



## INDEPENDENT STUDY: LEVEL II TRAINING- Class 3

The recording for Class 3 is divided into 2 parts. Part 1 is 45:20 minutes long, and Part 2 is 24:25 minutes long.

This class continues to focus on readings from your cyber classmates where a student's Higher Self had one shell it wanted to work with, and then gave supportive shells to explain why. I am utilizing color coding again to give each shell a different color for its meaning. This will help you trace the source for each insight. If the sentence begins with one color, and switches to another, that indicates that the student is allowing two shells to interact in their communication. As you progress through the practice readings, pay attention to the colors... you will notice something even more exciting.

Now it is time to meet a new cyber classmate...Cris. Here are her shells which she arranged in a zigzag pattern (follow the blue line.)

### Cris's reading



Please take a moment to journal your insights for Cris before you continue.

OK. Let's check out what some of your cyber classmates have to say about Cris's reading using the color coding to trace the source of their insights.

### **For Cris from Trude:**

Chris is called to work with Venus Comb Murex (150), and its position at the far-right end of the reading highlights this shell as the fulfillment she seeks. (Class, notice how Trude is using the arrangement for some of her insights. She goes on to say...) It is interesting to me that Chris specified her trajectory by indicating a zig-zag connection between all shells that lead to the Murex. As we follow the linear sequence of this line, we see that she prefers to be alone (6), and this results in having a too-narrow focus (24). The need for balance she feels calls her to increase living in the now (40), the space of the present where can peel away her outer layers in order to find her true Light (196). From this state of illumination, she can feel more free and willing to adjust her comfort zone (54). This attitude directly feeds into her North Star, the Venus Comb Murex. The result for Chris is that she discovers and lives her Truth (150) because she has navigated the ShellPath which has taken her from isolation into Illumination.

### **For Cris from Joy:**

Prefers to be alone, living in the now, Chris is now willing to step out of her comfort zone and realizing that she needs balance in her life, she is going within and finding her centerdness and inner light. Chris is peeling away the layers working towards self discovery, becoming centered, self love, focusing on her needs and who she is.

### **For Cris from Shelley:** (See if you can determine the source of my comments.)

*The shell that wants to work with Cris encourages focusing on self. All of her other shells come before this. That shows they served as the foundation to accomplish this self-focus. Cris wanted to be alone, but this isolation was taken to the extreme where she lacked balance. This came from past experiences that were creating her future expectations. She thought she had to add something to who she is in order to be a better person. Now, she sees that this no longer serves her. It is OK to subtract the dictates from others, especially around selfishness, and discover her own truth so that she can live in the moment free from any of the voices that formed her identity. Once she discovers her truth and lives in that truth, she can balance her isolation to enjoy relationships without concern about taking on the dictates of others, or worries about appearing selfish.*

### **Feedback From Cris:**

*In regards to my readings I received, I am speechless, I do not even know what to say as they are so spot on, and exactly where I am at what I am working on. I know I say this a lot and I do not know why, but the shells bring out the tears in me. All happy tears. I seriously read the responses and cried, because it was such a relief to me, such confirmation. I just can't explain. I loved the isolation to illumination from Trude, as I lived a life of isolation and it a role and energy that I have worked hard to shed, as it is no longer me.*

*In regards to being alone and taking to the extreme, that is where I was at, when I moved back east. I moved back east to be alone. I moved in with my aunt to work on myself, and had an amazing journey of being alone, taking care of myself, and shedding 242 pounds. Still a forward moving journey, but it is in motion. As you are right about how it shaped my foundation to take care of self. As I had to distance myself from my parents for 2 years to find me, to find my identity, my thoughts and my own beliefs, along with learn to put myself first and take care of myself, breaking through the difference between being selfish and selfful. I am recently starting to rebuild a relationship with my parents, with me as my adult self and not their little girl or caretaker. So it is different. With this, I am finding it is so vital to live in the present moment, otherwise, I am living in the past and I am in projecting mode, and I realize it is not the true reality. There is more freedom and fun in living in the now, life is happening!!!!I love it!!The martyr role no longer serves me, and I have changed roles. So thank*

*you for such an amazing reading, it was such a breath of fresh air, and such validation for me!!! thank you thank you thank you like I said I do not have words to explain what I felt with this reading.*

So sometimes when you do readings for others, it's not something new to them, but it's validation for them. As you can see with Cris, she's so appreciative and didn't have words to explain what she felt from this reading.

Time to meet another cyber classmate....Susan

**Susan's reading (All shells are liked.)**



A presentation slide titled "Susan's Shells" featuring seven different shells, each with a corresponding interpretation. The shells are arranged in a row, and the text below them is color-coded to match the shells. A blue star is placed above the first shell.

Shell Image	Interpretation
	Something being overlooked; The connection to the divine and all one's life experiences... Overcoming victimization
	Being someone's hero, a hero's journey
	Grace under pressure
	Willingness to change one's comfort zone
	Love, romance
	Networking; connections
	Self-love; Discovering and living one's truth

**Please journal your thoughts for Susan before you continue with this lesson.**

If you are ready, let's see what interpretations some of your cyber classmates have for Susan.

