



INDEPENDENT STUDY: LEVEL II TRAINING- Class 4

The recording for Class 4 is divided into 2 parts. Part 1 is 24:46 minutes long, and Part 2 is 31:27 minutes long.

In the previous classes, I hope through color coding, you were able to witness the growth taking place with these readings 😊. I am very eager to continue your journey as shell readers tonight. Once you complete the lesson, there is a homework exercise designed to complement this class. Please email me with your responses.

In Ocean Speake Level I, you were given an exercise asking why the *Ocean Oracle* came into your life at that time. You met a student who selected these shells in response.

Student's Shells

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

With her dislike of the limpet, she was seeking answers outside herself resisting connecting with her inner self.

When this student interpreted her own shells, she said disliking the Limpet fit because “I don’t trust my inner guidance.” With the Placostylus telling us she gets what she wished for, we asked why she would benefit from finding her inner guidance unreliable. And with the Baler present, it seems *Ocean Oracle* came into her life because she needs to bale out of a situation. This warrants deeper investigation.

To probe deeper, we asked questions, and used the fossil to determine how she felt about validation.



When she responded that she didn’t like it at all, this enabled us to “grow her reading.” We discovered that she was working at cross purposes. She said she wanted to strengthen her intuition. However, when we looked at her shells, and she did not like the fossil, we found that a part of her benefited from not being right.

Probing deeper, we learned that if she were unable to rely on her inner knowing, that would free her of the responsibility she would have in sharing the information coming from her inner senses. You can review this reading in Class 43 of Module 4.

That said, I have to tell you this questioning is only done rarely. More often, a client tries to be too helpful thinking they know what the shells are saying. I don't listen to them because their personality is interfering. When they volunteer information, I have to do double duty...present the message and explain why it is not what they think. So, I only listen if I have asked a specific question.

Let me give you a demonstration.

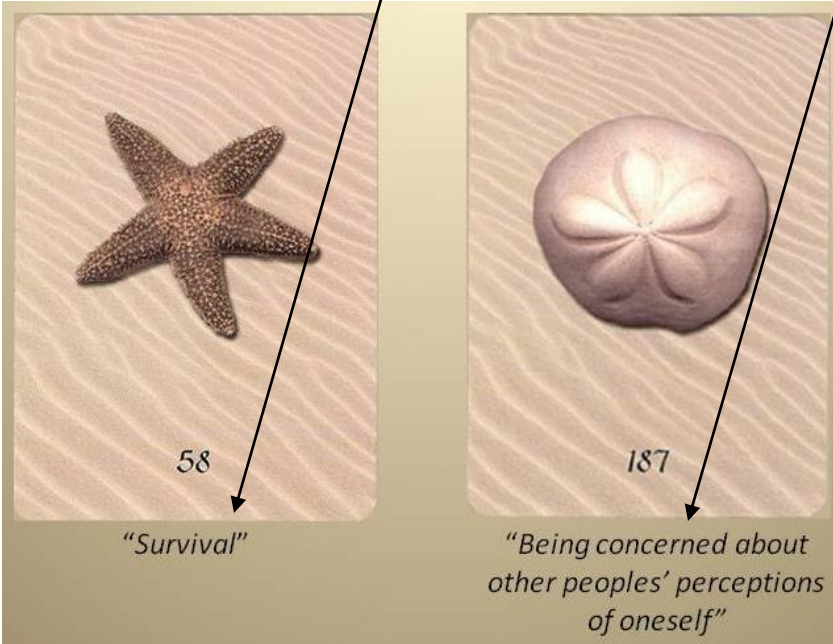
Part of my responsibility in this class is to prepare you for the variety of clients you may encounter when doing readings. I want to share a piece of a conversation I had with a client, and see what you make of this. As she sat down, she told me that she was at peace about everything in her life because she does not care what other people think. She had no makeup on, her hair was untamed, and she told me that she was fine with this because her body was only a physical container housing her spirit. I thought this was a pretty evolved state of mind, and quietly admired her achievement.

Once she selected her shells and arranged them, this was the full reading.



Let's look at this starting from the top and working our way down from left to right. (Before you continue, you can pause here and see how you would interpret these shells. You can even use your deck to duplicate her reading. When you are ready, please proceed to the next page where we will discuss this, and you can compare your insights for this client.)

In the top row on the left, she liked #58 Starfish "*Survival*" and loved #187 Sea Biscuit "*Being concerned about other peoples' perceptions of oneself*"

