



INDEPENDENT STUDY: LEVEL II TRAINING- Class 5

The recording for Class 5 is divided into 2 parts. Part 1 is 42:41 minutes long, and Part 2 is 23:57 minutes long.

I hope you all enjoyed working on the matching quiz in your last lesson. As you master matching the shell to the issue involved, you will gain another tool that will help you grow readings for your clients.

To that end, let's do a brief review:

If you want to know if this situation is a pattern in the client's life, what shell would you use?

Pause her to journal your thoughts, and then continue with the lesson.

Chambered Nautilus

If this shell is disliked, it would mean the client does not like the pattern. Moreover, since it is the shell of ascension, this client does not feel comfortable evolving...that would require letting go of people and situations that would not support their increased perfection, and this client is not ready to release those circumstances.

What if your curious to know if your client feels an achievement has no value without struggle?

Tropidophora

Dislike means things come easy. If this is in a reading, then having things easy is an issue for the client...instead of constant struggle, things fall into the client's lap, but if it is in a reading, the client has issues around that...guilt or feeling unworthy. **If there were no issue, it would not be in the reading.**

If a client craves validation, being proven right, what shall what provide insights on that?

Fossil

If you wonder if your client's self esteem increases when proven right, you could check on the reaction to the Fossil. If it is liked, that would mean whatever you see in the reading, whatever it reveals as the client's belief...some part of them celebrates when it turns out to be true...because they get to be right. For some, it is more important to be right than to be happy. Does everyone follow that? If you have questions, please email me.

What if you wonder if your client cares about other people's perceptions?

Sea Biscuit

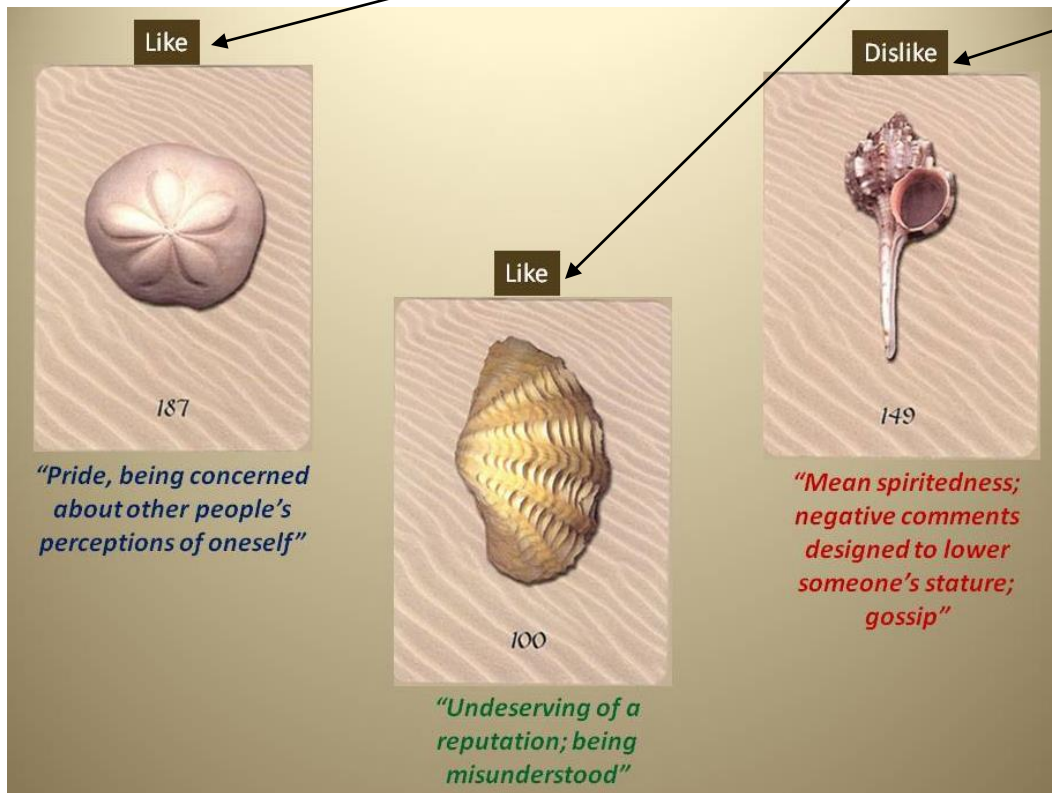
Dislike would mean the client does not like being up on a pedestal...may jump off as quickly as possible. Again, **if it were not an issue, it would not be in the reading.** So the client may be operating out of fear, when rejecting the pedestal, not peace.

Do you remember the client telling us she was unconcerned with her appearance because she was a spirit in a physical body? You saw what happens when listening to a client can be completely opposite of what the shells are saying in a reading.

Let me give you another example.

A client selected shells for her reading and placed them in three groups.

She divided the shells she liked into two groups. One had #187 Sea Biscuit "*pride, being concerned about other people's perceptions of oneself*", in the other section she liked #100 Tridacna "*Undeserving of a reputation; being misunderstood.*" In the third group, she placed the shells she did not like. This had #149 Snipes Bill Murex "*mean spiritedness; negative comments designed to lower someone's stature; gossip*"



I don't recall her other shells, but what would you conclude from these three? Look at what she liked, and didn't like and please take a moment to journal your thoughts.

