



INDEPENDENT STUDY: LEVEL II TRAINING- Class 8

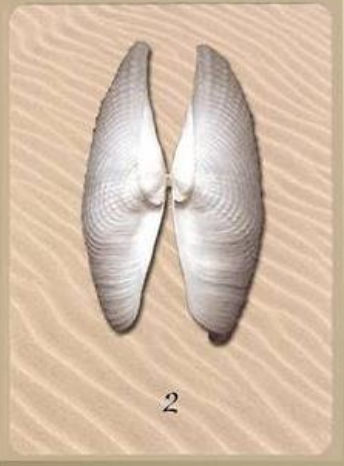


Class 8 turned out to be the longest class in this course, necessitating dividing the mp4 video into 3 parts. Part 1 is 54:37 minutes, Part 2 is 40:47 minutes, and Part 3 is 30:05 minutes long.

We have arrived at the final lesson of Level II training, and it is time to tie up all the loose ends by reviewing your responses to your final exam. This exam involved 2 readings for the same client...Karen. Let's look at these separately.

In Karen's first reading, she asked the question:

Due to recent dramatic life changes, is it advisable to remain in my current home or should I sell it and purchase a new home?

Since we are not trying to predict the future, I suggested to her that we rephrase her question to ask if there is anything blocking her from selling her home. With that in mind, here are the shells that drew her attention, along with her reactions:

 <p>2</p>	 <p>5</p>	 <p>163</p>
<p>#2 (I immediately thought of beautiful Angel's wings)</p> <p><i>"Feeling trapped, not seeing all the options"</i></p>	<p>#5 (This shell looked like the magnificent Pegasus in flight)</p> <p><i>"What used to come easily now requires hard work"</i></p>	<p>#163 (This one startled me because I instantly saw it as tarantula legs - frightening)</p> <p><i>"Communication, the importance of sharing thoughts and feelings"</i></p>

I asked you to please send me your interpretation of her reading using these shells along with her reactions to them to determine if there is anything blocking her. Also tell me:

1. Is there any other question you might want to ask her regarding the shells she chose? Remember your energy work.

or

2. Is there any other shell you would like her reaction to based upon her question?

Let's begin with interpreting Karen's shells to explore if there is anything blocking her. I've gathered insights from a representative sampling of your cyber classmates using her three shell selections and her reactions to each. You can compare and contrast these interpretations to see what you have in common, and what unique insights you have to offer as well. My comments are *(in parenthesis in blue italics.)*

Tracey for Karen/Part 1:

At current Karen seems a little unclear on her options and this has left her with a feeling of being trapped, even though she has created these feelings. Things are no longer moving as freely as they may have once done for her. It is like Karen has bored herself into a snug little hole (her existing home) and is now finding it hard to move away and purchase a new home. Even though on the surface Karen gives the impression that this is what she may want to do. *(I love that reference of boring a hole, which describes the behavior of the mollusk drilling a hole and then it is stuck there the rest of its life.)*

Her dislike of the Pencil Urchin speaks volumes. Not only in the physical realm but also in the energetic body of her being. Physically, disliking this shell is indicative of someone who finds articulating themselves and communicating a challenge. I feel that Karen would tend to shy away from situations that would require her to provide any sort of in depth discussion around her thoughts and feelings on any given subject. But as the Pencil Urchin is also connected with the throat chakra, which rules communication, this doubly confirms that Karen is finding it hard to speak and struggles with a blocked throat chakra.

Janine for Karen/ Part 1:

Karen feels reluctant to express her deepest feelings regarding her life (feeling trapped and unsure). *Her comment regarding the Pegasus in flight seems to reveal the desire of flying away.* Is her heart also feeling that she is somehow jeopardizing herself in a harmful way by staying where she is? Her reaction to the Pencil Urchin points to fear and dislike of communicating and that it now requires hard work. Her Throat chakra is in jeopardy and her communication issues need immediate attention. As soon as she faces what lies beneath the communication issues, she will be able to release the blockages.

Chanchal for Karen/ Part 1:

Karen you are feeling trapped in your home. You are feeling distressed about your home situation. Sometimes you probably cannot breathe well, you may be suffering from a Lung Ailment like either Bronchitis or Asthma which may be getting worse. You are feeling quite Anxious and Panicky about this Situation. You are contemplating about selling your home and moving into a New/Clean one, obviously.

You had it pretty easy in the beginning as things came easily for you. Now you have to work a lot harder to achieve the same results may be because of your ailment. *The Greek Mythological horse also has wings and represents wisdom. You are feeling like taking a flight from this situation and this home you are in to a better situation/life.* So you should use wisdom in this situation for a smarter and a better outcome.

Since the Pencil Urchin is frightening you, this Shell represents Communication Skills. Disliking this Shells represents your lack of the Communications Skills or you are Poor at Communicating with others.

(Let's look at this: Sometimes you probably cannot breathe well, you may be suffering from a Lung Ailment like either Bronchitis or Asthma which may be getting worse. You are feeling quite Anxious and Panicky about this Situation. Chanchal is incorporating energy work. I am grateful to Chanchal, because this allows me the opportunity to teach all of you how I would address this. Rather than declare this to be true for the client, I would ask if she has difficulty breathing. Since the energy work reveals hidden emotions, if the client is aware she is feeling trapped, then she may not have physical symptoms challenging her. If she is repressing that knowledge that she feels trapped, then the physical is an alternate route to get her attention. So, I would ask her if she suffers from breathing difficulties or if she has panic attacks. If she relates to this, then explain how they could be connected to unaddressed emotions of feeling trapped like you can't breathe.)

Shakti for Karen/ Part 1

Karen chose #2 and thought of beautiful angel wings showing a like for this shell meaning her options are unclear and she feels trapped in attempting to make this decision of selling her home to move on or to stay where she is. Liking #5 shows that she is having a very hard time with this determination. *really wants to let go and move on*, but so far feels blocked and immobilized by her inability to express herself. #163 is disliked and her communication is lacking and no feelings are being shown or thoughts expressed between those involved in this process, *almost like Karen's' throat is caught in a spider's web trapping/restricting/immobilizing her ability to express herself! (I love this visual of her throat caught in a spider's web...Karen said the Urchin reminded her of a tarantula.)*

Diantha for Karen/ Part 1

It seems as if Karen is having trouble communicating with someone (maybe even herself) regarding her dilemma around selling or not selling her home. She is feeling trapped in her current situation and is finding things are becoming harder to do and at the same time she is finding it difficult to communicate to others and maybe even to herself what she is truly feeling. *She described that shell as "frightening" so maybe that is how she feels when she shares her feelings and thoughts with others.*

Barbara for Karen/ Part 1

Karen feels her options are unclear and feels trapped because what she used to find easy to do now requires work in reference to the house. Pallid Carrier collects debris and expands their space so they don't sink. This indecision is hampering (as the Carrier) her moving forward, even if it is to stay in her current house, as she tries not to sink. Also, she describes the Carrier as a magnificent Pegasus in flight, which tells me she wants to 'fly' away or towards her 'residence'. With the Pencil Urchin, (startled, tarantula legs, frightening) Well tarantulas do have venom which stun and kill their prey. She subconsciously feels that she cannot voice or share her feelings about this correctly, even to herself. Perhaps, because she is so 'stunned'.

Melanie for Karen, Part 1

Personally I do not think Karen is ready for a move. #2 feeling trapped/ possible panic or breathing problems, #5 what use to come hard is not easy is hard work. This could also explain her trapped and panic feeling. #163 she is not communicating her feelings, and it's all pent up, which also explains trapped, panic, a lot of personal baggage.

Dar for Karen, Part 1

Shell – it sounds to me like she wants to run/flee instead of dealing with the circumstance(s). The thought of talking about her feelings frightens her so yes and no about the blocks. She is feeling suffocated and trapped so She may block herself because she thinks she has no clear options and feeling trapped appeals to her so it appears she's in the way of selling the home but on the other hand she describes what now is hard work as something magnificent and the fact she talks about flight and has a shell about feeling trapped, I think she wants to run away.

Gail for Karen/ Part 1:

Karen sees the Pallid Carrier shell as a magnificent Pegasus in flight which shows that the client recognizes that she needs to apply hard work in order to assist in her issues of any options she has in concerns to her selling the house to become more clear. Karen sees thoughts of angel wings, which relates to Karen seeing the wings among the clouds as the wings are in flight. With Karen, seeing the wings in the clouds is a reference that Karen has for her options becoming unclear due to the cloudiness. Seeing the angel wings gives Karen the option of flying away as she will not feel so trapped. Maybe this is telling Karen to let go of the current house and start fresh with a new home by a purchase of this house.

Disliking the Pencil Urchin is an indication that Karen has made a realization of new awareness as she knows that the Pencil Urchin is an expression of communication by using a writing instrument as she shares her thoughts and feelings. Karen is in a struggle as she has great difficulty expressing her feelings and thoughts as her options are unclear. Expression of her thoughts and feelings is requiring hard work as Karen is not an individual who finds sharing her thoughts and feelings very comfortable.

