



INDEPENDENT STUDY: Module 4, Class 44

The recording for Class 44 was over an hour long, so it is divided into two parts... 49 minutes and 27 minutes,

Hello everyone. Here we are in Class 44, leaving just one more lesson before graduation. There is still so much I want to share with you. We will focus on two readings, but to do the shells justice, this class will be quite long. Please take your time as you go through these readings and let me know if you have any questions.

In Class 43, you were introduced to the concept of the Higher Self shell reading. Let's continue that conversation. I would like to begin by sharing this quote with you.

From an 6/30/12 email by Barbara M. Hardie from Angel Connections.

Do not struggle and try to do it all on your own. We have been assigned spiritual assistance from the other side to help us here on Earth to grow to higher spiritual levels. Many of the issues I have witnessed individuals experiencing are related to the ego not wanting to let go of control. We need to surrender our Ego Self to the Higher Self and then life will be like Heaven on Earth, which is what we are all working toward.

In Class 43, we had this comment from Dr Richard Gerber...*Your Higher Self is that part of you that is all wise and all knowing. It has been with you since the very beginning of your soul's existence. It always has your best interest in mind and at heart. Your Higher Self loves you unconditionally no matter what.*

Dr. Richard Gerber, author of Vibrational Medicine, refers to the Higher Self as the Super Conscious mind that understands the predicaments of our lives, even when consciously we don't. 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. The Higher Self is also aware when we're holding ourselves back from our true potential.

We ended Class 43 with details for a Higher Self reading...

This is a method of shell reading where you receive information from that inner, wiser part.

Now that you have had a little experience with shell reading, there is something else I want to share with you. Shell reading is a work in progress. By that, I mean that you do not have to remain with the shells the client has shown you. When I first began public shell readings at expos, there would be times when I would look at a reading and say to myself, this would all make sense if only a certain shell were here to tell me I am on the right track. The first time this happened, and that feeling would not go away, I finally decided to take the risk and ask the client if she saw the shell that was in my mind's eye. I picked up the fold-out sheet, pointed to the shell and asked her "Did you see this?" When she told me that she did see that shell, I am ashamed to admit that I slapped her on her arm. It was an involuntary reflex that happened because it would have made the reading so easy if she had let me know that she liked that shell. As soon as I hit her, I don't know who was more shocked. I could not believe I did that. I could just imagine her telling people not to have a shell reading because the reader hits people.

I quickly learned to control that impulse, but if your interpretation would be tied up in a nice little bow if only a certain shell were in the reading, I have learned the hard way that it is worth pointing to that shell on the fold-out sheet, and ask the client how he feels about that shell--- Like it, dislike it, indifferent? Frequently, a client has said that she did see that shell, but thought she was taking too many. I can't tell you how many times I have told a client not to edit their shells because it is their reading. When I am doing full hour readings, I have had readings containing 20 shells or more, and still I have had to ask if the client saw a certain shell that is not in the arrangement. I consider this shell that pops into my mind's eye as something the Higher Self wants in the reading.

Let me tell you about a time I was doing a Higher Self reading for my client. She selected close to 40 shells from my shell cabinets. The table was covered with her precisely placed selections. As she finished arranging them, she said "I have a feeling that this is a pattern in my life." **What shell would tell us if this was about a pattern in her life? Please pause to journal your thoughts before proceeding.**

If this relates to a pattern in her life, we would see shell #36, the Chambered Nautilus shell.

Remember, she had close to 500 shells to choose from. I had to tell her that the shell connected with life patterns was not in her reading. She responded by asking me which shell was about patterns, but then quickly added that there was one more shell she saw and did not take...because she had so many shells already. I asked her to point out this one extra shell, and she walked over to my cabinet and took out the Chambered Nautilus. In fact, there are certain shells we have met that will give you valuable information to assist your client. Let's review a little of what you learned and apply that here.

If we want to determine how willing clients are to make changes, **what shell would you point to on the fold-out sheet? Please pause to allow yourself time to journal your response, then continue for the answer below.**

We would use #54, the Green Tree Snail

As you point to this shell on the fold-out sheet, simply ask the client if he/she noticed this shell during the selection process. If your client did spot it, ask why it was not included in the reading. If it was not noticed, ask the client for his/her reaction looking at it now.

What reaction would you expect if the client is not willing to change? Would this person Like or dislike this shell? Again, please pause to journal your response before proceeding.

Dislike

Let's try another. What if you want to know how important it is for your client to be right about something? What shell and what reaction would you expect if they need to be right about their beliefs? Pause to reflect on this before you continue.

Like #174, the Fossil

What if you want to find out if they need things to be a challenge in order to feel they earned the reward? What shell and what reaction would you expect if the client would not value things that came easy?

Like #190 Tropicophora Land Snail

Using this method, you can see how reactions to shells you point to can assist in checking your insights, and provide more information for your client.

Once again, I have permission to visit some of the higher self readings from former students. Their readings give me the opportunity to show you how we can grow the information to produce revelations to empower clients.

The first student happens to be named Michelle ☺ Her shells were in a single vertical line as she chose them... (Due to space limitations, I have placed her shells in the same sequence, but in a horizontal line for you to view.)



These next two shells I picked out after asking the shells one more time, if any of them have anything else to say to me, to please speak up now:

THESE SHELLS WERE
YELLING AT ME....
.PICK ME PICK ME :)



Michelle's Higher Self Reading

Shells in a vertical arrangement as I chose them:

5 - Pallid Carrier (Kinda Like): Finding that what use to come easily now requires hard work.