This is someone trying to stay on a pedestal, caring about other people's perceptions of her, **concerned about her reputation, and not wanting people to gossip about her.**

It is unusual to see a similar theme show up 3 times in a reading, but it made me quite confident of the message.

Would you believe she told me that she never cared what other people thought. She was a strong, independent thinker, and did not seek external validation. With the shells not just duplicating the message, but repeating it 3 times, I wondered how I could be that wrong? All I could do was tell this client if she were that independent, I didn't know why the shells insisted on this message, but that was what the shells said. I apologized that this was all I could tell her based on the shells she selected.

The next day, I received an email from this client that solved the mystery.

She told me that at work she was a teacher's aide. There was a new supervisor, and she was concerned about what one of the teachers might say about her methods to this new supervisor...**so she was concerned about her reputation.**

Then she mentioned that she had an aunt **who was quite a gossip**, and she just steered clear of her. It had been so long since she had seen this relative, she forgot about her during the reading.

And last, her husband had lost his job and she had not spoken to her mother in months because of her concern about her mother's judgmental attitude. **This was the pride, caring how she looked in her mother's eyes.**

Even though she considered herself to be independent, the fear of what others might think had kept her separated from her aunt and her mother, and the current job situation was triggering this concern again. The shells wanted her to know that even if she ignored her aunt or mother, they still controlled her behind the scenes. If she really didn't care what they thought, she wouldn't need to "hide" from them. She thought she was independent, but she accomplished that by avoiding people. Her Higher Self wanted her to confront these fears so she could be honest with herself and decide if this solution of avoidance was working for her. She hadn't spoken to her mother in months, and she thought that made her strong and not caring what people think. What it did was keep her from any conversations where there might be a disagreement because she didn't trust herself to remain strong if someone had judgments or disapproval.

So, her Higher Self wanted to give her options other than hiding. Or to at least be honest with herself since these people were impacting her life anyway. This is all about empowerment.

The good news is, when she emailed me, and connected all these dots giving the three reasons for her shells,... she got it! She even bought an *Ocean Oracle* to keep growing with messages from her subconscious.

Here is something to consider when looking at reactions. Whatever the client tells you about their reaction to a shell serves them in some way....they have a hidden belief that it benefits them to like or dislike whatever that shell represents. The reaction reflects their hidden feelings.

Some of the things they like may surprise them. For example, liking the Tropicophora, which means they like struggle. Subconsciously, they need to earn the achievement, therefore struggle has value. Some of the things they dislike may surprise them...why would it benefit someone to dislike validation if they dislike the Fossil? If this is limiting them in some way, the shells bring this to their awareness to present new options. Remember, if this is not an issue for the client, the shell would not be in the reading getting their attention. The message is always for the client's Highest Good.

Now that we have worked on Dot's readings, and you have some experience with growing a reading from the matching quiz, I would like you to look at Kathy's reading from your homework. We were not given an arrangement, but she had some terrific reactions!

Kathy's shells

					
9	38	90	115	150	65
Demanding obedience, jump through hoops	Pressure, stress	Unconsciously expecting plans to backfire, sabotaging oneself	Self abuse, addictions unhealthy behaviors	Healthy self centeredness, focusing on one's needs	Something completely out of one's control
Just jumped out and grabbed me literally. I felt such warmth and glowing when viewing it. Just loved this shell.	It just reached out and caressed me. It felt like an old friend you want to share time. Another lover here.	Nice like meeting a friend on the street	I couldn't get away fast enough. I almost felt as if I was threatened		

The first think I noticed is that she tells us the Giant Pacific Cockle “just jumped out and grabbed me.” This is the shell for jumping through hoops. How perfect!

As we did for Dot, I thought it would be useful to share some of the interpretations from your cyber classmates and you can see where your own insights resonate, and maybe what you bring to the table that’s a little different.

So, let’s begin with Michelle.

For Kathy from Michelle:

Kathy likes to jump through hoops to get others to obey. The pressure and added stress feeds and challenges her. This gives her a sense of power. Kathy unconsciously expects thing to backfire. She does things to deliberately sabotage herself. Her self-sabotage is a form of self-abuse and may come in a form of an addiction or other unhealthy behaviors. However all of this is self-abuse. Kathy does not like the feeling of being self-centered and puts her own needs last. This is also a form of an unhealthy behavior. Kathy seeks to have more control over herself and these addictions.

For Kathy from Cynthia:

Kathy, you have expressed a love of the Giant Pacific Cockle and that means you are quite demanding of yourself and may also need to satisfy the demands of others more so. With so many demands circulating around you it could place a lot of pressure and stress in your daily life. *It seems though that you love to function under these conditions whether you are aware of it or not.* You unconsciously expect plans to backfire and possibly sabotage yourself. Because you don't like the Venus Comb Murex, you show love by placing your needs last which represents a fear of selfishness. *And with a desire to be in control, you subconsciously show love by controlling and taking care of others.* This caring for others makes you feel loved. Perhaps, for example, you could also experience love through generosity, romance, physical intimacy, attention, or quality time. **The Squamose Chiton felt nice and it represents self-abuse, addictions and unhealthy behaviors. You are on a merry-go-round of unconscious behaviors that include being demanding/satisfying the demands of others, sabotaging yourself, fearing selfishness, and a desire for control which places pressure and stress on you. But you don't seem to mind because you actually enjoy it.** This is actually a good time to be able to heal all these issues. You now have the chance to heal these patterns since they have been brought to your attention.