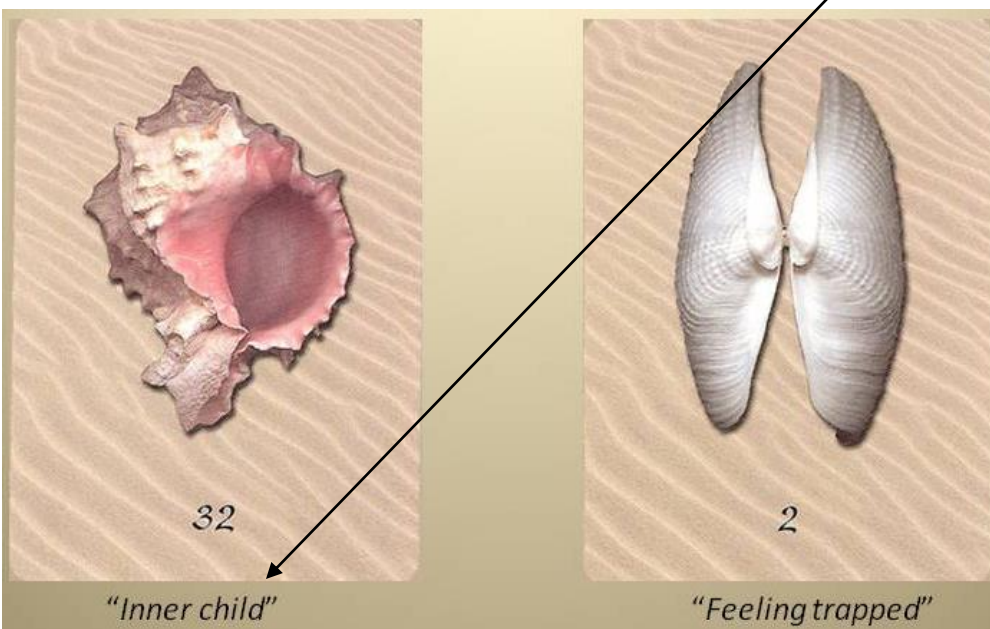


With just these two shells, do you think they support what she just told me...that she is at peace about everything in her life because she doesn't care what others think?

A simple yes or no will do.

No

She also selected #32, "*Inner child*" and placed it next to the Angel Wing "*Feeling trapped.*" As I looked at this, before I began interpreting her shells, she told me that #32 bothered her.



Let's take this in steps.

First, if #32 bothered her, do you think she is open to listening to her inner child?

No

She said she was at peace and didn't care what anyone thought. **Using these shells, who do you think felt trapped, and why? Please pause to journal your ideas.**

These shells tell us that her inner child felt trapped.

The reason is her inner child cares very much what other people think. It is her M.O. for survival.

Her choice as an adult to let this go is a threat to the inner child's survival.

She said she was at peace, and her disheveled appearance was almost a badge of "I dare you to tell me I am not" She came across with a spiritual reason why she looked this way....but there is more.

Her inner child believed survival depended upon caring what others think. The fact that her adult self did not care threatened her inner child's survival. Since my adult client would not listen to her inner child, it forced her inner child to find a way to communicate that she felt trapped.

If you can recall what we learned about this Angel Wing, and its energy connection to the physical body, **what physical means could her inner child use to get her attention? Do you remember the energy component of the "feeling trapped" Angel Wing? What symptoms might she have?**

This is a great opportunity for me to apply the energy of this shell.

When someone feels trapped emotionally and they don't acknowledge it, it can show up physically with difficulty breathing...bronchitis, asthma, even panic attacks. You can remember this in the future because some people think this shell looks like lungs.

I asked her if she ever had breathing problems, such as bronchitis, asthma, or panic attacks.

She said that she had bronchitis and often had panic attacks.

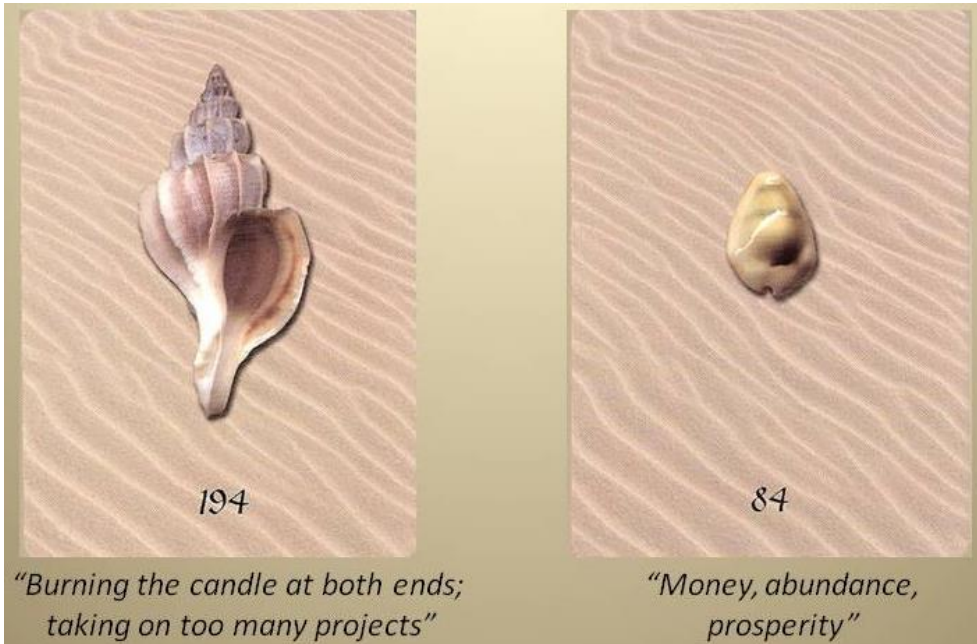
Note: I said nothing to her, but she didn't see how this contradicted her statement that she was at peace. Having panic attacks, often, is not the makeup of someone at peace.

But there is more....

