. The colors you see are the way they appear in nature.

You may now realize why the Heart Cockle on the back of *Ocean Wisdom* is shell #4.



Heart Cockles are associated with love and romance. Because of their appearance, sailors used these shells as valentines for their sweethearts. (This is why the Heart Cockle in *Ocean Oracle* is shell #73, a member of the Interaction Group.)

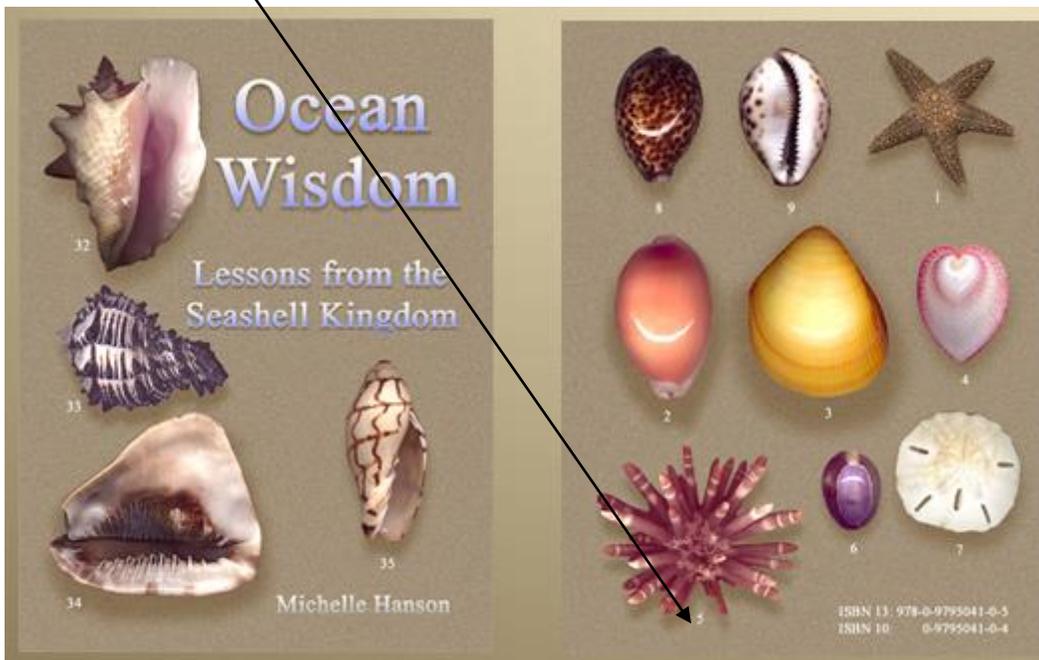
Heart Cockle is your guide to determine where you strayed from your path in pursuit of love. This compassionate guide will reveal what pieces of yourself were locked away in order to remain in relationships.

Allow it to penetrate through the layers composed of who you were told you were supposed to be, and who you attempted to become in pursuit of love. Let the energy shine upon the truth written deep in your heart.

The fifth/throat chakra is represented by the Pencil Urchin.

We discussed this urchin in Class 34 where it is shell #163 in *Ocean Oracle*. The name “pencil” refers to the resemblance of the urchin’s spines to writing implements. These spines were functional as well. Ancient Egyptians used them to write on slate or stone tablets!

This connects the Pencil Urchin to the theme of communication...written or spoken. Accordingly, **Pencil Urchin** is shell #5 in *Ocean Wisdom*.



Consider that voice and sound vibrations carry on air waves. How appropriate then, that these urchin spines, once used for written communication, are now employed to make windchimes, a clear connection to sound emitted courtesy of air currents.