I would now ask Kathy to look at the Green Tree Snail to see what her reaction would be to it. That would determine if she is ready for change or if she wants to continue with her comfort zone of the way things are going.

For Kathy from Heather:

The first shell that you selected, Giant Pacific Cockle # 9 is about 'Demanding obedience'. Do you demand that others jump through hoops for you and do what you say? Often people who select this shell are hardest on themselves. This shell really wants your attention as *'it just jumped out at you literally'*. *You felt such warmth and glowing when viewing this shell and you just loved it.* This reveals that you love being demanding (possibly mainly on yourself) and this makes you feel warmth and glowing. The next shell you selected is the Pearly Nautilus # 38 and is about 'Pressure, stress'. You described how this shell *'reached out and caressed you. It felt like an old friend you want to spend time. Another lover here. I can't express the feelings that come over me when I see this shell.'* This reveals that pressure and stress are like old friends to you – they are very familiar. We can use things like pressure, stress to fulfill different needs within us. **You may put yourself under pressure and stress in order to get yourself to do as you desire.**

You selected American Thorny Oyster # 90, which is about 'unconsciously expecting plans to backfire, unwittingly sabotaging oneself'. The fact that you describe this shell *as like meeting an old friend on the street* reveals that you are also comfortable and familiar with this belief – you expect your plans to backfire on you unconsciously and you sabotage yourself without realising it. **Squamose Chiton # 115 is about 'self-abuse, unhealthy behaviours, addictions'. This shell felt like meeting an old friend on the street.** This reveals that you are familiar with and engage in self-abuse in the form of unhealthy behaviours or abuse. **You are abusive to yourself by being hard on yourself, putting yourself under pressure, expecting plans to backfire and sabotaging yourself.**

Shell # 150, Venus Comb Murex is about 'Healthy self-centredness: self-love, focusing on one's needs, discovering and living one's truth'. *You describe how you couldn't get away from this shell fast enough and felt threatened by this shell. You are very, very uncomfortable with self-love to the point where your very being feels threatened by it.* Self-love is all about learning to look after yourself well and put your needs first. This may seem unreasonable or selfish but look at it this way: if you don't look after yourself, you can't truly look after others. If you are giving without looking after yourself you will eventually feel resentful and this isn't the place you want to give from, is it? How have you denied yourself love? Here you are offered a chance to reconsider whether you want to begin being more loving towards yourself? **Shell # 65, West Indian Worm Shell is about 'something completely out of one's control, something spoiled'. You feel very threatened by things that are out**

of your control and you like to be in control. Sometimes people develop strategies and beliefs to cope with their inability to accept things that are out of their control. It can feel so unsafe to accept what is out of one's control that it is preferable to believe that one is in control. **You are so hard on yourself**, put yourself under pressure, **expect plans to backfire, sabotage yourself, and engage in self-abuse** because you are very threatened by loving yourself and you want so much to feel in control. *The crux of what is going on for you is that you are trying to be in control so much as you are so threatened by not being in control* that you have created all these beliefs to allow you to continue to feel in control but look how these beliefs are affecting you. The shells and your higher self want to offer you choices. **Do you want to continue to be so demanding of yourself**, put yourself under such pressure, **expect plans to backfire, sabotage yourself, engage in self-abuse, feel threatened by self-love and need to be in control?** It is often challenging to accept what is outside our control, learn to let go and love ourselves. However the rewards of doing so can be deeply rewarding and life enriching. **Since you feel so threatened by self-love and not being in control**, it is likely that you'll need to explore tentatively why you feel this way and slowly make changes towards loving yourself and not being in control. You may need support of a therapist, family and friends to help you with this.

As we said, we were not given an arrangement for Kathy. I took the liberty to group the shells in order of her reaction from feeling love, to feeling threatened. We have lovers, friends, and threats.



But I noticed that some students are already making connections that allow other shells to interact with each other. As in previous classes, we can use the color coding to see sentences with multiple colors in all these readings. Without even reading the words, you can see the rainbows forming...**However all of this is self-abuse** **You are on a merry-go-round of unconscious behaviors that include** that you have created all these beliefs to allow you to continue to feel in control being hard on yourself, putting yourself under pressure, expecting plans to backfire and sabotaging yourself... the shells are all talking at once. Since we are only a few lessons away from completing Level II, I want you to feel free to allow the shells to speak to you in any combination they communicate to you. That is the newest benefit of using color coding..., you can see how shells are interacting in different sequences to add new insights. I hope you will use these cyber classmates as an opportunity for each of you to see what thoughts you have in common, and what individual insights you have to contribute.

Now, I want to start by discussing the **Chiton** with you because all of your cyber classmates caught on to the idea that this client was self-abusing...with that in common, let's look at all of their comments about this.

Michelle: Her self-sabotage is a form of self-abuse and may come in a form of an addiction or other unhealthy behaviors. However all of this is self-abuse. Kathy does not like the feeling of being self-centered and puts her own needs last. This is also a form of an unhealthy behavior.

Cynthia: The Squamose Chiton felt nice and it represents self-abuse, addictions and unhealthy behaviors. You are on a merry-go-round of unconscious behaviors that include being demanding/satisfying the demands of others, sabotaging yourself, fearing selfishness, and a desire for control which places pressure and stress on you.

