

LIST OF AVAILABLE SEASHELL REIKI ATTUNEMENTS

Explore this list of Seashell Reiki Advanced Practitioner Attunements.

Choose 4 per 1-hr. Session—or ask me to choose for you based on your chosen focus for spiraling up, wide, and deep.

Watch the welcome video at the top of the Seashell Reiki webpage for guidance in choosing your Seashell Reiki Attunements.

- You can close your eyes and choose a number between 1- 210 and then scroll down the list to see which attunement chose you.
 - Or you can scan your eyes and fingers down the list and see where they stop (a form of dowsing).
 - Or you can consciously choose based on which energies you are most called to at this time.
 - Or you can ask me to help you choose during your session.
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1. **13 Body System Shells:** There is a seashell spiral to support each individual body system—select the shell or shells that are most supportive for your own physical healing process.

- Cardiovascular System
- Connective Tissue
- Digestive System
- Endocrine System
- Immune System
- Integumentary System
- Lymphatic System

- Muscular System
- Nervous System
- Reproductive System
- Respiratory System
- Skeletal System
- Urinary System

2. **Abundance:** This spiral helps you remember that you can co-create many types of abundance, according to how you focus your attention and intention. It connects you with the universe of YES and helps you remember that there is more than enough to go around. It supports you in shifting into an abundant mindset which leads to an abundant flow of co-creating.
3. **Acceptance:** This spiral clears resistance and helps you accept where you are and what is unfolding right now. Resistance breeds stagnation. Accepting the present situation clears the path for you to move forward as you choose. To accept is not to give up; it is to begin anew from where you are right now.
4. **Action:** This spiral jumpstarts you into action. It helps you get going when you are stuck. It gets the ball rolling with added momentum. It moves you from "thinking about it" to getting it done! It brings you into the zone of action where activity is internally guided—and even fun.
5. **Akashic Key:** This spiral opens the Akashic Records, the Records of Soul. It connects you with Universal Intelligence. It allows access to information in the records more easily and expands your ability to receive more advanced information.
6. **Alchemy:** This spiral helps you understand and work with the five elements. It brings these energies into better balance in your life. In the process of working with this spiral, you will discover your own inner treasures as you learn that the most valuable gold is within you—and it is intangible!
7. **Alignment:** This spiral aligns physical, emotional, mental, and spiritual energies. When fully activated to its spiral magic, it becomes the “chiropractor shell” and can be used to align the energies of the muscular and skeletal systems. Use this shell to discover what is asking for alignment in your life.

8. **Ancestral Support:** This spiral connects you with the wisdom, love and support of your ancestors. It opens the lines of communication for sharing what is in your heart and to receive guidance from your DNA lineage, from their perspective of unconditional love on the other side of the veil.
9. **Angelic Army:** This spiral calls in legions of angels for when you need a multitude of love and support. It brings through members of all of the angelic realms, as needed. They will work with you to establish right relationship with angels so that you can work with them in ways that are empowering to both you and them.
10. **Angelic Insight:** This seashell spiral allows you to co-create through guidance from the angelic realm. The angels want to work with you to uplift the planet. They do not have bodies so they need humans to carry out their missions here on earth. Angels wait to be invited to share what they see and know so that you can then act on their guidance. Angels are here to guide you to a more enlightened way of being that uplifts you and those around you. This seashell spiral opens you up to receiving their messages.
11. **Angelic Uplift:** The energies of this shell connect you with the energies of the Angelic Realm and the Angelic codes of light that are present within you. The subtle spiraling lines of this bivalve shell, which fan out and spin both ways into the higher realms beyond normal human sight, uplift you when the energies of the earth have become too dense. Use this seashell spiral to receive angel hugs and to remember the divine presence that is always within you and around you.
12. **Appreciation:** This seashell spiral helps you appreciate all that you are and all that you have. It allows you to find value in yourself and in others. The process of finding value also gives value. In other words, the more you appreciate something, the more it appreciates (rises) in value.
13. **Ascended Master Connection:** This seashell spiral connects us with spiritual masters who once walked the earth and eventually ascended to a higher realm (ex. Jesus, Buddha, Quan Yin, the Blessed Mother Mary, etc.). These ascended masters are available to share their wisdom and their energies with us for the purposes of healing and raising consciousness. This seashell spiral makes us more aware of our connection with them.
14. **At Peace with the Past:** This seashell spiral brings peace of heart and peace of mind about what has already transpired. It supports you in letting go of past energies that

have been influencing you. It supports the transition into NOW time and clears the path for a fresh new start.

15. **Authenticity:** This seashell spiral helps you to be true to yourself. It allows you to identify and stand in your unique expression of truth in alignment with universal truth. It helps you honor your individual preferences that best support your personal energies—often in surprising new ways that you could not imagine when you were focused on pleasing others.
16. **Awareness:** This seashell spiral supports you in becoming aware of physical, emotional, mental, and/or spiritual energies that you have been missing. In working with the awareness shell, you will be reconnected to the awareness that you most need to consider right now. For example, if you ask for spiritual awareness, you may initially become more aware of your body or your emotions because physical or emotional awareness may be needed first in order for you to expand spiritually.
17. **Balance:** This seashell spiral points out where balance is needed. It also helps bring energies into balance. Being balanced makes it easier to stretch into new things in your life. Being out of balance creates struggle. When fully activated to this spiral, you can use it to balance the energies of all of the systems of the body. It is especially good for balancing hormonal energies and has been known to stop hot flashes during menopause.
18. **Beauty:** This seashell spiral allows you experience deep appreciation for the beauty all around you, as well as for the beauty within you. It helps you discover and create new sources of beauty. It allows you to see the beauty of all creation through the eyes of the Creator. It also supports you in enhancing your own inner and outer beauty.
19. **Belonging:** Call on this shell to fit in or belong with a group you want to be part of, or to connect with a new group that is a better fit for you. This shell reminds us that we are each a child of God living in God's Creation and as such, we ALL belong—even if we seem to march to a different drum. Sometimes our perceived differences offer the unique energies that are most needed by the group. We do not have to be the same to belong. Everyone belongs.
20. **Beloved:** This spiral helps you know that you are beloved. With this knowledge you can become a magnet for those who love you. You can use this spiral to align your

ability to give and receive love and to connect with people who will love you for who you are, as you are.

