



INDEPENDENT STUDY: Module 4, Class 43

The recording for Class 43 is a little over 50 minutes long.

In Class 42, we began our first adventure with personal shell readings....and if any of you found this challenging, please don't be concerned. Since this was your very first experience working with the shells, I expected a learning curve. In previous classes, some students experienced problems interpreting their own reading, but they were incredibly talented interpreting their classmates' readings.

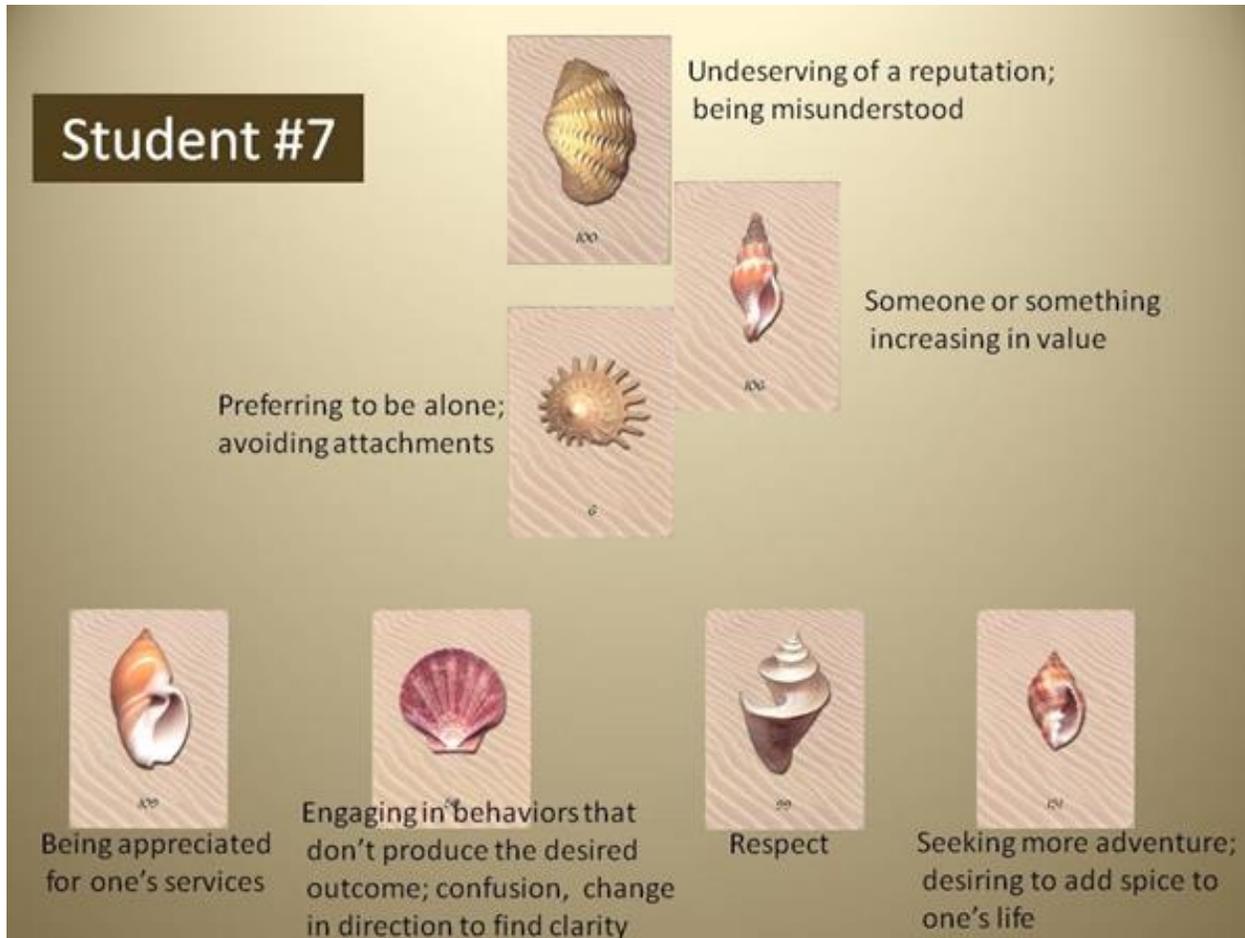
The first time I taught a class of students doing live readings, I did not realize this might occur, and I consulted another reader friend of mine about this. I was told that some believe there is a spiritual law that allows us a choice. We can either read for ourselves or for others. I did not know about this law, and I have emails from many people who have no problem using the shells on themselves. But I also know that there are people who find it difficult to read for themselves. The obstacle is due to the fact that we are not able to be impartial. We get in our own way because we have an agenda and there is a certain way we want the reading to go. That is the benefit of learning in a classroom situation. I want each of you to have the opportunity to read for someone else because you would have no agenda. So, if anyone else reading this has problems interpreting your own message, please don't worry.... that is not a reflection of your abilities as a shell reader. Since this is independent study, I am able to provide cyber classmates for you to gain practice with shell readings.