Her inner child was trying to tell her that she DID care what others thought, and when this client acted like it didn't matter how she looked or dressed, this was not true.

Something else was going on to allow this client to survive by thinking these things didn't matter. Let's go back to her other shells to see if we can shed some light on this.

Looking at her other shells, she had paired #194 Candelabra Trophon (burning the candle at both ends) with #84 money cowrie (money).



She liked both shells. What would this combination tell you?

She is working hard, 24/7, burning the candle at both ends to make money and survive.

Now let me tell you about the next shells in her reading. It is time to introduce a new shell. #57 is the Wavy Edge Spindle. Spindles live in pairs, and for this reason, the meaning is "Partner; helper"

This client paired #57 Spindle shell (*partner*) with #34 Fresh water mussel (*mooch; exposure to someone looking for a free ride*)



What does that add?

Spindle and Fresh water mussel definitely say that her partner was mooching off her, looking for a free ride by taking without giving anything back.

Now for the final pair of shells. There is one other new vocabulary word... shell #61 Atlantic Triton. Tritons anesthetize or numb their prey, and the meaning based on this behavior is “*Being numb to feelings and in denial of emotions.*”

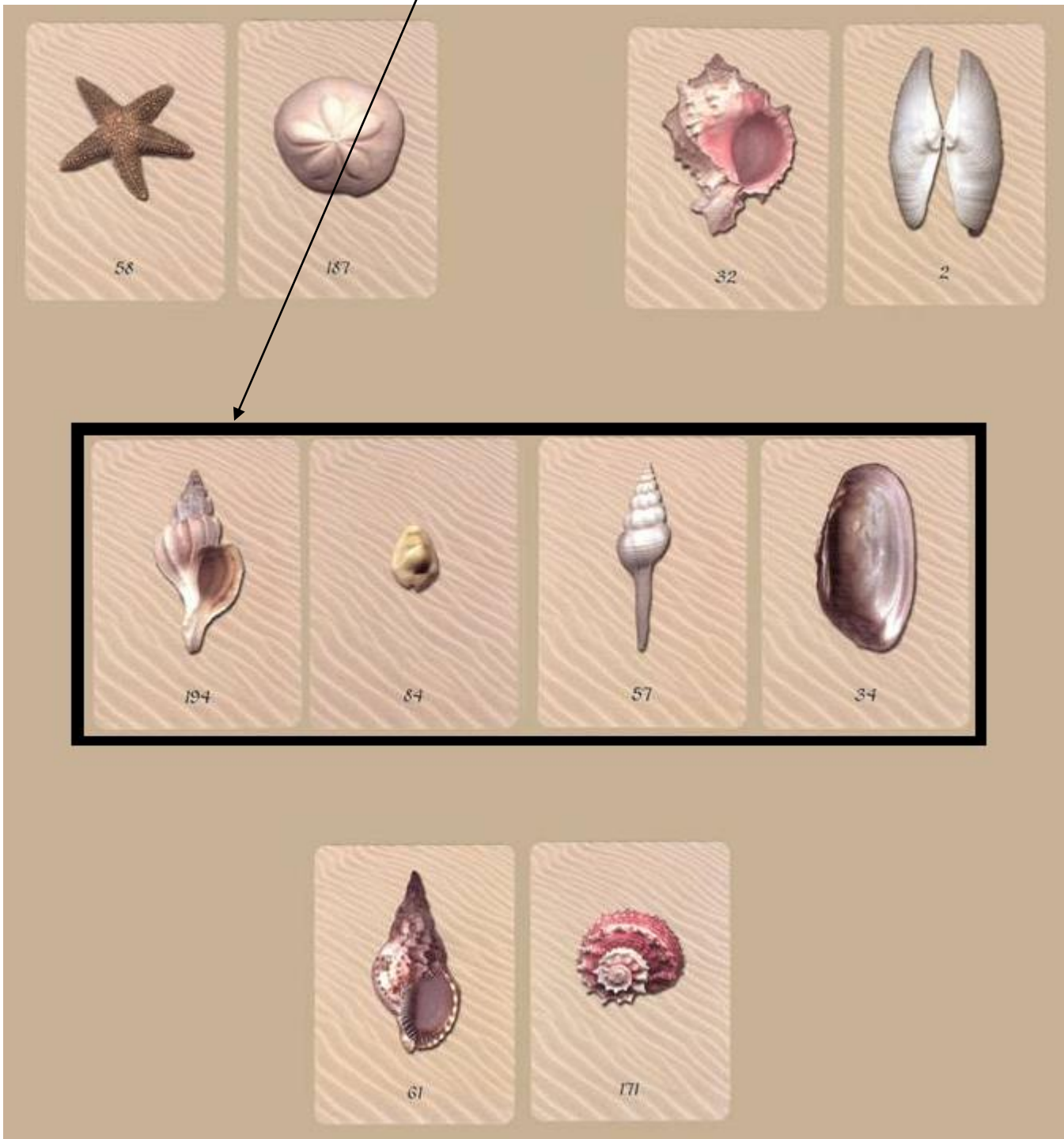
She paired #61 Atlantic Triton “*numb to feelings*” with #171 Angaria Delphinula (*anger*).