21. **Beyond Limits:** This seashell spiral helps you break through to the next level when you feel limited in any way. It helps you expand when you have reached a plateau. It helps you see where you are limiting yourself and allows you to break through barriers to success. It lets you see where you have subscribed to limiting beliefs set forth by others and lets you make new choices about the new reality that you are free to create.
22. **Blessings:** This spiral opens you up to giving and receiving blessings large and small. It teaches you to share genuine blessings of joy in the full spirit of true forgiveness with those who have "wronged" you. It also allows you to bless yourself so that you can clear jealous imprints and "curses" that you may have inadvertently created or accepted.
23. **Brain Chemistry:** This seashell spiral brings awareness that your moods, feelings, and thoughts are physiologically influenced by brain chemistry, which may need additional support through supplements, exercise, sunshine, proper rest, a change in diet, or a shift in your internal dialogue. When fully activated to this spiral, you can use it to balance brain energies to more optimal levels.
24. **Calmness:** This seashell spiral brings calm in the storm. It calms emotions and fears. It calms chaos. It calms physiological reactions triggered by the fight-or-flight response. This spiral helps bring you back to a neutral state of being from which you can respond with clarity rather than reacting on impulse.
25. **Caring:** This seashell spiral clears away apathy and helps you care more deeply for yourself and for others. It allows you to take care in what you are doing and being. It helps you show others that you care.
26. **Celebration:** This seashell spiral reminds you to pause and celebrate what brings you joy. By celebrating, you help your guides and angels know what matters to you so that they can better help you co-create more reasons to celebrate. Celebration is a great way to give thanks for what you most enjoy. Celebration helps you magnetize what you are most excited to receive.
27. **Centered Brain:** This seashell spiral helps you recognize when the right and left hemispheres of the brain are out of balance. Right brain energies support creativity,

intuition, and new perspectives. Left brain energies support logic, planning, and linear thinking. You function best when you engage both sides of the brain at the same time. This spiral synchronizes the activities of both hemispheres, bringing them into balance.

28. **Centeredness:** This seashell spiral allows you to remain perfectly centered in your energy field. The center of your field is the sweet spot from which you may navigate the world with ease, grace, and strength, no matter what is happening around you.
29. **Cetacean Connection:** Whales, dolphins, narwhals, and porpoises carry unique healing energies. Dolphins and porpoises teach us to play and bring joyful light-heartedness to every healing process. Whales carry profound wisdom from far beyond this planet. Narwhals align us with truth. This seashell spiral opens us to soul-swim with these creatures in the etheric ocean of love where we can receive from them exactly what is needed.
30. **Clean Slate - No Story:** Recognize the stories you keep telling yourself. How attached are you to them? Are they even true? With this shell you will recognize the ways in which the old stories you believe about yourself and about the world have become self-fulfilling prophecies because you wove them into being through your very belief in them. With this realization you can begin to unravel the old stories and eventually drop them all together. Once free of the old tales, you have a clean slate here and now where you can journey into new realities of unlimited possibilities.
31. **Clear Choice:** This seashell spiral supports clear decision making. It clears out old choices that were made by default or auto-pilot. It helps you get clear about what you truly desire. And it helps you stand strong in your empowered new choices so that you do not waver when others try to sway you.
32. **Clear Emotions:** This seashell spiral helps you work through the emotions of a given situation so that your present emotional energies do not become trapped in your body. Trapped emotions create stress that generates disease. When fully activated to this spiral, you can use it to pull out old trapped emotions from the body and to balance the four primary temperaments so that you gracefully flow with your emotional energies instead of becoming overwhelmed by them.
33. **Clear Space:** This shell acts as an energetic vortex to clear out unwanted energies from your personal space. It can also open up a portal to clear out unwanted objects—great to use when decluttering! It is the sage of the seashell kingdom, but without the smelly

smoke! Use it for spaces that belong to you: spaces you own or rent or are in some way assigned to. When in public spaces, you can use this shell for the immediate area occupied by your aura. Call in the seashell for Highest Good before using the Clearing Space shell to clear a public space. To clear a haunted building, combine the Clear Space shell with the Original Soul Restoration shell. (The Highest Good and Original Soul Restoration Shells are taught in the Seashell Shaman Alchemist Course.)

34. **Clear Values:** This seashell spiral helps you get clear about what you most value. It highlights and helps you resolve conflicting values. It allows you to prioritize your values and live in alignment with them.
35. **Clearing Addictions:** This seashell spiral helps you identify and clear addictions. You can be addicted to substances, people, thoughts, behaviors, and experiences. The Clearing Addictions shell helps you identify addictions of all kinds and begins the clearing process. Because addiction is such a complicated energy with a variety of causes, deeper activations and additional energies may be needed to fully support the clearing process.
36. **Clearing Anger:** This seashell spiral shines the spotlight on old anger that has built up inside. It clarifies the origin of that anger and provides a new approach to handling anger. It allows you to clear the energies of stored anger out of your physical and subtle bodies. For faster clearing, use with the Emotional Clearing shell.
37. **Clearing Bitterness:** Let go of bitterness and resentment with this amazing shell for these energies not only poison you—they poison all of your interactions. Reach for this shell whenever you think or feel that you are being overlooked, neglected, or mistreated. It will wash away the desire to criticize or complain. As you clear the energy of bitterness from your life, you will discover the true flavor of your nature and will more easily embrace the natural sweetness of life.
38. **Clearing Drama:** This seashell spiral helps you recognize and clear drama from your life. It ends the cycle of the victim-persecutor-rescuer drama triangle that is fueled by judgment and blame. Drama can be addictive for some people. For faster clearing, use with the Emotional Clearing and Clearing Addictions shells.
39. **Clearing Fear:** This seashell spiral clears unhealthy fear from heart, mind, and body. It also clears unhealthy fear from your center of Will so that you are free to love and free

to act. At the same time, it establishes healthy respect and discernment for appropriate fear that warns of danger and requires immediate response.

40. **Clearing Reactivity:** Let go of knee-jerk reactions that do not serve the situation at hand. These reactions create a push/pull tug-of-war that perpetuates conflict. Allow instead the smooth, gentle openness of this shell open within you the space to respond without fear, without judgment—of yourself or of others—as you gain greater and greater clarity to know when and how to speak, when and how to act, and when and how to be still.
41. **Clearing Self-Sabotage:** This seashell spiral helps you recognize the ways in which you subconsciously sabotage yourself. It also helps you see where others may be working against you—and what you did to create this reality. Working regularly with this spiral will help clear self-sabotage from your energy field so that you are less likely to attract negative scenarios that create downward spirals in your life.
42. **Clearing Trauma:** This spiral clears the energy of all types of trauma: physical, emotional, mental and spiritual, from this lifetime and from past lifetimes. It works through time to heal trauma from the past and is therefore useful for people suffering from post traumatic stress disorder. Use also for any trauma occurring in the present moment.
43. **Co-Creation:** This seashell spiral reminds you that creation is a collaborative effort that involves other people, angels, ascended masters, Holy Spirit, and God. With this card, you remember to consciously co-create your reality with Creator and Creation.
44. **Commitment:** This seashell spiral awakens dedication to your choices. It fosters an attitude of doing whatever it takes to support your goals and relationships. It strengthens loyalty to your purpose as it helps you get clear about when and how to commit, while continuing to remain true to yourself.
45. **Communication:** This seashell spiral strengthens your powers of communication. It allows you to listen more openly and to speak more clearly. It amplifies your intention through your words and your body language so that your true meaning may be clearly received by others. It clarifies and fine-tunes all messages that you send out into the world.