I have been doing this for over 30 years, and I have not read for myself much at all. In the beginning, I could not select shells when I knew what they all meant. I thought about closing my eyes, but I was concerned that I would break the shells when I was reaching for them. And, once I made the deck, I no longer feared breaking the shells, but even so, I have done hundreds of readings for other people and still haven't used them much to read for myself. Now the shells have found a way around this, and I will tell you that story in the final class. We ended Class 42 with a reading for student #7, and I presented her shells, and the arrangement she made with her reaction to the shells, but I allowed you to work on the interpretation with no more hints.



Student #7

Let's take another look at that reading.



You will see in the top group of 3 shells, we have the Tridacna, shell #100, which is about *feeling misunderstood, an underserved reputation*. We have the Sunburst Carrier, shell #6, *preferring to be alone*, the desire to be alone because at no time in its life does this mollusk form attachments, it grows its shell spreading out its center of gravity. And the Torr's Whelk, # 106, which means *someone or something increasing in value*. And this is because shells are about supply and demand, and when these were plentiful, they weren't that expensive, but now they are harder to come by, so the price has increased.

Down below, we have our Golden Ancilla, # 109, which is *being appreciated for one's services*, remember we talked about ancillary and that is someone who is like a maid, someone who is of service, and this particular ancilla is being appreciated for one's services. Then we have the Zigzag Scallop, #50, *engaging in behaviors that do not produce the desired outcome, even confusion can result from this, and a change in direction in order to find clarity*. The Thatcheria, #99, the shell for *respect*, we talked about the connection to Frank Lloyd Wright the architect. And then we have the Nutmeg, #151.... nutmeg is about spicing up a meal, and this is about *spicing up one's life seeking more adventure*.

So, looking at this reading, what insights would you have for student #7? Remember this student was asking why the Ocean Oracle came into her life at the time she was doing this reading. Please pause here to write down your insights before continuing with this lesson.

OK. Let me use color coding so that you can follow along with this interpretation. The **Tridacna Clam #100** tells us she **is concerned about her reputation**. And with this concern, **the Sunburst Carrier #6** is telling us **she is better off alone**. So why would the shells tell her this when she is asking why the *Ocean Oracle* came into her life?

The next shell joining these is the **Torr's Whelk #106**.... **someone or something increasing in value**. Keeping with that question, why did the *Ocean Oracle* come into her life at this time, who or what could be increasing in value? Let's look at her other shells to see what clues they provide.

With **Zigzag Scallop #50**, between the **Ancilla #109** and **Thatcheria #99**, **the methods she is using are not working in gaining the respect nor the appreciation she seeks**. If we look at the other shells, we see that the client added the **Nutmeg #151**. This tells us that she is acting from a desire to add more spice to her life...in this case, she may **think that gaining respect or appreciation will fulfill her**. But **#50 Zigzag Scallop** reveals that **this is not working**. **It suggests that she come from another direction**.

This brings us back to the top 3 shells. We now know that **in her concern about her reputation**, she has been attempting to garner respect **and appreciation**. **Carrier shell tells us that she is better off alone**. Why? Why did *Ocean Oracle* come into her life at this time? The key to everything is **the Torr's Whelk #106, someone or something increasing in value**. If **she is seeking respect and appreciation by caring about her reputation with others, that is not working**. If instead, **she will permit herself to grow in value in her own eyes**, then she can reclaim her truth and live authentically. This means **she needs to respect herself first**...and that will teach others how to treat her.

SO that is her message when asking why the *Ocean Oracle* came into her life. It's to become aware that **she has been concerned about her reputation giving over her power to thinking--- how do other people feel about me?---and that wasn't working**. **That is why she is better off alone** until, and unless, **she increases in value in her own eyes**. And then lives authentically... **not caring so much, "What do other people think of me?" for her reputation**. Living authentically is what **will gain the respect and appreciation**.

Let's look at another student asking why the *Ocean Oracle* came into her life at this time.

Student #8

Student #8

"I picked the Drupe, it was because I wanted to crawl into it! It felt safe"

 109	 179	 2	 173
Being appreciated for one's services	Official forms, contracts, legal documents	Feeling trapped; options seeming unclear	Depression, possibly requiring therapy

Here you see that same **Golden Ancilla,#109**, that *desire to be appreciated*, and it is next to the **Foliate Murex #179** which *is official forms, contracts, legal documents*, next to the **Angel Wing, #2**, *feeling trapped options seeming unclear*, and the **Drupe,#173**, the shell for *depression, possibly requiring therapy*. The student added that she picked the Drupe because “she wanted to crawl into it, it felt safe.”

Please take a moment to note your own insights before you read below.

On the surface, **her feelings of appreciation** are next to the shells for **legal contracts and feeling trapped and depressed**. We also know that she feels safe, like a cocoon, with the Drupe, which would lead us to think that *she would benefit from therapy*. That is all we know, about why the *Ocean Oracle* came into her life, but we have the student’s own interpretation to shed some light.

