



## INDEPENDENT STUDY: LEVEL II TRAINING- Class 2

The recording for Class 2 is 54 minutes long.

Let me return to the reading we covered in our first class. We met a mother who was away during the fire in her home. I know this was a very emotional reading, and difficult to contemplate.

Because of the delicacy of the situation, I think you needed time to process this woman's story. I want to return to her reading for a closer look at your responses.

As we interpreted the shells in her reading, we encountered the two-shell combination of #80 the Textile Cone (death, transformation) and #160 the Tadpole Triton (child).



The combination of death and child does mean **Death of a child**

But for those who interpreted these shells in another way, you are not alone in this thought....

In the past, when I asked students for their thoughts on translating this, some said the following:

**Deb:** Her childhood losses? looks like she lost everything

**Fatima:** transformation the childhood and from home

**Tracey:** Transformation of child issues around possessions

**Barb:** a childhood event that needs to transform

**Bri:** wants or needs transformation around childhood issues

**April:** loss of innocence perhaps? Something that occurred in a childhood home

**Joseph:** a trauma from childhood

**Joy:** needing to let go or heal a childhood issue

**Sandy:** In childhood something life-changing occurred, possibly loss of a parent, affecting their living situation.

**Anne:** She inherited a house because of the death of a parent. But it's the house of her childhood frustrations, same problems haunting her. Triggers depression and addiction also possibly guilt.

**Kala :** the person feels that part of them must "die" in order for transformation to take place. The home relates to the child within who wants to feel safe

**Lorraine :** her childhood, her family home perhaps, wanting to go out on her own? She wants a change, a new beginning

**Sevi:** A death occurred in her life as a child... or a huge loss in her childhood

**Laura :** Something in childhood

**Susan:** something happened to her in her home as a child...death of someone

**Shakti:** Her bad memories from her childhood

**Dar:** something from her childhood

Notice that what these all have in common is the reference to childhood.

Let's bear this in mind as we examine some other student responses to this reading....

**Michelle:** Change involving a child

**Shellee:** Maybe a child or pregnancy made her transform her ways

**Pat:** death of the child within or a child

**Sonja :** either inner child issues that need to be transformed or a real child passed away.

**Carole:** She is trying to escape the death of a child, or a death that happened in her childhood.

**Nina :** Childhood problems or the death of a child ?

**Kim :** the death of a child ?

**Sandy\_C:** the death of a child?

**Aurora:** her child died because she lived in poverty

**Melanie:** death of a child

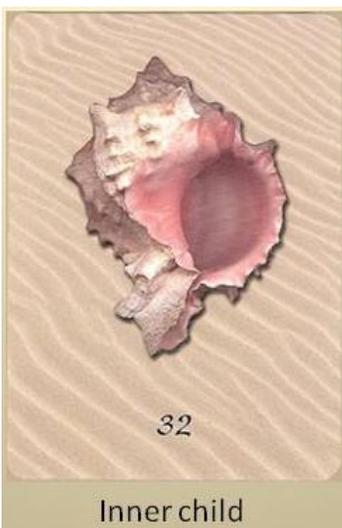
**Janine:** She lost a child and hasn't ever been able to heal from it and feels like she has nothing

**Chanchal:** the death of a child

**Cynthia:** there was a death of a young person

**Heather:** There has been a death of a child - perhaps her child or a child close to her.

These slides represent a sample from students over the years, but I have organized their responses to show a progression. Please look back at your journaled insights from the first lesson. If they fit in with the first group of students speaking about childhood issues, let me pause here to clarify something.



The shell referring to someone's childhood issues is the inner child shell #32.

This is different from the tadpole triton shell meaning a child.

In the second group of students, as the interpretations veer away from childhood issues and the focus becomes a child, we still have a broad range of options here.

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First, we have “a change involving a child,” followed by the client “being transformed by a child.” Well, death is certainly a change, and she was transformed--by losing her precious children.

With the first few students who mention the words “death of a child”, notice they immediately have an alternative thought.... I have highlighted the word “or” in red to indicate this.

The next group of students do express the combination translating to the death of a child but follow this with a **question mark**...again I highlighted this in red to indicate the uncertainty of this interpretation.

The last few students clearly state this combination indicates the death of a child.

Again, I would like you all to think back to the first class and use your journal to recall your thoughts about this part of the reading. If you did consider these shells to mean death of a child, please take a look at your journal and see where you might fit on this spectrum. If you provided alternatives, or ended with a question mark.... Did you feel that what you were thinking was too awful, or you thought you were wrong, or some other feeling? Some students came close, and almost seemed as if they wished to ignore that thought or push it aside seeking a “more comfortable” interpretation first.

I am grateful to all of these students, because between them, they covered every phase of an important step in training as a shell reader.

While you are thinking about this client's reading, I would like you all to look at shell #174, the Fossil, and journal your reaction. Like it, dislike it, or indifferent?

I realize we did this exercise with the Fossil in your Ocean Speake Level I course, but that was with no agenda. This time we are thinking about a specific reading, and then looking at shell #174.

**Fossil Cephalopod**



For anyone who pushed aside thoughts that the shells were speaking about the death of a child, when you discovered the full story, how did you feel when your instinct about the real meaning of those shells was proven true? This is the shell of vindication, being right. If this fossil bothered you as you thought about the reading, subconsciously, you may be conflicted about obtaining information through your seashell partners. This can cloud your abilities to receive insights.