46. **Community:** This seashell spiral helps you discover, connect with, enjoy, support, and co-create with your community. It celebrates diversity while creating space for all to thrive. It supports you in finding your place within the community so that you may better share your abilities to support your community's greater good.
47. **Compassion:** This seashell spiral instills compassion. It opens your heart so that you can be more compassionate with yourself and more compassionate with others. It brings new perspectives of understanding and helps clear away the poisons of judgment.
48. **Completion:** This seashell spiral helps you finish what you have begun. It supports you in tying up loose ends and adding finishing touches to projects. It also allows you to be complete with a personal growth or healing process—something that you have been working on for a really long time that you are ready to finish.
49. **Confidence:** This seashell spiral supports you in believing in yourself and in your abilities. It gives you the confidence you need to succeed. It stretches you into trying new things and taking new steps. It clears away the pain of past failures and the fear of future failures as it encourages you to keep moving forward with your goals.
50. **Connection:** This seashell spiral helps you connect more deeply and more powerfully to energies that support you. It helps you to identify where you have become disconnected: from God, from earth, from your heart, from people, from your goals, etc. Ask to reconnect—this spiral will do the rest.
51. **Contentment:** This seashell spiral fills you with inner contentment. It replaces empty longing with fulfillment. It dissipates the need to chase after people, places, and things that do not bring true satisfaction.
52. **Courage:** This seashell spiral carries bravery from the soul through the heart. It supports you in facing your fears so that they no longer hold you back. It allows you to face the unknown and take soul-driven, heart-guided action even when you do not know how things will turn out.
53. **Creativity:** This seashell spiral awakens creativity. It breaks through creative blocks, giving birth to new ideas. It fuels your ability to bring creative ideas into form so that others may experience your creative thoughts. It helps you discover new solutions and

new approaches to everything under the sun. It also allows you to appreciate the creativity of others as a way to further fuel your own creativity.

54. **Curiosity:** This seashell spiral inspires exploration. It sparks curiosity to discover more about how the universe works. It creates a desire to learn and observe, to find out what will happen if you ____? It allows you to expand beyond what you know and what you think you know.
55. **Decisiveness:** This seashell spiral supports you in standing by your clear choices. It helps you express your choices to others with certainty and with confidence. It clears the tendency to second-guess and doubt yourself. It allows you to claim what you choose so that you can manifest it more directly.
56. **Dedication & Devotion:** This seashell spiral teaches us to gather and direct the power of our commitment to our higher purpose and chosen spiritual path. It helps us blend mental and spiritual focus with consistent heart-guided practice. It clarifies our focus so that we become more and more aligned with our chosen subject, be it a skill, a talent, a set of teachings, a being or deity, or a mission. As we grow our dedication and devotion, gratitude for our subject grows exponentially.
57. **Delight:** This seashell spiral lights you up from within. Delight literally means “of the light.” This spiral helps you find the light in yourself and in others. It prompts you to seek light-filled people and experiences that delight you.
58. **Details:** This seashell spiral makes it easier to handle the details of your life. It draws attention to details that you may otherwise have missed. It helps you know which details are most pressing, which details can wait to be handled at a later time, and which details can be dismissed as extraneous and unimportant.
59. **Determination:** This seashell spiral helps you maintain the focus and directed action necessary to succeed. Remember: your focused thoughts and actions determine your achievements. This spiral clears stubbornness (the shadow aspect of determination) as it helps you remain positively determined.
60. **Directed Power:** This seashell spiral supports you in gathering and directing vast quantities of energy. This spiral allows you to successfully focus that energy toward desired outcomes. It helps you apply your use of energy in empowering new ways.

61. **Discernment:** This seashell spiral allows you to discern what is in your highest good and what is not. Without judgment it helps you know how, where, and with whom to best share your energies.
62. **Discipline:** This seashell spiral instills discipline. To maintain discipline is to be a disciple of your chosen path. You thus follow step by step with consistently repeated actions that get results. This spiral helps you press on, even when you "don't feel like it," allowing you to experience the rewards that come from following a regular practice.
63. **Divine Masculine:** This spiral corrects the use of masculine energy so that it can work as intended, in tandem with the feminine. The role of the divine masculine is to provide supportive structures for feminine creativity. Without force. Without control. It holds and guides and catches and uplifts and organizes the creative and unbridled feminine, always with honor. It does not lead or impede or belittle or minimize, for it is fully secure in its power.
64. **Divine Spark:** This seashell spiral ignites divinity within you and through you. Its energy comes through quickly and intensely. It awakens sacred excitement and gives umph to whatever you are doing. It helps break you out of monotony and raises the vibration within you and around you. If working on a specific project, you can use this spiral to breathe new life into it and raise its energy to a whole new level.
65. **Dream Time:** This seashell spiral supports you in connecting with others on the astral plane while you sleep to discover new solutions and new information. Sleep with this shell under your pillow. Focus on one question per night: When I wake up in the morning, I would like to know more about _____. You can also speak soul to soul with someone in dream time for the purpose of solving or resolving issues.
66. **Earth Connection:** This seashell spiral helps you establish and maintain a more grounded connection to the Earth. It helps you connect more strongly with your physical plane reality—especially while doing spiritual expansion work. It also helps you become more conscious of the wellbeing of the planet.
67. **Earth Time:** This seashell spiral aligns your timing so that you arrive at appointments on time and finish projects on time. It helps you flow better through linear earth-time so that you have just the right amount of time to do things. Time is no longer your enemy; instead you trust yourself to be on time with all that you do.

68. **Ease:** This seashell spiral allows things to be easy. It brings gentleness to the flow of energies that are moving through you. It clears the energy of struggle. Processes become easy as you remain on task without working so hard. Simple solutions present themselves so that you can learn to work smarter, not harder.
69. **Embodiment:** This seashell spiral supports you in embodying that which you know from within. It lets you take ownership of your gifts, your light, and your truth. It helps you own your original creations and talents so that you are empowered to share them with the world.
70. **Empathy:** This seashell spiral helps you better know what others are feeling and experiencing. If you are already an empath, this spiral eases the overwhelming intensity of your empathic gifts. It makes empathy a useful healing tool instead of a debilitating liability.
71. **Empowered Heart:** This spiral allows you to hold and emanate STRONG love in all situations. It keeps you out of victim mode and instead allows you to flex the etheric muscles of your heart and high-heart chakras so that you maintain the higher vibration of love in all circumstances.
72. **Empowered Voice:** This seashell spiral allows you to broadcast your truth so that it can be heard. It supports you in asking clearly and directly for what you truly want. It helps you say YES when you mean YES and NO when you mean NO.
73. **Enrollment:** This seashell spiral helps you and others become fully engaged in what you are doing. The more enrolled you are in what you do or say, the more others will also be enrolled in it.
74. **Enthusiasm:** This seashell spiral connects you with fresh interest and breathes new life into all of your activities. Enthusiasm inspires success in all you do. It serves as a magnetizing force that naturally draws others who share your interests and support your endeavors. It allows you to enjoy what you are doing and inspires others to enjoy it, as well. A very uplifting energy!
75. **Experience:** This seashell spiral helps you gain the experience you need to succeed. It also sheds light on past experiences that are useful to you right now. It helps you know

if you have the necessary experience in a given situation and shows you which new experiences will support your future goals.