She said, “*I feel most appreciated, and like I’m fulfilling my soul contract when I’m doing readings and healing work. I feel a little stuck right at the moment because I’m in transition with moving and feel I’m not doing as much as I should, so I have been down. I feel like life is waiting for me in Hawaii...kind of stuck there...need to make peace with family.*”

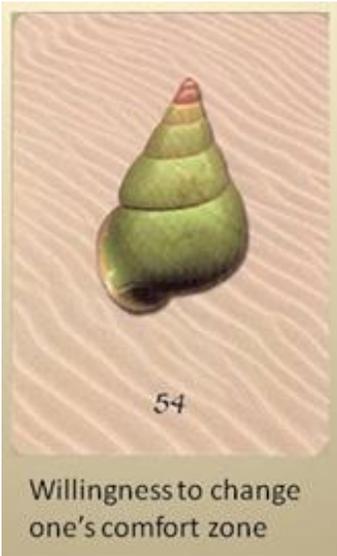
Does this feedback give you any other insights regarding her reading? Take a moment to think about her contribution, and then continue.

This reading took place in the live classroom. So, looking at her **reaction to the Drupe, how she said it felt safe...we asked her about seeing a therapist**. And that is when she told us that her insurance doesn’t cover visiting a therapist. This revealed another way she might **feel trapped regarding contracts and legal documents**. **She can’t see a therapist.... insurance won’t allow that. Since she is not able to visit a therapist**, perhaps the *Ocean Oracle* came into her life so that the shells could assist her, and we could help with our insights in this reading. These shells along with the student’s own interpretation were sent to her classmates, to see if they had any more insights to contribute. Some were not in the live class, but I received this insight from one member of the class that I would like to share with you regarding Student #8:

“I was wondering if feeling depressed is your comfort zone in challenging times. Could there be something familiar about this feeling that gives comfort when challenged? If so, is there something that you could do to give yourself comfort that gives you that feeling you mentioned of crawling into it and feeling safe? I’m wondering regarding total creature comforts—like a cocoon! You mentioned soul contracts in relation to the contract shell. Could you have/believe you have a soul contract with your mother that made/is making you feel trapped and depressed? If so, could you change/complete this soul contract, so you no longer feel this way?”

Now the questions from this student venture into what I would call Level II shell reading skills, but let’s follow along here. If her classmate wonders if this is Student 8’s comfort zone “*feeling depressed is a comfort zone in challenging times*” **can you think of a shell we could ask her reaction to...to see, if this is her comfort zone? Please pause to think about this, and then continue.**

OK. So we are asking with Student #7 if it is possible that her depression is part of a comfort zone...this is her way of responding in challenging times...and what we are wondering is, if that is the case, let's have her look at a shell that actually is about your willingness to change your comfort zone...and that would be....



the Green Tree Snail. We could have this student look at this shell and get her reaction. Thinking about her situation, *that the Drupe looked so safe, that shell of depression looked so safe*, Is this her comfort zone in challenging times? And if the Green Tree Snail shell is attractive to her, then we know that things are getting old...and it could be willingness to change her comfort zone regarding that whole scenario of needing the depression as a cocoon. And if she dislikes this shell, she is not ready to change anything. This is another insight, growing the reading, for this student.

Speaking of change of comfort zone, that shell is in another student's reading. And by the way, each time you see a reading, if you would like to pause and work on the interpretation yourself, that's great! Jot down your insights and then continue with the transcript.

Student #9



Student #9

105
Communication; the importance of sharing thoughts and feelings

54
Willingness to change one's comfort zone

106
Someone or something Increasing in value

106
Peeling away the outer layers to find inner light

Here's the *Green Tree Snail #54 the change of comfort zone*. And the other 3 shells...*Pencil Urchin #163* that's about *communication*, we said the Slate Urchin was used to write on slate in Egyptian times. It's the communication urchin definitely...importance of sharing thoughts and feelings. *Torr's Whelk, #106*, again, *someone or something increasing in value*. And the *South African Turban*, that was about peeling away, if you strip away the brown, you get this pearlized interior material hidden just beneath the brown...so it's *peeling away these outer layers to get to the hidden light* that already exists inside.

Here's what student #9 shared about her own reading as to why the *Ocean Oracle* came into her life:
"I wanted to do something to help others, and also help myself grow more into my spiritual light, so I thought maybe learning this system would help."

Her classmates had a lot to say about this and I will apply color coding to demonstrate the source of their insights.

Student A said: This is the perfect time to work on yourself, and in the process of helping others, *increasing your value and self-worth*.

Student B *says looking deep within layer by layer* to help someone and allowing you *to get outside your box which I think is your value as well as this is a form of communication outlet* for yourself and others...talking about the Ocean Oracle.

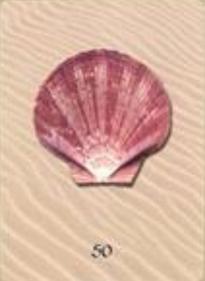
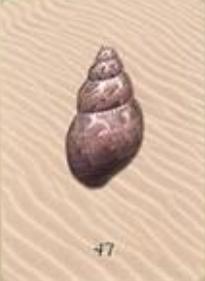
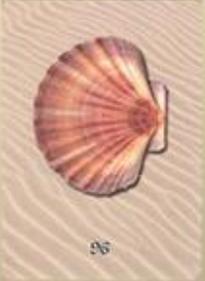
Student C: *Self value jumps out as being important to me- willingness to work on one's communication, changing this, to change comfort zone around this, to reveal one's inner light and increase one's self-value*.