### **For Susan from Pat:**

Susan is overlooking something that has happened in her life good or bad and I'm going to say with relationships. She knows we create our own destiny and she has been someone's hero. she handles pressure situations very well she has had a lot of these situations in her life. They have a lot to do with love and romance in her life and she is willing to come out of her comfort zone because she realizes that all things are connected no matter how distant they are. She has been doing some work on herself in the love dept and is learning to live her lifes truths.

(Class, check out this line from Susan! -- They have a lot to do with love and romance in her life and she is willing to come out of her comfort zone because she realizes that all things are connected no matter how distant they are. 4 colors in one sentence!)

### **For Susan from Aphrodite:**

Susan's higher self is trying to tell her that she is overlooking something; the connection between the divine and one's own role in all life experiences. Susan needs to know that she has the choice to create her own life the way that she wants it to be. Susan is willing to change her comfort zone and be grace under pressure so that she can be someone's hero, whether in love and romance or through networking connections. With her focus on being a hero to others, has she lost sight of what she really wants in life? Susan's higher self is trying to tell her that by embracing a healthy self centredness, self love, focusing on her own needs, she will discover and live her own truth, and create her own version of a paradise on earth, as she will be living her life according to the soul desires of her authentic self.

### **For Susan from April:**

**Susan's Shells:** (I'm not quite certain about this one.)

Susan's shells want her to understand about how she creates her own misery or happiness. They say that she has been someone's hero. This situation has taught her how to maintain grace under pressure. The GTS shows that this is no longer serving her. It is suggesting a change to forming loving, or romantic, relationships and connecting with other people. She should also take the time to focus on her own needs.

Looking at this I take it to mean that she's spent time being victimized. She has been someone's hero, and gone to great lengths for them. But she doesn't benefit from this relationship like she used to. It doesn't serve her anymore. She needs to make more friendships, make love connections, and when she comes through the end of this journey she will have a healthy self respect, a healthy self centeredness which will not only serve the new people in her life, but herself also.

### **For Susan from Joseph:**

The Sand Dollar is wanting Susan to be aware the something is being overlooked. Remember, there is a direct connection between the divine and your current life experiences. Susan is often in the position of being someone's hero(96). This is likely due to her ability to remain calm and graceful under pressure(185). There is a part of Susan that realizes that always being the hero coming to the rescue is no longer serving her and is willing to change her comfort zone around this. (GTS 54). In order to find the love she is seeking the first thing to do is make sure that you are on your own list (150). Not sure how to fit shell 199 in. All I can think of is you may have to network And connect to find the ideal partner and with the ideal partner would come love(73).



**NOTE:** Let me pause here to point out something.

As you can see by the color coding in these readings, each student has multiple occurrences of two colors blending energies... as two ideas sharing the same space. You first see this with Pat “with relationships.” This tells us something is being overlooked in Susan’s relationships. Sand Dollar and Heart Cackle are speaking at the same time You will spot blended thoughts in each of these cyber classmates’ readings ending with Joseph’s “the first thing to do” blending a loving relationship of Heart Cackle with self-love of Venus Comb as Joseph says, the first thing to do is make sure that you are on your own list.

This became challenging for me as a teacher. Instead of alternating the colors of each word when the shells were speaking at the same time, now the shells are blending their messages into one thought. In my efforts to capture this shift in the students’ evolution as readers, I could only think of alternating each letter of the same word to try to demonstrate this. Even before you read these interpretations, you can spot the way the shells are blending their energies for the students by looking at the colors.

### My thoughts for Susan

*If Sand Dollar wants to work with Susan, it means she might have felt as if she were a victim. Sand Dollar teaches that we create our reality. If there is any misery, that is not a comfortable thought. But, if we own the creation, we are empowered to know we can uncreate this. If not, we would be victims, with circumstances imposed upon us. Her shells suggest that....*

*Understanding we create our reality, even if there is any misery, we are empowered to know we can uncreate this. Her reality has been a hero’s journey, marching to her own drummer due to the need to experience herself demonstrating grace under pressure...when she can keep her head during a crises while others may lose theirs. This increases her self esteem and may have allowed her to feel others would love her.... which brings us to change of comfort zone. Something is getting gold. This no longer serves her. She may no longer need the crises as a path to love. She knows she is a good person. She does not need the external validation. This frees her to discover her truth, love who she is regardless of others’ perceptions, and then share who she is to experience being loved all the way to her soul.*

Readings can be in layers, so let’s look deeper.....

*Green Tree Snail, what comes before no longer serves the client, and she is changing from this. So feeling like a victim, making the hero’s journey using the path of grace under pressure is getting old. She is transforming to find self-love, get on her own list, allow others to provide teaching and guidance, discover her truth, share that and feel the love that comes from having someone know who she is.*

Based on this reading, I was curious to look up Susan’s reaction to the Venus Comb when we first covered the love lessons in Class 22 of Ocean Speake. When I looked back, I found her exact posting that day.