- 76. **Faith:** This seashell spiral connects you with the ability to take leaps of faith based on spiritual knowing. It allows you to believe beyond what you have actually experienced. And by believing at this depth, you are able to create new realities for yourself and for others.
- 77. **Flexibility:** This seashell spiral allows you to stretch into new ways of thinking, doing, and being. It facilitates desired change by breaking through stubbornness and rigidity. It brings the appropriate level of flexibility so that you can remain strong while continuing to expand into new ideas, actions, and energies.
- 78. **Flow:** This spiral opens up greater flow in your life. It gets you unstuck by shifting you out of control mode. It shows you when and where you may be trying to push energies against the current by forcing something to happen that may be out of alignment with your highest good and/or your divine timing.
- 79. **Focus:** This seashell spiral allows you to focus your attention on the situation at hand. It lets you focus and direct your thoughts and actions clearly and directly. It helps block out irrelevant distractions while still maintaining awareness of the bigger picture.
- 80. **Focused Will:** This seashell spiral aligns your will with God's will: "Thy will be done." It directs your newly aligned will into specific, effective actions that support desired outcomes. It is the Will Power shell.
- 81. **Follow-Through:** This seashell spiral helps you do what you say that you will do. It supports you in moving through the middle steps between initiation and completion, connecting the dots between the beginning and end of a project or goal.
- 82. **Forgiveness:** This seashell spiral allows you to set aside judgment and the toxic energies that accompany judgment. This spiral helps clear away old resentments and allows you to recognize your part in what you have been so harshly judging and resenting. It takes the charge off of past situations that once caused so much anger and internal pain.
- 83. **Fractal Repatterning:** This spiral clears repetitive patterns of behavior and experience. It smooths out your timeline, removing recurring bumps in the road. It also brings

awareness to persistent patterns so that new choices can be consciously made from now on.

84. **Generator:** This spiral reminds you that you are the generator for your own good. It helps you reclaim your power and tap into the power of your soul and its capacity to channel God energy through you as a power source for anything you choose to create or manifest. It empowers you to rely on your deepest inner resources instead of depending on something outside of you over which you have no control.
85. **Generosity:** This seashell spiral opens you up to the willingness and ability to give generously to others. True generosity comes from the heart. It does not come from a place of "should." This spiral helps you give freely of you time, wisdom, talents, and personal resources with no strings attached. It also balances giving with receiving if you have become overly generous.
86. **Goddess Connection:** This seashell spiral aligns you with the Divine Sacred Feminine that exists in everyone and everything. It supports connecting with the energies and wisdom of specific Goddesses that embody the aspects that will most support you at this time. And it allows you to discover your own inner Goddess.
87. **Going Within:** This seashell spiral is a valuable meditation aid. It shifts your focus away from distractions in your external environment so that you may discover the gifts that are present within you. It connects you with your inner world and inner truth where you may discover deep calm as well as new solutions from clear inner guidance.
88. **Grace:** This seashell spiral allows you to be graceful, gracious, and full of Divine Grace. It places you in the harmonious and synchronous flow of elegant blessedness. With this shell, blessings can occur for no reason, and you are inexplicably open to receive them.
89. **Gratitude:** This seashell spiral awakens gratitude naturally and spontaneously from within. Gratitude cannot be forced; you cannot guilt or shame or "should" yourself into feeling grateful. Instead this spiral puts you in touch with genuine gratitude that brings to light deep appreciation for the multitude of gifts you have been given.

90. **Group Endeavor:** This seashell spiral helps you weave your intentions and actions together with the intentions and actions of others within a group. It creates a harmonious interplay between group members.
91. **Gut Instinct:** This seashell spiral opens you to receiving basic messages about safety, security, and other practical matters. It helps you discern who and what to trust. It helps you trust yourself to have common sense. It also stops you from second-guessing yourself.
92. **Harmonic Resonance:** This seashell spiral opens you to experiencing the Music of the Spheres, referenced in countless hymns and poems. It brings things into harmony. Harmonic Resonance complements any healing process. It helps you identify dissonant energies and bring them into a harmonious flow.
93. **Healthy Boundaries:** This seashell spiral helps you establish appropriate boundaries so that you may clearly say YES when you mean YES and NO when you mean NO. This spiral adjusts your boundaries so that they are neither too rigid nor too lax. By maintaining healthy boundaries, you hold space for others to be empowered as you also maintain your own empowerment.
94. **Heart Ease:** This seashell spiral clears the energies of grief from the heart chakra and from the physical heart. This spiral eases the pain of heart-break and the heartache that comes from unexpected disappointment. It helps the heart open up to love again and allows you to reconnect with your goals and with your dreams.
95. **Heart Knowing:** This seashell spiral allows you to be guided by your heart. It quiets the mind so that you can feel whether something is right for you, or not. It takes you beyond logic and reason to love-based knowing that flows from your heart center.
96. **Higher Self:** This seashell spiral connects you more consciously with your higher self. It quiets the voice of personality/ego so that you may better know the higher and deeper callings of your Soul.
97. **Highest Good:** This seashell spiral aligns you with the Highest Good of All. It shifts you away from a limited, limiting, or self-centered focus. It gently and lovingly reveals selfish justifications and helps you consider and support the bigger picture in a way that uplifts all concerned, including you!