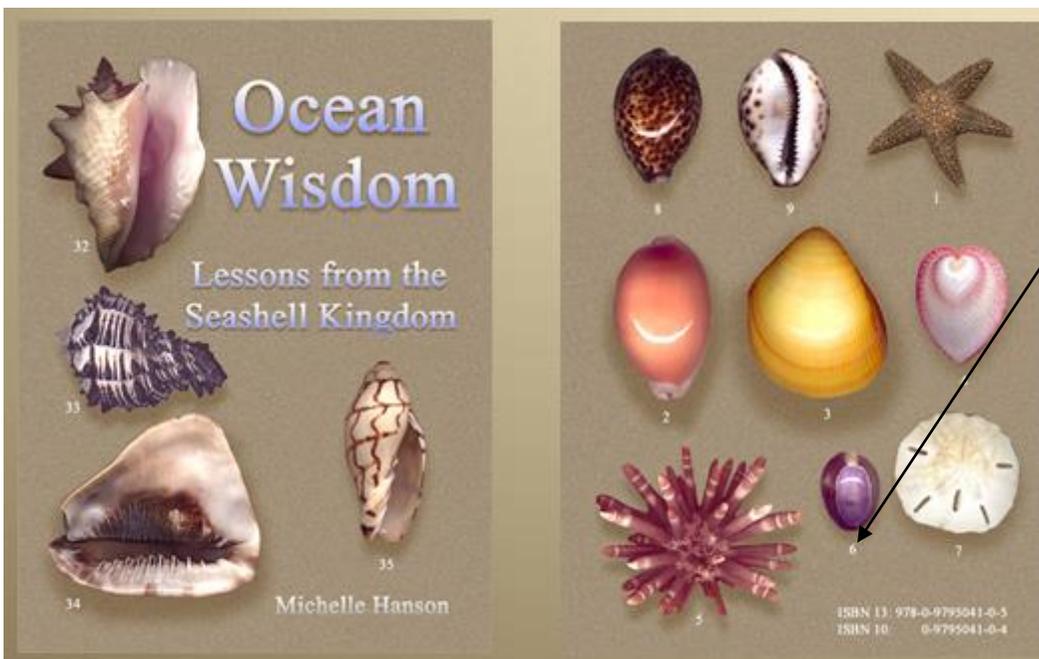
Interestingly, the scientific name for any Urchin without its spines is a “test.” This Urchin indicates a test of someone’s communication skills. It will assist in clearing the energy blockages that prevented you from speaking your truth.

The shell connected to the third eye, or sixth chakra is the Purple Top Cowrie.

This shell is not in *Ocean Oracle*. However, you can use shell # 82 the Idol's Eye Cowrie for this same chakra. This shell was covered in class #18. Here is a picture of both sixth chakra shells.



For those with *Ocean Wisdom*, you can see the Purple Top Cowrie shell on the back cover as shell #6.



Because of their resemblance to human eyes, in Polynesia, Idol's Eye Cowries are placed in the eye sockets of their carved idols. In ancient Egypt, Cowries were placed in the eye sockets of mummies to give them vision in the afterlife. Consequently, working with this shell involves seeing into other dimensions.

This shell is connected to your spiritual eyes and ears beyond the level of your physical senses. The Purple Top Cowrie guides you to discover where you denied your gut instinct in favor of trusting your eyes and ears.

If you allow it, your intuition can assist you in recognizing truths beyond what your physical senses can detect. Revelations here concern where you might have sabotaged your relationship with your intuitive self and blocked your inner wisdom. This shell can also be very effective for vision questing. Holding the Purple Top Cowrie to your forehead can help to clear the channels to your third eye, and allow your intuition to serve you fully.

FOR THE ENERGY WORKERS.... THE CONCLUSION OF KUNDALINI INFORMATION

In Class 18, I made a promise to the energy workers that I would finish the information we began on the Kundalini shells.

“During the final months in this course, we will spend several weeks covering shell energy work, and their connection to the chakras and ascension. I will complete this discussion on the kundalini at that time.”

Here is a brief review from Class 18 if this interests you.