What do these final shells add to her reading?

Definitely she was numb to her anger.
Now let's put this together.

Based on her previous shells, can you tell me what the source of her hidden anger might be? There may be more than one reason....focus on the framed section here.



To begin analyzing why she might be angry....Her shells showed, and she confirmed, that she is the only person bringing home a paycheck and this means she works very long hours.

Remember when she sat down, her first comment to me was that she was a spiritual person in a physical body, and her appearance was not important to her.

Can you see any other reason why she may not attend to her appearance?

Working non-stop, 24/7, she didn't have time to take care of herself.

With this in mind, any of these reasons could be a source of her anger:

She worked such long hours, and her partner never lifted a finger to help or contribute to the household income. He is just a mooch waiting for her to bring home the paycheck and spend her earnings. She can't exercise or focus on hair, wardrobe and makeup because there is no time.

Rather than acknowledge her anger at him and how this forces her to work long hours, she has convinced herself that her appearance does not matter to her. She used her spiritual justification that she is a spirit in a temporary physical body to bury her anger that she has no time to take care of herself the way she would like.

Meanwhile, her inner child cares very much about other people's opinions, and this client is not listening to her inner child's fears that the client's attitude of not caring is a threat to the inner child's survival. The consequence of this is the inner child feels trapped and has to find alternative methods to get her attention. This explains the source of her physical panic attacks and reveals that she is really not at peace at all.

Congratulations everyone! You just did a 10-shell reading! You also had a front row seat to how listening to your client can assist you, but not in the way they may think. It is possible that the shells will completely contradict what the client tells you.

We saw that in your last class with Aphrodite.



She was working with Heart Cockle, and she told us that her seahorse is very supportive. Yet she had the shells for deception and depression.

This led to a conversation where we could grow her reading. When asked about her reaction to the Helmet Conch, she felt *confronted* (which was her word) by it. This indicated a lack of trust, and when we probed deeper, we discovered that she had been keeping the state of their finances hidden from him because a part of her was concerned about his reaction if he found out she was struggling to make ends meet. They were close to having to sell their home. She was under a lot of stress, and her shells empowered her with revelations that he would feel deceived if he were not told and was not given the opportunity to help.

You have just seen a couple of examples of contradictions in readings.

1. A student who desires to be intuitive yet her shells revealed she did not trust her inner guidance
2. A client who declares she is at peace because she doesn't care what others think, she is a spirit in a human body, yet the shells reveal she is numb to her anger...and her survival depends upon external validation.
3. And a student with her ideal, supportive seahorse, yet with shells for depression and deceit.

When this contradiction occurs, it is the reader's job to figure out why the client's Higher Self would send a contradictory message. Remember everything is for the client's highest good, so it's important to pay attention to the contradictions. This is why I never try to make the message fit what the client says...that would limit the information the Higher Self wants to deliver. I prefer to know nothing about the client, state what the shells say, and then allow the client to respond. Sometimes, a client will tell you that the message does not resonate at all.

This would be a good time to discuss your homework, from Class 3.
You had two clients....Dot and Kathy

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.

Let's take a look at Dot.

Here are her shells and her reactions to them.

Client : Dot

Shell Image	Number	Interpretation	Client Reaction
	9	Demanding obedience	Liked
	99	Respect	Liked but challenging
	115	Self abuse, unhealthy behaviors, addictions	Uncomfortable
	173	Depression, possibly requiring therapy	Very comfortable

Before we review these findings, I have to say that color coding became a real challenge for me, and that is a credit to all the students. I used this as a teaching tool to demonstrate how well the shells were interacting in their interpretations. But if I am not able to decide which color to attribute to their insights, even alternating colors in the same word, that means they have blended the shells so well, I can't separate them ☺ With some of students, I changed my mind several times, and eventually had to leave the final colors there or I would not have had time to prepare their powerpoint. So please keep that in mind as you look at some of these interpretations... my colors are suggestions for the source of their insights, but you may find other shells leading to this same interpretation.

Also, I once again used italics if the student's insights were based on the client's reaction to a shell.

For Dot from Michelle:

This client finds herself in a position that demands obedience, and her wanting respect is a big part of her situation, *but finds that getting respect can be challenging*. This client may be experiencing self-abuse through unhealthy behaviors and or addictions . *This is a personal struggle for her*. Because of this type of self abuse or unhealthy behavior, she is experiencing depression and that may require that she seek therapy in order to help her in this situation.

For Dot from Cynthia:

You are quite demanding of yourself and might feel the need to appease the demands of others too. The respect of others is important to you too *but also challenging to obtain*. You probably place a lot of demands on yourself because you want recognition from others so that you can gain their respect. If you have a high respect of yourself you feel that other people would feel the same way too. *Placing so many demands on yourself over time has turned into an unhealthy behavior that you might not recognize*. *You have been doing it for so long that all you recognize is the uncomfortable feeling*. All of these demands you have placed on yourself are probably making you feel depressed. Because of this you could possibly require therapy to work through your issue.

