



INDEPENDENT STUDY: LEVEL II TRAINING- Class 1

Hello everyone,

I want to welcome you to Level II advanced training. Thank you for joining me on this next stage of your seashell adventures! As with your lessons in Level I, each class comes with an mp4 video option as well as a written transcript. The recording for Class 1 is a little over 25 minutes long.

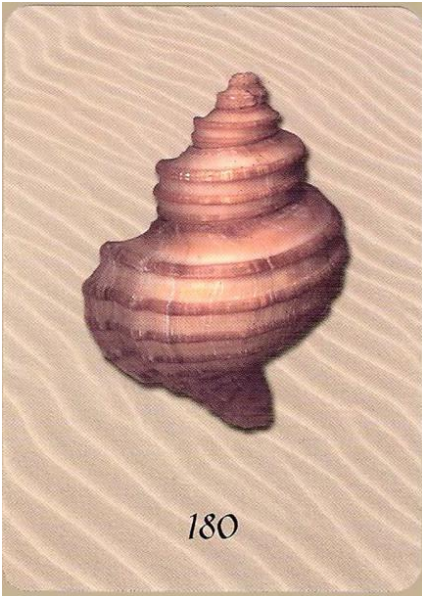
This class is devoted to improving your shell reading skills by having you interpret a variety of readings. Although I have certain topics I intend to cover, I can think of no better way to teach than to use your own words, and those of former students, (who will become your cyber classmates) to demonstrate lessons. For that reason, this course will be quite interactive, and I suggest you keep a journal to record your insights. In your recording, I will pause to indicate when you would benefit from writing in your journal, and in your written transcript, I will switch to **green text**. To gain the maximum benefit from these lessons, at the end of the lesson, please email me with your journaled responses.

As this course progresses, you will be interpreting readings. In my previous experience teaching live classes in the Ocean Speake course, I discovered something useful for this portion of your studies. I observed that many students were able to interpret the homework exercises, and the client readings I placed before them throughout the course. During the final weeks of Ocean Speake as the readings shifted to selections from their classmates, they were able to interpret their classmate's messages. However, some students found it challenging to interpret their own messages. As you know, I don't do readings on myself, so I was not prepared for this obstacle many students encountered. For this reason, I am going to suggest a different approach. For now, whenever I ask you to select shells for a reading, I want all of you to think of yourselves as clients.

As you continue practicing, if you grow tired of selecting your own shells, you are welcome to use other people around you for reading practice. All I ask is that you tell them you are still learning how to be a shell reader and would appreciate the opportunity to practice with them. If you want, you can tell them this is a homework assignment. Think of the other person as your client. In these circumstances, I would like you to interpret their messages. Then you can share your interpretation with me, and we can see if there is any additional input. This will give you a greater pool of readings to practice with.

Since some of you are interested in advanced certification to become professional shell readers, I feel it is important to prepare you for the range of clients you may have. I am going to do my best to recreate some scenarios I have had with clients. It would be a disservice to have you expect these readings to be all fun and games. The shells can provide you with a powerful psychological tool, and if you broaden your scope of clients, you will encounter many different psychological needs.

Let's begin with the toughest...



Take a look at this shell #180 The New England Neptune. It is in the intuition group, so I don't have a reason, but the shell means "*Being very uncomfortable with oneself; wanting to escape a situation; possibly wanting off the planet.*"

This is where the other shells in a reading have influence. How do they interact with each other?

Depending upon the other shells in a client's reading, this shell may indicate someone who may take drugs or alcohol to escape, or in extreme cases may consider suicide.

Remember that shell readings reveal hidden feelings and thoughts. If clients are attracted to this shell, they may not be aware of how uncomfortable they are on the planet. However, the other shells in the reading can give greater detail as to why they feel this way. It gives clients the opportunity to consider the other beliefs that impact their life and why some clients may, without realizing it, conclude they want off the planet.

Other times, when this shell is in a reading, the client is aware of feeling like "I don't belong here, I want out." They may be surprised that the shells reveal this, but the other shells give them an opportunity to learn why they feel this way.

When they see the other beliefs that are reflected by the surrounding shells, they have the choice to stop behaving on automatic pilot. If some belief is limiting them, they can become empowered with choice, and reshape their future. Nowhere is that more dramatic than when working with shell #180.