Trude for Karen/ Part 1:

Karen's reading reveals a capsule of her desire for freedom as well as that within her which counters this. Karen faces a block that needs to clear. First evidence of this comes through her first shell (Pacific Angel Wing/#2), feeling trapped (or blocked from freedom) without clear options. This initial signal immediately alerts us to her concern: Her question frames her desire to decide whether to remain in her home. Her second shell (Pallid Carrier/#5) informs us she is experiencing things that used to be easy becoming harder to deal with. From her third shell, (Pencil Urchin, #163), we understand that the underlying issue of communication figures prominently. Karen has now found it increasingly more difficult to share her thoughts and feelings (Pallid Carrier combining with Pencil Urchin), and this communication deficit only magnifies her sense of entrapment and lack of freedom. All this seems symbiotic through the horse-shaped Pallid Carrier Shell, who acts to ferry her between feeling entrapped as well as feeling fear around communication.

I note a natural parallel in this spread with the issue she raised of a possible change of residence, inasmuch as the Pacific Angel Wing bores through rock to create its home, one that due to structure is a tight fit in which movement is restricted. *When I analyze Karen's reaction to this shell, she immediately thinks of "beautiful Angel's wings" ~ She finds this state attractive.* A climate of restriction has been building in communication areas, a development we note with interaction of Pallid Carrier and Pencil Urchin. Karen has actually walled herself in, settling into a tight space. *(I love this imagery! Again, based on the behavior of the mollusk.)*

When it comes to our Friend, Pallid Carrier, *Karen associates this with "magnificent Pegasus in flight," really expressing an inclination ("magnificent") toward fleeing* (out of a trapped situation). Taking flight certainly links in to wing energy, portrayed by her image of the Angel triggered by the Pacific Angel Wing. Pegasus is her fantasy, her winged savior, who could take her on an ascent to heaven ~ *in Karen's imagination, a better space for her.*

Karen's mood dramatically shifts as she considers Pencil Urchin. *She says it "startles" her and she expresses some discomfort as she encounters it. When she uses the word "frightening," we realize communication brings up fear for her. She likens her experience of it to a tarantula, with legs accented...a severe "creep factor" that could get her!* So along with communication comes a feeling of threat for Karen. My impression is of someone who is prey ~ Someone unable/not free to express true self, *perhaps for fear of being targeted/hurt in some fashion. Curtailment!*

Cynthia for Karen Part 1:

Karen, your Higher Self will reveal messages through the shells you have selected. This conversation with the shells will aid you in discovering why and what is currently taking place in your life on a subconscious level. You have picked the Angel Wing (Pacific) which means you are feeling trapped or options seem unclear. Are you having any breathing problems such as asthma, bronchitis or panic attacks? This will relate to what is blocking you. You might feel your back is against the wall. What this really means is that you have another option that may have been overlooked. There is another source to find a solution to your issue. You also selected the Pallid Carrier indicating that you find what used to come easily now requires hard work. Picking the Pencil Urchin says you are fearful about communication and sharing your thoughts and feelings.

Michelle for Karen Part 1:

Karen is feeling trapped in her situation to the point that she may be suffering from panic attacks. She seems to be having a hard time with indecisiveness, having a hard time communicating with herself and what Karen truly desires. The shells are suggesting that making decisions, even quick decisions use to come easy but now require a bit more hard work or more in depth thought before an action. Karen is not one who likes to share her thoughts and feelings with others. She appears to be more of an introvert that way. The fact that Karen blurted out her question about buying another house or staying in her current one before her shells reading even started, seems to show a state of panic in itself and within herself. Karen needs to slow her row.

Now that we have these interpretations, I also asked

1. Is there any other question you might want to ask her regarding the shells she chose? Remember your energy work.

Cynthia: Are you having any breathing problems such as asthma, bronchitis or panic attacks? This will relate to what is blocking you. You might feel your back is against the wall. What this really means is that you have another option that may have been overlooked. There is another source to find a solution to your issue.

Michelle: *What also may be blocking her?*

Perhaps Karen is a bit out of balance and is experiencing some sort of blockage causing her physical illness to her body, like the feeling of being trapped within herself, causing shortness of breath at times triggering possible panic or anxiety.

Janine: asked: Karen, do you have any difficulties with breathing?

Chanchal: Sometimes you probably cannot breathe well, you may be suffering from a Lung Ailment like either Bronchitis or Asthma which may be getting worse. You are feeling quite Anxious and Panicky about this Situation.

Sandy: I should ask her if she is having any bronchial issues or issues with breathing. The angel wing affects the lungs and if she is not dealing with the emotional, then it will come out physically.

Trude: One question I might want to ask regarding these three selections is if she were ever short of breath. I would ask this because the Pacific Angel Wing's shape links to the lungs and the power of breath in the system. If she has experienced breathing problems, this would reflect her trapped feeling, her sense of being "holed in" within her situation. I would then deduce anxiety around her feelings.

This is just a sampling from all the students who wondered if she had any breathing problems...

When this reading took place, I wondered the exact same thing and wrote to ask if she had problems breathing...asthma, bronchitis, panic attacks?

Karen responded:

Thankfully, I do not suffer from any of those issues. I have certainly had moments of stress in my life and naturally would become anxious as a result.

I realized my question was too general. So, I asked her.... Do you have any problems catching your breath, anxiety, when you consider the sale of your house? I wanted to make it specific.

When it comes to selling my current home I am of two minds:

1) NO!!!! I love it!!!

2) Ooooohhh! Another project!! And a chance to start over and make this home truly mine from the beginning.

So, no real anxiety of an actual move. (Class, What about response #1? She says no real anxiety but look at the first response. NO!!!! all capital letters with four exclamation marks. That sounds like panic.)

Then Karen continues....

I think perhaps the anxiety is coming from the time of my selecting the Shells. The final moving out of my husband's furniture was days away and, I realized after the move, how very anxious I was of this day (because he would have his brothers with him and who knows how that would play out...). All was just lovely and fine, I am surprised and delighted to report.

(Notice that she said no real anxiety, and then her first sentence is "I think perhaps the anxiety is coming from" ...)

This leads us to the next possibility in your reading for Karen....

2. Is there any other shell you would like her reaction to based upon her question?

Cynthia: At this point I would ask Karen to look at the **Tropidophora Land Snail** to see if she likes progress through struggle. If she is attracted to this shell she would not value anything that came too easily.

Michelle and Shakti both with Abalone shell:

Michelle: I would ask Karen to take a look at the **Abalone Shell**. If she likes this shell, it will tell her that Karen needs to heal emotionally to avoid physical problems, and this would make sense because of the way she may be feeling. If she doesn't like this shell, she will continue suppressing her emotions deep with will make her ill at some point. This all points to communication with herself, looking within and understanding that this recent life change is taking some sort of toll on her both emotionally and physically.

Shakti: Suggest Shells to look **at # 67 (Abalone)-** working with the throat chakra to release emotions in communication and not repressing them letting them go free like the Pegasus in flight. TRUE if LIKED! If disliked-at this time Karen is unable to release stored emotions-set herself free. I would ask if she is having any throat problems-such as a sore thought or difficulty with swallowing?

(I just realized that Shakti wrote sore thought....instead of sore throat...but it seems quite appropriate for Karen ☺)

Michelle: Other Shell would ask? These two shells were really pushing for my attention so I included them both.

129 Rose Coral – Listening to one's head; analyzing everything before taking action

Karen's positive reaction to this shell would help her understand that she needs to listen within. Analyze everything that is in question before she makes a decision of if she should stay in her current home or sell and buy another. Is this going to solve everything if she does sell? I believe if she doesn't communicate with herself

and clearly understand her thoughts and feelings then nothing will get resolved and she will remain feeling trapped.

If Karen has a negative reaction to this shell, then it won't matter if she stays or goes because her options will remain unclear and not writing down or sharing her thoughts and feelings outside of her head will be left in confusion.

54 Green Tree Snail – Willingness to change one's comfort zone? Is Karen ready and willing to sell and buy? Now if Karen likes the Green Tree Snail, she is willing to change her comfort zone and her question about selling and buying has already been answered.

If she doesn't like the green tree snail, then Karen is not willing to move and should not be trying to force this idea on herself, which comes back in full circle about creating a feeling of being trapped and doing emotion harm to oneself.

Barbara: I would ask her how she feels about **Green Tree Snail (54)** and definitely the **Arthritic Spider Conch (75)**-changing residence) and the **Candy-Stripe Tree Snail (56)**-Home, property, material possessions). To see if she is willing to change her comfort zone about changing her residence and what her belief system is in regards to what a home is to her.

Trude: As to any shells in conjunction with these three shells in relation to the issue of change of residence (based upon her question), I would ask her to look at **Green Tree Snail/#54** to assess her willingness to shift comfort zone, or make a change in residence as one of her options. In addition, I would be curious to see how she feels about **Arthritic Spider Conch/#75**, which relates to CHANGE of residence. (A distant third might be her reaction to the shell of home and property, **Candy-Stripe Tree Snail/#56**, should we need desire more evidence.) A combination of reactions to these shells might be quite revealing!