For Dot from Heather:

Shell # 9, the *Giant Pacific Cockle* means that you like demanding obedience and jumping through hoops. *It is likely that the person who you most demand obedience from is yourself. You may be the toughest on yourself, giving yourself a hard time and placing many, often unreasonable demands on yourself*. Can you think of how you do this? *The fact that you liked this shell is saying that there is a part of you that is benefiting from this behaviour*. Perhaps you've learnt this behaviour as a coping mechanism..perhaps it helps you feel safe? This may sound contradictory or impossible but it's your unconscious who likes this and so you may not be consciously aware of this at all. You may logically think that there is no way that I like such a thing but we can be motivated by unconscious beliefs that affect us. These beliefs may have been formed at a time when they were actually beneficial to us but later they may no longer serve us well. By looking at these beliefs, we have an opportunity to change our unconscious beliefs for our highest good – to improve our life. *Shell # 99, Thatcheria is about respect. You like having respect but you also find this challenging*. Do you find it challenging to get respect from others or to respect others? Do you like when you respect yourself but find it challenging to respect yourself? *Shell # 115, the Squamose Chiton is about self-abuse, addictions and unhealthy behaviours. You are uncomfortable with this shell which shows that you are uncomfortable with the self-abuse, addictions and unhealthy behaviours*. Since you have the shell for demanding obedience and the shell for self-abuse, it suggests that you are abusive to yourself in some way in the form of unhealthy behaviours, addictions and in demanding obedience of yourself and getting yourself (and possibly others) to jump through hoops. Does this resonate with you? How do you abuse yourself? Remember abuse can be subtle and self-abuse can be subtle so dig deep here! *Shell # 174, the Purple Drupe is about depression, which may require therapy. You are very comfortable with this shell, which reveals that you are comfortable with depression*. Perhaps depression is something that is very familiar for you and that you may have suffered from for quite some time? *The shells are telling you that you're giving yourself such a hard time through demanding obedience and getting yourself to jump through hoops, and through self-abuse in the form of addictions or unhealthy behaviours that are causing you to have challenges with depression*. You may need to consider getting professional help with this, if you aren't already getting support. The shells want you to know this to show you what is going on underneath the surface, in your unconscious that is affecting your life. Now that you know this, choices have opened up for you. *Do you want to continue to be so hard on yourself and engage in things that are hurting you? Is respect, especially self-respect something that you would like to foster and grow in yourself? Developing your self-respect is one important key to moving away from being so hard on yourself and engaging in self-abuse*.

Following this path would help move you out of your depression. You may need help from a professional to support you on this journey. Remember there is no blame here. The shells just want you to know what beliefs are controlling you behind the scene in order to offer you choices to improve your life. This reading reveals the key for you to move into a brighter life.

(Some shells that may be useful to look at with this client are the Venus Comb Murex for self-love and perhaps the Pink Mouth Murex for the inner child. How does this client feel when looking at these shells).

As you can see, with just 4 shells, these students have come up with some powerful insights for Dot. I don't think they realized how excellent their interpretations were. Let me see if I can show you the ramifications of these responses. The phrase I want to use is a little ironic, but it popped into my head as I was writing this lesson, that I want to show you how to connect the Dots ☺ Level II classes were custom designed with the shells guidance through student feedback. All these years later, that still applies. I have a wealth of information to draw from for your independent study course. Based upon these student readings for Dot, I am inspired to take you one more step. Let's look at a few of these shells and their comments.

First, let's look at the Cockle. In *Ocean Oracle*, below the meaning of "Demanding obedience," you will find an explanation. In the explanation there is a note.

Note: Liking this shell may indicate that one is the most demanding of oneself, including the self-imposed need to satisfy the demands of others.

Michelle says that Dot finds herself in a position that demands obedience, and her wanting respect is a big part of her situation, but finds that getting respect can be challenging.

Cynthia and Heather speak about Dot being demanding of herself...

Cynthia: You are quite demanding of yourself and might feel the need to appease the demands of others too

Heather: It is likely that the person who you most demand obedience from is yourself.

When this Cockle is in a reading, someone is saying "jump" and the client is supposed to ask "how high do you want me to go?" The most demanding person on the client is the client. They have an internal belief that they must jump through hoops and often even higher than the hoops so Cynthia and Heather have captured this.

With that said, let's look back at Michelle's statement. She has tied wanting respect into Dot's desire to obey....and finding that getting respect is challenging. Now we can see that Dot is placing this demand upon herself to jump higher than the hoop because she ties this ability to meet and exceed the demands as her way to gain respect.

Now let's look at the Chiton, the shell of self-abuse and unhealthy behaviors. Dot said this shell made her "uncomfortable" even though she didn't know what it meant, just based on looking at it. Using that reaction, the students said:

Heather: You are uncomfortable with this shell which shows that you are uncomfortable with the self-abuse, addictions and unhealthy behaviours. Since you have the shell for demanding obedience and the shell for self-abuse, it suggests that you are abusive to yourself in some way in the form of unhealthy behaviours, addictions and in demanding obedience of yourself and getting yourself (and possibly others) to jump through hoops....

Cynthia: Placing so many demands on yourself over time has turned into an unhealthy behavior that you might not recognize. You have been doing it for so long that all you recognize is the uncomfortable feeling.

Michelle: This client may be experiencing self-abuse through unhealthy behaviors and or addictions. This is a personal struggle for her. Because of this type of self abuse or unhealthy behavior, she is experiencing depression and that may require that she seek therapy in order to help her in this situation.