27 - Plate Limpet (Like): Tenacious; Stubborn

64 - Whelk Egg Case (Bothered By): Pregnancy, Birth, Babies

56 - Candy Stripe Tree Snail (Like): Home, Property, Material Possessions

90 - American Thorny Oyster (Kinda Like): Unconsciously expecting plans to backfire; unwittingly sabotaging oneself.

97 - Westralis Slit Snail (Like): Something elusive or difficult to obtain.

111 - Turkey Wing Ark (Like): Unhealthy behavior that must come to an end immediately.

136 - Common Distorsio (Dislike/Bothered By): Someone distorting the truth; being a liar.

145 - Queen Miter (Kinda Like): A boss or Superior; someone acting superior or bossy.

169 - Bear's Paw (Like): Being nurturing; being an affectionate, nature-loving individual.

*These next two shells I picked out after asking the shells one more time, if any of them have anything else to say to me, to please speak up now:

24 - Jingle Shells (Like): Having a focus that's too one-sided: need for balance (with time, money, energy)
THESE SHELLS WERE YELLING AT ME.....PICK ME PICK ME :)

29 - Patella Limpet (Like): Caretaker

Please take a moment to consider what insights you have for this student. Below, you will find comments from her classmates to compare and contrast with your own contributions.

For Michelle from Classmate 1:

My thoughts on Michelle's reading

The overall feeling I get from the reading is balance. It seems that earlier in her life, Michelle may have been able to manifest the things she wanted in her life, but then may have had some trouble accepting she deserved them, and unwittingly sabotaged them. It seems she has worked or is working on this behavior, recognizing it for what it is, and having a change of attitude. It also seems that she is quite the caretaker, always wanting to care for and mother others. She may be spreading herself a little thin though. The jingle shells shouting out at her may be telling her to regain some balance in her life. My advice to her would be to remind her that you are no good to others if you don't take care of yourself first :) Everything in balance.

For Michelle from Classmate 2:

Hi, Michelle your burdens are lifting somewhat. You are being tenacious and standing your ground about a birth or babies or someone acting needy when it comes to home. You unconsciously expect plans to backfire when it comes to obtaining difficult things. This unhealthy behavior should end immediately. You like to be truthful and not known as a liar. You somewhat like being bossy but you are also nurturing and affectionate. Right now things are unbalanced in your life possibly because you are a caretaker and need some time to yourself.

For Michelle from Classmate 3:

Hi Shell,

My interpretation of Michelle's Higher Self Reading

You are finding that what used to come easily now requires hard work and you have mixed feelings about this. This might be because it is benefiting a part of you in some way. There is something that you are being stubborn about in your life. This could be about the way you keep on doing things the same way despite them becoming hard work for you or could this be related to pregnancy, birth or babies somehow? Is there something about pregnancy, birth or babies that you are being stubborn about? What don't you like about pregnancy, birth and babies and why? Are these beliefs something you would like to change? Your home, property and material possessions are important to you. Perhaps your working towards having your home, property and material possessions isn't coming as easily to you as it used to? Is it time to focus on other things in your life? You expect your plans to backfire but this is unconscious. You also can sabotage yourself – which you mightn't be consciously aware of. Are you making things more hard work and sabotaging yourself for you for a reason? There could be a part of you, perhaps the stubborn part, that is benefiting from this. There is something in your life that is elusive and difficult to obtain. What you want is going to be difficult to get if you are unconsciously motivated to sabotage yourself (which you are likely doing as a loving act to protect yourself somehow). Is a part of you somehow benefiting by not being able to get what you truly want?

You have unhealthy behaviours that need to come to an end. These behaviours have been something you like as they must mask something for you or have some benefit for you. Are they distracting you from something you really want? These behaviours are possibly the self-sabotaging behaviour and/or being stubborn. There is an issue about the truth. Are you or someone else in your life lying or distorting the truth about what you really want? You or someone in your life is acting bossy or superior. Could this be an aspect of your own self? Are you bossing yourself about and is a part of yourself benefiting from this in some way? You also like being an affectionate and loving person, who loves nature. Do you need to be more affectionate and loving...perhaps to yourself?

Your focus is too one-sided. You need more balance in your life, with time, money and energy. Perhaps this is why things that used to come easily to you are requiring hard work. Perhaps it's time for more balance in your life? Perhaps more balance is needed for you regarding care-taking and being loving and nurturing? In what way are these out of balance in your life and what could you do to rebalance them? Consider how you feel and what you truly want around pregnancy, birth and babies.

I think your higher self is really trying to get your attention about balance in your life as this theme seems to be quite prevalent and Jingle Bells shells were yelling at you to pick them, yelling at you..."YOU NEED MORE BALANCE IN YOUR LIFE MICHELLE!!!"

Michelle's interpretation of her own reading:

I am a bit overwhelmed and confused by what the shells are saying to me and what my Higher self is bring forward. I can give an understanding for most cards from what I see, but some I really have no idea nor how they might fit in. So I am going to break each one down and give you what I am reading into it, and it may be all over the place. Hopefully, my classmates can help.

5 - Finding what use to come easily and now requires work would be getting back in to shape and shedding some very much unwanted pounds, and going back to school studying and preparing for tests after I have been out of school for almost 30 years.

27 - I am stubborn and I am also one that will keep searching and probing until I find answers to truth, and I don't let go or give up.

64 - Lately it has come to my realization that I have finally reached the age where I can no longer have children. Not that I would want any, I have enough (4) lol. I see young mothers all around me lately with their little kids. But trying to accept that I have reached that point in my life where my body is too old and my baby making years are gone, it is a part of me that hurts and aches for some reason. It is another turning point in my life that I am struggling with.