Venus Comb reaction from Susan: *untouchable.*

So she did not feel comfortable with this, and now she likes this shell :-)

I emailed her with a few other thoughts to add about the Most Graceful Pagoda .

*When the Most Graceful Pagoda is in a reading, that indicates someone feels an increase in self esteem when they are able to witness themselves maintaining a calm, cool head while other around them are losing their composure. (Think about the person you would want in charge on a lifeboat from the Titanic.) This person will draw chaos and upheaval into their life to give them opportunities to demonstrate this ability to be the calm one. So, Susan was benefitting from the chaos and disasters as a way to follow her hero’s journey. She was supposed to greet suffering, and anxiety filled situations calmly. The situations may have left her feeling like a victim, but they served a purpose...past tense. Green Tree Snail says this is getting old.*

## **Feedback from Susan:**

*Michelle – well I really ‘got’ some insight from all these readings.*

*Pieces of each of them fit for me. Here is the ‘personal’ what’s been going on feedback version.*

*Lately, the last couple weeks, I have been focused outside of myself, trying to make my cousin’s family happy, by photographing her daughters (my god child’s) wedding*

*I have been expending tremendous energy in this, trying to be a hero.*

*And there has been a lot of pressure around all this.*

*AND, for me, I find it’s about wanting them to like me.*

*There was a falling out of sorts many years ago, when I spoke my truth and was ostracized by my cousin’s family for this.*

*I have been trying to make amends (for speaking my truth – right... what’s wrong with that!) by giving them these photos, trying to get back in their good graces.*

*I do have a willingness to let go of those relationships that don’t serve me, but wasn’t really aware of what was going on until Monday when I discussed in therapy.*

*Love and romance has not been high on my list of priorities. I know as I network more and connect to the divine web of live, I will meet like-minded others who will support me in me speaking and living my truth.*

*OR... here is my reading of myself... use whatever feedback you feel will best serve the class*

*Susan is to learn about ‘something that has been overlooked having to do with the connection to the divine and her role in all life’s experiences both good and bad.*

*This has something to do with being someone’s hero, and or a hero’s journey done gracefully but under pressure. Susan has a willingness to change her comfort zone around this and rather than putting her energy into being someone’s hero should shift her energy towards love and romance. To do this she needs to begin networking and making connections with people who will support her sense of healthy self-centered love, being able to focus on her own needs rather than being someone else’s hero.*

*Also, pls let me know I you see something here that I am missing.*

*Thanks,*

*Susan*

Let me pause here to give you some more background on my method for teaching this portion of the class. As each student submitted their shell selections to me, I sent them to all of their classmates for feedback which we later shared in the live class. In addition, I had private conversations with each student regarding any additional insights I found with their messages. As with all of your cyber classmates, Susan granted me permission to share our conversation with future students for teaching purposes. So, here is our correspondence leading up to the date of the live class.

*Hi Susan,*

*Thank you for sending this feedback and for permission to use what best serves the class. I also wanted you to see your classmates’ thoughts before I sent mine. I always jot down my thoughts when I first look at the shells from each of you, and then I can get an idea of where the students are coming up with their interpretations later.*

*Great thanks Shelly – this makes some sense to me and I am curious how you and April find victim in this reading. The shells don’t exactly say ‘victim’ but maybe it’s about me being a victim to my own hero’s journey, which I create as a path to love???*

*Not quite seeing it*

Hi Susan,

I appreciate your question, and your open mind to see if there is anything you missed. How perfect when Sand Dollar is all about something being overlooked :-) Shell readings can be a work in progress, with layers upon layers. I agree with everything you said for your own interpretation, especially the second interpretation you gave, but if you are asking about why we mention being a victim...let me see if this gives you any more insights.

The connection of Sand Dollar to victim comes from the lessons in Ocean Wisdom. Remember the poem about the legend of the Sand Dollar due to so many connections to the life of Jesus...the lily, poinsettia, star, slits as wounds, and the white doves which are their teeth. For some, Jesus is son of God, to others a master teacher, but this represents the connection to divinity. If we see divinity in a Sand Dollar, surely that also exists inside us. We create, (or co-create depending upon our belief regarding God) our reality. That said, if there is any misery in our life, it is not the most comfortable thought to think "I created this." But, if you did not, that would make you a victim, and powerless. Sand Dollar's message is that we are not victims, and have the power to create a paradise or a hell. If we own what we created, we can uncreate it.

Also, using what we learned in the energy portion of Ocean Speake, Sand Dollar connects to the crown chakra. This is where you may have felt abandoned or betrayed by God. At some hidden level, you might have even felt like a martyr, suffering due to others or even feeling betrayed by God. That would lead to feeling alone, setting you on your hero's journey, but with Green Tree Snail, that no longer serves you. If that is the case, reading the poem "Footprints in the Sand" might be beneficial for you.