When the Squamose Chiton is in a reading, it indicates self abuse, addictions. All of these students have addressed that Dot has some unhealthy behaviors, and you might have similar insights in your journal.

Let's take this one more level. Remember addictions can be behaviors that develop as a means to medicate our pain. She is self medicating....but, and this is important, this is not only the typical addiction such as drugs, alcohol, food, shopping, gambling sex, but any behavior taken to extremes. Exercise or reading can become addictions if someone spends an inordinate amount of time doing either of these. They are the client's way to escape from awareness of emotional pain. The behavior becomes automatic pilot.

Sometimes the shells around the Squamose Chiton give indications regarding the addiction.

In this reading, with only 4 shells, red is the color associated with the Chiton. This shell #115 tells us the client has an addiction ...she has some type of unhealthy behavior to medicate her pain. When color coding, you can immediately see what shell is talking to what other shell. **We can ask ourselves, using these shells, how does this client medicate her pain?**

In your cyber classmates interpretations, the color red did not stand alone for any of them.

Heather paired it with green, the Cockle. And Cynthia paired it with green and blue, Cockle and Thatcheria.

Heather talks about her unhealthy behavior of demanding obedience of yourself and getting yourself (and possibly others) to jump through hoops,

Cynthia talks about her unhealthy level of Placing so many demands on yourself over time has turned into an unhealthy behavior seeking respect through meeting demands, **Cynthia** even says she has *been doing it for so long* ...an indication that this has become the norm... automatic pilot for Dot.

With these colors, red/green and blue, do you see how Heather and Cynthia are linking her addiction to the need to jump through hoops seeking respect?

Jumping through hoops has been taken to an unhealthy level. That said, Dot did say the Chiton made her uncomfortable. **So why would she put herself through these unhealthy behaviors?**

Let's see what she liked.... Cockle (liked), Thatcheria (liked but found challenging)

Combined, we see that this client is.... jumping through hoops to gain respect and now behaves this way without thinking. This is her addiction.

Now we come back to Michelle. She has combined red with purple...the Drupe.

Michelle says Because of this type of self abuse or unhealthy behavior, she is experiencing depression and that may require that she seek therapy in order to help her in this situation.

Let's probe a little more with the Drupe:

With **Cynthia**, the Drupe is combined with all of her shells, so that **All of these demands you have placed on yourself are probably making you feel depressed. Because of this you could possibly require therapy to work through your issue.** **Cynthia** has linked depression to the demands motivated by seeking respect and we just discovered that she says that has been on automatic pilot...

Again, because of the intertwined purple and red, **Michelle** said: **This client may be experiencing self-abuse through unhealthy behaviors and or addictions . This is a personal struggle for her.** Because of this type of self abuse or unhealthy behavior, she is experiencing depression and that may require that she seek therapy in order to help her in this situation.

Michelle has linked addiction (the color red for chiton) to the word depression (from the drupe.)

Now for Heather:

Shell # 174, the Purple Drupe is about depression, which may require therapy. *You are very comfortable with this shell, which reveals that you are comfortable with depression.* Perhaps depression is something that is very familiar for you and that you may have suffered from for quite some time?

Following this path would help move you out of your depression. You may need help from a professional to support you on this journey.

Heather is also linking the depression to the challenge of seeking respect through jumping through hoops which has been taken to an unhealthy level.

All of these classmates mention that Dot is depressed and can benefit from therapy....and they are not alone.

Dot selected these shells many years ago when I first began teaching on-line. She was someone I did not know who volunteered to select shells for my students to practice their reading skills. Here are some of the former students' comments regarding the Drupe for comparison to your own....

Cori says: Her behaviors are bringing about a depressive state that she is quite comfortable with. She has no desire to change.

Muriel says: she is self abusing herself with unhealthy behaviors and this has caused depression that may require therapy.

Sandy says: *Dot's reaction to the Purple Drupe indicates that she is most likely dealing with serious depression.*

Anne says: Dot is most like a depressed person who has addictions. She self-medicates to compensate which is causing the depression. Self-induced depression. May need therapy or at least some work on self to root out the cause.

Jessica says: This seems to have caused a depression that is deep enough for Dot to consider therapy.

Cheryl says: She is depressed.

Gloria says: She would welcome depression as an excuse to seek counseling to unload her concerns to a therapist

Adriana says: Dot's being "very comfortable" with the Purple Pacific Drupe, #173, (*Drupa morum*), leads me to believe that she is currently becoming aware of how her own unhealthy behavior has affected her life, and for that, she is deeply depressed.

Lorraine says: Because of the demands of obedience, jumping through hoops to gain respect, this behavior is leading to depression possibly requiring therapy.

Judy says: Therapy would be of some help and relief for her.

Kate says: In the end they lead her to a state of depression. Dot is familiar with this cycle, and is not yet ready to change it...She will change her behaviors when she has the will and the motivation to conquer her habitual state of depression.

Fatima : She have depression and possibly requiring therapy. The depression because this problem unhealthy behaviors or self abuse She open see the therapy help her in this situation .The shell suggest her .