56 - In my current living situation, my husband and I have been living in our RV since we moved back to our home state last August. It has been very difficult to find a place to rent. We are not ready to buy because we are unclear on what area we would like to live so that renting would be a better solution for us at this time. The majority of my material possessions are in 4 storage units. Two of them in our current state and two in the state we just moved from. Living in our very small vintage trailer is starting to wear on the both of us, and I long to have my belongings back and live in a real house with room.

90 - In order for me to succeed and move forward, I need to get out of my own way. Because it is me that is holding myself back to finding my truth and purpose in this lifetime.

97 - I believe that this pairs with shell #56 and that I am finding my own success and truth difficult to obtain because of my self sabotage.

111 - High anxiety especially dental. I need some very important dental work done and I keep making excuses and dealing with pain and infection. Other than that, there is also a very personal issue that I do not wish to openly share that is unhealthy because of my dwelling and obsessing over it, and I wish so badly that I could correct it but it takes two. (An issue between my husband and I)

136 - I am confused by this shell; a loss for words at the moment and I don't like it!

145 - Again confused on what this shell is trying to tell me.

169 - I am a very affectionate, nurturing, tree hugging, nature loving individual. I love to be surrounded by nature and not big buildings. I currently live among the trees and I find peace, comfort, and protection from them.

24 - Amen sister! I have so much going on in my life at this moment I am crying out for balance. My plate is overflowing. I am trying to do everything, be everywhere, and be there for everyone constantly, but I am missing.....ME!

29 - I am a service person, a caretaker. I love to do for and help others in a way that will enhance their lives and make them feel better in some way. This shell speaks along with #24 (the one that was yelling at me)

So you see.....I have so much here, I had to write all this out and some things I didn't even add. I am overwhelmed and believe my Higher self maybe overwhelmed a bit as well, and is trying to show me the big picture! I believe that my higher-self is telling me that my life is forever changing, things may not be as easy as they use to be and that I am not getting any younger. It is time to stop and smell the roses. To take care of me. Keep pushing forward and learning and experiencing what life has to offer me as I continue my journey. Finding balance and dealing with all the bumps along the way, will make me a stronger person. I know believe my purpose in life is taking care of others in a service like manner, whether it is helping others find their own insight and guidance doing shell readings, helping people with their appearances, helping people relax and de-stress, educating them on skin care and showing them new makeup techniques, easing pain with massage, and just doing. I am a Mom, Grandmother, Wife, Barber, Cosmetologist, Esthetician, Makeup Artist, Current Massage Therapy Student, and Oracle Shell Reading Student. I am in away homeless and I suffer a great emotional issue in my current marriage. There is just not enough of me to go around.

I know this is a lot of detail Shelly, but I really needed to type this all out so that I could see it for myself in black and white and try to fit it all together. I just have a couple of holes that don't make sense at this time.

#136 Really bothers me, and I have searched for some meaning and am coming up empty. The shells just kept talking to me :)

Michelle T.

Oh ya, and I am a Sewing artist with a Hobby business (www.drawingstodolls.com) and also studying a dressmaking and pattern making course in the mist of my crazyness. I believe my word and action I seek is BALANCE! :-)

Michelle T

All of these insights have merit, and they all did such a wonderful job of interpreting Michelle's shell reading. I noticed that these students were all working at quite an advanced level, and as I worked with Michelle, her shells inspired me to work at an advanced level as well. If there is one thing I have learned teaching these courses, it is to trust the guidance from the shells in setting the agenda for each lesson.

I am happy to report that after contacting Michelle for her permission, I have the opportunity to give you a taste of this. So, let me show you a few of the emails between Michelle and me regarding her shell reading.

If you noticed, her classmates were coming up with something out of balance with her caretaking. I noticed the same thing. Let's look at her shells again....



Michelle told us that she was really bothered by #136 the Distorsio which can indicate a liar, or that can be a mirror for when someone is lying to herself.

She placed this near #111 Turkey Wing so that is an unhealthy behavior that needs to stop immediately. That is followed by #145 Queen Miter and #169 Bear's Paw...as if some part of her is being bossy insisting she should care for everyone.

Then she has #64 Whelk Egg Case which bothered her. At some level, all of this caretaking for kids may not be making her as happy as she tells herself, because she has #24 Jingle shell with #29 the Patella Limpet so something is out of balance with caretaking. Also, she described her reaction to shell #90 as she "kind of like" #90, the Oyster for plans backfire or self-sabotage and she likes #97 Slit Shell, something difficult to obtain. This told me there was something going on with her caretaking that was becoming unhealthy for her.

Looking at Michelle's reading, all of this caretaking, putting everyone else first, can you think of any shell you might want her reaction to? **Pause here to journal your thoughts before proceeding.**

I kept thinking about #150 the Venus Comb. Based on the deception #136 Distorsio and an unhealthy behavior she needs to stop cold turkey (#111) near the caretaker (#29,) I was reminded of the situation I described at the beginning of this class... with my first reading at that fair...when I asked the client if she saw a certain shell and when she did, but did not select it, I ended up hitting her.

This time, I simply asked Michelle to look at #150, and give me her reaction.

My feelings on shell #150 Venus Comb Murex:

I believe when I was first introduced to the Venus Comb Murex, I didn't really like it, the long spikes bothered me but also look like a weapon of protection. However over time, I have been more drawn and accepting of the shell each time I see it.

My reaction to what my higher self shells are saying to me and then you bringing the Venus Comb Murex to my attention, all I have to say is WOW!

When choosing my shells from my higher self reading, this shell the Venus Comb Murex kept trying to get my attention but I continued to ignore it. It definitely is the center focal point of what the other shells are telling me. I completely agree with everything the Shell stands for with the exception of "self centeredness".