Heather: Squamose Chiton # 115 is about 'self-abuse, unhealthy behaviours, addictions'. This shell felt like meeting a friend on the street. This reveals that you are familiar with and engage in self-abuse in the form of unhealthy behaviours or abuse. You are abusive to yourself by being hard on yourself, putting yourself under pressure, expecting plans to backfire and sabotaging yourself.

Using the color coding, we can see where the unhealthy behaviors Chiton is speaking to the other shells associated with stress, jumping through hoops, self sabotage, and the need for control.

Now that we have some idea of Kathy's method of abuse, let's look at the shells that seemed threatening. Kathy "couldn't get away fast enough, almost felt as if threatened." Here are some individual insights on this:

Michelle: Kathy does not like the feeling of being self-centered and puts her own needs last. This is also a form of an unhealthy behavior. Kathy seeks to have more control over herself and these addictions.

Cynthia: Because you don't like the Venus Comb Murex, you show love by placing your needs last which represents a fear of selfishness. And with a desire to be in control, you subconsciously show love by controlling and taking care of others. This caring for others makes you feel loved.

Heather: because you are very threatened by loving yourself and you want so much to feel in control. The crux of what is going on for you is that you are trying to be in control so much as you are so threatened by not being in control that you have created all these beliefs to allow you to continue to feel in control but look how these beliefs are affecting you.

We have been working with Michelle, Cynthia and Heather, but I wanted to sprinkle in a few other cyber classmate insights for you....

For Kathy from Barbara:

Kathy seems to have a very strong way of expressing herself that may show an absence of knowing of how to have a healthy intimate relationship with another person. It is in her descriptions 'grabbed me, warmth, glowing, loved, reached and caressed me, old friend share time with, another lover, can't express the feelings that come over me'. Then, she says 'nice like meeting a friend on the street'. And for 150 & 65 intensely strong 'threatened' feelings. To me these show very strong extremes with 90 & 115 leaning towards the 'love' side.

It is through her language that we see that *she is very comfortable in her repeated unhealthy behavior of loving the pressure and the stress created by jumping through hoops (self-imposed or for others) which she feels such 'warmth and glowing' when she does this behavior.* Almost sounds orgasmic to some degree, the after glow affect.

To keep her feeling 'nice' about her lifestyle she continues to abuse herself by sabotaging herself by perhaps not completing the 'jumping of the hoops' tasks.

She felt 'threatened' when pairing up 150 & 65, because on a subconscious level, she feels out of control if she puts her needs first.

For Kathy from Diantha:

Kathy is also demanding of herself and others. This is putting her under a lot of stress. As if that weren't bad enough, she continuously sabotages herself expecting the worst at an subconscious level and this has led to self abuse in the form of unhealthy behaviors and patterns. She tends to put herself last and by making demands of herself, self sabotaging herself, self abuse and putting herself last, she feels she is in control of things. I would suggest that she choose one more shell and ask the question first before choosing: What do I need to do for me that would help improve my situation? What do I need most at this moment in time to help me "right" myself?

For Kathy from Janine:

Here's my input for Kathy:

Life is racing towards her in a demanding way. Stress and stretching herself too thin has become second nature, an all too familiar feeling that seems to make her feel loved.

Since she has lived life under stressful conditions for so long, she now expects the other shoe to drop when she does have a peaceful moment. However, once her days become too perfect, she feels the need to revert back to old behaviors – ruining the possibilities of a new life.

To compensate for the topsy-turvy lifestyle, she will most likely turn to ways to numb the pain rather than confront the demons.

Trying to put herself first is beyond her ability – her inner fears preventing her from walking in truth as her current life is completely out of her control.

I would ask her if she has considered seeking guidance and love from a trusted friend, family member or seeking out a professional counselor and if she has considered re-evaluating her current life circumstance. I would also ask if she has thought about the possibilities of jeopardizing her health if she continues down the current path she is on.

For Kathy from Tracey:

Kathy loves the pressure and stress of jump through hoops, even if they are her own internalised hoops where she demands herself to jump even higher than the hoop. Her continual hoop jumping and stress that it is causing is completely out of control. She is sabotage herself by allowing the hoop jumping to become her identity. As this action bolsters her self-esteem she has developed unhealthy behaviours associates with it. Kathy has not only been hiding her true self from others, she is also hiding it from herself. Thus her ability to focus on her own needs is non-existent.

Kathy would do well to develop a stronger sense of focusing on one's needs prior to being so eager to jump in and assist others first. It is time for Kathy to be true to Kathy and to develop a stronger sense of self. To assist with this process Kathy would do well to work with the energy of the Giant Pacific Cockle shell as it will help dissolve the hold that these demands have on her which in turn will allow her to act from her truth in a conscious manner and thus alleviate the unnecessary need for pressure and stress especially as a result of feeling like things are out of her control.

Lets return to those threats #150 and 65. You have all seen this combination before

Take a look at the last question on the Level I exam....

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

Client #6: Disliked 150 disliked 65

150: Venus Comb Murex: Healthy self-centredness, self-love; focusing on one's needs; discovering and living one truth.

65: something out of one's control; something spoiled.