Without planning it, our first class carried the lesson of learning to get out of the way of the message.



If you remember, very early in my career, when I was determined to keep a low profile, I told a newly-wed who picked both of these shells about birth that she was going to have a great spiritual birth.

She worked in the same hospital lab where I worked, and a week later she called to me across a crowded cafeteria asking if I remembered her reading and what it said. Trying to put a quick halt to her interrogation, I simply mentioned it was about birth. As it turned out, the lab had just confirmed that she was pregnant. During her reading the week

before this, I did what you did last week. I had thoughts I ignored because I knew she would not want to be pregnant so soon after getting married. To ease my comfort, I told her the shells must be about a spiritual birth instead. Being outed in the cafeteria a week later was not pleasant, but it made quite an impression on me to get out of the way of the message.

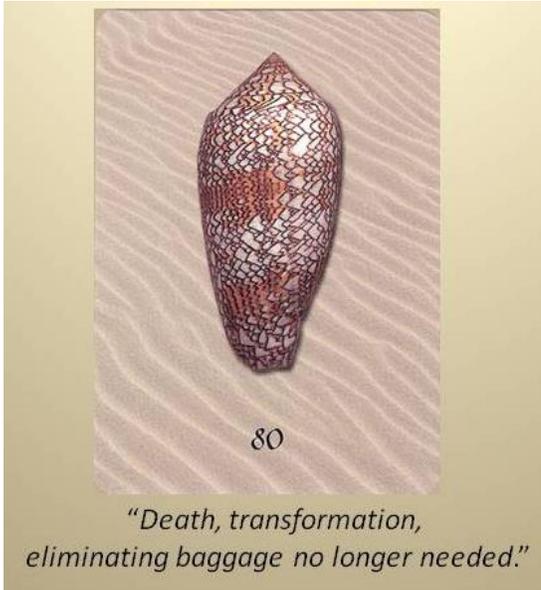
In the first class, some students allowed their personality to interfere by twisting the message to reflect her childhood or by providing an alternative option, or questioning this interpretation.... in order to be more comfortable for the client, or for themselves. Just as I did with the pregnancy shell. Look back in your journal to see if you might have done something similar.

As you grow in confidence, you can remove your personality from thinking about the reading, and simply report what you see. Of course, if it is traumatic, you will seek and find ways to deliver the message tactfully. **But it is important to stay true to the message.**

**It is important to stay true to the message.**

I believe if something shows in the client's message, than that person's Higher Self feels it is beneficial to bring this to the client's awareness. I will say that I never look at the shells as predicting the future, just clarifying where we are in the present. Even the newly-wed was pregnant during the shell reading, so discovering she was pregnant was more a matter of her gaining awareness than any kind of prediction. I can't help but wonder if I had stayed true to the shells, if there was something I missed for her benefit. Her reading may have been more for *my* benefit, to teach me to get out of the way of the message.

When it comes to the subject of death, I share your discomfort. If you notice in *Ocean Oracle*, I was not comfortable with this subject when assigning meanings to the shells.



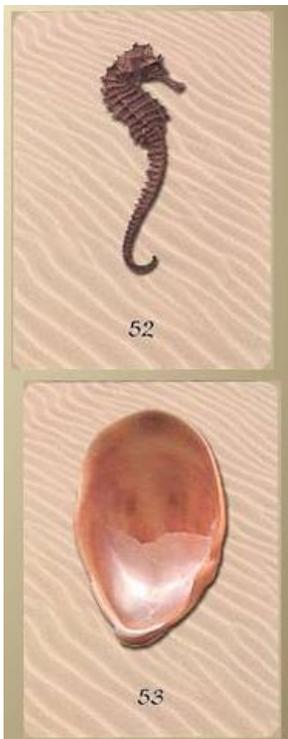
The meaning for shell #80 is “*death, transformation, eliminating baggage no longer needed.*” I am more comfortable with focusing on death in terms of transformation after leaving unnecessary baggage behind. When the death shell is in a reading, it is most often about transformation. However, a few times it has been about actual death. The client is already aware of the death, and the shells are showing how this is impacting the client’s life.

You met one such client in the first class. Another involved a client whose relative was on the plane that left Boston and flew into the towers in New York during Sept. 11<sup>th</sup>. I did not know that, but interpreting the Textile Cone as death and looking at her other shells brought much insight for her.

In our first two classes, I thought it best to give a range of possible clients' needs and to see if some of the students might get in the way of the message. There is no better way to make this point, then to see yourself twist or modify the message to make it more comfortable.

Now that we have covered the possible range of clients you may encounter, and the importance of getting out of the way of the message, we have reached the moment you have waited for. Let’s do some readings!

To give you practice, I have some readings from your cyber classmates. Before we look at their arrangements, I want to discuss one more point. In your Ocean Speake course, I touched on my method that if the arrangement lends itself to this, I read from top to bottom, and left to right. I want to take a moment to look at some examples for clarification...let me begin with using two shells...#52 and #53.