The shells are working with your Higher Self in partnership, so they must want you to think about this. I hope this offers some new insights that may help.

Love,  
Shell

#### **Feedback from Susan:**

*Funny about that overlooked part – I thought of that right after I hit send on my last email to you.*

*This is all VERY helpful Shelly! So I thank you.*

*I REALLY GET THIS NOW....*

*“Sand Dollar's message is that we are not victims, and have the power to create a paradise or a hell. If we own what we created, we can uncreate it.”*

*AND BINGO to this:*

*“you might have even felt like a martyr, suffering due to others or even feeling betrayed by God”*

*The message I got from the women in my family was that I was to be a healer for god just like they were and that I must suffer the little children to come unto them. It was extremely twisted.*

*I know that footprints prayer but the god part/jesus/lord are all words I was abused with.... In the name of god, so I try different pathways.*

*I am reading about sai baba's life, he has passed into spirit and is a sat guru (I work with a lot of guys from india)*

*Anyway he seems like an extremely gentle person, kind, loving and someone I might bring closer into my life. So it's a lot to chew on and really good.*

*So thanks again!*

*Susan*

Your response about the overlooked part would be very valuable to the class tonight if you don't mind me sharing your reaction to the interpretations that kept speaking about being a victim. I am still writing the class, it really changes minute by minute as I hear back from your classmates, but it is shaping up to be a really important and beneficial class for all of you.

*Sure, like I said, whatever helps the 'greater good' everyone in class is just fine.*

*Yes, this has been very powerful for me as well.*

*I liked that you said the divine is in the sand dollar, and if it's there, then it must be within us as well.*

And here is another cyber classmate....Aphrodite.

### Aphrodite's reading (All shells are liked.)

Aphrodite's shells

73 L Love, romance

175 L Depression, possibly requiring therapy

187 L Being concerned about other people's Perceptions of oneself, craving external validation

104 L Con man, fraud, deceit

52 L Being the ideal husband or father, or any nurturing male

138 L Finding the ideal partner, your prince charming

The graphic features a central title 'Aphrodite's shells' in a gold banner. Below it are seven shell images, each with a number and 'L' in a small box. To the right of each shell is a color-coded text description. The shells are: a heart-shaped shell (73, pink text), a scallop (175, purple text), a round shell (187, blue text), a seahorse shell (52, red text), a spiral shell (104, green text), and a large shell (138, dark blue text). A blue star is above the heart shell.

Please take time to journal your own insights and then you can compare with your cyber classmates below.



### **For Aphrodite from Susan:**

She is interested in finding out about love and romance this week.

The shells that support that indicate that she has some depression around love and romance which could be eased with the help of a therapist.

She does have some pride around getting help and is concerned with what other people would think of her if she did this.

The issues that need looked into in therapy concern a past or present lover (or person in a position of trust) who turned out to be a con man or fraud.

Once these issues are looked at and worked through, finding a nurturing husband who is the ideal partner for her will follow.

### **For Aphrodite from Pat**

Aphrodite is wanting love and romance in her life. She has been very depressed and feels like she might need counseling for this or has sought counseling. She know that she needs a lot of validation from her partners and needs to be told how much she is loved but also knows she might be jeopardizing her self respect maybe that's why she is needing counseling she needs to learn to love herself and not look for it from others. She has been searching for that ideal partner ideal father figure but is deceiving herself as is there really an ideal partner?

### **For Aphrodite from Joseph**

THE WORKING SHELL Shell 73 represents love and romance.

When I saw the heart cockle in the middle of the spread, I sensed that the situation / challenge was in the area of intimate relationships and romance. She is feeling depressed(173) regarding the status of her romantic life. For her the ideal partner is a nurturing male( 52, 138). The sand dollar sea biscuit is telling her that her need for external validation and worrying about how others perceive her is sabotaging her goal of finding the ideal partner. She likely has been deceived by men in the past (104) which would make her apprehensive about getting into intimate relationships. She likes all of the shells in the first grouping which deepens the message.

The shells are saying that she is using depression and deceit she has experienced in the past as an excuse /reason why she is so concerned about other people's perception of her and needing external validation. The depression and deceit are serving her in this way. The shells are telling her to consider a different view on love and romance. Ask the shells to help you to "outgrow" the need for external validation. If external validation is not required then the chances of finding Mr. right will increase. If she's seeking validation while holding on to past deceit she will attract more of the same. Adopting a more positive attitude towards romance and the opposite sex will change her vibration and she will attract the nurturing male she desires.

**NOTE 1:** Look at these readings from Susan, Pat, and Joseph. Now we have areas of 3 colors working together to deliver portions of the message. The shells are all speaking at once, blending together. I could not color code because a single word or phrase involved a thought coming from multiple shells. The communication from the shells is so entwined that I had to alternate the color by letters instead of by phrases or words, but that is not really capturing the blend. All I can say is these shells are definitely speaking volumes to your classmates, and you may find yourselves in the same situation. Should that happen, you may have to ask them to take turns, don't all speak at once 😊

**NOTE 2:** I love that Joseph suggested asking the shells to help her outgrow the need for external validation. **How would you do that? If needing external validation is the Sea Biscuit, what shell could you place after it to set the intention to change from that behavior? Pause here before reading the answer on the next page.**

That would be our friend the Green Tree Snail. You could use the cards, or visualize the Green Tree Snail following the Sea Biscuit to carry the energy of changing from a belief that is no longer serving you.