(Notice that Barbara and Trude picked exactly the same three shells.)

Mel: The shells that would come to mind would be **#23 janithina** to see if she is in denial about something, **#150 venus comb shell** to see if she is burned out, **#65 the worm shell** to see if she was feeling out of control, and last **#54 green tree** to see if she was willing to change...because clearly something is not working for her.

Dar: I would ask her about the **grass is greener shell...(#28 Long Ribbed Limpet)**

Other Shells to Consider are two fold for me. In one set, I would look at her connection to the house so I would get her feelings about shell number **56 and number 75. (Candy-Stripe Tree Snail and Arthritic Spider Conch)** Then I would slide over to the emotions by gently leaving the house issue on shell number **181 (Bleeding Tooth)** because this sudden change of circumstances that she mentioned might have left her unprepared. If that is the case she may be ready to talk about why 163 was so frightening to her.

*(***Class, lets pause a minute to notice what Dar is doing here.... instead of asking why 163 frightens her, Dar is easing her way to that conversation by working on the moving shell and feeling unprepared...and allowing Karen to process this first. Then she continues....)*

Now that is my real focus because as you know I'm a healer so I'm going for it – who cares about selling the house, I want to know why she is afraid of sharing her thoughts and feelings so I would ask about **shell 70 – (Buccinum Whelk)** does she have something to confess or perhaps **shell 87 (Egg Cowrie)** if I feel she is wearing a mask. Another avenue to explore is **shell 61 (Atlantic Trumpet Triton)**– is she numb to her emotions and **190 (Thatcheria)**– does she feel nothing comes easy. If I have a lot of time, I may **throw in 7**

(West Indian Chiton) to see if there is anyone in her life abusing her and perhaps that is the cause of the sudden change in circumstance.

Tracey: This first one would be the **Green Tree Snail**. Karen's reaction to this shell would enable me to gain information on whether she wants to change her home or not. If Karen liked the Green Tree Snail then I would present the **Candy Stripe Tree Snail**. Karen's reaction to this shell would confirm whether a change in property is what Karen's higher self is wanting for her as this stage in life.

If Karen disliked the Green Tree Snail then I would conclude that her timing for a change in home is not appropriate at this point of her life.

The other shell that I would present to Karen would be a shell that will assist with her dislike of the Pencil Urchin. I would present her with the **Heart Cockle Shell**. Should Karen like this shell then I would discuss how she would be able to work with the heart cockle shell and pencil urchin to assist in removing any energetic blockages that may reside in her throat chakra. By working with the heart cockle Karen would learn to speak and communicate from her heart, which will allow her truth to flow with ease when she communicates. By opening her throat chakra Karen will find that she able to articulate herself with ease and may even find herself expressing her deepest desires about her present home, moving and what she ultimately wants to do

Janine: Karen, what is your reaction to the **Arthritic Spider Conch**? The reason I chose this shell is because I wanted to clarify how her higher self really feels about a change in residence or someone moving in/out. If she said she hated it, it would indicate that she didn't want to change residence or have anyone moving in/out. However, if she said she liked it or loved it, it would indicate that she wanted to change residence and/or liked the fact that someone would be moving in/out.

Or how do you feel about the **Sunburst Carrier**? The reason I chose this shell is because I wanted to clarify how her higher self really feels about being alone. If she hated it, it would indicate that she did not want to be alone. However, if she loved it, it would indicate that she wanted to be alone. From here, the client would have to draw her own conclusion since as a reader I don't know about her living situation (****That's great, you present information to the client, then allow her to take it from there.*)

What is your reaction to the **Green Tree Snail** The reason I chose this shell is because I wanted to clarify how her higher self really feels about changing her comfort zone. If she hated it, it would indicate she was not ready to change her current comfort zone or stay where she is. However, if she liked/loved it, it would indicate she is ready to change her comfort zone and would be more open to a move.

Fatima: I ask her she look for **Green Snail** what she feel .

Chanchal: At this, point I would ask if any of the other shells call out for you. (****Class, notice how Chanchal begins to grow this reading by asking Karen if she finds any other shells getting her attention.*) If she does not come up with an Answer then I would ask how does the **Arthritic Spider Conch** look like to her and also the **Green Tree Snail** and her reactions to these Shells.

Arthritic Spider Conch #75 - Meaning: Changing Residence Or Major Change Within A Residence; Someone Moving In Or Out.

Since Karen came to ask what is blocking the sale of her house, that means she is already contemplating selling her home.

Liking the Shell: Means she has made up her mind to sell her home and she will be selling her home and she will be moving out. The other alternative is there will be a major change in her residence like dividing her home internally by alterations. The other alternative is the Male Relative or the Friend is moving out and that she will be having the home to herself completely. (*So there are options here.*)

Here the Shell is suggesting Other Alternatives to Selling her Home. Since the Shell's job is to look out for

what is for her Highest Good. Her Highest good may involve other Alternatives as well and to let her know She will be alright with the other choices whether Karen is aware of them or not. Then she can decide what befits her situation.

Dislikes: Karen will not be selling the home or making any major changes with in her home. The male friend or the Relative will not be moving out.

Green Tree Shell #54 - Meaning: Willingness to change one's Comfort Zone.

Since Karen would like to Sell her home and she is not comfortable about communicating with others, I am suggesting to see, by showing the Green Tree Snail, if she Likes it or Dislikes the Shell, Karen will be letting me know, if she likes to stay in her present situation, where she is at or if she is willing to come out of her comfort zone to communicate better.

Likes: Karen is comfortable about selling her home. She is also comfortable about communicating about her feelings; that is she willing to let her partner {Husband/boyfriend/relative} know how she feels Trapped, the feelings of Anxiety/Panic.

Dislikes: Karen is not comfortable about selling the home or Willing to come out of her Comfort Zone to Communicate better to her Male Partner/Friend about her feeling.

Gail:

All of these shells have regard to residence or changes to residence

54 Green Tree Snail - change

75 Arthritic Spider Conch – changing residence, major change in residence or moving in/out

56 Candy Stripe Snail – home, property, and material possessions

Since Karen has dramatic life changes but is not sharing what these issues are the following shells may be helpful:

26 Giant Lima Clam – privacy about personal matters (not sharing issues)

28 Long Ribbed Limpet – look for answers outside of oneself (this is what Karen should be doing)

10 Crown Conch – regards to lawyers, court (due to Karen being reluctant to discuss)

15 Cone with barnacles – loss of identity (with the dramatic issues)

21 Reticulated Cowrie Helmet – to have confidence, nerve, courage (Karen needs to recognize she can forge forward by asserting herself although she has experienced some setbacks)

Karen could use the help of shells:

1 Angel Wing – determination (Karen needs to find the strength to overcome her dramatic life changes)

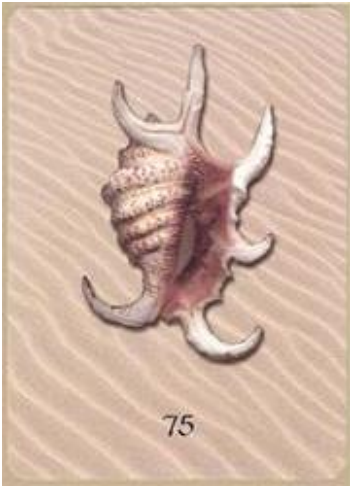
40 Miller Nutmeg – live now and detach from the past and future expectations (Karen needs to put everything behind and move forward to healthier issues)

193 Long Spined Star – confront destiny (Karen needs to work on getting over her dramatic life issues)

I love the reasons all of these students gave for selecting these other shells; they are all wonderful ideas! They all gave reasons for their suggestions, and each made sense, had merit, and would definitely empower Karen. I can see the shells are really partnering with these students as they think about Karen's reading 😊

As with Gail's top suggestions, you may have noticed a trend here with many students wondering about Karen's reaction to the Green Tree Snail and Arthritic Spider Conch.

If the question involves moving, there is a shell that speaks to the issue of moving, change of residence...as noted, that would be #75 the Arthritic Spider Conch



Arthritic Spider Conch, #75, (*Lambis chiragra*) *Changing residences, major change within a residence; someone moving in or out*

Here is a sample of student requests regarding this shell:

Gail: 75 Arthritic Spider Conch – changing residence, major change in residence or moving in/out

Barbara: I would ask her...definitely the Arthritic Spider Conch (75-changing residence)

Janine: Karen, what is your reaction to the Arthritic Spider Conch? The reason I chose this shell is because I wanted to clarify how her higher self really feels about a change in residence or someone moving in/out.

If she said she hated it, it would indicate that she didn't want to change residence or have anyone moving in/out. However, if she said she liked it or loved it, it would indicate that she wanted to change residence and/or liked the fact that someone would be moving in/out.

Chanchal: I would ask how does the Arthritic Spider Conch look like to her

Dar: I would look at her connection to the house so I would get her feelings about shell number **56 and number 75**.