I am not sure why this would be a part of me when I clearly am all about so many others and doing for others. However with that being said I did a little soul-searching and have come to the conclusion that I am reaching A point in my life, that I am becoming more self-centered. I actually believe that this is a good thing for me since I had spent the majority of my life putting others before me.

Your reaction to #150, indicates where you are on your own list. **Thank you for sharing that this shell was trying to get your attention when you were choosing your shells. Even though you ignored it, Venus Comb managed to get its message to you :-)** The importance of being on your own list. When you discover your truth and live in that truth, sharing who you are is how you will feel loved all the way to your soul.

Now, selfish does not have to be a negative thing. Think of Shakespeare....to thine own self be true. If I remember, you struggled with the love lessons homework with Susie and the fishbowl and we talked on the phone about how her selfish actions (she spilled the fishbowl because it made her feel good to help the boy.) in no way diminished the loving acts of paying attention, and generosity of taking the abuse away from him. Please go back and reread Class #22 and see if you have a different feeling this time. This is another lesson that may assist you with permission to pursue finding your destiny :-)

Hi Michelle,

I have a question for you. Would you mind if I use your responses to your own reading in class this week. I want to share the insights you gained from the Venus Comb. If this makes you uncomfortable to share, that is perfectly OK. I always trust the shells, and if you just had an experience of growing your reading, I wanted your classmates to see how this is done.

Also, even if we do not share this with your class, I thought of something for you to try. **Remember the exercise with visualizing the list of all the people you take care of, where you spend your energy and attention? With your new relationship to the Venus Comb, it would benefit you to repeat this exercise and see where your name is on that list now.** Let me know, because there is one more step after that.

Love,
Shell

Yes Shell that is fine to share. I will try the exercise and let you know. I do have a question though. Do you think that the caretaking is because of me taking care of my family members which I do not physically do much of that anymore? Or do you think the caretaking is because of my line of work where I'm always servicing and doing for other people all day long. I'm curious about this because I don't have any children living with me and I only get to see them once a month when I go down to visit them and their families but I do get lots of phone calls lol

Thank you for granting permission to share our conversations. You asked a great question about caretaking, and you are the best person to answer this. That is one of the reasons I want you to visualize your list again. You will be able to discover the answer by looking at the names on your list and their position, and where you find your own name :-)

Shell,

After doing some visualization and realization, I have already started putting myself at the top of my list before others daily. I make sure I am at my best and I am taken care of before I leave each morning so that I can do for others well. I believe the saying that my husband has given me lately is "It's all about Michelle". And my reply to that each time is...."yep sure is." Because in order for me to help others look and feel their best, I need to be the complete package first, and this is a good thing, but I still feel it is not enough sometimes.

Before when I was first introduced to the Venus Comb I was not on my list anywhere. I had forgotten about me and it was exhausting. But that has all changed since. And being selfish and self-centered these days is making me a better person and more happy with myself. However I still have a small problem saying "NO" to others when asked for things.

Now it is my turn to say WOW! You have transitioned right before my eyes :-)

This is such a transformation from not being on your list at all! There is one more piece to consider. Please think about your feelings of moving up on your list as you look at shell #32, and tell me your reaction to shell #32.

Hi Shelley,

OK I believe when I was first introduced to Pink Mouth Murex shell, I didn't like this view of it. I like the outer shell itself, but this opening bothers me. This still holds true. What I am not really sure of is why this card? I have search deep and remembered some of the things I thought and went through as a child, but it is not resonating with me as to why you brought this shell to me to add to my higher-self reading. I am baffled at the moment.

Question: When doing these readings, how do you know to look to the shells for more insight from a specific shell to add to the persons reading? As you did for me with the Venus Comb and the Pink Murex? Is that something that is developed over time to probe deeper? I want to learn this.

Thank you, Shelly. See you in class.
Michelle T

That is a great question, and provides me an opportunity to teach all of you. Please pause here to journal your thoughts as to why I asked Michelle to look at the Pink Mouthed Murex shell. When you have finished, please continue with this transcript.

OK. Why did I want Michelle's reaction shell #32? Let us recall some of the insights from her classmates.

Classmate #3 asked Michelle....

“What you want is going to be difficult to get if you are unconsciously motivated to sabotage yourself (which you are likely doing as a loving act to protect yourself somehow). Is a part of you somehow benefiting by not being able to get what you truly want?”

Classmate #1 said:

Michelle may have been able to manifest the things she wanted in her life, but then may have had some trouble accepting she deserved them, and unwittingly sabotaged them.

Wonderful insights here! Is a part of her benefiting from this, blocking her success, sabotaging her, having trouble deserving her achievements?

And Michelle tells us herself:

“I have already started putting myself at the top of my list before others daily.... Before when I was first introduced to the Venus Comb I was not on my list anywhere. I had forgotten about me and it was exhausting. But that has all changed since. And being selfish and self-centered these days is making me a better person and more happy with myself. However I still have a small problem saying "NO" to others when asked for things.”

What part of her might fear her climbing up on that list, making her uncomfortable to say NO, and sabotaging her?

This could come from her inner child. #32.

Let's review the wisdom from the seashell kingdom regarding this subject.

You first met shell #32 in Class 7. We also spent time with the inner child during the love lessons in Class 22. And, you have also seen the impact of this shell on several clients' readings throughout this course. If you suspect a client's issue stems from a childhood belief, look to see if shell #32 is present. If not, determine the client's reaction to this shell on the fold-out sheet.

To refresh your memory, let's review a little of the past information on the Pink Mouth Murex.

Because female mollusks abandon their eggs to the whims of fate, they often lay hundreds of eggs at a time. This strategy increases the odds that some will survive.