And if we look at the shape of her reading, this is another insight the students noticed...in the shape of a diamond! So, talk about finding your value...the diamond shape is the jewel of self-worth. It's her time to shine!

Let's do another student's reading. Again 4 shells asking why the *Ocean Oracle* came into her life at this time?

Student #10

Student #10

 50	 47	 96	 171
Engaging in behaviors that don't produce the desired outcome, confusion; the need for a change in direction to find clarity	Hesitant to commit; feeling one's way; playing it safe	Being someone's hero, a hero's journey	Arguments, anger

Anger and frustration on a need for the correct journey in my life

We've got the familiar *Zigzag Scallop #50 engaging in behaviors that don't produce the desired outcome, need to change your direction to find clarity*. The *Pheasant #47, hesitant to commit, feeling one's way, playing it safe*. *St. Jame's Scallop #96, being someone's hero or a hero's journey*. And then the *Delphinula #171, arguments and anger*.

This student in interpreting her own reading said "Anger and frustration, on a need for the correct journey in my life."

Now let's reflect on that revelation for a moment, **if you would like to pause and see what insights you have for this student, please do so... and then when you continue, I want to probe a little bit deeper.**

She's referring to *the correct journey in her life. Finding the correct journey, that's her path in life*. It would be interesting to see her reaction to the shell connected to destiny...The Long Spined Star #193, *confronting one's destiny*.



When I asked her reaction, she said "I was bothered by the spikes, but liked the rest."

This is ambivalent. She liked most of the shell, but the spikes bothered her, which means if she is ambivalent, she is in transition.

Now because this is the shell about destiny, and she is ambivalent here, I asked her throughout history, who did she think had an important destiny?

And her response was... Crazy Horse. She said, "Something about him draws me to his strength and purpose to be heard."

Using her own words, I asked her what challenges there were in his life around trying to be heard...this is what she admires, his strength and purpose, in his attempts to be heard. What were the challenges? She said, "Arguments among the whites and his people over the great lands."

Let's take a look at what she is saying here.... she is valuing his strength and purpose to be heard---this is communication--- and what was the challenge? Arguments among the whites and his people---. Now let's look back at her shells.

Delphinula, here is the shell for arguments and anger. And with Scallop, she is talking about her *hero's journey* next to the shell for *arguments and anger*. Do you see how this is falling in line here with her hidden thoughts about her destiny? If overcoming arguments represents a sign that Crazy Horse's destiny had value, in her words again, what she admired is that he had a strength of purpose to be heard over the arguments between the whites and his people...so the value of his destiny was being heard over the arguments. That means, in her life, she is wired so that proof of the value of her destiny would come from attempting to overcome arguments. And she did mention that there were arguments in her life, but not among others.... the arguments were in her head. In other words, **for her to follow her hero's journey, the arguments in her head** would show that **some part of her is not committed**. She thinks consciously, she wants to fulfill that destiny. She said literally... "I'm looking for

the correct journey in my life.” So consciously this is what she is doing, but in her head, there’s arguments and anger. And she doesn’t realize those arguments are beneficial because overcoming the arguments is what proves the destiny has value. The irony is the arguments are not with other people, they are with another part of herself...the arguments are in her head. Now we see that there’s a part of her not on board, that would try to sabotage her efforts for fulfilling her destiny...she needs that struggle, that challenge, because if those arguments weren’t there, it wouldn’t prove the destiny had value.

Does everyone see that?

This explains why she has such ambivalent feelings around the connection to destiny shell.... remember she said, “*I was bothered by the spikes, but liked the rest.*” which means she is ambivalent, and she is in transition. Because in fulfilling that destiny, it’s going to cause arguments in her head.

Now that she knows this...this is the beauty of the reading.... she’s empowered...she can speak to that hesitant part inside her, the part that is not onboard and decide.... does fulfilling her purpose need to encounter arguments, even if they are in her own head...in order to prove it has value. Because remember, when asked why *Ocean Oracle* came into her life.... Zigzag Scallop shows that what she is doing isn’t working, Pheasant Shell reveals there is hesitation, and that is because the part of her that is not on board is creating that hesitation, that challenge to her fulfilling her path—even though she is looking for the correct journey in her life. It’s creating arguments in her head. That’s why she needs to change direction, and to do so, she needs to have a conversation with that other part of her to say....is this essential...are those arguments necessary to prove that path has value?

That’s why we had her look at the connection to destiny shell, again that’s Level II where you are growing the reading. But these students had readings that brought us to the path of Level II ahead of time.

And what I want to share with you is this student is now embracing her truth...I checked in with her...she’s actually launched a career offering shell readings, and even seashell massages! You can tell she has resolved those arguments in her head and the need for that challenge in order to fulfill her path ☺.