### **Here is the feedback from Aphrodite:**

*Thanks Michelle and everyone. It is really interesting to see how everyone has interpreted my reading. If I was giving the reading, I would have said something like - My higher self wants me to focus on love and romance. I have been depressed because by craving external validation, I have let deceitful people play a role in my life. But now it's time to focus on love and romance with my ideal partner. Taking this further, knowing my own situation, I would have said that the depression comes from making unreliable friends a high priority, some friendships have been fraudulent because they have not been what they appeared to be. Whereas I really need to focus on my primary relationship as my top priority, and spend most of my time and make most of my plans with him, because he is the only one I can really count on being there for me, as he really is my ideal partner, is nurturing and loving.*

*But after reading some of your interpretations, it opens up the reading further.*

*Thank you, one and all :)*

*Aphrodite*

As Aphrodite said, after reading these insights from her classmates.... *"after reading some of your interpretations, it opens up the reading further."* This paved the way so that she was very open by the time I sent my thoughts to her.

### **My thoughts on Aphrodite:**

*She is looking for the ideal nurturing male, her prince charming, but she does this by trying to be the perfect angel in his eyes. She is presenting an image that she thinks he needs her to be, and is unable to say or do anything that does not allow her to remain on the pedestal. The depression is because it takes so much energy to try to maintain her perch on the pedestal, fearing she will not be loved if she falls off. But the halo only has to slip a few inches to become a noose. The Drupe shows us that she is feeling that noose tighten around her neck. She is losing her identity. The "con" could be her thought that she had to be perfect in his eyes, which would lead to projecting a false image and the love would not feel real to her after all. To find her prince, she needs to be in her truth, and share that with her partner so when he speaks of love, she will feel that all the way to her soul.*

### **Aphrodite's feedback and our conversation:**

*This reading is pretty well spot on. Wow, it's really opened up the reading for me. Yes, I am presenting an image that I think he needs me to be, and the depression is because it takes so much energy in projecting a false image that everything is ok, I do need to share the truth with my partner. I already have my ideal nurturing partner. I am currently the sole bread winner while my partner is looking for work. I haven't let on how dire our financial situation really is, that I am struggling to keep a roof over our heads, as I don't want to stress him out with this truth, but keeping it to myself is a great burden to bear. Apart from not wanting to stress him, I guess I also do want to appear to have everything under control, finances and emotions, as perhaps I do want to appear to be perfect in his eyes, and 'keeping up appearances' that everything is perfectly fine works towards projecting that image.*

*Aphrodite, at some point, if you are feeling the noose tighten, you will be upset that having to be "perfect" for him is stressing you out, and you may end up angry at him. He does not realize the sacrifice you are making, taking the burden on your shoulders. Even if you don't say anything, it will impact your life behind the scenes.*

*But, one day, that finger of blame will end up turning around to point to you....and you will wonder how you gave him that much power over your life. With Sea Biscuit, the message is to step off the pedestal, share your truth, and if he loves you, he will appreciate the honesty so you can work things through together.*

*At this point, I told her that...*

*I noticed that even though you don't have the Venus Comb Murex there, a few of us ended up talking about self love, and being on your own list. If you have the chance, I would ask you to look at shell #22, the Helmet Conch and tell me your reaction. I will explain my reasons after I find out how it makes you feel. To be continued.....*



### *Hi Shell*

*Thank you for that extra insight. And yes I fear that one day the finger of blame will be pointed towards me when I admit that we may be better off selling up and renting to reduce costs. More than anything, I will feel like I have let us both down. I know that he will be totally understanding when we have that deep and meaningful discussion about which direction we need to take for our future security, the love is definitely there, I think it is more my not wanting to be perceived as a failure. And yes, it is more about how I'll feel about myself (yes, the selflove of the Venus!), as I know he'll be supportive. But yes, I agree, that sharing needs to happen, and it will, and I know that we can work through things together. Ok, now for my reaction to the Helmet Conch...*

*Wow, I'm confronted by it... Do tell... :)*

*Shell: Does that mean it makes you uncomfortable?*

*Aphrodite: Yes*

*Thank you for these answers. I wanted you to see how I go about "growing" a reading. I had a thought, and wanted to confirm it, so I asked you to look at the Helmet Conch to see if I was on the right track.*

*Now, I will tell you what I was thinking, and you will see how this all fits together.*

**Please pause here to journal why you think I asked Aphrodite to look at this shell, and what her reaction would add to her message. When you are ready, continue below to read my response to Aphrodite.**