This may look familiar to you now because it is exactly what we have for Kathy. I deliberately gave you this question on the Level I exam to prepare for Kathy's reading in Level II. Sometimes there is a method to my madness. So, let's see what some of your cyber classmates said for their Level I exam question, and you can refer back to your own response as well.

From Level I exam:

Michelle:

ANSWER CLIENT #6

Dislikes #150 because this client is not self-centered, and is so busy running around putting others first that this client doesn't recognize their own need for self-love and focusing on one's self. This client is actually doing more in the negative for people by wearing themselves out. Because remember, in order for you to be on your own list, you must take care of yourself first, which means that YOU should be at the top of your list before all others. And by doing so, this is where self-love, self-centeredness, putting "You" first before caring for others and discovering ones truth and path in life is real truth! So if the client is not on their own list, then the client may feel that they are "in-control" by putting everyone else's needs before their own. Nothing good can come of this type of situation for this client.

Cynthia:

6)Taking care of others benefits him because he is not taking time out to love himself and that means that he will fill his needs and desires for love by caring for others.

When he focuses on others it makes him feel he is in control because he might subconsciously believe that if you need me it shows me love and because you need me I am the one in control.

Heather:

Client # 6 is motivated to take care of everyone else's needs and is not on his own list because the client likes being in control. He equates taking care of other's needs as giving him control.

The shells and the client's higher self are asking the client: 'Do you really want to continue being ruled by your desire to feel in control so much so that you work to take care of others but not yourself?', 'Are you really in control when you are focusing on taking care of others and not yourself?

Barbara:

Client #6:

Disliked 150 disliked 65

This client likes to be in control, so if they are taking care of everyone else (and not themselves) they receive some sort of reward. And with this perspective they are not really taking care of themselves correctly.

Diantha:

Client 6 feels out of control around this issue of not caring for herself but she doesn't like that. She WANTS to be in control. She wants to be in control by taking care of everyone's needs. This gives her the feeling that she is in control of the situation.

I might ask her to look at Green Tree Snail and see how she reacts to it, to see if she is ready to make changes in her behavior. Then I might ask her to select one more shell to see if we get more information on how she might move forward.

Tracey:

Dislike of the Venus Comb indicates that this client does not have a healthy self-centredness and dislikes focusing on their own needs or discovering and living their own truth. The client dislikes the West Indian Worm Shell which means the client has a desire to impose control on others. The motivation for doing this is that client really does not know self-love or how to live their own truth. Thus there is void in the client's being that is a direct result of not having a healthy self-centredness nor discovering and living their truth, and in an attempt to fill this void, the client focuses on the needs of others, and this is done in such a way that they impose control over others so that they in effect act out the client's un-lived aspects.

I feel that both clients act from a foundation of fear, even though they are both striving for love in their own way, they are actually sabotaging themselves on levels that may not even be conscious. Either way their actions are within their framework of what they believe love is.

Notice how Tracey mentions the client is sabotaging themselves...and look at the shell in Kathy's reading:

					
9	38	90	117	150	65
<i>Demanding obedience, jump through hoops</i>	<i>Pressure, stress</i>	<i>Unconsciously expecting plans to backfire, sabotaging oneself</i>	<i>Self abuse, addictions, unhealthy behaviors</i>	<i>Healthy self centeredness, focusing on one's needs</i>	<i>Something completely out of one's control</i>
Lovers		Friends		Threats	

Tracey also speaks of a foundation of fear. “I feel that both clients act from a foundation of fear...”

As Cynthia pointed out for Kathy. *Because you don't like the Venus Comb Murex, you show love by placing your needs last which represents a fear of selfishness.*

When working with the Venus Comb Murex, we learned it was one of the spokes on the wheel of love. We also learned that if someone dislikes the Venus Comb, and they are taking care of others, there is a desire to avoid being called selfish. Whenever someone dislikes the Venus Comb, they are not on their own list...they don't focus on themselves.

Now let's look at the Venus Comb in combination with disliking the worm shell. The responses to the Level I exam reveal that your classmates associate disliking the worm shell with the need for control....

So if the client is not on their own list, then the client may feel that they are “in-control” by putting everyone else's needs before their own

When he focuses on others it makes him feel he is in control because he might subconsciously believe that if you need me it shows me love and because you need me I am the one in control.

the client likes being in control. He equates taking care of other's needs as giving him control.

This client likes to be in control so if they are taking care of everyone else (and not themselves) they receive some sort of reward.

She wants to be in control by taking care of everyone's needs. This gives her the feeling that she is in control of the situation.

The client dislikes the West Indian Worm Shell which means the client has a desire to impose control on others

When we look at Kathy, all of the students are saying the same thing....since she doesn't like the worm shell, she needs to be in control.

And with a desire to be in control, you subconsciously show love by controlling and taking care of others.

The crux of what is going on for you is that you are trying to be in control so much as you are so threatened by not being in control

Kathy seeks to have more control over herself and these addictions

because on a subconscious level, she feels out of control if she puts her needs first.

she feels she is in control of things

pressure and stress especially as a result of feeling like things are out of her control.

Let's think about this. Why do people need to be in control?

Please take a moment to journal your thoughts on this before continuing...

If you are in control, everything gets done your way, when and how you want it.

Why is that important, why can't they get done someone else's way? Again, please pause to journal your thoughts.

Because you can't trust others to meet your standards, to take care of themselves "correctly." You control others because you don't feel safe to leave things in other people's hands.