I forgot to share the other students’ thoughts for Student #10:

One student offered these insights:

I was wondering, do you believe you have to have anger, arguments in your life in order to fulfill your destiny? If so, is this something that you would like to change and still fulfill your destiny? Again, if that’s the case we could have her look at the Green Tree Snail change of comfort zone. Could you still be on your hero’s journey but go ahead on this journey with less hesitancy with more commitment if you knew you didn’t need anger, arguments? Could you go on this journey to fulfill your destiny with all of you and with joy?

This particular student who was offering insights for student #10, also did a reading on herself, asking why the *Ocean Oracle* come into her life. Let’s see what shells she has.

Student #11

Student #11

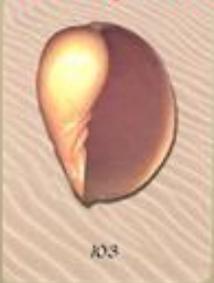
didn't like



Self-abuse; unhealthy behaviors; addictions

115

mostly liked



103

Needing to bail out of a situation

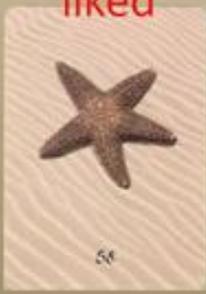
quite liked



28

Looking for where the grass is greener but needing to look in one's own backyard, looking for answers outside oneself when they reside within

liked



58

Surviving something disgusting and stomach-turning

As you can see, she had pretty strong reactions. She liked the **Starfish #58** *surviving something disgusting and stomach-turning*, mostly liked the **Baler #103** *needing to bail out of a situation*, definitely **did not like** the **Chiton, # 115** *self-abuse unhealthy behaviors addictions*, remember we talked about the two forms of abuse—self-abuse and abuse imposed by others—this is **self-abuse, unhealthy behaviors, what do we do to medicate our pain?** She didn't like this. And **she quite liked** the **Limpet #28**, *looking for where the grass is greener but needing to look in one's own backyard, looking for answers outside oneself when they reside within*. These shells again, are in the shape of a diamond.

I sent her reading to her classmates. This particular student lived overseas, so she rarely was able to make it into the live classroom. In this case, without her own interpretation, I sent these shells to the rest of her classmates. And that is exactly where you are right now.

I'd like you to pause here, take a look at these shells and her reactions, and write down any insights you have as to why the *Ocean Oracle* came into her life at this time. And then when you are ready, please continue.

OK. Let's see what one of her classmates had for insights for Student #11.

Her classmate said *Ocean Oracle* came into her life to help her recognize that there were some things that she didn't like about herself and that these unhealthy behaviors needed to change and be removed from her life. Even though she was searching in other avenues for answers, she can better find solutions and attain more satisfaction if she would look within herself. This awareness would help overcome whatever situation she went through that was disgusting and stomach turning. She is on her way to making changes to have a more fulfilling life and happier life by being aware that something needs to change.

The student herself told us:

"I had patterns of self-abuse, unhealthy behaviors when I started Ocean Oracle. I think I was hard on myself, and I was always pushing myself and also self-critical. These patterns were linked to surviving something disgusting and stomach-turning from my past. I needed to bail out of the relationships and situations that were linked to my past and lead to self-abuse and to the patterns of self-abuse. In order to do this, I needed to look in my own backyard, at my own self instead of looking for answers outside of myself. I had a tendency to think the grass was always greener somewhere else and strive towards that, and this pattern wasn't helping me as I needed to work on myself."

When we look at this student's thoughts, and even her classmate's, we can see when we look back at her shells...that she was not liking this idea of unhealthy behaviors...she needed to bail out from thinking about surviving something disgusting and stomach turning...whatever she did to survive ended up being what she did to medicate her pain. This became addictive, automatic pilot. What she was doing was looking outside herself for her key to her happiness...and by quite liking this, it is time to look inside herself, bail out from this behavior of surviving on automatic pilot with these unhealthy behaviors, and looking inside herself for where's the key to her happiness, where's her fulfillment.

Now looking at these 4 shells, I want you to notice the next reading. The reason I have this reading here is because there's another student—this did not happen in the same class—but another student who shares half the shells that you see here...with a very different message. And I want to spend time on that, so let me end your practicing here, and move on to what we can learn from this other student.

Student #12

Student #12

		Didn't like	
			
133	55	28	103
Needing to review one's map of beliefs	Getting what you wish for; nothing standing in your way	Looking for where the grass is greener but needing to look in one's own back yard-looking for answers outside oneself when they reside within.	Needing to bail out of a situation

You can see here's the [Limpet](#) again, and the [Baler](#). This student did not like the Limpet, remember our last student did like the Limpet. Student #12 did not like the Limpet, and liked everything else...the [Map Cowrie #133](#), *needing to review one's map of beliefs*, the [Placostylus Land Snail #55](#), *getting what you wish for, nothing standing in your way*, the [Baler #103](#), *needing to bail out of a situation* those are all liked. [The Limpet #28](#) disliked.

In horizontal order with these shells, I'd like you to pause here, and take a moment to jot down any insights you have for Student #12...and then I will share what she said about her reading.