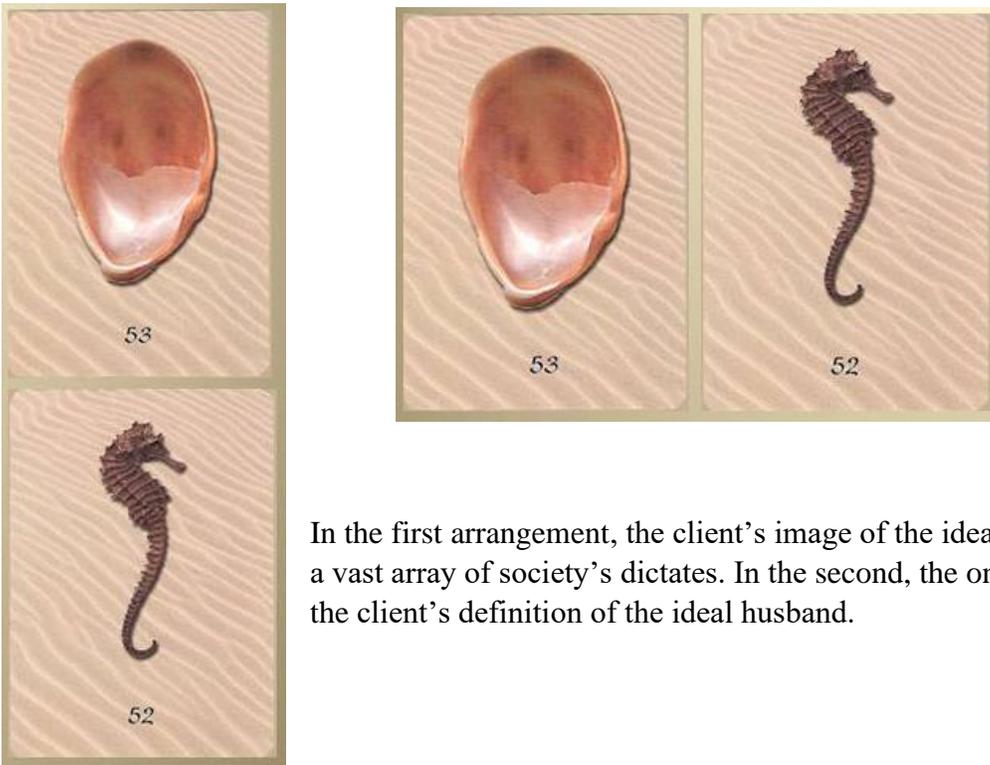
52 Seahorse “Being the ideal husband or father; nurturing male”

53 Slipper shell “Challenging stereotypes; pushing limits”

If the order is 52 53, arranged vertically or horizontally, we have a client thinking that *the ideal husband challenges stereotypes.*



If the order is 53 52, we have a client who is *challenging the stereotype of the ideal husband*.

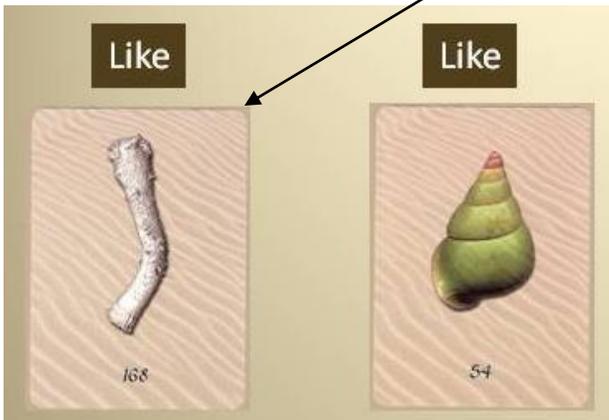


In the first arrangement, the client's image of the ideal husband is someone challenging a vast array of society's dictates. In the second, the only stereotype being addressed is the client's definition of the ideal husband.

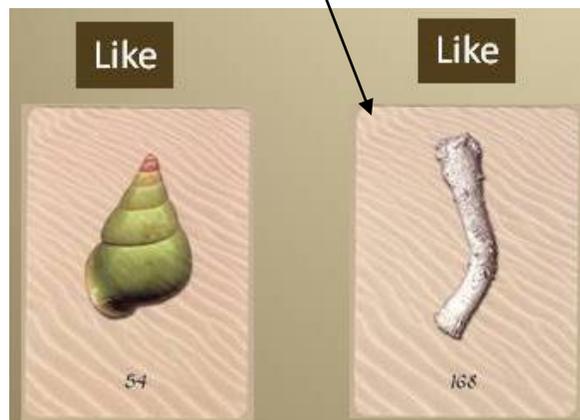
In Class 17 of Ocean Speake, we worked with two-shell combinations of the Green Tree Snail and Watering Pot.

### IMPORTANT ADDITION TO OCEAN SPEAKE

Green Tree Snail tells us about a client's willingness to change his or her comfort zone. That means if the arrangement is in a line, whatever shells come before Green Tree Snail will be something the client feels is getting old, and no longer is of service. This is what the client is changing from. In Ocean Speake, your homework assignment in Class 17 using the Watering Pot and Green Tree Snail, always had the Green Tree Snail second in the combination. You learned this meant the client was changing from the previous behavior.



Whatever shells come after Green Tree Snail will be what the client is changing to.



Now, let's look at this sequence of three shells.