*You have had past experiences with friends and lovers who have been deceptive. I thought this might shatter your ability to trust. I asked you to look at the Helmet Conch (someone willing to fight for you) and if it bothered you, it would mean that someone you loved let you down and was not there for you. If you can't trust someone you loved, who can you trust?*

*With your reaction that you felt confronted and uncomfortable by this shell, it confirms the inability to trust. You said **I know he'll be supportive**, but with your reaction to the Helmet Conch, that could explain why you have not said anything.*

*You might think you are sparing your seahorse, but something else could be a factor. When you don't trust, you take on everything without delegating to others because you don't want to give them the power to let you down. But, if someone asks you to do something (and in your case it is not spoken out loud, but you think he is asking you to handle the budget) you will do that because you know the pain of being let down, and would not want anyone else to be let down by you. At some point, if you can't delegate, and won't say no to anything asked of*

*you, your standards will start to suffer. How can you possibly stay on the pedestal under these conditions? This could be your recipe for depression.*

*If any of this resonates, it might provide you with new options before you sit down to have that important conversation with him.*

*I just got teary, your reading has been a revelation to me, a real breakthrough. You and the shells are amazing, which of course I already knew! :)xo* (Class, let me pause here a minute. I should warn you to have tissues handy when you do readings. You saw that Cris cried earlier. The shells have the potential to probe quite deep and will bring up hidden emotions, or feelings, possibly validation, all kinds of things that might make people cry. I always feel honored when someone cries because I know they are healing tears.)

*I am so glad you feel empowered :-)* I could not wish for more! This might be a great time to sit with the Hieroglyphic Venus Clam #117 the key to understanding, which will support you in your breakthrough.

*Would you mind if I shared this reading with the class so that they can see how to grow a reading? I always believe that Level II is about teaching in the now...the shells you all select, and your interpretations, will guide me with what to teach each week. If you don't mind, this information could be very beneficial for the rest of the students who have worked on your reading.*

*Yes, please go ahead and use in the class, as you wish. :)  
I shall indeed sit with the Hieroglyphic Venus Clam.*

*Thank you for your generosity on behalf of your classmates.*

*I had one last thought with your shells...the Wentletrap.*

*With these new revelations, please pause again to journal why I might ask Aphrodite about the Wentletrap and her reaction in her reading...and then scroll down for my thought process.*

*Remember I said you could be deceiving yourself thinking you had to be perfect perched on a pedestal. Well, I just realized that in your attempt to appear perfect, you are deceiving your partner into thinking everything is fine financially. There is no shame in admitting you need help with the income to keep your home. In this economy, many households need two family incomes to make ends meet. The problem could come if you do end up in financial upheaval, and he finds out you knew all along things were not going well. You never gave him the opportunity to help you, and now you may both pay the price. I think he would have preferred to know about this sooner when there were more options.*

*OK. I think that is everything for this reading :-)*

*Love,  
Shell*




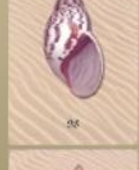

*Thanks Shell  
This makes perfect sense. Thanks for your sensible advice! :)*

Such a great outcome for Aphrodite. If you notice, our conversation was like peeling an onion. Shell readings can be in layers, a work in progress. As each layer is processed, we can probe a little deeper. We ended up circling back to the Wentletrap, but with everything that surfaced, we were able to gain even more insights for Aphrodite.

Now let me add one last reading for this lesson...meet Trude.

**Trude's reading (Vertical line. Disliked #89, liked the rest)**

**Trude's shells**

-  **Wedding; marriage**
-  **A dangerous leader ignoring the feelings and opinions of others; the importance of thinking for oneself**
- D**  **Being treated as special or elite; favoritism**
-  **Massive devastation; a destructive force affecting many**
-  **Inspiration**

**Please journal your insights for Trude before you continue reading below.**



### **For Trude from Joy:**

Trude would like to be married. It is imperative that she thinks for herself and not follow the leader. Does not like being treated as if she is special or having favoritism by doing so can be destructive for many. Trude is an inspiration to others.

**For Trude from Shelley:** The shell that wants to work with Trude involves marriage. She has the shell indicating someone who is looking for followers, not caring about another's opinion. She disliked the shell about being special and placed it between the dangerous leader, and massive harm. Perhaps she connects the lure of being special as giving someone the power to harm others...using favoritism to get someone to do your bidding. The reading ends in inspiration, which suggests that her marriage will inspire her to shift this perspective.

Even with these interpretations, Joy and I were feeling like this reading was not flowing smoothly, we could not connect all of the dots. I wrote to tell this to Trude and to ask if our readings resonated with her.