When considering working with Kundalini, the Serpent Head Cowrie immediately came to mind since the Kundalini is “serpent power.” However, what surprised me was the fact that the Purple Top Cowrie also came to mind. We have just discussed the Purple Top cowrie as the shell connected to the third eye. With the Kundalini, I saw these two as partners with the Purple Top placed on the third eye and the Serpent Head placed at the root chakra. I did not know why it required both, but this is what I was shown.



As you know, common names may vary, and in discussing this partnership, I wanted to refer to the scientific names for these shells. I knew the genus for Cowrie is *Cypraea*, but I needed to know the species name for the Serpent Head and the Purple Top. I quickly found out that the Serpent Head was *Cypraea caputserpentis*.

As I continued to seek the species name for the Purple Top, I was baffled when the website said it was *Cypraea caputserpentis*. I was certain that there must have been a mistake, so I kept searching. The next source said the same thing. How could two different shells have the same name? That would defy scientific nomenclature. You learned that although a shell may have many common names, it has only one scientific name. This is in Latin and based upon genus and species.

I dug deeper and discovered that they are not two different shells after all. The Purple Top Cowrie is the Serpent Head Cowrie shell that has been treated with acid by humans. This treatment removes the serpent pattern layer leaving the purple in its place. Now, that I knew they were the same shell, it made sense that the two shells would work as partners for the Kundalini.



With that validation, I will share the rest of what I was shown when working with these shells.

Here is the final information from the Kundalini Serpent Head and Purple Top Cowries:

As always, the shells work in concert with the Higher Self. By placing the Serpent Head at the base of the spine and the Purple Top at the third eye, the flow of Kundalini energy can be encouraged upward in a balanced pattern. Once the energy reaches the crown, it flows outward like a fountain. I was surprised when the shells then suggested this:

The ascending energy then returns in a descending flow back to the base of the spine. Reverse the shells so the Purple top is at the base and the Serpent Head at the third eye. This completes the full Kundalini cycle honoring each chakra equally in this energetic pathway.

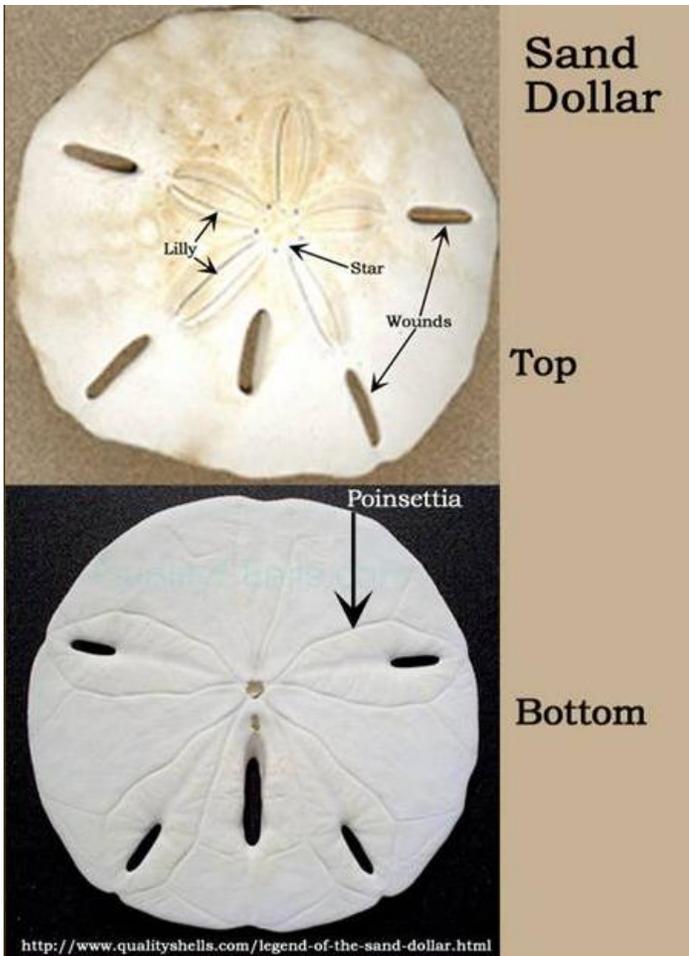
Now we come to the Crown Chakra. The animal associated with this chakra is the Sand Dollar. Like the Sea star, it is not a mollusk, but an echinoderm.