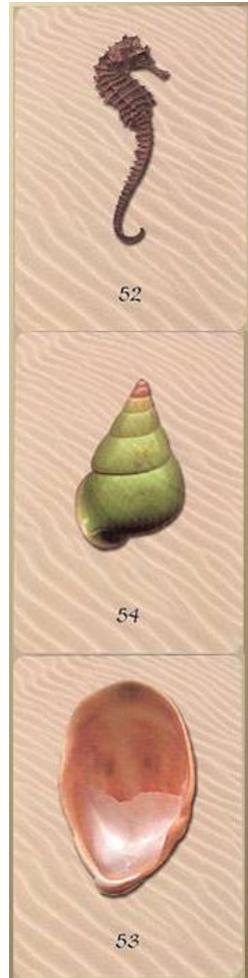
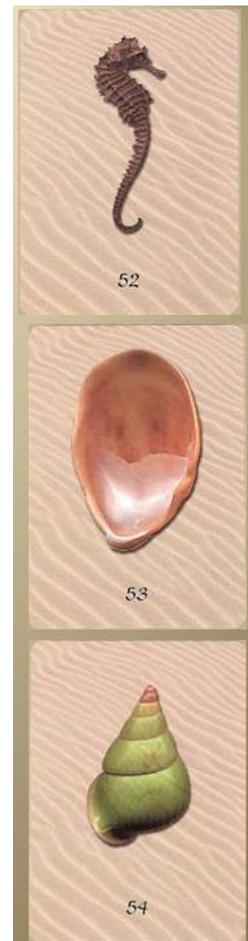
- 52, Seahorse “Being the ideal husband or father; nurturing male”
- 53 Slipper shell “Challenging stereotypes; pushing limits”
- 54 Green Tree Snail “ Change of comfort zone”

Reading top to bottom, or left to right, the Green Tree Snail comes last. Therefore, anything that comes before the GTS is behavior that no longer serves the client i.e. challenging stereotypes is getting old. For this client, **the ideal husband will change his comfort zone from pushing limits, and be less inclined to do that.** This client is looking for someone who will stick with society's dictates.

When the shells look like this:



For this client, **the ideal husband changes his comfort zone to considering new ideas that challenge society's dictates.** This client is looking for someone who will challenge society's dictates.



Let's look at the same 3 shells in a different sequence



54 Green Tree Snail “ Change of comfort zone”

53 Slipper shell “Challenging stereotypes; pushing limits”

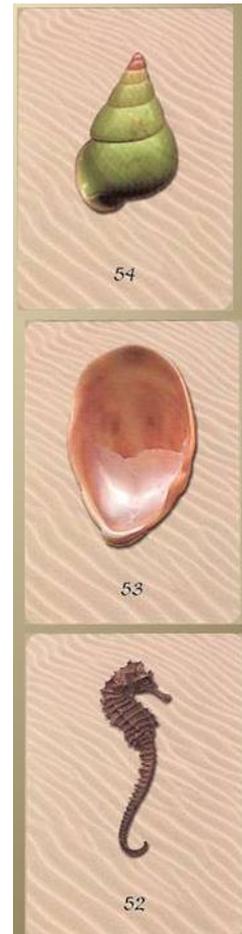
52 Seahorse “Being the ideal husband or father; nurturing male”

There is nothing before the Green Tree Snail, so this is all about what the client is changing to. #53 is someone who challenges society's dictates, and #52 is the ideal husband or father...

Reading top to bottom or right to left: **This client is changing comfort zone around society's definition of the ideal husband or father.**

Examples...Over history, we have pushed the boundaries for fatherhood to accept the stay-at-home Dad, or Mr Mom, or to be a gay father. We have also stopped demanding that he be the sole bread winner. Some women enjoy having careers, and that does not devalue their husbands.

**This client is only interested in challenging one dictate... society's definition of the ideal husband/father.**



OK. With that covered, we are ready for readings.

Over the years, in the live classes, I gave the students an exercise to enable them to practice readings on each other. I will present some of these readings for you to work on as well. Since this is independent study, I will also describe the method I used for your cyber classmates and leave you the option to follow this method to select shells for your own reading. If you wish, you can send me your thoughts on your reading, and I will add any additional insights.