Let's look at a few simple combinations with #180.



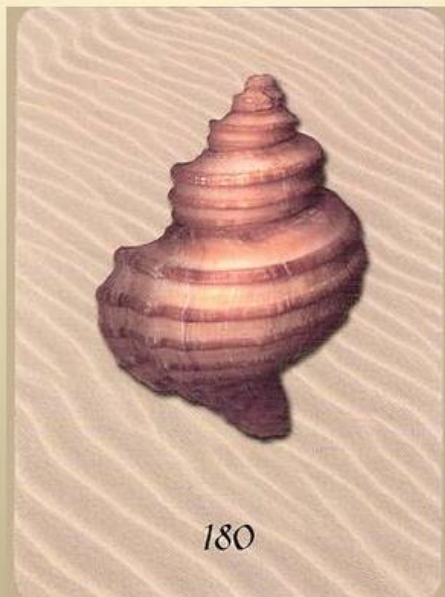
This shell #198, is the Flinders Vase. Again, based upon intuition, it means "*Frustration, stifled, knowing there is more to life.*" This reflects a person thinking "Is that all there is?"

If a client likes #198, and combines this with #180 "*Being very uncomfortable with oneself; wanting to escape a situation; possibly wanting off the planet,*" and adds #115 Squamose Chiton which you met in your Level I course, meaning "*Self-abuse; unhealthy behaviors; addictions*" that would resemble the combination on the next page.



198

*"Frustration, stifled,
knowing there is more to
life"*



180

*"Being very uncomfortable
with oneself; wanting to
escape a situation; possibly
wanting off the planet"*



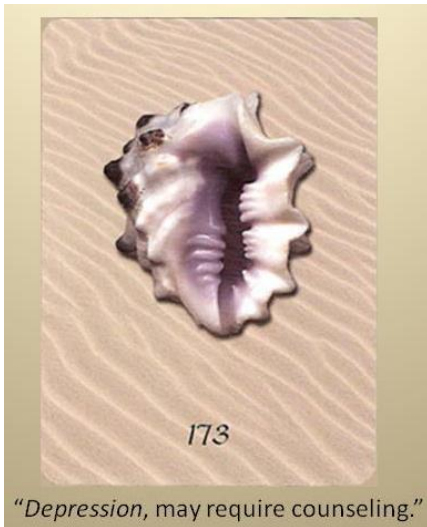
115

*"Self-abuse; unhealthy
behaviors; addictions"*

How would you interpret the combination of 198, 180 and 115? Please pause here to journal your thoughts before continuing.

Shelley: #198 Flinders Vase would indicate someone thinking "Is that all there is?" and with #180 New England Neptune, that person would be concluding "then I want out of here." This person is very uncomfortable on the planet. With the Chiton, this client may become self-abusive choosing unhealthy behaviors as a means to separate from this condition possibly turning to drugs or addictions to numb out as a way to escape.

The first time I worked with shell #180 was at a Psychic fair. I had worked my way up from little local fairs in a tiny room, and was at a larger fair with separate rooms for workshops. It was still very early in my career, and I had not written *Ocean Oracle*.



Do you recall the story of the high school boy who selected the Drupe (the shell for depression) from 300 shells displayed upright in a wooden box?

That box of 300 shell photographs was the method I used for clients to interact with the shells. During the fair, 3 women walked by my booth, and one of them was drawn to one shell in the display...the Neptune. These friends were heading off to a workshop, but I asked this woman to please come back to my booth after the workshop was over. For some reason, she told her friends to go to the workshop without her, and she remained behind to talk with me. This was not an official reading; I just felt concern based on her attraction to the Neptune. As she sat down, I wondered how to approach this subject. I had no information other than her attraction to this one shell. I asked her, "With 300 shells, what drew you to this one?" Then she told me an amazing story. She said on two separate occasions that she had found this shell in perfect condition while walking along the beach. I knew that it is extremely rare to find one of these washed up intact on a beach let alone to repeat this a second time. I wanted to know more about each of these occasions.