Janine This, in turn, gives her a place to hide in her darkest moments and in a way creates an artificial safe haven that she struggles to break away from

Bri: So this client is depressed and could possibly benefit from therapy.... Thus causing her to turn to unhealthy behaviors as she becomes depressed to the point where she might need therapy.

Gail: Taking care of others needs has caused Dot to become depressed and this depression has been for some time. When depression has gone onward for a period, of time it may indicate that Dot needs to seek professional help to assist in coping with the depression. Seeking help for the depression is difficult for Dot due to the fact she has a desire to be respected. *Dot may fear she will not be respected* if she seeks professional help for the depression

Diantha: She is responding to this demanding behavior with depression and might need counseling to help her overcome this self destructive pattern.

Mel : Trying to satisfy everyone is making her depressed. not happy.. Therapy would help her to understand, respect comes from within. That we teach people how to treat us.

Tracey: Despite being depressed and possibly requiring therapy to overcome her depression, Dot is very comfortable in this emotion.

Very similar thoughts about her depression and the benefits from therapy. So if you journaled something similar, you are not alone in your thoughts for Dot.

Let's pause here to look at **Tracey**. Despite being depressed and possibly requiring therapy to overcome her depression, Dot is very comfortable in this emotion. This mirrors something **Heather** said: *You are very comfortable with this shell, which reveals that you are comfortable with depression*.

So Heather and Tracey are saying similar things, but I don't think either student realized the full implications of their insights. They are correct that Dot tells us she is very comfortable with this shell....if that is the case, this reveals that Dot is comfortable with depression. So depression is very familiar and comfortable to Dot,

What does this mean? If someone is comfortable in a situation, do you think they feel the need to fix anything? If Dot is comfortable with depression, do you think she would seek therapy?

That idea is not in her awareness because she is very comfortable staying this way. If this is not just comfortable, but *very comfortable* for her, she is unaware that she is depressed. Rather than acknowledge her depression and work on healing it, she has allowed it to become a friend and she no longer notices how it limits her life. *She will not likely seek the help of a therapist because she is comfortable in this emotion. Dot won't see that she even has a problem, so there is no motivation for her to seek therapy or conquer her state of depression.*

This is different from someone asking why am I so depressed? I hope you can see this possibility.

Heather began her reading noting with the Cockle, “Perhaps you've learnt this behaviour as a coping mechanism..perhaps it helps you feel safe? This may sound contradictory or impossible but it's your unconscious who likes this and so you may not be consciously aware of this at all.” (Dot likes the Drupe too, so this insight applies on more levels than with the Cockle. Making friends with depression can be her coping mechanism.) Heather continues...“You may logically think that there is no way that I like such a thing but we can be motivated by unconscious beliefs that affect us. These beliefs may have been formed at a time when they were actually beneficial to us but later they may no longer serve us well. By looking at these beliefs, we have an opportunity to change our unconscious beliefs for our highest good – to improve our life.”

To recap: We have a client who jumps through hoops to gain respect, does this on automatic pilot, and to the point of self-abuse. She is uncomfortable with this behavior...does not realize that she thinks this is the road to respect, and it seems this is a recipe to create depression.

However, her reaction to the Drupe suggests she does not even realize this is making her depressed because, she is very comfortable with the Purple Drupe. That means her depression has become very familiar territory. She has descended into it, perhaps actually living within it.

I do have Dot's reaction to the shell readings from some of the former students you saw earlier. If your thoughts are very similar, this allows you to see how she would react to your reading.

Dot's feedback:

The readings were very interesting - but a little off, I feel

I do put many demands on myself & attempt to satisfy the demands of others as that is part of my work on this earth plane - I respect myself TOTALLY & the work that I do - as for the depression (which they all seemed to get) I am in a brand new home that I built - doing the work that I love - with many loving, caring people around me - my life is GOOD, so not sure where the depression impression is coming from -

One of my former students asked how we would end the reading. How can we guide her regarding her depression? There is one final step to a reading. The shells have brought this information to her awareness, but then we have to let go of how the information is received. She received unanimous interpretations on her shells suggesting she may suffer from depression, and she insists her life is GOOD. She is presenting a case for why there's no reason she should be depressed. When I first read her feedback, it didn't add up at all. Until we consider that if she is addicted to depression and finds it very comfortable looking at the Drupe, she may not realize she is depressed. I wanted to be able to provide validation for you through her feedback, but it was not in the way I expected. I agreed with the students' interpretations and I wondered how all of us could be so wrong.

The Universe performed some amazing magic around this. As it happens, a third party who knew Dot happened to mention that she is very depressed, looking for a relationship to whisk her away from working so hard. So, this confirms what we said...she has no awareness that she is in a depressed state because it is so comfortable for her. It has become a part of her, and she does not realize the hold it has on her.

Although this reading puzzles her, and is a “little off” for her, perhaps it will plant seeds that will blossom sometime in her future. One day she may stop jumping through hoops to gain respect that doesn't come, and function more from heartfelt desire. This could bring undreamed of joy into her life and only in looking back will she realize how she had been depriving herself.

A former student once commented....