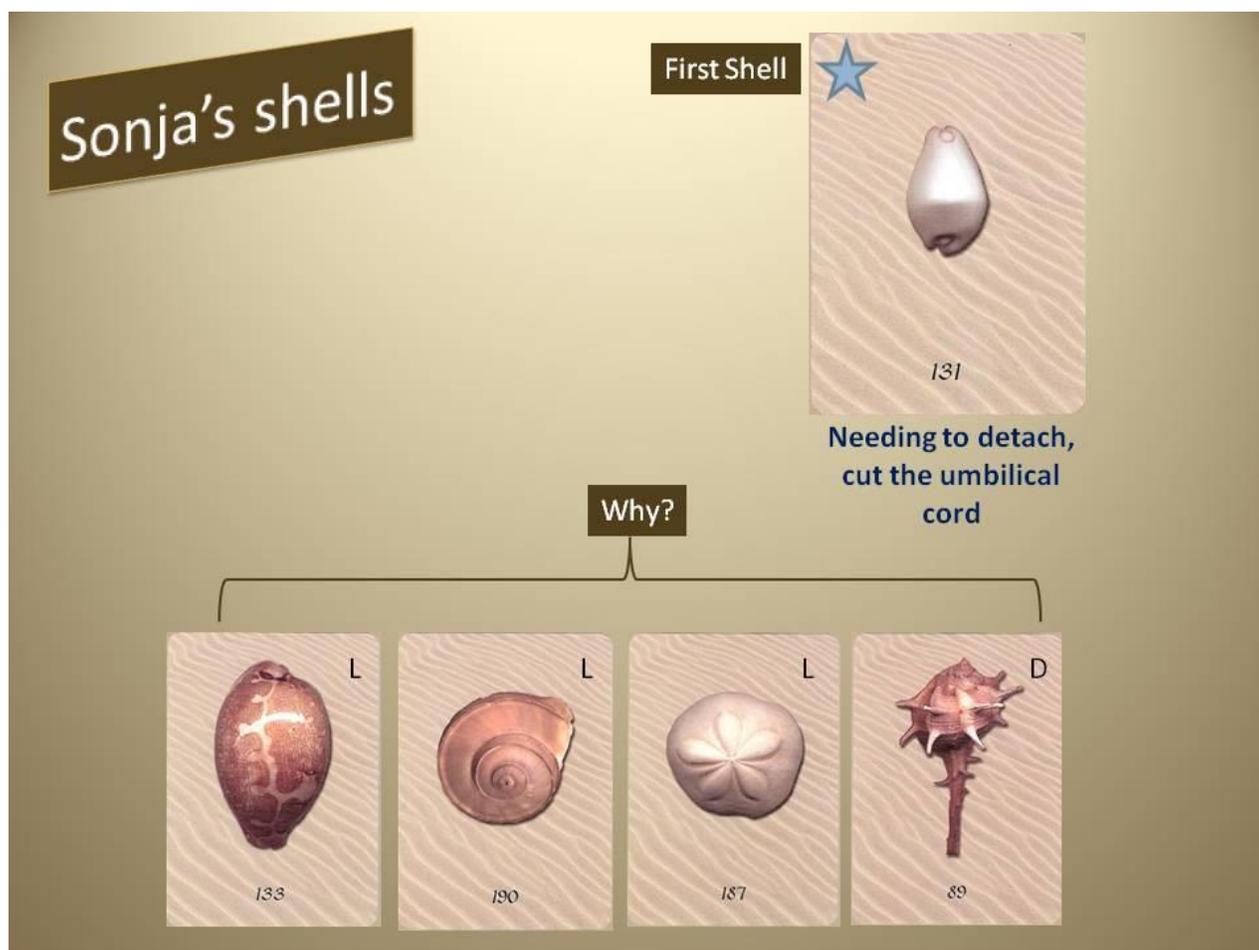
Here is the exercise I gave them.

For this reading, I would like you to use the Higher Self technique of closing your eyes and repeating the name on your birth certificate, then select the shells. Before you look at your fold-out sheets ask, what shell would your Higher Self like you to work with this week? Open your eyes, and once that shell has your attention, close your eyes and ask to be shown the shells to explain why. Then return to the fold-out sheets to complete your selection. You may end up with another 3-6 shells. Please notice your reaction to the shells that get your attention.

Note: If you feel you know too many meanings of the shells, and your personality is interfering when you look at the fold-out sheets, there are other options available. You can shuffle your deck and select the shells sight unseen. Once the selection process is complete, open your eyes and note your reaction as far as liking or disliking the shells. You may also find that you can do this using numbers. Since each shell is numbered 1-200, see what numbers come into your mind and take out the matching cards. Remember that this is a partnership with your Higher Self, and it knows where the cards are located, or what number is associated with the shells needed for your reading. Whatever approach you use, your reaction to certain shells may vary from time to time depending upon the content of your message.

Now let's look at a few of your cyber classmates results from this exercise...

### Sonja's reading



131 Egg Cowrie is the shell that wants to work with her  
Why?

133-Map Cowrie **Needing to review one's map of beliefs**

190 Tropicophora-**Feeling nothing comes easily, progress through struggle**

187-Sea Biscuit Pride, **being concerned about other people's perceptions of oneself, craving external validation**

89-Purpura Murex **Being treated as special or elite; favoritism----** (note this is disliked)

**Please pause here to journal your thoughts for Sonja before you continue with this lesson.**

OK. If you notice above, I have used color coding to assign a different color to each shell. This will allow you to follow the source for the insights below. Text in italics below relates to Sonja's reaction to her shells.

The shell that wants to work with her is about cutting the umbilical cord, gaining independence.

When we ask why.....:

First we have a map of her beliefs. This is followed by the concept that nothing comes easy, everything is a struggle. *She likes this shell, so it must serve a purpose for her to struggle so much.* The next shell shows that she cares how she is perceived by others. The real clue comes with her dislike of the *Purpura murex* shell. We see that she does not like the idea of being treated as special. She is opposed to any favoritism. Now we see why she must struggle. If nothing is handed to her, she will not be one of the elite, or special people. This is confirmed by her reaction to the *Tropidophora* where *she likes the idea that nothing comes easy.* This is the belief she holds in her subconscious. Since the shell that wants to work with her suggests embracing her independence, we can see that caring about external validation is no longer serving her. Each time she overcomes a challenge makes her feel that others approve of her...so it benefits her to draw struggle into her life. If she lets go of caring what others think, she may see that constant struggle as limiting. If she chooses, she can allow life to be less of a struggle since the challenges will no longer serve a beneficial purpose.