Pink Mouth Murex females lay eggs in communal masses yielding millions of eggs at a time. It is not unusual for a female to become trapped in this egg mass and die. This represents the strangle-hold beliefs formulated in childhood can have upon our lives. Survival behaviors we developed as children may no longer serve us as adults. The issues stemming from childhood and our subconscious childhood beliefs cause suffering.

Let's take a closer look. When you are born, at some unconscious level, you recognize that you must depend upon others to feed and shelter you. Your mission becomes finding ways to assure that those you rely upon will love you enough to help you survive. While very young, you develop a plan for how you will achieve this. This is the M.O. for survival for your inner child. From the perspective of your inner child, each time you behave in

a way that causes others to respond with love, you insure your survival. At a more conscious level, when you receive recognition or appreciation for your actions, it increases your self-esteem. This reward is powerful, and as you age, that behavior is placed on automatic pilot.

The important point is that these behaviors were developed out of fear for your survival. You were totally dependent upon others to love you enough to keep you alive. You took your cues from them as to what you needed to do to please them. Your inner child still resides within you, and there are times you look at the world through your inner child's eyes. In your quest for love, the beliefs held by your inner child impact your life.

As an adult, it is possible that those beliefs no longer serve you. Once you uncover your hidden thoughts and beliefs, if something is limiting you, you may opt to change that belief. However, it is one thing for you as an adult to determine a behavior no longer serves you. It is quite another for the inner child who still lives inside you to come to the same conclusion. Don't forget that this behavior was the key to its survival. If you choose to change, that decision becomes a threat to your inner child. Your inner child loves you and wants to protect you, but it trusts no one and that includes adult you. If you attempt to change a belief, your inner child will interpret this as a threat to its survival. It loves you, but it will try to sabotage you because it has to protect you from yourself. Should you try to alter a belief, your inner child will be terrified. Its thought will be "Are you crazy? Nobody will love us if you (fill in the blank.)"

Should you outgrow your inner child's beliefs, you don't want to ignore its feelings, or tell it you don't care what it thinks. That will increase its fear and the consequences will lead to sabotage.

Instead, try having a conversation and consider acknowledging its feelings. Assure your inner child that you understand how it feels because you recall how much your survival depended upon those behaviors. Let it express any emotion, whether it wants to scream or cry, and let it know that whatever it feels is appropriate. You want it to know that you are not standing in judgment. This is vital in order to gain its trust. It may take several conversations to build a bond. The conversations with your inner child do not have to be anything formal. As one student pointed out, it is important to think back to the age you were when you first formulated that belief. If you were very young, literally think of yourself talking to a child. Ask it what it would like to do that day. If your inner child says it would like to have ice cream, you physically do not have to go eat ice cream. At the end of the day, check in with your inner child and ask it what flavors it tried. You want to create a relationship of trust.

If you were older, hold a similar appropriate age level conversation. Eventually, your goal is to ask your inner child if you can become its parent. In this way, you will mother your own inner child. Once this is achieved, explain that you can feed yourself now and put a roof over your own head. You no longer need those skills you developed based upon pleasing others for your survival. Functioning from those beliefs may have kept you safe, but they also kept you from being in your truth.

Your inner child can be your worst enemy or your best ally. If it does not trust you, as mentioned, it will do all it can to stop you. If you encounter obstacles when initiating change, any doubts, fears, or guilt are from your inner child trying to make you stop. Anyone challenging you or withholding love due to this change is an agent employed by your inner child. If this succeeds in weakening your resolve, your inner child has fulfilled its desire preventing you from proceeding with that change. As you pursue your path in life, you are behind the wheel. When you encounter obstacles, it is your inner child trying to take the wheel from you. Once you recognize this, you have a new tool to smooth your journey. All it requires is a conversation.

Since the Pink Mouth Murex shell connects to your inner child, simply holding this shell while conversing with your inner child will improve your ability to “hear” your inner child. Think of this shell as the physical representation of your inner child. By holding the shell, it signals that you are willing to pay attention to the thoughts held by your inner child. When I ask clients how they feel when looking at this shell, I have heard a variety of comments. Often I am told it is very beautiful, which I am sure is wonderful news for the inner child of the client. Sometimes I am told that it bothers someone, or was not even noticed until I pointed it out. These are clients who have an angry inner child and if not even noticed, you can imagine the lengths the inner child has to go to just to let the client know that their actions are scaring their inner child. The message the inner child is hearing is that you don’t care what it feels, and are even willing to ignore its existence. Can you think of a greater motivation for the inner child to go to extremes?

If you take the time to converse with your inner child first, so that it builds trust, then it will grant you a small window to try the new approach. When it sees the world does not fall apart, it will give you a bigger window. These are small steps that lead to huge rewards. Once your inner child trusts you, and is on the same page, any change you make in your belief will go very smoothly.

That’s why I asked Michelle about her reaction to the Pink Mouth Murex. And when she said . “**I like the outer shell itself, but this opening bothers me. This still holds true.**” This mixed reaction shows she is in transition....but with this new awareness, she can keep working with that shell.

With only one class left before you graduate, let’s look at one more student who shares a few of the shells from Michelle’s reading. Emmy has been kind enough to allow me to share our discussion of her shell reading.

Emmy's Shells

At the top was 6. Going clockwise: 114, 68, 199, 167, 149 and in the center was 38.