This client may put others first because this is her way to control her world. If she takes care of everyone, in her mind, her little piece of the world is safe. Her motive is out of fear they won't do a good enough job, so she takes over...all of this is subconscious.

To summarize what we have learned about this client... the client is operating from her hidden beliefs, she may not even be aware that she is taking care of others out of fear...fear coming from that inner critic that she would appear selfish, fear she would not be loved, or fear that she can't keep her world safe unless she is in control. So, Kathy could be addicted to controlling everyone which has led to jumping through hoops that she has placed on herself (remember you are more demanding on yourself than anyone else). Her constant jumping through hoops and taking care of everyone else would seem to help her achieve her goal, keeping her world safe, but with Nautilus, *pressure and stress*, that tells us something else is going on here. Chiton tells us this behavior is being taken to unhealthy levels...to the point where it's abusive. And we have one more shell to consider....



Unconsciously expecting plans to backfire, sabotaging oneself

Do you think her strategy of taking care of everyone else's needs, jumping through hoops is working for her?

Remember Tracey's comment in the Level I exam... "they are actually sabotaging themselves on levels that may not even be conscious.

With Kathy's shells, we can see that it is not good for her health, creating pressure and stress...but what if the addiction itself is backfiring...what if the people she "hovers over" (as one student termed this, *the helicopter mom*.) don't like it. What if they feel smothered, or resent her wanting to control everything? She thinks she is being loving, but they sense her control as smothering. AND she is completely unaware that her need to care for everyone, to be in charge so things get done "correctly" is out of fear.

With all that said, I do have Kathy's feedback for you. Let's see what she had to say in response to the students' insights she received. Kathy's comments are in **green**, and mine are in **red**.

Kathy's feedback:

Your readings, I think, were revealing. Some I think hit close to home and other are more of a matter of me not understanding probably; questioning them maybe. I am not sure if I got the bit about unhealthy behaviors but I will review and think on it more. So here goes. I am wordy so bare with me. I go around the world to get from A to B.

I am a control freak I admit but I am trying to modify that behavior.

Cynthia: *and a desire for control* which places pressure and stress on you.

Heather: *The crux of what is going on for you is that you are trying to be in control so much as you are so threatened by not being in control*

And Kathy tells us she is a control freak.

A heart attack can convince one to release control somewhat and I am taking art classes in watercolor which is the medium that you have 'no' control over. Teacher says I am doing better but have a ways to go on control. And I have been known to be 'somewhat' of a perfectionist. I just like things at their best, display balanced, etc.

Cynthia: Kathy, you have expressed a love of the Giant Pacific Cockle and that means you are quite demanding of yourself and may also need to satisfy the demands of others more so. With so many demands circulating around you it could place a lot of pressure and stress in your daily life. *It seems though that you love to function under these conditions whether you are aware of it or not.*)

Janine: *I would also ask if she has thought about the possibilities of jeopardizing her health if she continues down the current path she is on.*

Look at what Kathy told us, she had a heart attack because of her need for control and the pressure and stress placed on her.

Father passed away last March and I exhibited the same behavior. Had his service fine tuned to the minute, atmosphere and conditions. I sing in a choir and we perform a Easter and Christmas cantata. I always memorized the entire performance and practice on hours getting the markings of the music just right. I am usually the only one in the entire choir that memorizes the entire piece of music.

People tease me about always having a Plan A, B, C in case the first falls through and I have something to fall back on. *Well here is the Oyster, she needs not just one back-up plan, but two...A, B and C!*

Cynthia: You unconsciously expect plans to backfire and possibly sabotage yourself.

Heather: you expect your plans to backfire on you unconsciously and you sabotage yourself without realising it.

Michelle: Kathy unconsciously expects thing to backfire.

I just thought this was a case of being prepared for all events. Never being caught off guard.. I always thought that if you are going to do it do it to the best of your ability and right the first time. Sounds to me that the shells and your students were reading the truth. I don't think I like message on unhealthy behavior. I just was trying to be whoo who good!

Michelle: Her self-sabotage is a form of self-abuse and may come in a form of an addiction or other unhealthy behaviors.

Cynthia: The Squamose Chiton felt nice and it represents self-abuse, addictions and unhealthy behaviors. You are on a merry-go-round of unconscious behaviors that include being demanding/satisfying the demands of others, sabotaging yourself, fearing selfishness, and a desire for control which places pressure and stress on you. *But you don't seem to mind because you actually enjoy it.*

Heather: *This shell felt like meeting a friend on the street. This reveals that you are familiar with and engage in self-abuse in the form of unhealthy behaviours or abuse.*

She has confirmed that she is a control freak. And this tells us her reason...she needs to be prepared for all events...that is her internal wiring.

I have had responsibilities piled on me and my husband in the last year that I (we) have taken on but I felt like, I tell myself, was helping others. Someone had to chair these committees so I might as be the one. I am on the board of the largest no kill animal sanctuary in Oklahoma and I have a passion to save these animals. My father passed and my husband and I are in charge of his trusts and estates. It is mind boggling time consuming. I have a ding bat sister (means well but ding bat with a manipulative less than active husband) that I have to deal with over a variety of issues and I have been made the matriarch of our family clan and kind of oversee the reunions, etc. We (I) over see the dealings of wrapping up the estate, rents of land and homes and a ton of other stuff.