April: If she likes the Arthritic Spider Conch it would signal that she recognizes the need to change dwellings,... If she dislikes the Spider Conch she isn't looking to move, or is unwilling to accept it to be something that should occur.

Trude: I would be curious to see how she feels about Arthritic Spider Conch/#75, which relates to CHANGE of residence.

So if we combine all of these insights about blockages with this shell for moving, we really have the bases covered!

Let's see if I can shed some light on Karen's reaction to a couple of these shells. At the time of her reading, I wanted to get her reaction to the Arthritic Spider Conch, and I have that for you.

I asked Karen to look at shell #75 (Arthritic Spider Conch), and this was her reaction:

I took a look at Shell #75 and at first glance it looked like a claw and was a bit scary - but an instant later that image was replaced by that of a sea turtle swimming along in the ocean -protected by half a Shell and the other half exposed to the world. The turtle representation I felt warm and comfortable with. Well there you have it! I await your analysis!

Please pause here a moment to journal your thoughts on what this reveals for Karen. What would this reaction to #75 tell you about her question if she should move?

Response to shell #75

Her reaction started off with fear, “it looked like a claw and was a bit scary” and quickly changed to feeling “warm and comfortable.” “The turtle representation I felt warm and comfortable with.” I was amazed at such a quick transformation, from a scary claw to a sea turtle, but it tells us what we need to know about her question if she should move.

Look back to her response to my question if she ever has any problems breathing when she thinks about moving from her home...

1) **NO!!!! I love it!!!** (feeling “scared”)

2) **Oooooohhh! Another project!! And a chance to start over and make this home truly mine from the beginning.** (feeling “warm and comfortable”)

You can see how her conflicted feelings about moving perfectly mirror her reaction to shell #75.

Her fear was quickly overcome, and I would say that means she is ready. Since her shells show she feels trapped where she is now, that seems like good news.

In addition to the popular choice of Arthritic Spider Conch, the Green Tree Snail also showed up on many cyber classmates’ suggestions to gain more information for Karen.



Green Tree Snail, #54, (Papuina pulcherrima) Willingness to change one’s comfort zone

Here is a sample of the requests for Karen’s reaction to this shell.

Michelle: 54 Green Tree Snail – Willingness to change one’s comfort zone? Is Karen ready and willing to sell and buy?

Now if Karen likes the Green Tree Snail, she is willing to change her comfort zone and her question about selling and buying has already been answered.

If she doesn’t like the green tree snail, then Karen is not willing to move and should not be trying to force this idea on herself, which comes back in full circle

about creating a feeling of being trapped and doing emotion harm to oneself.

Mel: #54 green tree to see if she was willing to change...because clearly something is not working for her.

Chanchal: how does the Arthritic Spider Conch look like to her and also the Green Tree Snail and her reactions to these Shells.

Trude: in relation to the issue of change of residence (based upon her question), I would ask her to look at **Green Tree Snail/#54** to assess her willingness to shift comfort zone, or make a change in residence as one of her options.

Tracey: This first one would be the **Green Tree Snail**.

Janine: What is your reaction to the **Green Tree Snail**

Fatima: I ask her she look for **Green Snail** what she feel .

Barbara: I would ask her how she feels about **Green Tree Snail (54)**

I can give you feedback on this as well.

When I asked Karen for her response to shell #54 Green Tree Snail, she said:

Shell 54 makes me think of a big nose...

What would that reveal? Please pause to journal your thoughts.

She told us that the green Tree Snail looks like a nose. Remember when we asked about difficulty breathing.....or anxiety, and she said **“Thankfully, I do not suffer from any of those issues.”** But she said that the shell about change of comfort zone **“makes me think of a big nose”** It looks like a nose to her. Here is the connection to impacting breathing and anxiety when considering changing her comfort zone.

Here is the rest of Karen’s feedback:

To move or not to move?

They were right on about: feeling trapped and not having clear options

Cynthia: You have picked the Angel Wing (Pacific) which means you are feeling trapped or options seem unclear... Are you having any breathing problems such as asthma, bronchitis or panic attacks? This will relate to what is blocking you. You might feel your back is against the wall. What this really means is that you have another option that may have been overlooked. There is another source to find a solution to your issue.

Michelle: Karen is feeling trapped in her situation to the point that she may be suffering from panic attacks.

Shakti :Karen chose #2 and thought of beautiful angel wings showing a like for this shell meaning her options are unclear and she feels trapped in attempting to make this decision of selling her home to move on or to stay where she is

Diantha: She is feeling trapped in her current situation

Barbara: Karen feels her options are unclear and feels trapped because what she used to find easy to do now requires work in reference to the house.

Dar:She is feeling suffocated and trapped so She may block herself because she thinks she has no clear options and feeling trapped appeals to her so it appears she’s in the way of selling the home

Mel: #2 feeling trapped/ possible panic or breathing problems, #5 what use to come hard is not easy is hard work. This could also explain her trapped and panic feeling. #163 she is not communicating her feelings, and its all pent up, which also explains trapped, panic, a lot of personal baggage

Tracey: At current Karen seems a little unclear on her options and this has left her with a feeling of being trapped ... only magnifies her sense of entrapment and lack of freedom...

Gail: Karen has for her options becoming unclear due to the cloudiness. Seeing the angel wings gives Karen the option of flying away as she will not feel so trapped.

as well as about things not coming as easily as they used to.

Cynthia: You also selected the Pallid Carrier indicating that you find what used to come easily now requires hard work.

Michelle: The shells are suggesting that making decisions, even quick decisions use to come easy but now require a bit more hard work or more in depth thought before an action.

Tracey: Things are no longer moving as freely as they may have once done for her.

Chanchal: You had it pretty easy in the beginning as things came easily for you. Now you have to work a lot harder to achieve the same results

Shakti Liking #5 shows that she is having a very hard time with this determination. *really wants to let go and move on*

Diantha... and is finding things are becoming harder to do

Barbara This indecision is hampering ... her moving forward, even if it is to stay in her current house, as she tries not to sink.

Mel: #5 what use to come ...easy is hard work.

Dar: she describes what now is hard work as something magnificent

They went off course a bit with my feeling frightened about a confrontation and communication (though I can certainly see why they would have thought that).

Cynthia: Picking the Pencil Urchin says you are fearful about communication and sharing your thoughts and feelings.

Michelle: Karen is not one who likes to share her thoughts and feelings with others. She appears to be more of an introvert that way.

Gail: Expression of her thoughts and feelings is requiring hard work as Karen is not an individual who finds sharing her thoughts and feelings very comfortable.

Chanchal: Since the Pencil Urchin is frightening you, this Shell represents Communication Skills. Disliking this Shells represents your lack of the Communications Skills or you are Poor at Communicating with others.

Fatima: Her fear and block what she need do .she need open for communication

Tracey: Her dislike of the Pencil Urchin speaks volumes. Not only in the physical realm but also in the energetic body of her being. Physically, disliking this shell is indicative of someone who finds articulating themselves and communicating a challenge. I feel that Karen would tend to shy away from situations that would require her to provide any sort of in depth discussion around her thoughts and feelings on any given subject. But as the Pencil Urchin is also connected with the throat chakra, which rules communication, this doubly confirms that Karen is finding it hard to speak and struggles with a blocked throat chakra.

Janine: Her reaction to the Pencil Urchin points to fear and dislike of communicating and that it now requires hard work. Her Throat chakra is in jeopardy and her communication issues need immediate attention.

She said **“They went off course”** with her feeling frightened to communicate. Everyone interpreted the resemblance of the urchin to a tarantula, (and she literally said “frightening”) as suggesting that communicating her thoughts and feelings would be a fearful proposition for her. This reminds me of your first client, Dot, who

couldn't understand why everyone thought she was depressed. Karen doesn't know why everyone thinks she is afraid of communicating. But then she elaborates on her situation....

The situation is this: I recently filed for divorce from my husband and told him I would buy him out of his portion of the house. I am waiting for an important piece of information to become available before I will decide how much I will buy him out for (waiting, feeling trapped meanwhile) and can renegotiate the mortgage. This piece of information is taking it's sweet time to become available (things not coming as easily as they used to) and it is extremely frustrating - as I like to move swiftly and effectively; it is not in my nature to dilly-dally.

Though I have, upon reflection, enjoyed some downtime for a change... The communication issue is not one of fear per se, rather it is one of waiting for all of the facts to become crystal clear before I sign or act upon anything - and to that end I have made my conditions and thoughts abundantly clear to all involved. As a professional writer and communicator, I also keep a personal journal and can't live with out it as it helps me see and understand my thoughts more clearly.

I know it is inevitable and a positive thing on many levels, but I just love the work I have done on my current home and it's finally at the stage where I can sit down and enjoy the fruits of my labour...ah well...Now, I can look forward to another house rehab project to sink my teeth into!

This explains the mixed reaction to shell #75!