Ok. So, looking at these 4 shells, [liking the Map Cowrie](#) and [liking the Land Snail](#), *nothing getting in your way, need to review your map of beliefs*, [liking the Baler](#) and [disliking the Limpet](#)...this is what she said about her reading:

"My interpretation as to why the shell reading class came into my life at this time. I have been looking for a way to "know what the best answer" is to my questions. I have been reviewing my beliefs. The situation I want to bail out of is my current job. I don't feel like "nothing is standing in my way" it feels just the opposite. Not liking #28 fits because I don't trust my internal guidance. So I feel that the shell class came into my life at this time to teach me how to tune into my inner guidance and to look inward first instead of looking to others for my answers. I will know what I believe by listening to myself and not letting anything or anyone stop me once I determine my course of action."

Let's look at these shells again.

She has **the map of her beliefs**, and she did not like the Limpet, **looking outside oneself when the answers reside within...** she said **"I can't trust my internal guidance"** **so her belief is I can't trust my internal guidance**, and with the **Placostylus, you get what you wish for**, so if she is going to get what she wishes for, **then her inner guidance is not going to serve her because she believes she can't trust it**. The Baler tells her she needs to bail out of that **belief in order for her inner guidance to work**. **If she believes I can't trust my internal guidance**, and relies upon it.... **it's not going to serve her because her belief is it can't be trusted**. **But if this is what she wished for**, is this serving her in some way?

And, as you know from Fossil, you experience what you believe...the need to be right.

Fossil is about validation, that need to be right...and if she is saying **"I can't trust my internal guidance"** **how do you think she would feel about being validated?**

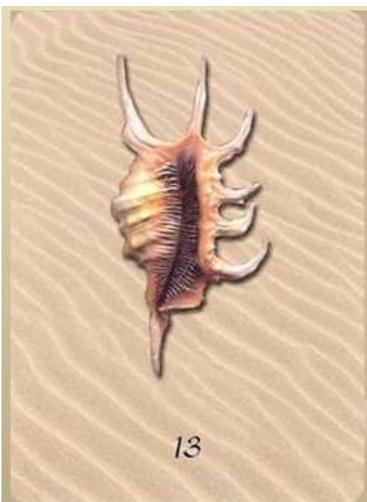


Well, you don't have to wonder because I asked her to look at the Fossil #174 and tell us her reaction. And when she wrote back, she told me, *"I don't like it at all. It looks like something from Alien."* If the shell about being right is something that does not appeal to her, how can she pursue strengthening her inner guidance if she doesn't want to be right?

Now when we have that question... why would someone not want validation? ...you may remember from earlier in the course, that we had two possibilities. Either she knew something through intuition at one time, and she was correct about it, but wished she'd been wrong. That created pain and caused her to shut down from ever knowing such things. That's one reason she wouldn't want to be validated...it caused too much pain.

Or...knowing things others don't brings great responsibility. What do you do with that information? People may not appreciate what you have to say. Do you keep quiet? That's a challenge and sometimes this is where ignorance can be bliss. If your inner guidance is blocked, or not reliable, not trustworthy, there is no inner battle over your responsibility to handle the information.

Remember I talked about growing a reading, and we asked her to look at the Fossil, which was about the need to be right.



To probe even deeper, I also asked her to look at the Scorpion Conch, shell #13. This is a shell about acting older than one's years, and responsibility. When I asked for her reaction to this shell, she said *"I'm very bothered by this shell."* That again tells us that we are on the same page, that she doesn't like the responsibility. This is a way to check your insights, having someone's reactions to a shell that would prove out what you are thinking.

So, why did the *Ocean Oracle* come into her life? The shells want to empower her, they want to help her recognize she's working at cross purposes. **She wants to strengthen her inner senses, her intuition, but there's a part of her that is going to sabotage those efforts**. I realize that may sound harsh, but the motive is out of love. It wants to protect her from knowing information that would put her in a difficult situation...either creating pain or bringing on such great responsibility.

The good news is that this student resonated very strongly with this message. In fact, she told me a story. She said she had been to see Carolyn Myss, who is a fabulous medical intuitive. And the first time she saw her, she thought how she would love to be able to do that and be a medical intuitive...and then very quickly realized that she wouldn't be able to be accurate, and she'd feel too responsible, and she'd worry about hurting someone with accurate information. Notice, if she wasn't accurate, that's one problem...but if she was, then she worried she might hurt someone with the accurate information. You can see as much as she thought she wanted to be a medical intuitive, there were all these other reasons why that is not something her hidden self would find attractive. With her shells, now we see **the reason why she is not accurate...it's because then she would be responsible for what she knows. And the part of her blocking her from accuracy is functioning from love—that is important to realize. She feared the responsibility, she said if she were accurate, that's a big responsibility, she might hurt someone. So her inner guidance, in a desire to protect her, is unreliable, it's off...and that lets her off the hook. If she wants to strengthen her inner guidance, she has the gift, it's there...all she needs is to search her soul about accepting the responsibility.**