<https://www.youtube.com/watch?v=DOEdJrFe9gY> Facts of the Sand Dollar

Sand Dollar is #95 in *Ocean Oracle*. The meaning refers to “*Something being overlooked; the connection between the divine and one’s own role in all life experiences, good and bad.*” They are reminders of the Divinity that dwells within us all.

Many years ago, someone noticed the connection of the Sand Dollar to the life of Jesus. This was expressed in the anonymous poem, “The Legend of the Sand Dollar.”

To appreciate this poem, first you need to explore the views of the Sand Dollar from the top and bottom.



The top side has an image that looks like a lily with a star in the center.

The back side has an image that looks like a poinsettia. You will see 5 slits in the body of the sand dollar.

If you break one open, it looks like little white doves being released. These are the Sand Dollar's teeth.



Here is the poem:

*Written on this little seashell
There is a beautiful story
About the birth and death of Jesus
In all its wondrous glory*

*His wounds were five
And if you look closely here
You'll see four from the nails
One from a Roman's spear*

*There is also the Easter Lily
And in its center a star
One to remind us of his resurrection
The other of shepherds from afar*

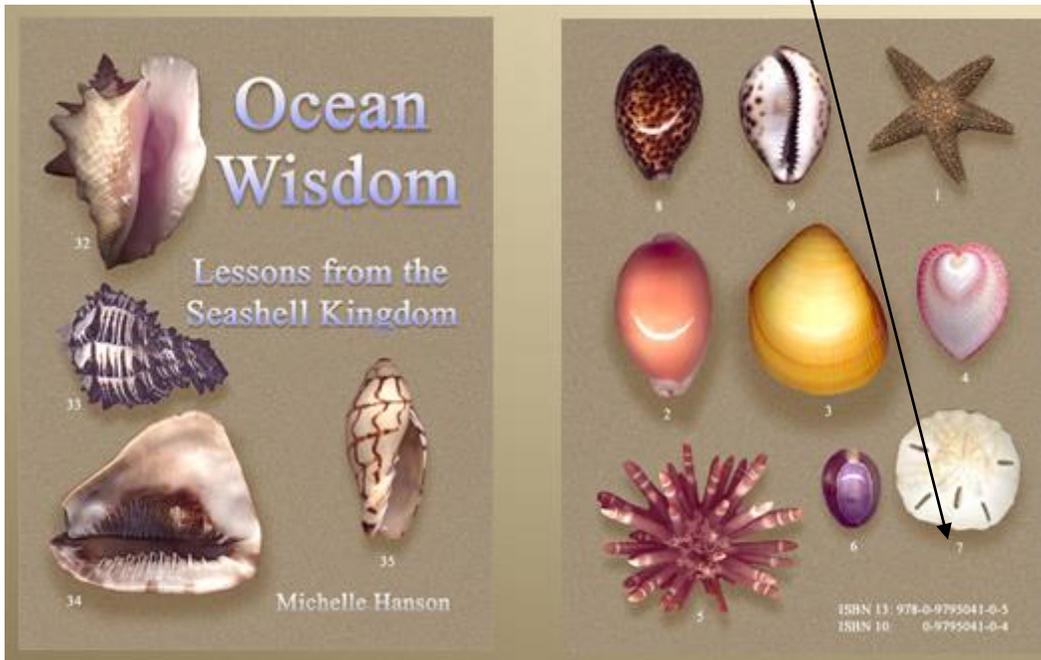
*Now turn the dollar over
And here on the other side
A reminder of his nativity
The Poinsettia, sign of the Yuletide*

*Also during that season
We speak of Good Will and Peace
So if you break open the center
Five doves will you release*

Whatever your religious beliefs, whether you consider Jesus to be the Son of God, or a masterful teacher, Jesus represents the possibility of a connection to Divinity. If we recall that we are all composed of the same energy, then if the Sand Dollar contains evidence of God dwelling within it, it reflects the fact that God dwells within all of us.