“I just love the work I have done on my current home and it's finally at the stage where I can sit down and enjoy the fruits of my labour” (This is reluctance to move, the claw)

“I can look forward to another house rehab project to sink my teeth into!” (This is the warm and comfortable turtle)

Now let's take a look at the second half of your final exam with Karen's Higher Self Reading:

Karen's shells Part 2 Higher Self reading with no question in mind:



I think it is pretty and it reminds me of the Hermit (with wings) in the Tarot



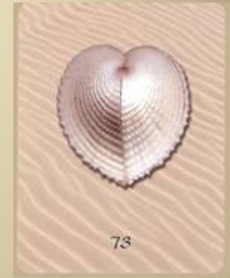
I loved the star shape as well as the colours inside



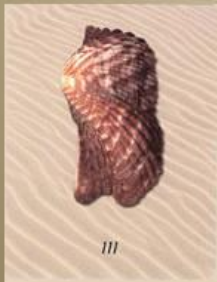
This is a grounding Shell with a classic feel that looks like it is potentially ready to transform into something else



I have always been drawn to sea horses – they are so powerful and graceful to me



This is another very pretty Shell that looks like an iridescent heart



I am very drawn to this Shell and I'm not sure why other than I love its warm, rich, earthy colour and rough rippled texture.



This Shell is interesting and fascinates me, and yet it disturbs me on some level as well. Perhaps because I don't understand it?



I love the rich deep orange and the 'shag carpet' looking texture on this Shell. I just want to run my hands over it. (though this darling may not be as fluffy as it looks!!)



This Shell looks like either a Warrior Scorpion (with a Shield in his right 'hand') or the Water Bearer Scorpion (with a vessel in his right 'claw'). Either way I like it as it is both powerful and life giving.

1 - I think it is pretty and it reminds me of the Hermit (with wings) in the Tarot

Angel Wing, determination

28 - I loved the star shape as well as the colours inside

Long ribbed limpet, looking for where the grass is greener, outside instead of inside

45 - This is a grounding Shell with a classic feel the looks like it is potentially ready to transform into something else

Pelican's foot, feeling awkward and clumsy

52 - I have always been drawn to sea horses - they are so powerful and graceful to me

Seahorse, ideal husband/father

73 - This is another very pretty Shell that looks like an iridescent heart

Heart Cockle, love and romance

111 - I am very drawn to this Shell and I'm not sure why other than I love its warm, rich, earthy colour and rough rippled texture.

Turkey Wing, unhealthy behavior that needs to stop immediately

136 - This Shell is interesting and fascinates me, and yet it disturbs me on some level as well. Perhaps because I don't understand it?

Distorsio, liar "Fascinates yet disturbs, Perhaps because I don't understand it?" Very telling

152 - I love the rich deep orange and the 'shag carpet' looking texture on this Shell. I just want to run my hands over it. (though this darling may not be as fluffy as it looks!!) *(she is correct, those are sharp little spines!)*

Cat's Tongue, keeping silent

191 - This Shell looks like either a Warrior Scorpion (with a Shield in his right 'hand') or the Water Bearer Scorpion (with a vessel in his right 'claw'). Either way I like it as it is both powerful and life giving.

Orange Spider Conch, change of job or changing roles

OK. Let's see what your cyber-classmates did with this second, Higher Self reading for Karen.

Tracey for Karen/ Part 2:

*Karen has a strong sense of her own inner intuition and guidance and is **determined to use it**. Even though it may be tempting to look where the grass is greener, Karen knows that **this exists inside herself**.*

Her relationship is not as ideal as it looks on the surface.

Whilst Karen's partner appears to be the ideal male and father figure for her romantic relationship, her intuition has picked up on the unhealthy behavior **and lying that has taken place**. Yet Karen has been keeping her mouth shut and not saying anything **even though she is feeling a little awkward around this person** and wants the unhealthy behavior to cease.

Karen would do well to challenge her seahorse partner **even if this makes her feel awkward**. **The difficulty of having a partner who lies** and partakes in unhealthy behavior, **is that Karen knows on some level that this is happening, yet**, consciously does not want to address as it **may mean a breakdown in her relationship**. **It is time for Karen to consciously accept what is taking place**.

The Heart Cockle will assist with this as it connects directly into the heart chakra. She can check in with heart chakra anytime to see how she feels; whether this is emotional, spiritual, or mental, as the heart is the best **lie detector**. By embracing her heart chakra she will be able to see that everyone shares the same light in their heart, and this will allow her to exhibit more compassion and understanding **of her partner's behavior and accept her role in what has taken place and how everything came into being**. This will allow her the room for forgiveness and to move forward in her life, particularly as Karen embraces her new role in the relationship.

Dar for Karen/Part 2:

Well Shell, you got me with this one. I swear this woman is having an affair with her boss or someone at work or a married man or all of the above. If she's not having an affair with him then she is pining over him and perhaps being manipulated or controlled by him. **They then both become liars** because neither of them can come out and talk about and this affair or attraction or addiction she has to this person **is the 111 having the behavior or thoughts that have to come to end right now**.

If I equate this to the question about the house then perhaps she has found out that the man in her life is the one having the affair. I am not sure where to go from here given what I feel. I would be looking for clues in her body language or I would just come right out and ask her but for purposes of the exam, we can just play it safe and string a long these shell to inform her that **keeping silent and not speaking up is unhealthy and she should stop doing this now**.

I might even green tree snail her to see if she is trying to change or is starting some kind of a transition **because the nurturing male is deceitful or she's been deceived** and is looking for a nurturing male and she wants a change in the role she's playing in her life right now. *(I love how Dar says "I might even Green Tree Snail her"again making this part of the lingo, speaking shell...growing the reading by getting Karen's reaction to changing her comfort zone.)*

Furthermore, Karen is looking for answers outside herself so she's not in touch with what she is really feeling and until she does that she will feel awkward and clumsy or get into situations that make her feel that way. Depending on the layout which I know there really isn't one here, I'd say **she is determined to find love and romance at any cost** and this too is the behavior that needs to stop immediately because if she is not speaking up for herself and prefers to keep silent then she can't get into or maintain a healthy relationship. I'd even say that perhaps one of her spokes on her wheel of love might be that she equates love with being subservient and that could lead to a real unhealthy relationship because she's doing all the giving.

Chanchal for Karen/Part 2:

Karen since you like the Angel wing so much, this Shell is about Determination. I do not know Tarot Cards but I looked up about the Hermit. The Hermit says that you can make your own path with every step you take which takes determination to take the 1st step. You can find that determination with in you as you have all the answers with in yourself. You are feeling Uncomfortable or Awkward around this Fatherly figure or Husband in your life. *Since the Pelican Foot is giving you the feeling of Grounding, you need a firm ground to stand on to take a firm decision to avoid the awkwardness that you are feeling right now. The Pelican Foot is also making you feel that you have the Potential to transform yourself into something stronger to face this Man who is a Toxic Influence on you or in your life. The Turkey shell is suggesting that you recognize this Toxic Situation you are in at the present time and to Quit this situation Cold Turkey/Immediately. This is why you are feeling trapped in your home with breathing issues. This is affecting your health and your working environment. You are not able to perform your duties. It is taking a lot more effort to get things done as your lungs need to function well for a healthy body. You are lying to yourself if you think that this situation will get better. Since you feel that the Distorsio is disturbing to you, you may be already feeling uncomfortable lying to yourself about this situation.* Since you are a poor communicator, you have held your Tongue for far too long without speaking up. *Just like how the Cat Tongue Oyster looks like a Shaggy Carpet which does not look good or feel good, you already feel that way inside of you. Now you have to change the role you were playing into a new role like the Orange Scorpion Conch which looks like a warrior Conch to you. The message of the Conch is to change your role. This is how you make a new path for yourself by taking that 1st step. You can fight this man or the situation like a Warrior with the shield in your right hand to protect yourself by deflecting the toxemia which is coming your way. After you have stopped the Barrage of the Toxic Blows/Fumes, you can cleanse and nurture yourself using the water from the water bearer vessel which can become a life giving and life sustaining Elixir.*

Gail for Karen/ Part 2:

Looking at Karen and her shell picks I wonder if Karen could have a relationship with a powerful nurturing male in her life which has made Karen feel subdued as she has kept silent where she is not speaking her mind in concern to the relationship she has with this male. I believe there is love/romantic involvement with Karen and this male. This individual has unhealthy behaviors, which is draining to Karen. I am wondering if Karen can also have unhealthy behaviors by staying in a relationship with this individual. I believe that both Karen and this individual may not possess the strength to stop the unhealthy behavior cold turkey.

Karen feels awkward due to the fact she may have to change her relationship with this nurturing male but with determination the grass can be greener if Karen takes the time to change her role with this relationship but it will be a struggle due to the love/romantic connection. Karen is gaining the strength, which is the determination, to transform this volatile relationship, into a more positive relationship. This will be difficult due to the fact that the Karen has experienced some negativity due to others within her life, which has distorted the truth so this is why Karen feels ambivalent towards the common distorsio.