98. **Hold Strong:** This seashell spiral supports you in holding on to your goodness, your power, and your gifts. It repairs leaks in your energy field so that positive energies no longer drain out of you. With the support of this spiral, you can better hold on to celebrating your successes and your accomplishments. It also helps you hold on to the energy of cash if you have a tendency to leak it.
99. **Holding Space:** This seashell spiral supports you in holding sacred space for yourself and for others. Governed by Holy Spirit, this important part of the healing process is not about giving healing energy. Rather it invokes a loud stillness of empowered being that allows for desired change to naturally unfold in alignment with the highest good.
100. **Holy Trinity:** This spiral helps you discover your personal Holy Trinity so that the exponential Power of Three can support you in your spiritual work. Once you have identified your Holy Trinity, use this spiral to invoke it. Possible examples of Trinities to invoke: Father-Son-Holy Spirit, God-Goddess-Holy Spirit, Above-Below-Between.
101. **Hope:** This seashell spiral brings in new hope in moments of despair. It shows you that new possibilities exist, even if you have not yet discovered them. Establishing hope is the first step to reversing the downward spiral of depression. Hope allows you to shift your chakra energies so that they all spin in a clockwise motion. With the Hope shell it is easier to magnetize positive energies and improved situations.
102. **Humility:** This seashell spiral offers the grounded ability of seeing yourself as you are. It clears ego beliefs and ego desires. It also clears away false humility which is actually an expression of ego. The humility spiral helps healers remember to be the channel for higher energies (rather than trying to run off of their own energies). If you are depleted after doing healing work, this spiral can help you.
103. **Imagination:** This seashell spiral helps you imagine new possibilities. It allows you to think of what **could** be, rather than focusing on what **has** always been. It allows you to dream big, the all-important first step in creating or manifesting anything new.
104. **Impact:** This spiral helps you make an impact when you know of something that can uplift and empower others. It allows your input to be seen, heard, felt and remembered by your “soul tribe” of people that you are here to serve.
105. **Impeccability:** This seashell spiral brings a standard of excellence to everything you do. It supports you in maintaining a spotless and clean living environment. It allows

you to be impeccable with your words and with your actions. It pays attention to detail and lifts the flaws away.

106. **Initiative:** This seashell spiral encourages you to take the first step or make the first move. It clears disempowering passivity. It overrides the tendency to hang back and fade into the background. It allows you to be seen and known as you connect with new energies, new activities, and new people.
107. **Inner Parent:** This spiral supports inner child work by helping you shift into becoming your own best inner parent. It creates a new safe healing space in which you can fully experience the love and support you may wish you had received as a child. It allows you to reframe all experiences so that your inner dialogue becomes consistently nurturing, allowing you to be secure in knowing that you are truly wanted and loved.
108. **Inspiration:** This seashell spiral draws Spirit through you to seed new creation. It sparks fresh creative ideas and insights. It helps get the ball rolling on creative projects and endeavors.
109. **Inspired Communication:** This seashell spiral lets Spirit speak through you in an inspired flow of energies. You become a messenger of higher light energies. The energy of Spirit is infused in your words and in your artistic creations so that others are also inspired.
110. **Integrity:** This seashell spiral builds impeccability of character. It makes you whole with your truth, aligning thoughts, behaviors, words, and actions. It points out where you are divided or misaligned and helps you become whole with your higher and deeper truth. It also supports the integration of new energies, helping you become one with them and aligning them with your other aspects of being.
111. **Intelligence:** This seashell spiral allows you to gain knowledge and skills quickly and easily. It sharpens understanding and allows easy synthesis and appropriate application of information. It sharpens mental processes and reasoning skills.
112. **Intention:** This seashell spiral aligns you with the ability to act according to clear purpose. It clarifies intention when you are conflicted. It helps you consistently direct your energies in support of an intended outcome.

113. **Intimacy:** This seashell spiral allows others to get close to you in authentic, heartfelt ways. It supports physical intimacy as well as emotional intimacy. It lets others into your heart, mind, and soul to deepen communication and improve all of your relationships. It strips away the masks you wear so that you may be seen for who you truly are.
114. **Joy:** This seashell spiral embodies joy which is the energy that we all most want to build in our lives. The quest for joy motivates all actions, positive and negative. It guides you clearly on your soul path. The Joy spiral allows you to pray for joy for yourself and for others, even for your “enemies.” When you remember to pray for joy, you will always discover more joy!
115. **Justice:** This seashell spiral allows you to surrender judgment and your personal idea of fairness for the higher workings of divine justice. It frees you from worrying about petty unfairness in the world. Instead this spiral works through you to hold space for the shift from the Old Testament eye-for-an-eye approach to the New Paradigm realignment with higher Universal Law.
116. **Karmic Balance:** This seashell spiral helps you recognize karmic situations and karmic relationships. It allows you to honor the opportunities for healing that these situations and relationships present. It does not clear karma but it helps you identify karma that is ready to be cleared and helps you discover how to clear it.
117. **Kindness:** This seashell spiral helps you to treat yourself and others with kindness. It shifts the energies of patronizing manipulation into genuine caring. Kindness can be a smile, an action, a material gift, or a kind word. Kindness can also involve telling the truth to someone in the way that they can best hear it. This spiral reconnects you with living by the Golden Rule so that you remember to do unto others as you would have them do unto you—in other words, to treat each other in kind.
118. **Knowing Shadow Aspects:** This seashell spiral brings awareness of your inner shadow aspects from which you can learn important soul lessons. It allows you to face your shadow side and learn from it. It helps you to identify shadow aspects in others, as well. Without knowledge of shadow, you can become trapped in delusion, entangled in misplaced trust, and lost in misguided thoughts and actions.
119. **Laser Focus:** This spiral brings thoughts, words and actions into laser focus for a concise and efficient use of energies. It allows you to pull things together when you

have become too scattered or have gone off on a tangent. And if you have become too focused on the wrong thing, it will help you find the correct focus.

120. **Laughter:** This seashell spiral brings the healing energy of laughter. It allows you to gently and lovingly laugh at yourself when you make a mistake. It reminds you not to take anything too seriously. It helps you not take things personally, as well. It allows you to find humor in the unexpected as you playfully celebrate human imperfections and idiosyncrasies.
121. **Leadership:** This seashell spiral instills successful leadership qualities. It helps you lead from the heart and teach by example. It lets you know when to step forward, when to hang back, and when to delegate to others.
122. **Learning:** This seashell spiral opens you to learning new things. It makes the learning process easy and fun. It helps connect you with new information that supports your soul path.
123. **Letting Go:** This seashell spiral cuts energetic cords to people, places, things, beliefs, and behaviors. It allows you to thrive in newly-found freedom. It clears away preconceived notions of “should” so that you can more easily create what you choose, as you choose. It supports you in letting go of what no longer helps you to thrive.
124. **Lighten Up:** This seashell spiral relieves stress and brings through a general lightness of being. It lightens the load, making it easier to fulfill responsibilities in a light-hearted way. It reminds you to allow God (Spirit, Source, Universal Intelligence) and your Angels to assist you with your burdens. It also helps relieve muscle tension, especially in the shoulders.
125. **Listening:** This seashell spiral opens you up to listening in a deeper way so that you fully receive what is being offered. This spiral improves communication with people and with your guides, Angels, and other messengers who are waiting to share their truth with you.
126. **Lost & Found:** This spiral helps people who feel lost, especially when they are moving into higher vibrational frequencies. As you expand to new levels of consciousness, you may experience a period similar to being lost in the desert for 40 days and 40 nights. This spiral helps you surrender to being temporarily lost so that you can find your way to a new way of being.