If you are feeling victimized in any way, Sand Dollar is here to help you understand that you create or co-create your life, and that everything that happens to you benefits you in some way even if you are not consciously aware of it. It may not be the most comforting thought to think you created any misery in your life. But, if you did not, it would mean this was imposed upon you and you would be powerless...a victim.

Sand Dollar teaches that, far from being a victim, you are a Divine being, actively creating your life. This is the connection to the Crown chakra, and in ***Ocean Wisdom*** it is #7.



It is empowering to know that you can conquer feelings of helplessness by recognizing that your beliefs determine your experience. Everything you say, every thought you think—can reshape your future. You have the power to create a Hell on Earth or paradise. Through awareness, the choice is yours.

I hope this information demonstrates why I believe that all of our chakras are of equal value, and each contributes to the healthy state of the rest.

With our knowledge of the eighth chakra, we can take the lesson of Victimization and the Sand Dollar one more step. Although we create our reality, this does not occur in a vacuum. We are all in this together. What enhances one enhances all, and what belittles one belittles all. It is beneficial to realize that polarization of any kind is of our own making. Functioning from an “us vs. them” mentality interferes with us creating the paradise we seek. If people believe that in order for a privileged position to exist an underprivileged position must exist, too, this thought process creates separation and neither the “haves” (privileged) nor the “have-nots” (underprivileged) benefit. The “have-nots” perceive lack and powerlessness and so are unable to create their paradise. However, though they might have more, the privileged who devote their energy to defending and guarding their position, are not truly free to create either. Anyone who requires the perception of superiority creates from fear.

As the *Course in Miracles* states, “Nothing real can be threatened.” If the privilege requires vigilance to safeguard, it is only illusion anyway. The truth is that there is more than enough for everyone. However, to manifest a world beyond polarity requires changing our beliefs regarding our identity as human beings. This is where crossing the bridge at the eighth chakra can lead: to the level playing field where all are welcome to contribute manifestations from their Divine selves. Then, as the lesson of the Wide-Mouthed Purpura shell (Feeling Special) suggests, we will live an ordinary life in a superior realm as our natural birthright. In a realm where everyone is aware that each new development enhances the whole, we would cherish the maximum growth potential of each member of our planet. Liberated to explore our truths, all of us would flourish. But fortunately, each of us can flourish individually, whether anyone else knows this or not. When I began to sense

the power beliefs exert over experience, my friends would tell me that I just had to accept the way things were. But I could not see how the world could ever change if I contributed energy to the status quo. At that time, I thought I had to hold the vision until others joined in and helped me create this realm. Now, I believe the realm always exists (as with the 12-hole Abalone shell) and we join it in our own time. It is for each of us to discover ourselves.

In a similar vein, all the other lessons take on new qualities when viewed from the eighth chakra. Feeling Flawed related to feeling limited in our knowledge of who we are. The ultimate Hero's Journey is crossing this bridge to integrate all parts of ourselves. The lesson of Surrender allows us to transcend beyond our human conditioning. If we are only functioning from the first seven chakras, we only serve from our humanness. If we align with "Thy will" when engaging all chakras, then if God wants us to serve by walking on water or uniting with a thorn bush in Oneness, we will. All of the love lessons shift when we see ourselves as light beings and we understand that love is the essence of who we are. Most of us have been searching for love; opening our eighth chakra will connect us to a love beyond human bounds. Our perceptions of beauty and our judgments also transform with a spiritual appreciation for everything on the planet. Seeing the magic in mucus, or reserving judgment concerning the poisons in our environment, comes from an understanding surpassing our human perspective.

If you have reached this point in the course, some part of your being is ready to gain awareness of your full potential. Don't look now, but conceding the possibility that the Helmet Conchs are intelligent and compassionate beings already alters your human conditioning. If the Perceptions of Beauty lesson recognizing the magic of mucus inspired you to look at the world from alternative perspectives, you have painlessly transformed even more. If you choose it, the bridge to integration is a mere step away.