I am wondering if there should have been other shells with this reading like:

7 West Indian Chiton – (physical/verbal abuse by a nurturing male)

48 Coronate Prickly-winkle (is Karen avoiding a harsh environment being involved in this relationship?)

76 Geography Cone – (Karen is struggling with negative behavior trying to achieve more positive behavior)

102 Juno's Volute – (with the ambivalent towards the Common Distorsio Karen may struggle with the truth being brought out to light)

115 Squamose Chiton – (Karen may like this shell due to the type of relationship she has with the nurturing male and she may feel comfort with this relationship)

6 Sunburst Carrier – (Karen may feel comfort with this shell due to wanting to be alone)

154 Eye of Judas Purpura – (Karen may like this shell as she struggles with the Common Distorsio, which pertains to distorting the truth which is a betrayal. Karen may have also felt comfort in distorting the truth herself in regard to this relationship)

Mel for Karen/ Part 2

I may be way off what I see but here goes..lol

#1 the angel wing tells me that Karen is very determined to find green grass somewhere else based on #28 limpet, but she has it with in herself and is in denial. #45 the pelican foot shows she is feeling very awkward about a nurturing male she is involved with #52 seahorse. #73 heart cockle, #111 turkey wing #136 common distorsio, is screaming this is a bad relationship and needs to stop immediately, she wants to believe in this relationship, but someone is distorting the truth, possibly even Karen is. regardless of who is distorting the truth, they need to speak up and reveal the underlying truth because of #152 cats tongue oyster, because somebody is considering or has accepted a job change #191 orange spider conch. so she has some serious denial issues..

Diantha for Karen/ Part 2

Karen's shell choices for her higher self reading create an interesting dilemma. Karen is determined to look for greener pastures beyond her self, looking outside of herself for guidance and answers. She is feeling awkward about her situation and seems to be looking for an ideal man to add to her life. She definitely is interested in finding romance, but she is engaging in unhealthy behavior that needs to change immediately. That behavior could be her looking outside of herself for answers which is creating a disconnect for her within herself and is causing her to accept as truth things that are distorted and not in alignment with who she is. As she says when she chooses this shell: "...I don't understand it." When things don't resonate for her she stays silent. The positive thing is that she found 191 to be "both powerful and life giving." This indicates that her higher self is telling her to change her position on this, to make the shift to trusting herself rather than those outside of her so that she can find her true love. When she does let go of trusting others before herself, it will open the way for love and romance to enter, but in a healthy way.

Barbara for Karen/ Part 2

Starting with the Angel wing, as she describes the wing as a tarot 'hermit' card (Which is someone who withdraws from people), which could mean that she may have an issue in regards to others. She is also determined to look for answers outside of herself (Long-Ribbed Limpet). She may be beginning to feel awkward and clumsy (Pelican's foot) about looking for the answers outside of herself but it is also telling in that she uses the words '...grounding, classic feel, potentially to transform' and may start to realize she has the answers in herself. Which then says she might be ready to transform this subconscious belief, the possible conflict of withdrawing from people and looking for an ideal male. In regards to finding the ideal male in a romantic relationship (Sea Horse & Heart Cockle), she uses the words 'powerful & graceful' and 'iridescent heart'. This is also telling in that she may want her ideal male to be 'balanced' and also have many layers/ or be a 'bright' person. However, she has unhealthy behavior (Turkey Wing) that has to end now, which would be that she is lying (Common Diostorio) to herself about 'how' ("I don't understand it?") she talks to herself about this issue. She may be keeping silent (Cat's Tongue) or she is just tongue-tied and doesn't know how to express (speaking up for herself for herself) of finding an ideal male. It is also telling in her description of the shell as

“..wanting to run my hands over it (hence, comfort) though may not be as fluffy as it looks” she is somewhat aware of possible trepidation to touch it. So this could also mean that she is becoming aware of her uncomfortability of being tongue-tied. The Orange Spider Conch in the reading means that her role in the way she has been lying to herself can possibly change into truth, for she describes the conch as powerful & life giving.

Cynthia for Karen Part 2:

Your Angel Wing (Atlantic) selection indicates that you are full of determination. This means you have a great deal of motivation to achieve certain needs of yours. It seems that the Long-Ribbed Limpet means you are looking for answers outside yourself when you need to look within where they truly reside. Your inner compass is so much more beneficial in helping to find what you need to know. Be confident in embracing this inner wisdom. The Pelican Foot choice means you feel awkward and can be clumsy at times. Even though you feel grounded with this there is the potential to transform this into something else possibly using your inner guidance. The Sea Horse feels powerful and graceful which relates to an ideal husband, father or any nurturing male. Could it be possible that you find love or romance, which is the Heart Cackle, in a nurturing male figure? The Turkey Wing Ark points to unhealthy behavior that must come to an end immediately. You are very drawn to this and this could be a warning for you. You find the Common Distorsio interesting, fascinating yet disturbing. Are you distorting the truth or being a liar in a romantic situation? Or is someone lying to you? You love the look of the Cat's Tongue Oyster. Why are you keeping silent and not speaking up? Does this relate to your unhealthy behavior? It seems that the Orange Spider Conch feels powerful and life giving for you. It means changing roles or jobs or a change within a job. Perhaps it is a way out of a situation that is not in your best interest. (At this point I would ask her to look at the Green Tree Snail to see if she is willing to change her comfort zone about this situation she is in). Remember your Higher Self wants you to trust your own guidance and know that it will provide what is right for you.

Michelle for Karen/ Part 2

Karen is determined to find the answer to her current situation, but she is looking outside of herself for answers or solutions, but the answers to her problem reside within her. What Karen is looking for is right around her, or in her own back yard. Karen is feeling awkward about a romance that she is currently involved in with what she thinks is a comforting nurturing male. There is an unhealthy behavior that Karen does that must come to an end immediately, and that maybe that she keeps lying to herself in order to feel love. Instead of Karen being honest with herself about what is going on with this man, she is keeping silent. This situation maybe affecting her job so Karen is contemplating on changing jobs. However as the shells have said before, looking where the grass is greener and taking a different job may not resolve Karen's awkward situation. The shells show that this may be a budding romance in the work place with a possible co-worker, and it is feeling very awkward. Maybe this male is her boss and if so, this would defiantly be an unhealthy behavior that needs to stop immediately for both involved. There seems to be some lying and secrecy going on and in order to avoid what may come, changing jobs may be a start to Karen's answer.

(If you notice, Michelle and Dar both speak about a possible affair at her job—these students did not have the benefit of Karen's response to part 1 where she informs us that she is divorcing her husband. So now we know that the Seahorse who was possibly lying has to do with her husband, and not someone at work. But because I knew that, I was able to ask Michelle the question below.)

I asked Michelle to consider what the message would add if Orange Spider Conch were about change of role instead of change of job? Michelle replied: “The only thing I can see that the shells could be suggesting ...which would be a change of role for Karen is the fact that she would possibly end her endeavor with this man or make it known.” No more Cat's Tongue Oyster.

OK. I think that will give you enough variety to be able to look at all these readings and see what you have in common, and what you may have as a special contribution for Karen. As you look these over, I'm sure you will find many insights from these cyber-classmates that you have journaled as well. Pause to compare and contrast, and when you are ready, please proceed to the next page where you will find Karen's feedback to what some of these students have said and we will tie up all the loose ends.

Here is the full story from Karen:

My soon-to-be-former husband (of 5 yrs) was both nurturing and (as I discovered) deceptive (to himself also). This realization lead to my initiating a divorce - all of which lead to my self-medicating- a little too liberally- with an Ontario vintage of Baco Noir (delicious with steak and very potent cheese, fyi) in the evenings. The awkwardness is frequently feeling rather off-balance socially and personally while I adjust to my new marital status and life. The 'unable to speak up and keeping silent' is true also: as I can not/will not explain the reality of his deception to close friends - as he is in denial about who he is and I feel it is not appropriate or fair to disclose this information to others outside the family - even though they think I'm 'crazy for leaving such a wonderful husband'. I am indeed starting a new career and I feel it will be immensely positive and personally rewarding as well as a creatively gratifying experience!

So that is Karen's feedback. Let's take a moment for a closer look at the Distorsio.



Common Distorsio, #136. (*Distorsio anus*) *Someone distorting the truth, being a liar*

Karen's reaction was:

This Shell is interesting and fascinates me, and yet it disturbs me on some level as well. Perhaps because I don't understand it?

Because of Karen's conflicted reaction to this shell, the students had many possible insights. Is someone lying to her, or is she deceiving herself? Here is a sample:

Cynthia: You find the Common Distorsio interesting, fascinating yet disturbing. Are you distorting the truth or being a liar in a romantic situation? Or is someone lying to you?

Michelle: There is an unhealthy behavior that Karen does that must come to an end immediately, and that maybe that she keeps lying to herself in order to feel love. Instead of Karen being honest with herself about what is going on with this man, she is keeping silent.