127. **Love:** This seashell spiral supports you in sharing love. It affects how you allow love to pass through you: how you give love to others and how you receive love from others. This is different from self-love which is held within oneself. There is a separate seashell spiral for self-love. The energies of love and self-love are interdependent and complementary; you cannot have one without the other.
128. **Loyalty:** This seashell spiral helps you remain faithful and devoted to aligning with your highest good for the highest good of all. It reveals misplaced loyalty when it is directed toward someone or something that is misaligned with your highest good. It helps you remain loyal when it is in your best interest to do so.
129. **Lunar Alignment:** This seashell spiral aligns your personal energies with all phases of the moon and helps you rise to the top of the wave of lunar influences. It allows you to harness moon energies and positively direct them to support your actions and expand your consciousness.
130. **Manifestation:** This seashell spiral helps you bring thoughts into material form. It supports you in attracting what you most need. It allows you to magnetize material plane support as needed to support yourself and others.
131. **Maturity:** This seashell spiral encourages you to grow fully into your talents and gifts. It fosters the maturity that comes with repeated experience. It fine-tunes your maturation process to its optimal state, placing you on the fast-track of personal development.
132. **Mental Clarity:** This seashell spiral clears confusion and resolves conflicting beliefs. It supports clear decision making. It helps you to identify priorities and remain focused on them. It allows you to think more clearly. It highlights in your mind what matters most in any given moment, allowing you to remember and attend to critical details.
133. **Miracles:** This seashell spiral clears away resistance to being in the mystery of the unknown. It opens you to the possibility of possibilities and allows you to know that you do not have to understand how things will unfold. It reminds you that miracles are your birthright. It teaches that miracles are easier than you think once you get out of your own way!

134. **Motivation:** This seashell spiral sparks a desire and willingness to take action. It reminds you of your original reason for doing something so that you stick with it even when the task becomes challenging. By connecting with the original cause for an action, it is much easier asked to follow it through to completion.
135. **Neurodiversity:** This spiral helps you accept and celebrate brain differences. It shines light on the value of so-called brain "abnormalities" and "disabilities" in people who are on the spectrum or who have different ways of learning and processing information. It keeps you out of judgment of these differences so that you can discover the inherent gifts of each unique brain.
136. **Neuroplasticity:** This spiral rewires neural circuitry and creates new, more supportive neural pathways. It allows for old thought patterns to be cleared and makes it possible for new healthier thought patterns to be established. Use this spiral for people with OCD and other conditions in which thoughts seem to run in a loop like a broken record.
137. **New Desired Behavior:** Dive into newly chosen habits and behaviors with this seashell spiral. It can also be used to stop an undesired habit or behavior. In this case be sure to choose a new habit or behavior to replace the old one. If unsure, use this shell to test the waters—to discover what it is like to live without the old behavior while trying new behaviors on for size. This spiral works especially well with the Clearing Addictions shell from the Seashell Shaman Alchemist course.
138. **New Gifts:** This seashell spiral helps you discover new gifts that you did not know you had. It supports you in developing these new gifts so that you can find new ways to be brilliant.
139. **New Opening:** This seashell spiral opens you to the possibility of possibilities. It helps you expand your realm of possibility which is an important first step to being able to achieve new goals. With a new opening, you can co-create and manifest in new ways, beyond what you previously thought possible.
140. **Now Time:** This seashell spiral opens you to the possibility of possibilities. It helps you expand your realm of possibility which is an important first step to being able to achieve new goals. With a new opening, you can co-create and manifest in new ways, beyond what you previously thought possible.

141. **Nurturing:** This seashell spiral spotlights how you care for yourself and others. It reminds you to nurture yourself, being kind and gentle to body, heart, and mind. You can only take care of others if you also take care of yourself first. In this way you encourage physical, emotional, mental, and spiritual growth.
142. **Order:** This seashell spiral helps you organize and arrange thoughts and ideas. It supports you in bringing order into your physical environment. It lets you order your priorities and your schedule.
143. **Participation:** This seashell spiral helps you to identify the part you play within the greater whole of creation. It supports you in participating fully and appropriately in projects and activities, making it easier for you to do your part even in the face of any resistance you may feel. It also slows you down when you are doing more than your part, creating space for others to step in and participate, as well.
144. **Patience:** This seashell spiral frees you from the desire for instant gratification. It aligns you with the graceful flow of allowing events to unfold naturally as you learn to let go of preconceived notions about how long you think something should take to complete. It helps you appreciate the present moment that is unfolding right within you, keeping you clear of future concerns, and supporting you in taking one step after another toward your desired outcome without missing a single step.
145. **Peace:** This seashell spiral brings you into a state of quiet stillness and acceptance of yourself and of others. It supports you in establishing more peaceful relationships with friends, family, and co-workers. It also empowers your prayers for peace, amplifying the energy of peace out into the world for all who are ready to receive it. This spiral allows you to remain calm in the eye of the storm. It brings a quiet, inner smile that allows you to be happy deep within your inner world. It helps you enjoy your own company, in stillness and in chaos. It is not easily shaken by external forces; nor is it created by the outer world.
146. **Permission to Heal:** This is the master healing spiral. Giving permission to heal is crucial to the healing process, connecting you with the 10-fold truth that All Can Heal. It gives body, heart, mind, and soul permission to change and permission to become whole once again with one's original divine blueprint of perfection. It clears self-sabotage from the healing process. It also allows you to embrace your own healing abilities as a facilitator for others.

147. **Perseverance:** This seashell spiral helps you find the strength and wherewithal to keep going when faced with difficult challenges. As long as you keep going, it carries you when you are exhausted and frustrated and ready to quit. When using this spiral, you will find that success is closer than you think as long as you don't give up. And you will remember that you do not have to do it all by yourself—that help is always there for you.
148. **Physical Clearing:** This seashell spiral clears out unwanted physical energies from the body; in other words, it clears out anything that is in excess or that does not belong. It has a pulling or drawing energy. You will notice, also, that it spirals the opposite direction of all of the other seashells in this book. Additional training is included in the Seashell Shaman Training to use this spiral for healing chronic conditions.
149. **Planetary Alignment:** This spiral allows you to rise above planetary influences and ride their wave in a way that fully supports you. It reminds you that you are part of the spiral dance of the planets. It brings you into greater harmony with the dance of our solar system. It moves you from being a helpless victim of your astrology to becoming an empowered co-creator harnessing the dynamic power of all planetary energies.
150. **Playful Spirit:** This spiral reminds you to play and have fun with all of the gifts that Spirit has given you. Remember: as a child, you learned and became strong by playing. This remains true throughout your life. So play, experiment, and have fun as you invite Spirit to playfully experience first-hand through you the wonder of creation.
151. **Poise:** This seashell spiral embodies gracefulness, elegance, and graciousness. It guides you to remain heart-centered in social and personal interactions while putting those around you at ease. It helps you act and speak appropriately in all situations so that you may build rapport with anyone.
152. **Positive Outlook:** This seashell spiral shifts your way of thinking and believing from pessimism to optimism. It is a well-engrained habit to see the glass as either half-empty or half-full. When you approach life from the optimistic, glass-half-full perspective, you can more easily and more joyfully accomplish your goals. You also find it easier to support others as you hold a positive space for them to succeed and be happy.
153. **Possibility:** This seashell spiral stretches your beliefs about what is possible. If you cannot imagine it, you cannot create it. The possibility spiral helps you open space for new possibilities to appear that you have not yet considered or even imagined. It also

helps you ground possibility through all levels of your being so that it can become actualized.