Remember what we said about being in charge, taking care of everybody....she is the matriarch of the entire clan!

My husband's job is consuming and I did make the comment just this week that I wanted a life, preferably my life back. I just thought it was a case of duty calls and you can't say no.

When you don't like the Venus Comb Murex, you are not on your own list, and you never say "no." Everybody else's needs come first.

Michelle: Kathy does not like the feeling of being self-centered and puts her own needs last. This is also a form of an unhealthy behavior.

Cynthia: Because you don't like the Venus Comb Murex, you show love by placing your needs last which represents a fear of selfishness

Heather: You describe how you couldn't get away from this shell fast enough and felt threatened by this shell. *You are very, very uncomfortable with self-love to the point where your very being feels threatened by it*

On stress and that mode of reading: close.

Michelle: *The pressure and added stress feeds and challenges her. This gives her a sense of power.*

Cynthia: *With so many demands circulating around you it could place a lot of pressure and stress in your daily life. It seems though that you love to function under these conditions whether you are aware of it or not.*

Heather: *You may put yourself under pressure and stress in order to get yourself to do as you desire.*

Let me say here that I am not the woman my husband's family wanted for a sister, daughter in law. They have taken pains to make me well aware of that all 33 years of my marriage. I have taken counseling trying to learn how to replay old tapes and how to protect myself and let go (there it is again). On top of that my father in law has been ill for three weeks and passed this week- WWII was about to erupt between the three sisters and the oldest came to stay with us for two weeks to keep the peace and get through the memorial. So not only did I have a woman who never wanted me as a sister in law, but she is now staying and my husband and I are the buffer on this little family matter. And then I have to go over to the family and make like nice. I think you all hit the nail on the head with this one.

I have tried everything for 33 years to make them just like me and accept me and interestingly enough last night I finally said I had had it... If they didn't like me I didn't want anything to do with them. I am tired of 'jumping through hoops' (How did you all come up with my exact words?) and called it quits. Stress, pressure, doubt, nerves especially this last month!

Michelle: *Kathy likes to jump through hoops*

Heather: *Do you demand that others jump through hoops for you and do what you say? Often people who select this shell are hardest on themselves.)*

Tracey: *Kathy loves the pressure and stress of jump through hoops, even if they are her own internalised hoops where she demands herself to jump even higher than the hoop.*

Kathy is asking how did everyone come up with her exact words? If you journaled insights regarding jumping through hoops, imagine how she would react when you used her exact words ☺

I am kind of blah type I think. Chatty Kathy, exhibitionist, outgoing I am not. I have come to realize just recently that I have been trying to make people like me by doing what they want.

You need a care giver, here I am, need a helper, I can do that, trying to be the person needed or the person to jump in. I can see where your students kind of hit the nail on the head with this one. I don't like hearing it but I think it is true. I think, looking back now that I have been that way forever.

You are right. Selfish is a word that leaves a bad taste in my mouth, even kind of made me shiver.

Cynthia: *Because you don't like the Venus Comb Murex, you show love by placing your needs last which represents a fear of selfishness.*

Michelle: *Kathy does not like the feeling of being self-centered and puts her own needs last.*

Heather: *Shell # 150, Venus Comb Murex is about 'Healthy self-centredness: self-love, focusing on one's needs, discovering and living one's truth'. You describe how you couldn't get away from this shell fast enough and felt threatened by this shell. You are very, very uncomfortable with self-love to the point where your very being feels threatened by it .*

There is so much need in the world and I have too little time. Maybe I can make a difference for someone has been my thought pattern. If I slow down I don't know if I will know what to do with myself. I am not sure exactly who I am or what makes me tick.

Janine: ...Trying to put herself first is beyond her ability - her inner fears preventing her from walking in truth as her current life is completely out of her control.

Tracey: ... Kathy has not only been hiding her true self from others, she is also hiding it from herself. Thus her ability to focus on her own needs is non-existent. *And Kathy confirms this not knowing who she is or what makes her tick.*

I thought I was working on the 'letting go' after the heart attack and taking classes...has been the first thing I have ever just stepped out blindly done.

I think your students and you. . .and your shells have seen me and explored me. Extremely interesting, eye opening and thought provoking. I guess I have work to do on myself and need to 'find' myself. I did make the comment the other day that once all this estate business, the memorial service is done we are going somewhere after I stomp the blackberry into the ground so no one can find us and going somewhere just to rest and unwind! Maybe I am getting with the program.

Please thank your students for me

Kathy

Here we have a client who is becoming self aware, and desires change. Let's explore some of your cyber classmates suggestions for assisting Kathy in discovering the issues that limit her.

Michelle: Kathy seeks to have more control over herself and these addictions.

Heather: Self-love is all about learning to look after yourself well and put your needs first. This may seem unreasonable or selfish but look at it this way: if you don't look after yourself, you can't truly look after others. If you are giving without looking after yourself you will eventually feel resentful and this isn't the place you want to give from, is it? How have you denied yourself love? Here you are offered a chance to reconsider whether you want to begin being more loving towards yourself?

Cynthia: This is actually a good time to be able to heal all these issues. You now have the chance to heal these patterns since they have been brought to your attention.

I would now ask Kathy to look at the Green Tree Snail to see what her reaction would be to it. That would determine if she is ready for change or if she wants to continue with her comfort zone of the way things are going. ... Perhaps, for example, you could also experience love through generosity, romance, physical intimacy, attention, or quality time.