HOMEWORK EXERCISES (optional for your own spiritual growth)

After you read this full transcript, you are ready to take the guided meditation CD journey included in your *Ocean Wisdom* books. I would love to hear back from anyone who does this.

HERE IS A HOMEWORK EXERCISE TO APPLY TO YOUR FUTURE: YOU DON'T HAVE TO SEND THE RESPONSES TO THESE QUESTIONS. THEY ARE FOR YOU TO CONSIDER AS YOU MAKE YOUR WAY TO THE END OF THIS TRANSCRIPT.

You will need to review the last 4 classes on energy to complete this exercise:

Throughout this course, the shells have turned our world topsy turvy. In this class, I suggested that the next time you are exposed to someone with a cold, consider the possibility that the cold is theirs and not yours. I realize this may be a huge change of comfort zone, and I want to use what the shells taught us as a foundation for this: If we do filter what reaches our conscious awareness based upon our beliefs regarding reality, let's see what new information has been placed in your conscious mind from our energy classes.

From the shells:

The 12-hole Abalone taught about the element of surprise. Reread the lesson of placing an object in each hand, closing my eyes, and when I opened them being surprised by what was in each hand. The value of this was to understand that we need to hold the element of surprise to overcome conditioned expectations, or nothing and no person can change in our reality.

Class 36: How did the 10-hole Abalone differ from all others?

Class 37: How did the 12-hole Abalone demonstrate the element of surprise?

Class 38: What quality did the unique 4, 5, and 7-hole Abalones share that differed from all previous Abalones? How did the 7-hole Abalone take this an extra step?

Class 38: What was the lesson from the Universal Abalone regarding the element of surprise? Hint: What did it teach us when everyone in class saw it differently?

Class 38: Reread the Spring Equinox ceremony and the Abalone whose barnacles simply fell off...mirroring our energy. Remember, until that time, barnacles had to be cut off with a knife.

Another element of surprise.

From the humans:

Class 38: Reread the story of the mother-in-law who convinced herself it was 30 years earlier. Suddenly, she was able to do housework without the aid of her walker, and all her cold symptoms vanished. The next day, back in current time, she could no longer walk, and her cold returned.

Class 39: Think about the woman with multiple personalities in this transcript. Only one personality had the cold. What does this tell us about the mind vs. the body when it comes to her cold?

Combining all that you have learned, if you choose, the next time you are exposed to a cold, see if your reality has shifted regarding the outcome.

As I have noted several times in this course, emails seem to arrive on the topic planned for discussion in class that particular week. This may be the most unusual of all. Does everyone remember the family that used a bed monitor because the elderly mother could no longer walk and was prone to having her mind drift back in time? We mentioned that one evening, she thought it was 30 years earlier, and she threw off her bedcovers and began to do housework without requiring the aid of her walker. I was very grateful to my friends for sharing this account with me because it demonstrated the theory in *What the Bleep* regarding the natives' inability to see Columbus' ships. Scientists explained this was because their minds were filtering the information their perception of reality would allow into their conscious awareness. This story of my friend's mother brought the same principle much closer to home. He had made such a wonderful contribution to my understanding of energy, and while I was teaching this class a few years ago, he wrote to tell me that he was working with the concept of reincarnation. As we just said with starfish, we exist in other dimensions, and our energy can't be destroyed. My friend wrote a fictional book about reincarnation, but I recognized so many aspects of the story I asked if it were really biographical, and he admitted to me that he did borrow heavily from his life with his

wife. The book is called *Whispers Through Time*. I read the original manuscript, and found that I could not put it down. Since then, he has written a series of books on this theme. If this interests you, here is a link with more details:

https://www.amazon.com/Barry-Homan/e/B06XZ9R49S%3Fref=db_s_a_mng_rwt_sens_share