In summary, if we look at her reading...Why would she prefer not to be validated? Placostylus tells us, *Getting what you wish for!* As she told you, **she doesn't trust her inner self.** Well, if knowing things about others is going to bring great responsibility, and she doesn't know what to do with the information, and she's afraid even if she's accurate of hurting somebody, if they don't appreciate what she's saying.... **then ignorance is bliss.** So if her inner guidance is blocked, there is **no battle over responsibility and she gets what she wishes for.** How does her shell reading empower her? It helps her recognize she is working at cross purposes. She is pursuing strengthening her inner senses, while a part of her is sabotaging these efforts. That may sound harsh, but the motive can be out of love. It wants to protect her from knowing information that is going to create pain, or not be appreciated...that is why the **Baler is there, to bail out of her belief that "I can't trust my inner guidance."** That benefits her, **she'll get what she wishes for,** if that concern about responsibility remains in place. But now she's empowered to take a look at that. Do you really think that this responsibility is going to be so painful if you strengthen your inner guidance? Because if you do, **that inner guidance is not going to be able to be strengthened well. It's going to benefit you to be unreliable.** So that's why the *Ocean Oracle* came into her life, to point out she's at a crossroads, to empower her with options, and now it's up to her what she does with that.

This brings up a very important point. In addition to the challenge of reading for yourself as we discussed, there is something else equally important to consider. Many times you have seen the need to get out of the way of the message when you are reading for someone else...and I want to clarify this...because when you are getting out of the way of the message...I'm speaking about your personality. I am not recommending you completely distance yourself from the reading. Because of the oneness, your Higher Self is working in concert with the client's Higher Self and the shells' Higher Selves, which makes you part of the equation. If this student is working on trusting her inner guidance, she doesn't have to go it alone...her Higher Self can join in a partnership with the client's Higher Self, and...if it's a shell reading...even the shells' Higher Selves. The message will flow easier if you are not trying to block it by thinking you have to get out of the way. This partnership of the Higher Selves is powerful. And it is OK to allow the divine part of you to step in and join the flow. It's your personality that we need to distance from the equation.

And speaking of the Higher Self, this lets me transition. Let me share another important aspect of preparing for shell readings. You were all asked to use your fold-out sheets and find 4 shells gaining your attention in response to a specific question. As you become more familiar with these seashell partners, you may find your personality interfering even more with your readings once you become aware of their meanings. There are options to avoid this problem during the selection phase. Instead of looking at the fold-out sheets, you can use your shell deck, and you can pull out shells sight unseen.

That is very helpful, but in teaching this course, I had to start somewhere and that necessitated leaving some information out. I arbitrarily set your selection for your reading at 4 shells just to allow everyone to become comfortable with a smaller sampling for your introduction to doing readings. With this next technique, I want to rectify those restrictions.

The deepest information comes from a Higher Self reading. This allows us to retrieve information from one's own inner wisdom. I've been speaking about the Higher Self, but let me back up for a moment in case everyone's not familiar with that concept. The Higher Self is the part of each person that sees the big picture of someone's life. It is aware of every life that person has lived and every conscious and subconscious belief that person holds about him or herself,

The Higher Self is that all wise, all-knowing part of you. It's been with you since the very beginning of your soul's existence. It always has your best interest in mind and at heart. It loves you unconditionally no matter what. And I'm quoting from Dr. Richard Gerber, author of *Vibrational Medicine*. He refers to the Higher Self as "the superconscious mind that understands the predicaments of our lives even when consciously we don't." And according to Gerber, "the Higher Self holds the solutions to many of our problems—because it's able to see from a perspective that goes beyond the mundane day to day obstacles that we encounter. And the Higher Self is also aware when we are holding ourselves back from our true potential."

Now that you're aware of the Higher Self, I want you to realize that it's possible to perform a shell reading accessing the client's Higher Self. That method will completely bypass the client's personality so it can't interfere with the message. When I read for clients, this is the method I always use. And it's very important for me to tell you, the Higher Self has its own agenda. The topic it chooses to discuss is not always the topic the client wants. The client could be asking about his/her job, but the Higher Self will be saying "That's not important, you need to know about this," and proceed with the other information. Once that information is revealed, usually it applies to everything in that person's life including the question about the job, but if it doesn't then you can continue the reading and ask anything that wasn't covered.

How do you connect with the Higher Self? To do so, we need to empty our mind of the chatter. I didn't know how to ask clients to empty their mind because there is always going to be some thought to fill the void. In an effort to limit the chatter, I thought it might be better in a loud psychic fair environment-- that's where I was first doing these Higher Self readings—instead of asking clients to empty their minds—I asked the client to focus on just one thing, the client's name. Much later, I attended a seminar by a Rabbi on Kabbalah, and the rabbi told us that the name on your birth certificate is the closest you ever come to pure prophecy because it carries your soul's vibration. That was a light bulb moment...I understood the value of having clients focus on their name in a whole new light because now I realized that I'm asking them to connect with their pure soul's vibration. Without my realizing it, they were accessing the Higher Self with such a deceptively simple instruction...focus on the name on your birth certificate.