Ambivalent: 28, 157 to the right of the circle and above those two were two I disliked: 136, 90

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Here is the description of her shell selections, arrangement, and reaction:

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#6: Sunburst Carrier: Preferring to be alone, avoiding attachments
114: Necklace Cerith: a healthy ego
#68: Japanese Babylon: Getting in touch with one's inner child, playing more, free from adult constraints
#199: Bednall's Volute: networking, making connections
#167:Shuttlecock Volva: Being pulled in two directions
#149: Mean spiritedness, negative comments designed to lower someone's stature, gossip
Center: #38: Pearly Nautilus: pressure, stress

Did not like:

#136: Common Dostorsio: Someone distorting the truth, a liar
#90: American Thorny Oyster: Unconsciously expecting plans to backfire, unwittingly sabotaging oneself.

Ambivalent:

#28 Long Ribbed Limpet: looking for where the grass is greener but needing to look in one's own backyard; looking for answers outside of oneself when they reside within
#157 Ram's Horn: Forcing one's opinion on others

Here is Emmy's own interpretation of her shells:

The first thing I noticed was the layout. A circle with 4 cards in a box shape to the right, the two I did not like over the two ambivalent ones. I also had to have the Pearly Nautilus in the center of the circle.

I know from my study of feng shui that the circle is part of my archetypical shapes. In other words, we become attached to certain shapes when we are in our preverbal development. The circle is a big one for me. It was not surprising then that the circle appears in a higher self reading!

And with the Pearly Nautilus in the center, it seems I am feeling under a lot of stress. This I relate too given what I am taking on in my business and in my personal life. (I am writing a book with a deadline, developing new sprays and labels for them, reconstructing my website, traveling more than I like, and we just adopted a rescue dog.) And that is just for starters. We have also lost some friends and family recently, and too many people I know are terminally ill. We also have a difficult daughter in law, one son out of work, one starting up his own business, and one who just got a job after 2 years of not working.

So yes, stress is there for sure. Spinning off from stress we start with Sunburst Carrier, which makes sense as I think I am trying to detach from everything and everyone in order to keep my own center strong. And since my husband and I spend about 23 hours a day together, there are definitely times I would just love some alone time! Not having that has been a lifelong theme.

The next shell, 114, is healthy ego which was exciting to see turn up since it is something I have worked so hard on. I'm hoping that my higher self is telling me "Good job! You are finally on solid ground here!"

#68 is reminding me to take time to play. I do get so serious and tend to work all the time but what about play? In fact, I think I will stop working on this and go take a swim!

199 is showing up because I am networking a lot for this book I am writing. I have 28 people contributing to the book so it has involved working with and interacting with many people, some of whom are referrals or people I have found on the internet! It is so much fun and so expansive!

167: being pulled in two directions! What else is new! I am constantly being pulled between my own needs and those of a needy spouse. He is a wonderful man but demanding and expects me to be there, literally, for him, with him. We walk together, eat together, shop together, work in the same office.... we eat on his schedule usually what he wants. I do occasionally fix my own food because his diet is heavy on protein and I like green

smoothies and lighter fare. But I am also the one who is slower moving in the morning so he often gets to the car before I do and buys the food! HAHA.... I have no one to blame here. He is just being helpful. We just don't see eye to eye. And now that I've said this, he did come home today with one of my favorite lunches for tomorrow: veggie sushi. This is a lesson for me that again is lifelong: take care of ME as well as I take care of others. This is NOT HIS FAULT. I know that I let myself down, put myself second, and need to modify that pattern....

149 stymies me. I don't think I gossip or talk negatively about people but would it possibly mean the way I talk about myself to myself? "You look wretched today" "you are way too fat" "That dress looks disgusting on you" etc.?????

My dislikes seem to be right. I do not like untruths and although I used to sabotage myself, I think that behavior is mostly behind me.

My ambivalent ones (being in transition) also seem correct: trying to convince someone of my opinion is something I have been working on dropping and not trusting myself to have the answers within me is also going bye bye.

What I get out of this big time is the pressure I am putting myself under and the need to play, and the need to care for myself as well as I care for others. Those are the big takeaways, and many other things as well!

I received insights on this reading from many of her classmates, and it is interesting to see what they all have in common, and what separate insights they bring. For instance, I want to share these observations regarding the pattern made with the circle of shells.

I saw your Circle as not a circle but as a Clock so there is a time element in this reading for me. ...maybe its that you need to make TIME for yourself

Emmy's Wheel/Circle represents a wedding band as well as the seeds of life-meaning growth.

2 hands, 2 legs

now if we look at the center line (spine)

sunburst, pearly, bednalls

this also validates her wanting to detach and there is pressure building in her (heart) because of the networking for the book. but japanese is to the right of bednalls so is she having any fun networking?

As was the case with Michelle's first reading, Emmy's reading inspired working at an advanced level. And I am grateful to have her permission to share the email exchange between us working on this reading.

Hello Emmy,

Thank you very much for sending this Higher Self reading. You did a wonderful job recognizing your own message, and I feel as though I am watching you become empowered as I read your interpretation :-)

You expressed some confusion about 149, and I noticed that you thought it could be your own self criticism. But, 149 can be gossip from others who try to demean you or bring you down. In context with the rest of your shells in the circle, I would suggest that part of the pressure you feel is in trying to avoid gossip should you choose to be alone, or play, or listen to inner guidance...all can be undermined if you give your power to those who gossip. And especially if you are trying to develop your own ego, and you have the shuttlecock competing with the carrier shell.... you are pulled in two directions and really just want alone time.... with 149, someone just has to call you selfish or self centered, or boastful, and that can crush your efforts to strengthen a healthy ego.

If you don't mind, a shell popped into my head and I think it is important. I wonder what your reaction would be to #193, the Long Spined Star Shell? I will explain why....but also please tell me if you could choose anyone in history, who do you think had a valuable destiny? To be continued....