This is how her reading can empower her with new options, and why the umbilical ovula wanted to work with her: Cut cord to beliefs (the belief that it is important not to be special or granted favoritism), cut cord to caring about others' opinions (need them to see she is not special) = cut cord to struggles.

## Kim's reading

**Kim's shells**

**Why**

**First Shell** ★

169

Being nurturing; being an affectionate, nature loving individual

85

Possessing great faith, having no fear

95

Something being overlooked; the connection between the divine and one's own role in all life experiences

96

Being someone's hero, a hero's journey

Please pause here to journal your thoughts for Kim before you continue with this lesson. Why did the Bear's Paw #169 want to work with her based on Tiger Cowrie #85, Sand Dollar #95 and St. James Scallop #96?

This time, let's look at some of your cyber classmates insights and see where you might have similar or additional thoughts.

### **For Kim from Judy**

169 Bear's Paw: This Shell wants Kim to appreciate her nurturing inclinations

Why: To help with her creativity in her shell readings. To help her with being aware of herself and her thoughts. Helping her on her life's path.

### **For Kim from Lorraine**

This was my first approach, "Kim is a nature loving individual, loves being nurturing; being affectionate, Kim possesses great faith, and has no fear, however, something is being overlooked concerning her connection between the divine and her own role in all her life experiences. She is on a journey in which she becomes someone's hero.

From *Ocean Wisdom* perspective:

Kim needs to nurture herself as she lets go of the old (which dies/ends). As she goes through the rebirthing process, she has the divine (Sand Dollar) by her side, letting her know that she is not alone (not a victim), but a survivor as she marches forward listening to her (own) drummer.

### **For Kim from Sonja**

One thing that can help us to be fearless is knowing we are the creators of our own lives. In order to grow as people, we draw experiences to us on our journey. I'm not sure if Kim is stepping into a new role of being a nurturer, but if this is the case, then she can also acknowledge this situation is part of her own divining. She can have great faith in whatever she creates. This is part of her journey; to learn she is mistress of her own destiny and to know she doesn't have to be afraid of being nurturing.

### **For Kim from Kate**

Kim's first shell tells us she is focusing her energies on being a nurturing and loving person.

The next shell speaks to her of the need for faith and fearlessness on her journey, because sometimes being loving is a challenge. She can go forward with courage and faith is her process of giving birth to the nurturing parts of herself.

The next shell gives Kim an avenue to turn to for help in this process. If she can remind herself, that her actions towards good are supported by the divine in the universe, then she will be refreshed by the awareness of this connection.

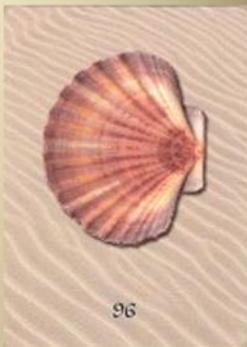
The last shell is about Kim's journey of self knowledge. She is the true hero of her inner work, even as she sees the fruits of behaving in a nurturing and loving manner, in those around her.

## My thoughts for Kim

I was thinking along the lines of Lorraine and thinking about *Ocean Wisdom*.

Kim's Higher Self wanted her to work with the Bear's Paw. When asked why, she was given the other three shells as an explanation. As we looked deeper, we found that this could involve a rebirthing around her beliefs regarding nurturing. Looking at what she creates so that she no longer feels like a victim... and recognizing this is part of her hero's journey.

Another way to look at this is Tiger Cowrie is the womb nurturing the rebirthing. Sand Dollar is crown chakra...remember Footprints in the Sand when at the worst time in someone's life, they only saw one set of footprints when they expected God to be by their side...they felt betrayed or abandoned by God...but that is when God was carrying them. So this is about Kim's ability to be nurturing, and God's ability to nurture her on her Hero's journey. Readings can be layers upon layers.

			
<b>Being nurturing; being an affectionate, nature loving individual</b>	Rebirth	Not a victim	Hero's journey
	Womb to nurture you through the rebirthing process	Crown chakra Feeling betrayed or abandoned by God (remember Footprints in the sand poem.)	
This is about your ability to be nurturing, and about God's ability to nurture			

Here is Kim's feedback:

*"I'm currently listening to the transcript from Thursday night and was really letting the part about the Fossil soak in. As I was listening and really taking it all in I realized that my solar plexus felt uneasy. I may think in my head that I'd be OK bringing up a very painful subject with a client, but in fact I really would be emotionally uncomfortable. Delivering comfort with bad news just doesn't happen. I spent a few years co-facilitating an adult grief support group and was grateful to have been a calming presence in such tragic circumstances, but I remember always getting migraines. Even then I knew I had issues and was ignoring them."*

*I know my feelings surrounding death. I think death is a waste of experience and wonder all of the time when God will have had enough of it and will no longer need to include that in contracts. So even though I'm very empathetic, I trust that the Fossil is bringing out what I need to acknowledge and reflect on so Thank You and the Fossil !!!!!!! I want to be an effective shell reader so I'm listening and taking it in.*

I wanted to share Kim's reading with you for a variety of reasons. First, as you can see, she was thinking about her reaction to the Fossil and to the topic of death, just as you were. I thought you might relate to her self-revelations.