To begin the reading, when a client is seated, I ask for his or her name. If it sounds like a nickname, or a name taken later in life, then I ask if that's the name on their birth certificate. Some clients are reluctant to reveal their birth name because they dislike that name for various reasons. However, they may not realize that this energy is with them behind the scenes, it is impacting their life, and it actually may hold many gifts that they've turned their backs on. I have witnessed amazing epiphanies from taking back a birth name as a client selects shells for a reading.

Once you know a client's name, ask him to close his eyes, and repeat that name silently a few times. And when the client does this, I close my eyes, and I silently ask that the client's Higher Self, my Higher Self, and the

shells Higher Selves form a partnership to reveal information for the client's highest good. I also ask to be efficient and accurate with my interpretation. And I breathe deeply, sometimes I feel a tingling sensation while I'm reciting a prayer based on those goals. Let me share the prayer, it goes something like this:

Please help-- whatever the name of the client that I was given—to receive information for his or her highest good. Help me to be accurate and efficient as we work together in partnership. Thank you very much. Amen.

And that sets the intention.

When your client's eyes are open, have the fold-out sheets spread out on the table. Ask your client to look at both sides of both sheets and tell you what shells jump out. They may get attention for being beautiful, or they may bother the client, and either way, it counts. I don't like to limit a reading, so I inform the client there's no limit to how many shells may jump out. The client can identify the shell getting his attention by the number appearing under the shell. That allows you to retrieve the matching shell card from the deck. If a shell is disliked, I put that in a separate stack and wait for the next step.

Once the client has selected the shells, I ask the client to arrange them, and there's no set spread...there's no wrong way to do this. All the shells can be in one group, or they can be in several groups. They could be in a line, or a circle, or a triangle or any shape the client finds pleasing. And the disliked shells can be included with the rest of the arrangement, or they can be kept separate. Remember there is no wrong way to do this.

Once the arrangement is made, I ask the client if it feels finished, if it feels complete...because sometimes, when the client makes an arrangement, he may feel there's a gap. If this occurs, I ask the client to close his eyes, and instead of saying his name, this time ask, "What else do I need to complete my message?" And then opening his eyes, look at the fold-out sheets.... he may see a shell or two that he wants to add to the arrangement.

Sometimes a reading will take us just so far, and a question remains. When that happens, I often select a shell from the reading about which we would like more details. Then I have the client close his eyes, holding the card for that shell in his hand. And with his eyes closed, I have him ask, "What else do I need to know about this?" As you can see, the type of reading we are talking about is a work in progress, and it may require several stages to reveal the full message. Similar to what you saw when I asked this client to look at the Fossil and her reaction revealed her thoughts about validation, or look at the Scorpion Conch, and that reaction reflected her thoughts about responsibility, you can keep growing the information.

The Higher Self knows the meaning of every shell, and it has a message it wants to deliver, so it will cause the client to like or dislike a shell in order to deliver that message. Sometimes it will remind the client of an event or something in his life, and that creates a reaction. It will also assist the client in arranging the shells. The client simply thinks it's pretty or it bothers him, but it's the meaning attached to the shell that's causing the client's Higher Self to select it. And for this reason, it may be necessary to assure the client that you or the shells will not be offended if a shell bothers that client. It means the shells are doing their work. The Higher Self wanted it to bother them for a very specific reason.

When reading for yourself, as you become familiar with the meanings of the shells, that could intrude on your ability to select shells when you are looking at the fold-out sheets. But that's not a problem because you can use the deck. You can close your eyes, and pull out cards sight unseen because the Higher Self knows where the shells are located that align with its message. And once you've selected your cards, you can open your eyes, and note your reaction to the shells you pulled out, and arrange them any way you wish.

Since these readings can take time, I'm going to end with a homework exercise for each of you to follow for a Higher Self reading. Before you proceed to Class 44, I would like you to experiment with a Higher Self reading, and then if you are willing, send me your selections along with your reactions, and the pattern that you made...and your interpretation.

With that said, the instructions for your Higher Self reading can be found below, and I will leave you all, as always, with Seashell Blessings.
Shell

Homework exercise:

I would like you to read this, and then follow the steps.

First, if you wish, you can set your intention with a simple prayer of gratitude: *I thank my Higher Self working in partnership with the shells to deliver the message I need for my highest good.*

Close your eyes and say your birth name three times.

When you open your eyes, look at the fold-out sheets, and see what shells get your attention. Do not limit yourself, there may be a dozen or more. Select shells until all the rest fade into the background.

Write down the shell numbers so that you can find these cards in your deck.

Take out the shell cards and arrange them any way you wish.

You do not have to memorize the meanings. Turn over the shell cards and string together the meanings based upon your arrangement.

Although we have only covered 155 shells from your deck, you have the tools to apply when working with the rest of the shells we have not discussed.

Because these readings may involve many shells, I would like those who are willing to email me with the arrangement of the shells in your reading, and your basic impressions of your message.

This may be most beneficial to students who could not read for themselves during Class 42. Please let me know if your experience is different.... the Higher Self approach is able to bypass the personality's agenda.