154. **Power Up:** This seashell spiral blends and strengthens spirit energy and earth energy to support your energy field and balance your chakras. Most people are out of balance with their earth and spirit energies; they generally have too much of one and not enough of the other. When both energies are strengthened and blended, your energy field is amped-up to a new level and you feel recharged, refreshed, and renewed.
155. **Powerful Gentleness:** This spiral teaches the paradoxical power of softness. It brings gentleness to any healing process. It helps you break out of the old-paradigm belief that healing, ascension and self-improvement must involve suffering. It shifts you out of the energy of force and into the energy of allowing.
156. **Psychic Senses:** This seashell spiral opens your clair senses: clairvoyance (psychic seeing), clair-audience (psychic hearing), clair-sentience (psychic feeling), and clair-cognizance (psychic knowing). It gives permission for you to see, hear, feel, and know higher energies as it clears away old fears of mis-using your psychic abilities.
157. **Purpose:** This seashell spiral connects you with your purpose. It shines light on what your soul most wants to learn and share. It helps align your actions, thoughts, and behaviors with your most significant life goals. It reveals what you are here to do and helps you remain focused and on track.
158. **Rebuilding:** This seashell spiral helps you rebuild what has been lost or broken or destroyed. With further activation and training, this spiral can be used to rebuild the energies of the physical body after tissue loss has occurred.
159. **Receiving Guidance:** This seashell spiral opens you to receive guidance from others. It helps you discern which messages are important so that you actually get what is being offered. When doing research, it allows you to zero in on pertinent information. It brings things to your attention in a timely way, helping you notice the clues that you are continuously being given by your spirit guides and angels for your highest good.
160. **Receptivity:** This spiral clears blocks to receiving. It lets you take in and hold what is in your highest good. It allows you to receive guidance, praise, support, gifts, cash, and love. It helps chronic givers switch gears to be able to give others the chance to give back.

161. **Reconciliation:** This spiral resolves conflict and unites opposing forces. The Universal Law of Polarity teaches that polarized forces can be reconciled. Working with this spiral brings new understanding to polarized energies. It offers solutions for coming together and discovering new ways to work together.
162. **Rejuvenation:** This seashell spiral makes energies fresh and new again. It is the anti-aging spiral that restores you to a younger state. It makes you young at heart; with this heart-youthening energy, the cellular body is also renewed and refreshed. You look younger, feel younger, and are activated to thrive in fresh new ways.
163. **Relationships:** This seashell spiral supports you in building healthy relationships. It shifts how you relate with others, turning dysfunction into functionality. As you work with this shell, unhealthy relationships fall away and you become more clear about how to establish mutually supportive interactions. Your relationship with yourself also improves.
164. **Relaxation:** This seashell spiral helps you relax and chill out. It reminds you to stop and rest. It also supports healthy sleep patterns. When you are coming too much from a place of force, trying with all your might to MAKE something happen, it reminds you to let go and allow space for things to unfold naturally.
165. **Remembering:** This seashell spiral reconnects you with what you already know. It helps you become ONE once more (re-member) what you knew in past lives, reconnecting you with talents, wisdom, and healing gifts that you once embodied (and can embody again). It helps you remember your soul wisdom. Most importantly, it helps you remember to use your tools. It reminds you of what matters most in life.
166. **Resilience:** This seashell spiral lets you bounce back quickly and easily. When you find yourself caught in a downward spiral, it helps you rebound. It allows you to experience pain and misfortune as positive catalysts for growth. It lets you turn lemons into lemonade and become more empowered in the process.
167. **Respect:** This seashell spiral teaches you to respect all aspects of creation, including yourself. It helps you find value and appreciation for all beings. You also learn to respect all viewpoints even when they differ from your own. You discover deeper respect for your body and for the earth. Through new words and actions, you demonstrate respect for ALL.

168. **Responsibility:** This seashell spiral helps you respond appropriately in any given situation. It supports you in identifying your true responsibilities so that you take action as needed. It also keeps you out of the trap of taking on responsibilities that are not yours to take on. It lets you know when to act, when to hold space, and when to let go.
169. **Reverence:** This seashell spiral allows you to see God in yourself and in others. It carries the NAMASTE energy: the God in me honors the God in you. It allows you to see every being as sacred and worthy of honor. It connects you with sacred places, as well; through reverence you can create sacred space anywhere, at any time, as you also create sacred space within.
170. **Sacred Being:** This seashell spiral takes you deep into the secret and sacred parts of yourself where you reconnect with your God self. While in this state, there is no need to do anything and no need to acquire anything. You are filled with the Holy state of Oneness and are fully content to BE yourself right here, right now, as you are.
171. **Sacred Mystery:** This spiral takes you deeper and deeper into the sacred mysteries of healing and ascension. It helps you shift out of the obsession to understand and know how and why creation is the way it is. Instead this spiral helps you fully embrace the unknown as it opens you to energies far beyond what you can know, to a place within where unexpected miracles occur by powerful grace, without reason.
172. **Security:** This seashell spiral brings safety and freedom from threats. It allows you to be secure with what you have, what you know, and who you are. You are secure within yourself and secure in your ability to sustain what you need to survive. You are secure in the choices that you make and secure in your ability to manifest what you truly need.
173. **Self-Esteem:** This seashell spiral helps you know your talents, gifts, and abilities. It helps you accurately estimate what you can and recognize what you cannot do. It realigns your subjective emotional evaluation of your worth so that you know you are a cherished child of God with unique ways of shining your God-ness out into the world. It also helps you know where you are strong and where you are weak so that you may continue to fine-tune your skills.