I LOVE 193. LOVE it. As for your other question, I know I should answer ME, but I am not there yet. I always think of others before myself, even in this question. I was raised to do this, to be self effacing, to not have my own desires, thoughts or goals. Basically not to exist. So it goes against everything I know to mention myself, to promote myself, to think of myself as important. I'm better, but far from putting myself forward as the answer to that question!

There is so much I want to say, but if you are willing, let's take this in steps.

First, thank you for such an honest response to 193. You obviously love this shell which connects to your destiny, but you mention your conflict over naming yourself which I appreciate because you should strive to be in your truth.

I want to pause here to provide a little background. Back in Class 29, when we covered the destiny shell in Emmy's class, and I asked each student throughout all of history, who had the most valuable in their eyes, one student replied "me." In over 12 years of teaching, and 25 years of doing readings, I never had someone respond "me" to that question before. Because this was so unusual, I may have reacted as if this was the ultimate goal. Recognizing this error, I apologized to Emmy's classmates. I stressed that her response is her truth, and it does not have to be anyone else's. However, there are no accidents. Because Emmy thought she was supposed to choose herself, she did a lot of soul searching which proved useful as we continued with this reading. I explained to Emmy that I didn't want her to tell me what she thought she was supposed to say and asked again...is there anyone in history who you would say strikes you as having an important contribution to the planet, a valuable destiny?

So many people come to mind. Lord Sananda (Jesus), Mary Magdalen, Mother Mary, Abraham Lincoln, George Washington, Nelson Mandela, Rumi, the Buddha, and thousands of unsung heroes whose stories we may know or not: the woman who smuggled thousands of Jewish babies out of hiding in her plumber's bag, Herr Schindler who saved hundreds of Jewish lives by employing them, Louis Zamperini, the hero of the book Unbroken, the Dutch woman who wrote "The Hiding Place", the medical personnel who developed medicines and procedures that save lives....all those who have gone before us and made sacrifices so that we might live better lives.....I am so grateful for so many.

It is hard for me to name just one because I feel that everyone makes some sort of contribution. If I had to narrow it down, it would be two people: Jesus and Lincoln. They both taught us to love one another and to care for one another. They both sacrificed everything for their beliefs. They both left a legacy behind that changed

people's lives and they both lived lives of, not perfection, but demonstrated how living one's life powerfully and with integrity can change the course of history and make this world a better place.

I'm not sure I've answered what you need but am happy to clarify anything.....

Sorry Emmy, in addition to my question about 193, another shell popped into my head, and I wonder if you would give me your reaction to shell #154.

That will help me know which track to take as we continue this conversation :-)

I'm not liking this one.

Thank you for responding to both of my questions. Now I should tell you that if I was on the right track, I thought you might not like this shell. Since that is the case, I am going to explain why I asked you these questions. Your reaction to #154 (The Eye of Judas Purpura) tells us that you really do not like to betray others. You will see why this is important in a moment.

Your shells say that you desire to be alone, and you explained this is to pursue your work. This shell is next to the Cerith, a healthy ego, and that is next to the need to play more. The center of your reading shows pressure and stress.

So, the more alone time and play time you have, the more opportunity you have to develop your ego. But this is dangerous because....

You also told me that when asked who you thought had a valuable destiny, you wanted to say you, but you were raised to be self effacing, not to have your own desires or goals, or as you put it, basically not to exist. So, if you were given alone time, and that allowed you to develop your work, pursue your goals and desires, you would be betraying what you were taught. If any part of you believes defiance of the way you were raised equates to betrayal, it would want to sabotage your efforts. (I am thinking about inner child here.) Remember you had the insight with #149, the mean remarks were your own negative self talk? What if those comments hold down your ego? There may be a hesitation to allow yourself to become important...even when it comes to fulfilling your destiny.

You have the shell for sabotage next to the shell for lies. You disliked both, so your Higher Self is saying that it does not like lies about sabotage. You are not actually being held back by others, instead you may be holding yourself back.... you are the architect of your creation, and you even said with your husband " **This is NOT HIS FAULT. I know that I let myself down, put myself second, and need to modify that pattern.**

Since you are aware of this, we need to find out why this might benefit you. Your Higher Self shows us that you liked all the shells surrounding the shell for pressure. Why would you draw all kinds of people and situations into your life that thwart your ability to focus on your goals and desires?

As a Higher Self reading, if you are willing, we can look at the possible benefit the pressure to find alone time plays. With the Distorsio and Oyster being disliked, that pairs the idea that your plans backfire with lies. Below this, you have two shells showing ambivalence. If you are ambivalent about trusting your inner voice, and uncertain about the strength of your own opinions, perhaps having distractions that prevented you from all that alone time, helped you avoid the possibility of betraying the way you were raised. Or, maybe there is discomfort over your destiny...

This is why I asked your reaction to 193, and I appreciate your heartfelt response. What stood out for me in your other email is when you did not try to name yourself, you had a whole host of candidates. I wondered what they had in common, and you told me.... all those who have gone before us and made sacrifices so that we might live better lives. When you narrowed this list to two names, you said "Jesus and Lincoln. They both taught us to love one another and to care for one another. They both sacrificed everything for their beliefs. So now we have your subconscious belief that to live a noble destiny, the measuring stick that it has value, is based upon sacrificing everything.... Jesus and Lincoln were both killed for their beliefs.

We are left with 3 options.... This is where only you will know if this resonates.