Let's continue... Kim has much more to say:

*As for the extra insight, it just healed my broken tusk shell.*

Let's pause here a minute. You see that Kim mentions the broken tusk shell. Do you remember the story of my broken tusk shell making me aware that I was feeling God was heartless, and then healing those emotions and wanting to repair my broken tusk shell only to find it was whole again. So when Kim says this healed her broken tusk shell, she is no longer angry at God. I found with some of my students that shell language became a shorthand where mention of one shell can immediately communicate volumes. One of my favorite examples of this came from a student who observed that someone was "moon snailing." Right away, we knew that person was blowing things up out of proportion to gain attention.

Back to Kim....

*What has been unconscious behavior for so many years has finally been brought to my awareness and healed my relationship with God. I'm not mad at God anymore. I knew I had deep issues and didn't understand, but out of all the books I've read and classes I've taken nothing helped me to understand more than those 5 little shells because I must include the peacemaker shell now. What class was that again? I want to reread it, I don't recall it at all. And I think teaching that class is perfect synchronicity.*

The peacemaker shell....remember we said that to experience yourself as a peacemaker requires an environment with struggle, battles or war. Kim noticed that to be a nurturer, she had to be surrounded by people suffering so she could observe herself as being the one to do the nurturing.

*I have been trying to feel better about myself and trying to find purpose by drawing the circumstances where I might give comfort to others. I understand now why being a grief support group facilitator, learning and trying to heal people with Integrated Energy Therapy, and all the psychic classes never seemed to fulfill me. I was drawing suffering to me. I, myself, was suffering.*

*I just feel like sitting with this peaceful feeling that you've given me.*

*Thank you doesn't seem like enough to say, but I have a feeling that just knowing you've helped to heal my connection with God and understand something I've been struggling for years to understand is probably enough. I feel like a piece of myself just came back to me.*

Then Kim continued by mentioning the insights from each of her classmates:

*I just wanted you to know that I'm glad I had a Hieroglyphic Venus Clam moment last night. (Class, do you recall that the Hieroglyphic Venus Clam is the key to understanding, making a breakthrough?) It would not*

have been possible without my higher self knowing it was time, the shells, Lorraine, Sonja, Judy, and you. And me for being ready to hear the message. (I am glad she included herself in the equation.)

Lorraine gave me emphasis on "not a victim", "owning" it, and reminding me of the journey.  
Sonja gave me hope, power, and most of all feeling good which told me I was on the right path.  
Judy gave me validation about creating with the shells, and brought to my awareness more things that I was overlooking.  
You all gave me special tools that I needed in order to take in the message that gave me the awareness that I needed to bring peace and understanding. I hope that point gets across in tonight's class because everyone had to interpret my reading in exactly the way they did, in that exact order for it to work like it did.  
I can be nurturing without it having to define me. It feels really good to say that!

Just when I thought all of the layers had been revealed, along comes Kate with more wisdom. (Kate came late to class.) Needing to have faith and fearlessness when loving can be a challenge had an extra meaning when I consider loving or nurturing myself, but most of all I love how she said that I can turn to the Sand Dollar for help and be reminded that the divine is supporting me and the shells do indeed have my back!  
Thank you so much Kate, your interpretation came, like everyone else's came, at the right time and was so well said. And it really felt like a big hug!

So please look back at your insights for Kim and see what you might contribute to that hug!

## Cori's reading

**Cori's Shells**

Entitlement, recognizing one's own rights  
"I chose this because it represents coming out of the darkness into the light"

Shell that wants to work with Cori

Losing innocence, confronting reality

41

92

196

Invitation to opportunity

A good friend

Peeling away the outer layers to find inner light

188

156

Here are my choices

#188 I chose this because it represents coming out of the darkness into the light.

I also like all of them

**Please pause here to journal your thoughts for Cori before you proceed.**

Again, I have some insights from your cyber classmates for you to compare and contrast with your own thoughts.

### **For Cori from Anne**

Cori is learning more and more about herself through the shells. **She is coming out of darkness into the enlightenment.** It's helping her confront her reality.

It is an opportunity **for her to befriend herself by peeling away the layers and finding her inner truth.**

### **For Cori from Muriel**

Cori is interested in entitlement and recognizing her own rights. She is confronting reality and losing her innocence in the process. **She has an invitation to opportunity through a good friend.** With recognizing her own rights and entitlements, she can peel away the outer layers to find her inner light.

### **For Cori from Sandy**

Cori chose Shell #188 as a representation of “coming out of the darkness into the light.” She is “coming into her own.” Cori is ready now to face her truths and **is being given new opportunities.** I'd like to think that the “good friend” shell represents us, her classmates, who are accompanying her on her path and supporting her as she peels away everything that's insulated her and kept her from shining. **She's finding she now has the permission and support she needs to let the real Cori shine through!**

Here is Cori's feedback:

*First of all Thank You one and all:*

*I have grown so much and this class and group of classmates have supported me all the way. To feel such LOVE is an inspiration.. I have spent the past year shedding lots of Darkness and have come into my own. I now have shell friends and classmates that have helped me to lift myself out of isolation and to realize that I can now own my truths and loose the shame of being a SAVAGE! :- ) LIFE is what it is and mine is GREAT!*  
*Cori*

I should tell you that Cori is Native American, and through most of her life felt shame because of the way people treated her for being Native American. So for her to be able to say **LIFE is what it is and mine is GREAT!** She is in her 70s, and I think it took until that point of her life to be able to overcome the shame she felt and to peel away what everyone else was trying to put upon her, and let her light shine. So that was a beautiful moment, and I hope when you were looking at her reading you could see that come through.