It was fascinating to me that Dot liked the shell representing depression. After thinking about this for a while, I've come to the conclusion that she likes the Purple Drupe because she is so used to having depression. Dot has felt this way for so long that it has become the norm. She would rather hold on to the familiar feeling/energy of depression than venture into the unknown by seeking treatment.

She would rather hold on to the familiar feeling/energy of depression than venture into the unknown by seeking treatment.

There is a way we can test this theory about her desire to change or end this struggle. **Can you think of a shell we could use to help us determine her willingness to change? Does she want to remain where she is...her familiar territory, or is she willing to change?**

If we are searching for her willingness to change, we would ask her reaction to the Green Tree Snail

Let's look back at **Heather's** final comments in her reading:

Remember there is no blame here. The shells just want you to know what beliefs are controlling you behind the scene in order to offer you choices to improve your life. This reading reveals the key for you to move into a brighter life.

The question is, does she feel she needs to move into a brighter life if she's very comfortable where she is?

Heather concludes this reading with the following suggestions:

(Some shells that may be useful to look at with this client are the Venus Comb Murex for self-love and perhaps the Pink Mouth Murex for the inner child. How does this client feel when looking at these shells)

This is insightful because first, we need to establish that she would even want help. If she does, we can probe deeper and have her pick a few more cards to find what might help to support her in moving towards acknowledging her depression and unhealthy behaviors so she might know that getting help would be a possibility for her.

That has given me an idea to use for teaching this lesson.

Another student was working on Dot's reading and suggested.... *being comfortable with depression is an acceptable trade off or actually goes hand in hand to be worthy of the respect she needs.*

If Dot were sitting next to you, can you think of a shell that might confirm this thought....depression is payment for earning respect? Think of what shell speaks about earning an achievement? You deserve it because you earn it.

The shell that speaks about nothing being handed to you, needing to work to earn any achievement, is the **Tropidophora**. In testing this theory, if Dot is attracted to the Tropidophora, perhaps subconsciously her depression is an acceptable payment and even increases the value of the respect she seeks.

Another student added this insight... **Dot is in denial, and is not seeing or willing to get help, because she does not think she needs it. What shell would you use to determine if Dot is in denial?**

The shell for living in a fantasy, a state of denial, is the Janthina.

Earlier in this lesson we had the Atlantic Triton, “numb to your feelings.” With this shell, your client would not have any feelings at all...just numb. There is a big difference between this and the Janthina. With the Atlantic Triton, you don’t feel anything, you are shut down. With the Janthina, you have feelings, they are just inaccurate, not based in reality...a fantasy. This is being in denial.

I think that is enough for you to process, so we will review Kathy’s reading in Class 5. I will end here with a homework exercise for you to build vocabulary.

Homework Matching Test to build vocabulary

From time to time, while reading for clients, you may want to check certain possibilities without influencing your client. You can do this by asking reactions to a particular shell you point out. This can be a valuable tool enabling you to gain more insights with your client regarding beliefs they may not be aware of.

Choosing from the shells below, see if you can select which shell and what reaction your client would have to it in order to match the 16 situations below.

The Shells

Worm Shell, Gibbous Olive, Little Star Bolma, Janthina, Pink Mouth Murex, Sea Biscuit, Watering Pot , Nassa Snail, Venus Comb Murex, Fossil, Green Tree Snail, Chambered Nautilus, Prostitute Venus Clam, Sunburst Carrier Shell, Moon Snail, Tropicophora

Keeping in mind this is subconscious, and the client may not be aware of this, what shell and what reaction would tell you if your client:

1. Is afraid of change because of fear of the unknown
2. Struggles because he/she needs to earn the achievement or it has no value
3. Needs to be right
4. Is not listening to his/her scared inner child
5. Needs attention; behaves to get attention
6. Takes care of everyone else, excluding his/her own needs
7. Is in denial
8. Prefers to be alone
9. Will do whatever it takes to achieve something
10. Plays it safe by setting the bar low
11. Is only going through the motions
12. Won't take responsibility (expects things to fail and wants to be able to blame others)
13. Is concerned with keeping up with the neighbors
14. Is dealing with a pattern in his/her life
15. Seeks external validation, cares about other people's perceptions
16. Needs to feel in control

Worm Shell, Gibbous Olive, Little Star Bolma, Janthina, Pink Mouth Murex, Sea Biscuit, Watering Pot , Nassa Snail, Venus Comb Murex, Fossil, Green Tree Snail, Chambered Nautilus, Prostitute Venus Clam, Sunburst Carrier Shell, Moon Snail, Tropicophora

After you complete this exercise, you can check your responses with the answers on the next page. Please let me know if you have any questions.

Here are the shells, and the client's reactions to the shells for each situation:

D=Dislike L=Like

- 1-Green Tree Snail. D
- 2-Tropidophora. L
- 3-Fossil. L
- 4-Pink Mouth Murex. D
- 5-Moon Snail. L
- 6-Venus Comb Murex. D
- 7-Janthina. L
- 8-Sunburst Carrier Shell. L
- 9-Nassa Snail. L
- 10-Little Star Bolma. D
- 11-Prostitute Venus Clam. L
- 12-Watering Pot. D
- 13-Gibbous Olive. L
- 14-Chambered Nautilus. L
- 15-Sea Biscuit. L
- 16-Worm Shell. D