Here is a portion of that letter: *"I wanted to give you Joy's interpretation and mine, but with the caveat that I feel as though we are missing some shells. The shell that wants to work with you is the marriage shell, and I can't quite figure out how that is served by the other shells."*

### **Feedback from Trude**

*Insights to share, Ladies!*

*I too felt weird when I saw the shells I had drawn...or "had drawn me!" I like both sets of comments. Upon your invitation to share, I add the following:*

*I definitely feel that my marriage is up for a new cycle. Due to various factors, there has been a climate of stagnation, so I feel a renewal wanting to come in here...via the Lightning Whelk...the marriage now calls for a different view/striking changes. This involves assessment of old wounds of the heart which I am now releasing actively.*

*I note that there are five shells in my reading, the number of change, which seems to underscore this.*

*I believe every shell has a reason for showing up. So how to best read "danger/favoritism/destructive wave"? I think this has to do with my continuing to think for myself and be self-reliant when I am faced with destructive forces...and not to "marry up" or connect with (marriage in a larger sense) that which would bring devastation on any level. I believe this reading links to a marriage I almost went through with over 30 years back...until a violent act (murder of my fiance) stopped my path to the altar. It not only wreaked personal devastation, but affected many people in a dramatic way.*

*I do not like to be treated as special on the basis of favoritism, so perhaps having this shell sandwiched right in there speaks volumes about my wish to be treated fairly. I hope this grants a glint of light here. Please share your thoughts.*

Since there seems to be a unanimous feeling that there was some information lacking, I asked Trude to try an experiment with the Wedding Cake Venus Clam. I am grateful to Trude for allowing me to share these emails with her classmates. Readings can be a work in progress, and this is how to "grow a reading."

Portions of my response to Trude:

*Hello Trude,*

*There is much to contemplate here...I can see how marriage carries many emotions for you. Thank you very much for being so open with your feedback.*

*I can see several layers here. I would like to try something with you. If you have a chance, please close your eyes and say your name as you do in preparation for the Higher Self reading, only add one more step. Before you close your eyes, take out the Wedding Cake Venus Clam card, and hold that. After you close your eyes and repeat your name, ask "What else do I need to know about this card?" Then see what other shells get your attention, and your reaction to them.*

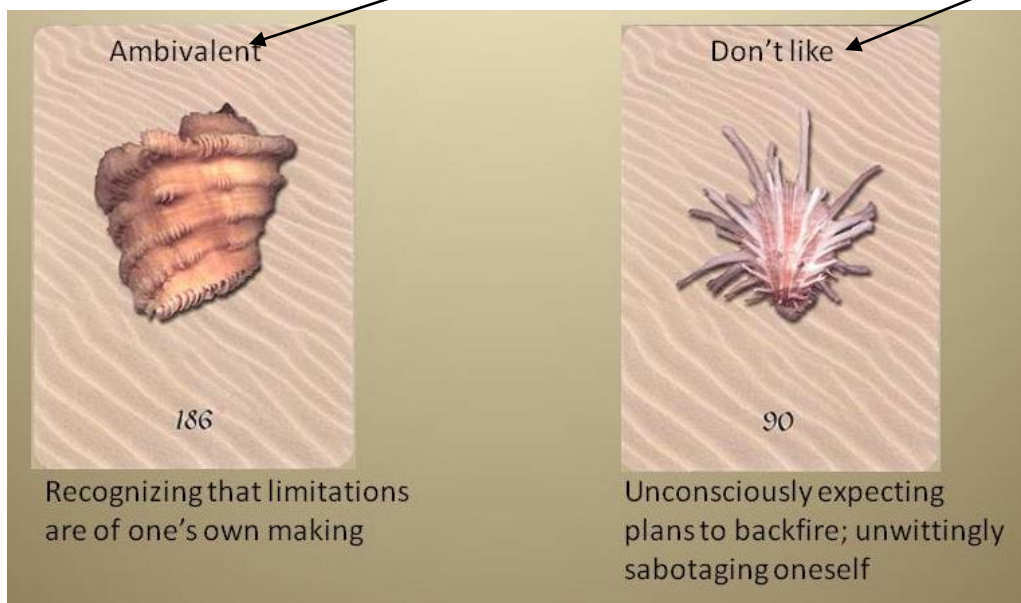
*Shell reading can be a work in progress. Let's see if the shells have more to say on this subject.*

*Love,*

*Shell*

*Hello Shell,*

*Thanks and great suggestion...What came through was 186 (ambivalence toward this one) and 90 (don't like)...I am seeing how much 90 reminds me of 89 and also 186 is one I had never really acknowledged before, but I know there is resonance here. I feel this is letting me know these selections point to re-empowerment...*



**Since the entire purpose of a reading is to empower the client, please pause here to journal what information her reaction to these two shells would add to Trude's reading. Then scroll down to read more of my conversation with Trude.**