Tracey: her intuition has picked up on the unhealthy behavior and lying that has taken place. Yet Karen has been keeping her mouth shut and not saying anything even though she is feeling a little awkward around this person and wants the unhealthy behavior to cease.

Karen would do well to challenge her seahorse partner even if this makes her feel awkward. The difficulty of having a partner who lies and partakes in unhealthy behavior, is that Karen knows on some level that this is happening, yet consciously does not want to address as it may mean a breakdown in her relationship. It is time for Karen to consciously accept what is taking place.

Sevi: She's in a relationship with someone who is lying to her. *She finds this behaviour confusing (not able to understand it, using her own words).*

Laura: Karen has an unhealthy behavior of being a liar/ distorting the truth. *It disturbs her, because she doesn't understand why she does it,*

Nina: She feels the need to lie and sometimes feels bad about it and sometimes no

Gloria: She is living the "memory", (Lying to herself) wishing with all her might that she doesn't have to figure her situation out.

Jessica: The shells are pointing to the need for Karen to be brutally honest with herself

Cheryl: I don't think the husband has been truthful with her about something (#136 Common Distorsio) Not wanting to rock the boat has cost her. It is an unhealthy behavior (#111 Turkey Wing) to never express your voice (#152 Cat's Tongue) on matters that concern you both. He may even be a smooth talker and get around answering questions Karen has asked and not pursued.

Mel: ...but someone is distorting the truth, possibly even Karen is

Chanchal: You are lying to yourself if you think that this situation will get better. *Since you feel that the Distorsio is disturbing to you, you may be already feeling uncomfortable lying to yourself about this situation.*

When Karen originally reacted to the Distorsio with the comment, **“This Shell is interesting and fascinates me”** I wrote to ask Karen about the possibility that she may attract liars into her life because of her fascination with this behavior.

She replied:

To answer your thoughts on my reaction to Shell 136:

To the best of my knowledge my husband, has been the only one to be so deceptive. However, yes, I will readily admit that I have often mulled over the situation and am totally fascinated by his issues but unimpressed in the extreme that he disrupted my life because of them.

Then she added:

I wanted to say also that one of your students pointed out a very important piece of information about a situation that I totally overlooked/neglected ...This was under the distorted truth Shell 136:

His impression of my possibly distorting the truth to myself bothered me and could not be dismissed...

As you noticed above, he was not alone in that insight. Many students thought she could be deceiving herself:

Michelle: maybe that she keeps lying to herself in order to feel love.

Cynthia: Are you distorting the truth or being a liar in a romantic situation?

Gloria: She is living the "memory", (Lying to herself) wishing with all her might that she doesn't have to figure her situation out.

April:... *leads me to believe that she is actually lying to herself.*

Susan:... and by her silence she is actually lying to herself)

Laura: Karen has an unhealthy behavior of being a liar/ distorting the truth. *It disturbs her, because she doesn't understand why she does it,*

Chanchal: You are lying to yourself

Karen continues:

I couldn't comment on that impression immediately because I could not identify how or where in my life I was doing this, but I felt it was a truth nonetheless. After a few days, it finally dawned on me what the problem was. Amazingly, I suddenly realized that I was under the completely wrong impression about something and quickly took action to do what was necessary to get back on track. Good Work and Thank you!!!

Karen seems completely satisfied with this explanation for how she has deceived herself. It had been over something she had a wrong impression about. You can almost hear her relief for finding the “culprit” and taking action.

But let’s go back to her first reading for a minute. Now we can combine her first question with her Higher Self reading. In the first reading, her reaction to shell #163, Pencil Urchin, the shell of communication, was: **This one startled me because I instantly saw it as tarantula legs – frightening**

Everyone thought this indicated a fear of communication:

Cynthia: Picking the Pencil Urchin says you are fearful about communication and sharing your thoughts and feelings.

Michelle: Karen is not one who likes to share her thoughts and feelings with others. She appears to be more of an introvert that way. The fact that Karen blurted out her question about buying another house or staying in her current one before her shells reading even started, seems to show a state of panic in itself and within herself.

Gail: Expression of her thoughts and feelings is requiring hard work as Karen is not an individual who finds sharing her thoughts and feelings very comfortable.

Chanchal: Since the Pencil Urchin is frightening you, this Shell represents Communication Skills. Disliking this Shells represents your lack of the Communications Skills or you are Poor at Communicating with others.

Tracey: Her dislike of the Pencil Urchin speaks volumes. Not only in the physical realm but also in the energetic body of her being. Physically, disliking this shell is indicative of someone who finds articulating themselves and communicating a challenge. I feel that Karen would tend to shy away from situations that would require her to provide any sort of in-depth discussion around her thoughts and feelings on any given subject. But as the Pencil Urchin is also connected with the throat chakra, which rules communication, this doubly confirms that Karen is finding it hard to speak and struggles with a blocked throat chakra.

Janine: Her reaction to the Pencil Urchin points to fear and dislike of communicating and that it now requires hard work. Her Throat chakra is in jeopardy and her communication issues need immediate attention.

That is a sample, but I will tell you that every single student in all the years of teaching this course, mentions that her first reading reveals that Karen has a fear of communicating.

From Karen’s Feedback to 1st Reading:

Karen told us when students mentioned her fear of communication:

“They went off course a bit with my feeling frightened about a confrontation and communication (though I can certainly see why they would have thought that).”

She went on to explain the communication issue isn’t really fear, it’s just waiting for all these facts so that she can know how to proceed with the mortgage.

“The communication issue is not one of fear per se, rather it is one of waiting for all of the facts to become crystal clear before I sign or act upon anything - and to that end I have made my conditions and thoughts abundantly clear to all involved. As a professional writer and communicator, I also keep a personal journal and can't live with out it as it helps me see and understand my thoughts more clearly.”

So she prides herself on being a good communicator...it is her profession. Yet, her subconscious reaction was the Pencil Urchin looked like a scary tarantula. Everyone mentioned this fear of communication....

Karen’s inability to communicate is her biggest block. **Are her shells matching her comments for the first reading?**

Remember what you learned about when to listen to the client and when to stick to the message from the shells.

She tells us about waiting for some paperwork, that is the communication issue she thinks is being referenced here. But seeing the Urchin as a frightening tarantula shows us that something else involving an issue with communication is going on here.

With her feedback to the second reading, we can look at what was going on behind the scenes. Now we have the information from her reaction to the Cat's Tongue Oyster to add to the equation...

Cynthia: The Turkey Wing Ark points to unhealthy behavior that must come to an end immediately. You are very drawn to this and this could be a warning for you. You find the Common Distorsio interesting, fascinating yet disturbing. Are you distorting the truth or being a liar in a romantic situation? Or is someone lying to you? You love the look of the Cat's Tongue Oyster. Why are you keeping silent and not speaking up? Does this relate to your unhealthy behavior?

Michelle: Instead of Karen being honest with herself about what is going on with this man, she is keeping silent.

In her feedback to the second reading, she tells us:

The 'unable to speak up and keeping silent' is true also: (so now she tells us it is true that she cannot speak, and then she tells us why) as I can not/will not explain the reality of his deception to close friends - as he is in denial about who he is and I feel it is not appropriate or fair to disclose this information to others outside the family - even though they think I'm 'crazy for leaving such a wonderful husband'.

Note: Remember when I asked Michelle to consider what the message would add if this shell were about change of role....

The only thing I can see that the shells could be suggesting for the Orange Spider Conch which would be a change of role for Karen is the fact that she would possibly end her endeavor with this man or make it known.

Well, here is Karen's final feedback

Again, I am so totally amazed and excited with how my discoveries, insights, confirmations and lessons learned from working with your Shells over these past few weeks has made a marked difference in recognizing that I have a new view of myself, my world and my future!

I can see tremendous breakthroughs where I had no idea there were lurking issues and total blocks... Interestingly, since I have been learning, I have experienced a wild head cold; it is always good to shake things up and to literally "clear one's head" of old patterns and stuff that serves no positive purpose being there. BTW: I rarely get sick.

(Remember shell #2 in the first reading when I asked if she had any breathing problems and she said "Thankfully, I do not suffer from any of those issues." And her reaction to shell #54 Green Tree Snail was that "Shell 54 makes me think of a big nose." So, when she held subconscious limiting beliefs, she could not breathe. When she changed her comfort zone (which looked like a nose) and "cleared her head of old patterns" she could breathe again.)

Karen continues:

How delightful to finally take the blinders off and notice all the other beautiful paths and trails available in the meadow!! The insights the Shells and your students have offered and the light that has been shed on some hidden issues has been a most welcome and appreciated growing, learning and healing experience for me.

You and your students must know, I have loved every minute of this experience!! (We were probing and probing, and she finally saw the contradictions in what she was saying.)

All of the students are doing a fabulous job! The evidence is in (well leaving actually) my head and nose and throat...!! lol *(Remember the students suggesting she work with throat chakra and partner with Abalone, and now that the evidence in her head, nose and throat is leaving her, she can breathe again.)*

Karen concludes with her appreciation:

I am so very grateful to be a part of this Lesson!