1. Either the sacrifices you make placing yourself second seem noble subconsciously because that is what all these people from history had in common.... sacrifice so others might live better lives.
2. Or since you consciously wish to pursue your desires and goals, you may have a hidden belief that to fulfill your destiny will require huge sacrifices, and some part of you is in no hurry for that. Every distraction that prevents you from getting closer to your destiny will benefit you...that includes your husband's demands on your time, your family needing you for a multitude of reasons, and probably many other things you will recognize.
3. Or, with ambivalence around trusting your inner voice and the strength of your opinions, perhaps you are insecure about what you have to offer to the world, and rather than find out, the distractions keep you safe

In other words, the feeling you are being sabotaged and prevented from the alone time you desire, is not sabotage at all. The pressure and stress in pursuit of quiet time serves you by allowing you to avoid the risk of developing an ego betraying the way you were raised. Or, it serves you by preventing you from the sacrifices that await a noble destiny.

I realize this is a lot to process, and I want to say that I offer this in love as a partner from my Higher Self and your Higher Self and the shells' Higher selves for your highest good. Also, this is way beyond Level I, but I trust the shells guidance, and this information was bubbling inside me, so I hope it proves helpful, and thank you for allowing me to share.

Love,
Shell

By the way, let's look at some of the insights from Emmy's classmates...you may notice something interesting. Although shell #32 is not in her reading, many of her classmates felt the message included inner child. Here is one example:

From Emmy's Classmates:

Your inner child is not about play for me - she's trying to tell you something. Yes, you need to have more fun but I feel as though the other part of the message is - that you are making too many concessions and not speaking your truth about something which spoils your fun and it's weighing on you.

You are sabotaging yourself and what you want and need or what your little girl needs (lying to yourself perhaps).

For those going on to the advanced level II certification, we will be practicing many more of these Higher Self readings. Along the way, we will meet a few more shells to add to our vocabulary. We will also learn when to listen to the client, and when not to listen. And we will continue with tools to dig deeper and reveal more layers in these readings. This may not appeal to everyone, but anyone who wishes to read professionally will benefit greatly from Level II training.... Module 5.

If you would like to confer with students who have taken this advanced level training, here are some of the email addresses for the graduates from former level II training classes. They all offered permission for you to contact them with any questions/concerns.

Michelle—shellsoracle@gmail.com

Heather (from Ireland) – chilibeaneather@gmail.com

Tracey (from Australia) -- tracey1602@hotmail.com

Joseph---gabrielsonjoseph@gmail.com

Level I Certification Exam

This exam consists of shell readings for 7 fictional clients. My suggestion for each of these is to look up the shell number, and write down the name and meaning. To save you some time, in the first few readings I have done this for you. Then you can string together the meanings based upon the arrangement and reaction to these shells. (They are meant to be read from left to right and top to bottom) Remember to apply what you learned from Ocean Wisdom as well.

Client #1: What is the issue, and what do the shells suggest?

140 136 (disliked) 70

140 Belcher's Latirus- *Seeking forgiveness*

136 Common Distorsio -*Someone distorting the truth, being a liar* (disliked)

70 Buccinum Whelk-*Needing to come clean or confess something*

Client #2: What is the surface issue, and what is the motivation?

178 171 (Disliked) 67 118 169 4
72

67 Red Abalone-*Needing to heal emotionally to avoid physical problems*

178 Nigrite Murex-*Courage to overcome negative emotions such as anger and depression*

171 Angaria Delphinula-*Arguments, anger* (disliked)

118 Prostitute Venus clam-*Going through the motions, action without heart behind it*

169 Bear's Paw-*Being nurturing, being an affectionate individual*

4 Bittersweet Clam-*Concerned with efficiency and accomplishment*

72 Quahog Clam-*Heart health, blood pressure doctors, hospitals*

Client #3: What is the issue, and what do the shells suggest? Remember what you learned from Ocean Wisdom love lessons and the wheel of love.

167 79 22 73 139 93

167 Shuttlecock Volva- *Equating love to quality time, triangular relationships*

79 Marble Cone-*ruin; disappointment*

22 King Helmet-*an ally, champion on your behalf; a person willing to fight for you*

73 Heart Cockle-*love*

139 Leafy Jewel Box-*Testing one's values*

93 Wide mouth purpura-*Seeing the big picture*

For Clients #4 and #5, both selected 131 but reacted differently. All other shells were liked in both selections. Using the surrounding shells, what difference does the reaction to 131 make in this message?

Client #4:

115 91 54 131

Client #5:

115 91 dislike 131 19 73

With Clients #6 and #7, both say they dislike the Venus Comb Murex. Using the other shell they select and also dislike, what is the reason each is motivated to take care of everyone else's needs and are not on their own list?

Client #6:

Disliked 150 disliked 65

Client #7:

Disliked 150 disliked 149

Try to respond without looking past this point, but if you would like a hint.... scroll down to the next page. As you read each question, stop at the indication to PAUSE HERE, and try to respond before looking at the answers:

Hint for Client #6:

What does it mean if you like #65, Worm shell? PAUSE HERE

The worm shell is about “*Something completely out of one’s control.*” Therefore, what would it mean if you don’t like the worm shell? PAUSE HERE

If disliked, it indicates “*a desire to impose control.*” Based upon this information, what motive would this client have to take care of everyone else’s needs?

Hint for Client #7:

What does it mean if you like #149, Snipe’s Bill Murex? PAUSE HERE

The Snipes Bill reflects “*Negative comments designed to lower one’s stature; gossip.*”

Let’s take this in stages. This client’s motive to take care of others comes from disliking the Snipe’s Bill Murex. What would that tell you about his attitude toward gossip? PAUSE HERE

He dislikes gossip and would not want to participate in it or be the subject of it.

This may stretch your memory, but can you recall what is the worst thing someone can call a person who dislikes the Venus Comb Murex? PAUSE HERE

Selfish

With this knowledge, can you suggest why he is motivated to care for everyone else?