The first time, she said that a close friend had died. She told me that she went to the beach to ask for a sign from her friend and found her first Neptune. When I told her that the Neptune can indicate someone who is uncomfortable on the planet, she was not surprised. She told me that her friend had committed suicide by overdosing on drugs. When she found the shell, a peaceful sensation settled over her, and she felt that her friend was OK.

The second time she found the shell was after her mother died. Her mother was an alcoholic, and eventually died from alcoholism. She always thought her mother was committing slow suicide. Again, when she found the Neptune in perfect condition she took that as a sign from her mother that she was at peace.

So, you never know. I was new to reading at this large a venue, and worried about someone attracted to this shell. I knew enough to get out of the way of the message, but I never expected this to be a wonderful gift of validation for her.

Now, let me give you another scenario with a different client using shell #180. She selected several shells for a reading.

These are the shells she picked: Class, as you read this transcript, or listen to this recording, if you like, you can use your deck to take out these cards so her reading is in front of you.



180 (*Being very uncomfortable with oneself; wanting to escape a situation; possibly wanting off the planet.*)

115(*self abuse, addictions*)

36 (*pattern; thinking a door is closed on a past event*)

80 (*death; transformation*)

160 (*child*)

56 (*home, property, material possessions*)

140 (*Seeking forgiveness*)

7 (*Physical or verbal abuse perpetrated by others*)

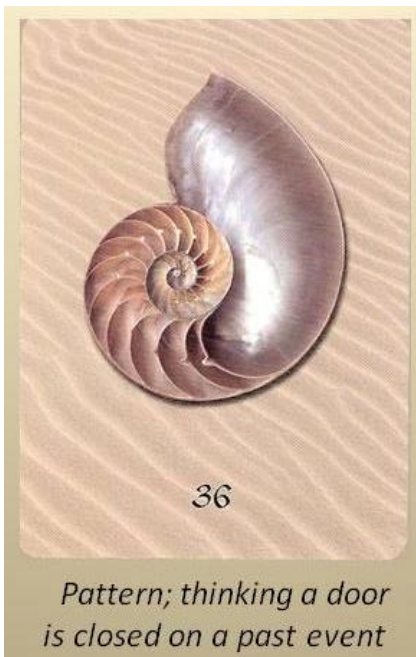
Let's take this slowly and dissect her reading.

If you notice, we already covered the combination of #180 and #115.



Shelley: **This combination suggests someone who is uncomfortable on the planet and turns to unhealthy behaviors, possibly addictions, to escape.**

We can use the other shells in this reading to gain details on why she is uncomfortable on the planet.



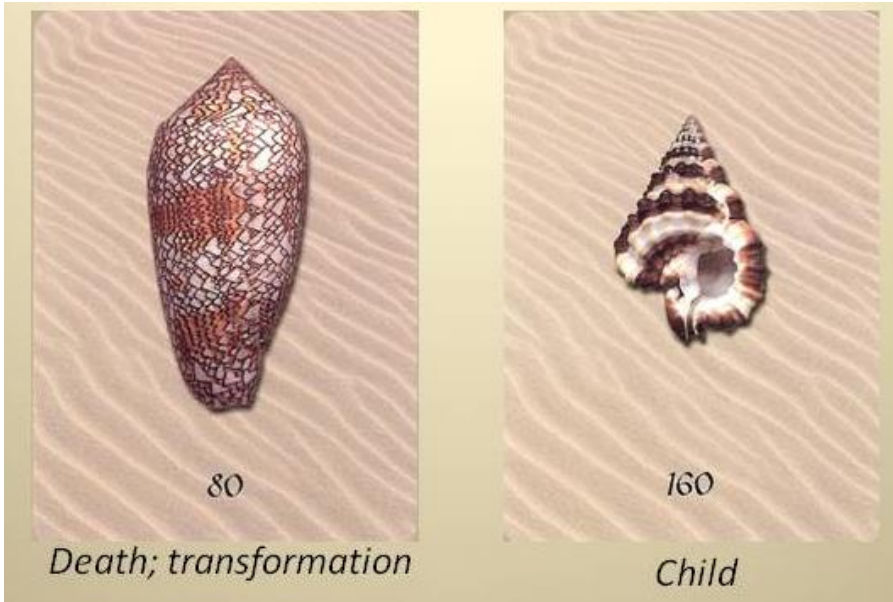
What does shell #36 Chambered Nautilus (*pattern; thinking a door is closed on a past event*) tell us? **Pause here to journal your thoughts**

Shelley: It tells us she wants to close a door on a past event, but she is reminded over and over as a pattern in her life. Chambered Nautilus will increase the pressure making it more difficult to close the door and walk away. Each time this happens, she increases the emotions of #180 (*being uncomfortable with oneself, wanting to escape*) and turns to #115(*self abuse, addictions*) to escape the feeling. Do you all see this?