Here are some of the students who suggested the Abalone for growing Karen's reading in part 1:

Michelle: I would ask Karen to take a look at the Abalone Shell. If she likes this shell it will tell her that Karen needs to heal emotionally to avoid physical problems, and this would make sense because of the way she may be feeling. If she doesn't like this shell she will continue suppressing her emotions deep which will make her ill at some point. This all points to communication with herself, looking within and understanding that this recent life change is talking some sort of toll on her both emotionally and physically.

Shakti: Suggest Shells to look at # 67- working with the throat chakra to release emotions in communication and not repressing them letting them go free like the Pegasus in flight. TRUE if LIKED!

(Even though Karen is a professional communicator and prides herself on her communication skills, she finally came clean to tell us it is true that there's an issue I can't speak about.) **"I feel it is not appropriate or fair to disclose this information to others"** *(Also notice if you look back at Part 1 readings, Dar suggested the Buccinum Whelk to see if she had something to confess. "I would ask about shell 70-(Buccinum Whelk) does she have something to confess" It turns out that there was a communication issue involved with her move that she had not allowed us to be privy to on the first reading, but the real blockage was revealed in her Higher Self reading. So we have solved the mystery of why the Pencil Urchin resembled a frightening tarantula.)*

Shakti continues: If disliked-at this time Karen is unable to release stored emotions-set herself free. I would ask if she is having any throat problems-such as a sore throat or difficulty with swallowing? *(And we just learned that Karen had a wild head cold with symptoms in her head, nose, and throat.)*

And speaking of Shakti, let me end this lesson and this course sharing her interpretation for Part 2 of Karen's reading. I think it will become clear why I saved this for last.

Shakti for Karen/ Part 2 Final Exam:

This is Karen's higher self story derived from liking the following shells- #1, 28, 45, 52, 73, 111, 152, 191- and having mixed feelings- dislike for shell # 136. Karen's comments are included in this story!

Karen feels that the "Angel Wing" is pretty and it reminds her of the Tarot Hermit card .She has shown persistence and determination to keep to herself for her own protection. However, picking the "Long Ribbed Limpet" reveals that she has been looking elsewhere for answers (out there somewhere) she loved this star shape colored shell. She is being told to look within herself to find her own wisdom.. Karen has been feeling awkward and clumsy with making any movements forward as per the "Pelicans Foot". She feels grounded and transformed when looking at this shell . Drawn to the powerful and graceful "Sea Horse" shows a nurturing male in her life. This relationship with the "Heart Cockle Shell" speaking says that she has a love and romance that seems to change colors like an iridescent heart-seeming unpredictable . Karen is drawn to the "Turkey

Wing Arch" finding it to be warm, rich, earthy and loves its' color and texture. Karen is pulled into this relationship from the outside-not looking deep within. Somewhere in Karen's' being she is being told that this is an unhealthy relationship and it is not in her best interests to continue on this path. Karen's' higher self knows that this relationship should be ended now! This bond has kept her interested and fascinated, but she has not understood what has been disturbing her. At the same time the "Common Distorsis" shell gives her mixed feelings about this relationship, because she is not seeing her own truth. The "Cats Tongue Oyster" says that she is keeping her silence, not speaking up in this relationship because she is getting the love and receiving the comfort and warmth that she needs. Love can be blind and she may feel that the love runs deep. Karen commented on this shell's deep orange color and soft texture (even though she knows that it is probably not really soft) and not as it seems. Show her shell #66 paua abalone for a response to judging the book to see if she is doing this. Karen has experienced passion and has been emotionally touched by this relationship. The "Tropidophora Land Snail" was chosen by her higher self in this reading to tell her that her role should change in this relationship and she should move on!

I noticed that Shakti spoke of the Tropidophora instead of the Orange Spider Conch. Tropidophora is not in Karen's' reading. I wrote to Shakti to get her thoughts on this, and I asked Shakti if the Tropidophora was trying to get her attention for Shakti.

Shakti replied:

Yes, please change the name of the shell for me.

When I think about the reading now, I was feeling that nothing in this relationship was easy for Karen. *(So that would make sense for Shakti to have the Tropidophora in her mind.)* Not speaking up, in her silence somewhere she knows that it is not good to keep things inside.

Karen knows that this relationship is bad for her and tough, but she chooses to keep it going anyway not to put it in jeopardy. I would show her the Tropiophora Land Snail to get her reaction on Like -meaning-nothing comes easy without a struggle and Disliking -meaning it would come easy. I believe that Karen would like the shell this would fit!

Then Shakti said:

It seems as though the Tropiophora was talking to me for two reasons about Karen and myself! This reading did seem to be more difficult than some.

Thank You Michele- this is a great observation- I understand it!

(Remember Tropidophora means nothing comes easy, everything is a struggle, and Shakti says, "This reading did seem to be more difficult than some." With that additional information, I wrote to ask Shakti another question, or more of a request.)

Hi Shakti,

Thank you for this feedback on the Tropidophora. With this new perspective, I have a new request....

Would you mind if I leave this in because this is one more lesson to share with your classmates? This is a demonstration of how the shells hijack a reading to get information to you.

I appreciate how you saw the way the Tropidophora fit Karen, but even more how you felt this was personal for you when you mentioned that "this reading seemed to be more difficult than some." As you know, the Tropidophora involves some soul searching, and I want to follow up with you on that observation. My first thought is.... since this was a final exam, do you think if it came easy, you might be wrong or missing some information? Does any part of you feel that the message will have more value for the client if you have to

struggle to get the full message? In other words, is the importance of a reading proportional to how hard you have to work to interpret that reading? If it comes easily for you, would you feel it was not as valuable for the client? If you choose, the reading can be crystal clear without effort as a simple translation of seashell language....and as you have proved with your note below... you speak shell fluently, and “learning to Green Tree Snail is a good thing” :-)
(This is a direct quote from Shakti’s note below.)

Much love,
Shell

Here is Shakti’s note:

HI! Yes you may leave it in-GREAT! *(Which is why I am able to share this with you 😊)*

I think you are correct with what I was saying to myself it seemed harder because of being told a final exam! The Old Nursing School memories- not taken an exam since the state board R,N..exam. Millers nutmeg- started to speak. in addition *(stay in the now, she is thinking back to her last R.N exam which was brutal)* thinking that it is not that easy when thinking too hard or trying to avoid reading shells the same way with almost total intuitive/physic energies when reading the Tarot, I have been working on the difference by following your shell card information and instruction..Be alert and aware says the sand dollar *(What you create for your reality)* to hear the pacific trumpet triton. *(Your purpose or calling)*

THANK YOU!!

BOY these shells really speak when you least expect them thru the higher self for the reader as well as the seeker, *(That is why I saved this for last. You may be doing readings for others when the shells are going to deliver a message to you...so be aware that is possible.)*so says the "nude thorny oyster". *(being comfortable in your naked truth.)* Catching you off guard with the hieroglyphic Venus clam speaking! *(The key to understanding.)*

Must keep a grinning tun through it all . *(a sense of humor.)*

You may use the pencil urchin with all that I have written. *(Shakti is granting me permission to communicate this to you.)*

THANK YOU ! common periwinkle *(a good friend)* for everything!

THANK YOU, SHAKTI With Love and Positive Light Shining Down on all of These Extraordinary Tiny Animals- I Wish You Continuing Success in Everything that You Do!

Shakti adds:

This has been a wonderful unique experience for me!

Your teaching skills and knowledge has been phenomenal represented by your cuttlefish bone-writer a variety of interesting subject matter was presented, offering us many messages thru reticulated cowrie helmet, brought to our awareness of pink mouth murex, learning to green tree snail, is a good thing , showing giant sundial with all of us, being a wavy edge spindle to all, a common periwinkle and the greatest of them all the giving of lightening welk.

I would like you to pause here and translate this message from Shakti. I cannot think of a better way to end your studies than to have you witness yourself speaking shell ☺ Once you journal your thoughts, if you feel the need, you can scroll down for the translation.

Translation:

This has been a wonderful unique experience for me!

Your teaching skills and knowledge has been phenomenal represented by your cuttlefish bone-writer a variety of interesting subject matter was presented , offering us many messages thru reticulated cowrie helmet, *(having the courage)* brought to our awareness of pink mouth murex, *(inner child)* learning to green tree snail is a good thing , *(Changing your comfort zone is a good thing...the source of the earlier quote)* showing giant sundial *(patience)* with all of us, being a wavy edge spindle *(partner)* to all, a common periwinkle *(good friend)* and the greatest of them all the giving of lightening welk. *(inspiration)*

Congratulations!!!!

<http://www.youtube.com/watch?v=YILS-Am2A2U> fireworks for your graduation. (Please turn off the volume with the patriotic music to enjoy the fireworks celebrating your achievement!)

It has been such a pleasure working with you, sharing this journey of 53 lessons. It may have taken a while, but I greatly appreciate each of you becoming new ambassadors for the seashell kingdom. I leave you with much love, and an abundance of Seashell Blessings always!!!!

Shell