And if we look back at what **Diantha** said on the Level I exam for Client #6:

Similar to Cynthia, Diantha also suggests the Green Tree Snail may provide insights for a client who dislikes the Venus Comb and Worm Shell.

Client 6 feels out of control around this issue of not caring for herself but she doesn't like that. She WANTS to be in control. She wants to be in control by taking care of everyone's needs. This gives her the feeling that she is in control of the situation.

I might ask her to look at Green Tree Snail and see how she reacts to it, to see if she is ready to make changes in her behavior. Then I might ask her to select one more shell to see if we get more information on how she might move forward. This is how we can grow a reading. If a client is open to change, we can dive deeper with more shells.

The Green Tree Snail is always a terrific way to test someone's comfort zone regarding their attitude around a change of behavior. If it is disliked, that is as far as the client would want to go. If liked, we can continue to grow the reading.

Here is one more cyber classmate's reading to share with you. As you will see, this student had quite a few ideas for growing Kathy's reading...I saved this for last so that I could lay a foundation for you to consider these thoughts.

For Kathy from Dar:

Shell – **this women has self punishment written all over her.** I think the only way for her to feel alive and **function is to push herself to the limits.** Although she has many, **her addiction is self abuse.** I would definitely pull more shells here or ask her how she feels about certain shells such as 7,2, 8, 15,23 and of course 32. I'd even look at the heart cockle and see about her spokes.

---If we pause here, you can see that Dar jumps in with suggestions to grow the reading before she has finished interpreting the shells ☺ Now that we've established Kathy is open to gaining awareness, here are some ideas...but I wouldn't start a reading with this...(Although I believe this is Dar telling us this is what she's be thinking for the client—should the client be open to this.) So, with that caveat, Is the client feeling abused by others?, Is she feeling trapped? How does she feel about happiness? How does she feel about loss of identity? Could she be in denial? How does her inner child play into this? These are all great ideas for growing the reading!

Dar continues with....The key here is in the shells she feels threatened by 150 and 65.

Kathy is a control freak. (And Kathy literally said she is a control freak!) She feels out of control when she is not in charge and under pressure. She can't trust anyone to do anything because she's expecting the outcome to backfire or fail if she's not at the helm; therefore, her needs come last because she has to take care of everything and everyone else first. *This is what we discussed regarding a possible reason why someone needs to be in control, so everything is done your way up to your standards. It is going to fail if you are not in charge.*

If Kathy is **threatened by a healthy self-esteem and feeling out of control,** she may demand obedience from those involved with what she has to accomplish and she **sabotages herself with this attitude** and by putting tons of pressure on herself to **jumps through hoops so that she can get it all done** because if she doesn't, she may be thought of as **selfish and believes she is not being obedient.** These beliefs **coupled with her unhealthy behavior gives her the illusion of being in control.**

To grow Kathy's reading, Dar began with the list of 7, 2, 8, 15,23 and of course 32.

Dar also suggested "I'd even look at the heart cockle and see about her spokes."

If we take another look at Cynthia's reading, we can see she is on the same page regarding the spokes on the wheel of love:

Cynthia: *I would now ask Kathy to look at the Green Tree Snail to see what her reaction would be to it. That would determine if she is ready for change or if she wants to continue with her comfort zone of the way things are going.... Perhaps, for example, you could also experience love through generosity, romance, physical intimacy, attention, or quality time.*

Unfortunately, I do not have Kathy's response to any of these suggestions, but they are all great ideas! What I do want to teach is that as we check on Kathy's reaction to each of these suggestions, they may guide us to other shells for deeper insights. Notice that shell readings can be in many layers. As the client processes each layer, they are open to probe a bit deeper. If we look back, you will see Kathy's journey to empowerment.

Kathy begins her feedback with:

Your readings, I think, were revealing. Some I think hit close to home and others are more of a matter of me not understanding probably; questioning them maybe. I am not sure if I got the bit about unhealthy behaviors but I will review and think on it more

A little later she says:

Sounds to me that the shells and your students were reading the truth. I don't think I like the message on unhealthy behavior. *So at first, with unhealthy behaviors, she doesn't get it. Now she is saying I don't like it, but the students are reading the truth.*

At another point, she says:

On stress and that mode of reading: close

And yet not far past that she writes:

I am tired of 'jumping through hoops' (How did you all come up with my exact words?)and called it quits. Stress, pressure, doubt, nerves especially this last month! *So, first she says they are close when speaking about stress, and then she tells us she is under a mountain of stress. Not close...right on target!*

Eventually she comes to see:

I think your students and you. . .and your shells have seen me and explored me. Extremely interesting, eye opening and thought provoking. I guess I have work to do on myself and need to 'find' myself. Maybe I am getting with the program.

Now she's aware of what's controlling her behind the scenes, and that information can transform her future!

I think we will end here. You have a lot to digest with Kathy's reading. You can look back at other aspects of what she told us, and you will see how her self-awareness grows and grows. Remember that these readings are a partnership with your Higher Self, the client's Higher Self and the shells' Higher selves. So take your time, and review all the information on Kathy. There will not be a homework exercise because I think just understanding this reading will lay a strong foundation for what's ahead in the course.

In the next lesson, we will learn how clients can offer involuntary assistance with their readings.