Now we have shells #80(*death, transformation*) and #160 (*child*), and #56 (*home, property*) in a group.



Let's start with #80 and #160.



What does this tell you about what she is trying to escape? *Again, pause here to journal your thoughts before you continue. Remember to email me with your thoughts.*

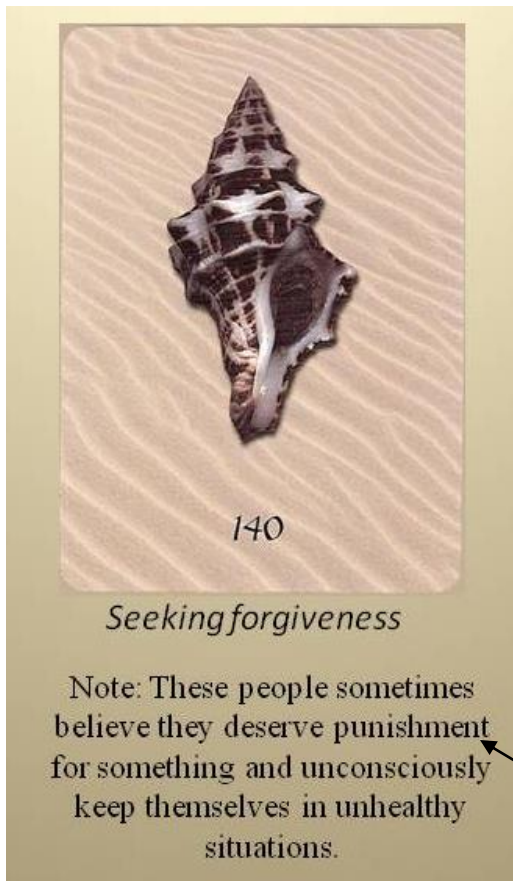
Since #56 is part of this group, what information might #56 add? *Please journal your thoughts again.*



Shelley: The combination of death and child means... Death of a child

With the addition of shell #56, we really don't know anything other than it is the shell for home. All I could determine was that this involves the home. Let's come back to this.

She also had two more shells in her reading:

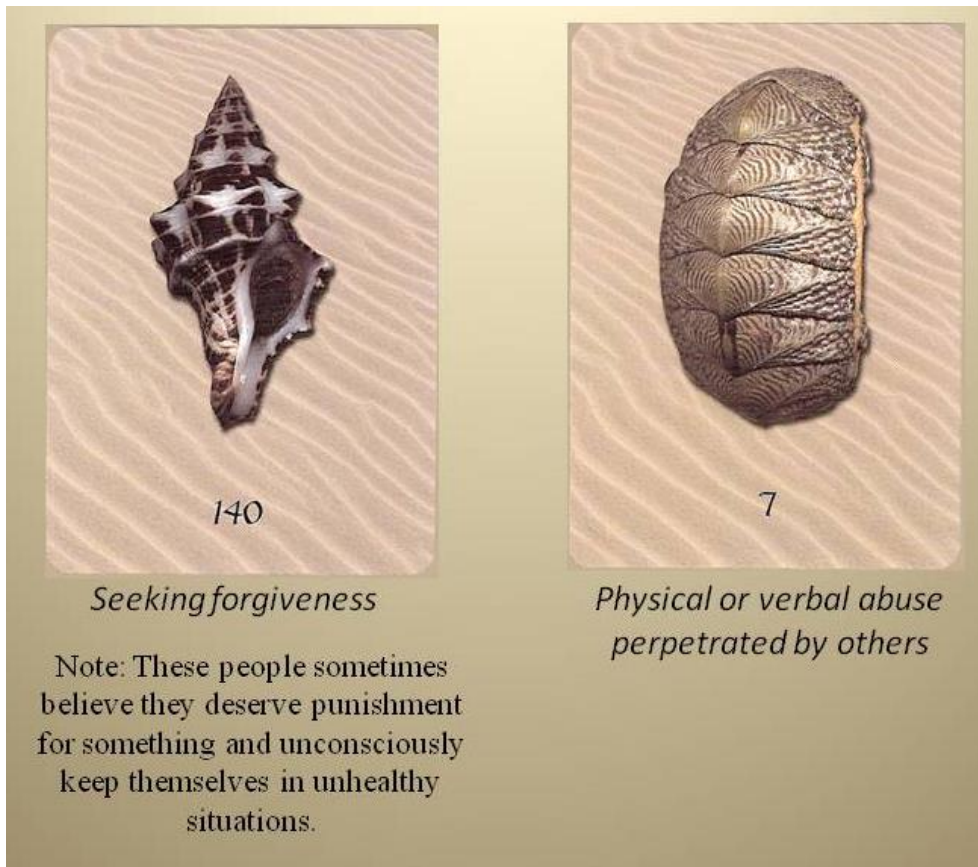


#140 (*Seeking forgiveness*) Notice that these people sometimes believe they deserve punishment for something and unconsciously keep themselves in unhealthy situations.

What do her shells suggest might be the reason she would feel she deserves to be punished? Please pause to journal.

Shelley: With the addition of shell #140 (*Seeking forgiveness*) her shells suggest she might be blaming herself for the death of her child... and she feels she deserves to be punished.

The final shell is #7 (*Physical or verbal abuse perpetrated by others*)



What might this shell add to her message about the need to be punished? [Again, please pause to journal.](#)

Shelley: **She accomplishes this punishment through someone abusing her physically or verbally.**

These were the shells in her reading. Going by the shells, we have someone wanting to escape something involving the death of a child and the home. Whatever happened, she feels she deserves to be punished. Do you all see this?

Imagine this woman is your client. She has selected these shells, and you have interpreted them. Is everything clear for you, or do any of these shells make you wonder why they are there? **If you have questions, what is unclear for you? Please record in your journal.**

I will share with you that when I did this reading, I wondered about the shell for home. Why is that important when the message seems to be about the death of a child? Since shell #56 is there, I know it is important. I just don't know how it contributes to her message. We may have our own ideas, we can speculate, but there really is no way to know. It is time to ask the client.

This is a very delicate situation. We can't just dive in and interrogate her when we don't know if our interpretation is accurate. So let's begin with something to see if we are on the right track with this interpretation. **Can you think of any questions to ask her? Be gentle, but what might you ask her based on the shells to be sure you are on the right track?**

Shelley: **Once I saw these shells, I wanted to proceed carefully. I asked her if something tragic happened to a child. Once she confirmed this, I asked if this in some way involved the home? Here is what she told me.**

This woman suffered the agony of having 3 of her 4 children die in a fire in her home. She was away at the time with her oldest son. This tragedy happened many years before this reading. As you can see with shell #140, she believes she deserves punishment. There is someone in her life able to inflict it. Can you guess who shell #7 (*Physical or verbal abuse perpetrated by others*) is?

Please journal your thoughts

Shelley: She feels she deserves to be punished, and there is someone perfectly positioned to do this. Her surviving son. He plays on her guilt. Since he lived, she can't do enough for him. And he beats her and is abusive, but she puts up with it. By the time of this reading, he is now an adult, but he doesn't seek work because he feels entitled to spend all her wages.

No wonder she picked #180. She had been in therapy for years. But something remarkable happened during her shell reading. She did not have her guard up as she would while speaking to her therapist. Because her story crept up on her through the shells, she was able to listen. She started to see that the fire was not her fault. And the blinders came off to see how cruel her surviving son had been.

I am sharing these stories because if you are seeking certification to be a reader, I want you to be prepared for the stories you may encounter. How you use your shell reading skills will be up to you. They can be confined to family and friends, but if you decide to do public readings, I wanted you to be aware of the possibilities out there.

Now that we have covered this important aspect, we can spend the rest of the time learning to do readings 😊