Hi Trude,

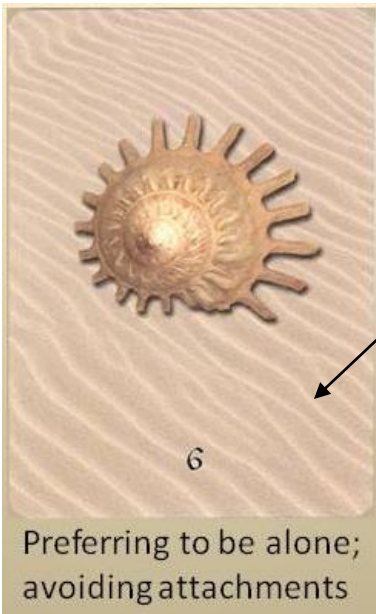
*Thank you for following through with this suggestion. Now, for the tough part....since you were working with the shell about marriage, and that shell led you to select #90, it is possible that with the horrible circumstances you endured with your first fiancé, you don't want to give any "marriage" a chance to backfire. In doing all you can to prevent this, any emotion that reminds you of your feelings with your first fiancé will send up a red flag of danger. You said that #90 reminded you of #89, and you disliked both. Now we have a dislike of being special because it leads to something backfiring. If your fiancé made you feel special, and that led to a proposal of marriage, the pain you endured from him being taken away is not something you would want to repeat. That pain may still control you behind the scenes. To protect yourself, your Higher Self might dislike #89 because feeling special could make you very vulnerable.*

*That said, ambivalence toward 186 shows that you are in transition from getting in your own way. 186 is about allowing your thoughts to dictate your actions, or have power over you.*

*This would be a good reading to discuss tonight. Do you mind if I talk about your reading in class? If you prefer privacy, that is certainly understandable. You have always been very kind about sharing for the sake of your classmates, but if this is too personal, I certainly respect that.*

*Many Seashell Blessings to you!*

This new information led me to wonder about Trude's reaction to shell #6, Sunburst Carrier. Before we continue, **why do you think her reaction to Sunburst Carrier would be useful?**



As we continue to grow her reading, let's see what Trude felt about the Sunburst Carrier....and I will reveal my reasons for asking her about this shell.

*Hi Shell,*

*Wow, thanks! As usual, you are right on with your read. Profound indeed. If you would like to use this material in class tonight, that would be fine with me. I am happy that the lessons of my life can come into play as an illustration to help others into greater understanding of Connection. It is your attitude of discernment coupled with wise openness that helps us to feel comfortable.*

*As for the Sunburst Carrier, it has been...and continues to be...a perennial favorite of mine. I light up from inside when I see it!*

*Thank you for your response to the Sunburst Carrier. Based on the shells you selected, your reaction to the carrier is what I imagined you might feel. If you like it that much, some part of you still feels you are better off alone because in relationships (and the focus of your reading is the wedding cake clam for marriage) you end up abandoned or betrayed or compromising who you are. Although your fiancé did not choose to die, subconsciously his death can feel like an abandonment or betrayal of the life you planned together. When you add the shell for sabotage, #90, it could mean that your subconscious will sabotage relationships before your heart is invested so much it will hurt even more. The hidden thought is relationship=pain. You may find yourself sabotaging relationships as a way to protect yourself. This could all take place subconsciously without your awareness. The shells want you to know this to empower you with options.*

*As for the Muricate Purpura, it had not reached your radar before, but you feel ambivalent toward it. I think that is the key for your transformation. Your reaction to 186 reveals that you are shifting away from letting these thoughts that no longer serve you control your future.*

OK. I wanted you to see these conversations with Trude and Aphrodite to give examples of how to grow a reading. I hope you have enjoyed working with your cyber classmates. I am grateful to all of them because they allowed me to teach many important points of shell reading.

Now it's time for a homework exercise.

HOMEWORK: Here are two more readings to interpret. In both readings, the client was long distance and just picked shells from the fold out sheet with no arrangement. However, they are very descriptive with their reactions to the shells and you can use this detail to work on your interpretations. You can send me your insights for Dot first, and then work on Kathy's.

Client #1 : Dot

9 – liked –Giant Pacific Cockle (**Demanding obedience, jump through hoops**)

99 - liked, but challenging—Thatcheria----( **respect**)

115 – uncomfortable—Squamose Chiton--- ( **self abuse, addictions unhealthy behaviors**)

173 - very comfortable---Purple Drupe---( **depression, possibly requiring therapy**)

Client #2: Kathy

I selected right off shell 9. It just jumped out and grabbed me literally. I felt such warmth and glowing when viewing it. Just loved this shell. (***Demanding obedience, jump through hoops***)

I selected shell 38 second. It just reached out and caressed me. It felt like an old friend you want to share time. Another lover here. I can't express the feelings that come over me when I see this shell. (***Pressure, stress***)

Nothing really jumped out at me in a good way for a third shell. On good feelings it would almost a tie without real strong feelings to it. Shell 90 and 115 were nice like meeting a friend on the street.  
90—American Thorny Oyster--- (***unconsciously expecting plans to backfire, sabotaging oneself***)  
115—Squamosse Chiton---(***self abuse, addictions unhealthy behaviors***)

I do have to say that shell 150 and 65 I couldn't get away fast enough. I almost felt as if I was threatened,  
150—Venus Comb Murex---(***Healthy self centeredness, focusing on one's needs***)

***Note: dislike=your needs come last.***

65—West Indian Worm Shell---(***Something completely out of one's control***) ***Dislike=desire for control***