Let's look at one last student reading.... This time we will see what shells got Sandy's attention.

## Sandy's reading



My cards are:

55 (the one that wants to work with me) placed in the center of a straight line - interesting observation: I don't recall ever seeing this shell before! REALLY liked 24 – liked 37 – liked 74 – liked 196 - REALLY liked

### For Sandy from Muriel

Sandy is getting what she wishes and has nothing standing in her way with respect to her spiritual birth or great awakening. However, she needs to balance time, money, energy so her focus is not too one-sided. In order to do this, she needs to listen to her heart and peel away the outer layers to find her inner light.

### For Sandy from Cori

There is nothing in the way of her achieving her goals, there has been a spiritual awakening, but her goal is one-sided so she needs to listen to her heart, find some balance to help her peel away the outer layers to get to the inner light. (Class, let me pause her to point out something...notice that this is one sentence with every color, all of the shells are speaking at the same time!)

### For Sandy from Anne

A spiritual awakening caused Sandy to realize there was a need for balance in her life. She now knows she is getting what she wished for but must explore the path she takes to get there. She must continue to listen to her heart for gems of wisdom to peel away the layers to find her inner truth and shed any false concepts of herself.

### **My thoughts for Sandy:**

I agree with your classmates. **With the Jingle Shells, the shells are suggesting something is too much, out of balance....**this shell is next to paper Nautilus, so what is out of balance is **your spiritual growth. It may seem odd that spiritual growth can be out of balance, but** it seems the shells are cautioning you to **balance this spiritual growth** with paying attention to your physical health. (You may recall the story with my Abalones when I had a car accident, and my neighbor rang the bell asking “Is this what you need?” It was an 8-holed Abalone and I thought I had already crossed over...I was out of commission to get me in touch with my upper chakras. Well, that second 8-holed Abalone taught me to cross back over and remember that I still had a physical body. That’s why I had a back going out of alignment, and a car accident, and cataract surgery...to remind me as a human being, I had all these other chakras and they were all of equal value. So if Sandy’s focus is on her spiritual growth, and she is ignoring the physical side that’s why the shells are trying to get her attention.) **You are on a quest to peel off the stuff that is not your truth and connect with your inner light....and you get what you wish for,** people will come to you for your healing gifts....Just **remember Jingle Shell,** and take care of physical Sandy in the process :-)

### **Feedback From Sandy....**

*Thank you, Shell! These interpretations of my shell selections were very interesting, and Muriel and Cori came very close to how I see the situation.*

*The little "tweak" I'd make to Muriel's interpretation would be that money's not really part of the balancing act, but I can see where the printed jingle shell meaning would lead her in that direction. For the most part, it was very close!* ( Class, let me pause again to take this opportunity to teach something about readings. When you are looking at a reading, and you see what is next to each shell, the other shells can provide more details. The need for balance can bleed over to what is surrounding the Jingle Shell card.... which is the Paper Nautilus. This gives more details on the topic of balance. Spiritual growth would not include balance of money, but definitely her time and energy.)

*Cori's interpretation was also close ... nice job!*

*Shell, I LOVED what you had to add. For me the balancing act REALLY is about helping people through my energy work but protecting my own energy and health. I get very excited about helping people and don't want to turn anyone away, but end up really wiped out sometimes. I love that the shells are watching out for me by reminding me to take care of "physical Sandy."*

*Anne's interpretation is very good and resonates with me ... however, I don't understand the part about "shedding any false concepts of myself." What shell do I need to look at to understand that part?*

How ironic that Sandy would ask this last question. The answer of what shell’s message involves “shedding any false concepts of herself” shedding what is not her truth, is the South African Turban. That shell is in Sandy’s reading, peeling away the dictates of family, society and friends to get to your inner light... but it is also in Cori’s reading. And look at what insights Sandy had for Cori with the same shell:

**For Cori from Sandy:** Cori chose Shell #188 as a representation of “coming out of the darkness into the light.” She is “coming into her own.” Cori is ready now to face her truths and is being given new opportunities. I’d like to think that the “good friend” shell represents us, her classmates, who are accompanying her on her path and supporting her as she peels away everything that’s insulated her and kept her from shining. She’s finding she now has the permission and support she needs to let the real Cori shine through!

So, Sandy is talking about peeling away everything that is not her truth and kept Cori from shining. Yet, in her own message, when Anne says something similar to Sandy, she does not understand what shell leads to that insight.

I wanted to share Cori's and Sandy's readings with you so that you can see that Sandy did an excellent job interpreting Cori's shells, and yet it was a challenge when she looked at her own very same shell to obtain the insight that her Higher Self was trying to relay to her. And that can happen. It can be much more challenging to interpret your own message because you have an agenda. Sometimes you may not want to see what's there, you could be a little afraid of what you might find. All of these things can factor in.

OK. That is enough to give you plenty of practice for this class. We will investigate some more readings to take your skills up another level in the next class ☺.