174. **Self-Expression:** This seashell spiral opens up your voice so that you can speak and express your truth. Expression can occur through words; it can also occur through actions and energies. This spiral helps you remain true to yourself in all that you say, do, and create. It helps you share with others in a way that can be heard, felt, and known.
175. **Self-Love:** This seashell spiral allows you to fall in love with yourself. It frees you of the judgments others have placed on you that have blocked you from fully knowing the love that you are. It allows you to be as loving to yourself as you are to others. And as you love yourself, you naturally have even more love to give.
176. **Self-Worth:** This seashell spiral supports you in fully valuing yourself as worthy and deserving of happiness, love, and success. It helps you discover and appreciate your innate goodness. It helps you stand up for yourself and claim what you most value. When you truly value yourself, you are willing to work to create what matters to you. You value your inner brilliance enough to share it openly with others.
177. **Sensitivity:** This seashell spiral adjusts your sensitivity to appropriate levels. If you are overly sensitive to the point of distraction from all of the energies that bombard you, it will help you become less sensitive. If you take things too personally, it will help you stop this behavior. If you are insensitive to the feelings and needs of others, it will help you become more sensitive. It turns sensitivity into a gift that supports all experiences and all interactions.
178. **Service:** This seashell spiral helps you discover new ways to be of service to others and to the planet. It teaches you to remain empowered while doing service work. True service comes from a place of empowerment, not submission or enslavement. You learn to serve from the heart, with gratitude and with joy, serving where and when and how you choose to serve in ways that help you and others thrive.
179. **Sharing:** This seashell spiral opens up the pathways of co-creative giving and receiving. It helps you know when it's your turn to give and when it is your turn to receive. It provides discernment regarding appropriate exchanges of energy, moving you from conditional tit-for-tat mentality into rich generosity that is freely shared.
180. **Soul Contracts:** This seashell spiral helps you to identify when a soul contract is involved in a situation or relationship. It allows you to be at peace with your soul

contracts, even when their circumstances are challenging. It supports you in discovering your soul lessons as you learn to view them as gifts, not as punishments.

181. **Sovereignty:** This spiral allows you to reclaim your power after you have allowed someone or something else to dominate or control you. It empowers you to create the reality you choose freely, without interference or domination from other individuals or organizations.
182. **Spice Up:** This seashell spiral adds spice and passion to make things more enticing. It adds flavor, variety, and excitement to anything that has become routine. It breaks you out of mundane every-day-ness and helps you connect with unknown passions and desires.
183. **Spiritual Anchor:** This seashell spiral anchors you in spirit so that you may more easily maintain your spiritual connection. You are always connected with the Divine. And yet it is easy to forget to be conscious of your connection. This spiral brings a grounding energy, as well. When you are fully anchored in the Divine, you are also fully anchored in all of creation.
184. **Spiritual Family:** This seashell spiral helps you find and connect with your spiritual family. It clears away old dysfunctional tribal energies of hierarchical control within the family, opening space for each family member to thrive individually, both within the collective and outside of the collective, as the collective also thrives. It helps you reunite with your spiritual sisters and brothers and work with them to spread love, light, wisdom, and healing.
185. **Spiritual Warrior:** This spiral supports you in standing up for yourself and for others, to "fight" (take appropriate action) for the highest good of all. It lifts up the downtrodden. It teaches you to be a heart-centered activist, empowering you to direct your energies to support truth and love and joy for all.
186. **Spontaneity:** This seashell spiral helps you be more spontaneous so that you may easily go with the flow. It opens you up to pleasant surprises that come with playing in the moment. It snaps you out of old patterns of rigidity and allows new energies to come quickly to you. It opens the door for pleasant surprises to come your way.
187. **Stability:** This spiral helps you adapt to structural changes in your life. It calms the chaos that can occur in your body and in your life when you jump several levels of

vibration all at once. It helps stabilize ascension energies so that they do not overwhelm you. It can also stabilize specific energies that have been either volatile or sporadic.

188. **Star Seed Wisdom:** This seashell spiral connects you with stellar consciousness. A Star Seed is a soul that came to earth from another planet or another dimension, with the purpose of uplifting the consciousness of Earth. This spiral helps Star Seeds connect with what they know, making it easier for them to do their foreign exchange work. This spiral helps you identify Star Seeds and to know if you are one. It also opens you up to Star Seed wisdom even if you are not a Star Seed yourself.
189. **Stellar Alignment:** This seashell spiral brings you into conscious alignment with the sun, the stars, and the constellations. It is possible to rise above stellar influences and ride their wave in a way that fully supports you. This seashell spiral brings you into greater harmony with the spiral dance of the stars. It moves you from being a helpless victim of your astrology to being an empowered co-creator harnessing the dynamic power of all star systems.
190. **Strength:** This seashell spiral increases strength and stamina. It helps you discover unknown inner resources. It strengthens your energies physically, emotionally, mentally and spiritually, as needed, so that you may get through challenging situations and become strong in all you do.
191. **Subtle Bodies:** This seashell spiral clears, brightens, and enhances all layers of the aura. It helps you shine your brightest light. It clears old used energies that dim and muddy your chakras. The brighter and more clearly that you shine through every layer of your aura, the more empowered you become and the better you feel.
192. **Success:** This seashell spiral aligns you with success. It empowers your actions so that they carry you to your desired outcome—or to something even better. If you have not yet done your personal clearing work, this spiral may bring things up to be healed. This is to remove what is blocking your success. Be patient and allow impediments to be cleared so that you may move forward more easily on your path to success.
193. **Support:** This seashell spiral brings through physical, emotional, mental, and spiritual support. It also helps you be more supportive of others. It allows you to give support and it allows you to receive support, as needed. It works especially well when you ask for support in order to be of service to support others.

194. **Surrender:** This seashell spiral helps you let go of everything you think you know and everything you think you want. It allows you to stop struggling and stop fighting, bringing fresh new possibilities that come when the slate is wiped clean. Spiritual surrender brings powerful grace which comes when you know that you **do not** know—because now you are completely empty and ready to receive!
195. **Synchronicity:** This seashell spiral aligns earth time with spirit time so that you find yourself in the right place at the right time. It connects you with the perfect flow of divine timing, putting you in the synchronous zone where your words and actions occur exactly as needed, when needed. You cross paths with the right people at the right time to share energies spontaneously, easily, and gracefully.
196. **Teamwork:** This seashell spiral helps you play well with others. It supports you in becoming a better team player and a better team leader. It aligns you with group energies in a way that supports the greater good of the group. It helps team members get along, do their part, and support each other in achieving a common goal.
197. **Through Soul's Dark Night:** This seashell spiral helps you identify when you are going through a spiritual crisis of faith that plunges you into the depths of despair. This is not the same thing as regular depression. It feels like a soul-sucking death in which nothing makes sense and nothing seems to matter. This spiral eases the process and helps you move through it more quickly and more easily so that you can access the new higher and expanded energies that are waiting for you on the other side of this painful but transformative experience.
198. **Through Time:** This spiral allows you to travel through time to transform the energies of past and future. It may also bring through pertinent information from other times, when appropriate, to support healing and self-healing here and now. It supports timeline work, past-life regression and past life/akashic records readings. It is important to be centered in the present moment before working with this spiral.
199. **Transcendence:** This spiral creates a springboard of energy for you to rise above negative energies and lower-vibrational situations. It shifts you into 5D consciousness and attunes you to the New Earth energies where all can be uplifted in an instant. It erases black magic and curses placed on you by yourself and by others. It reminds you that you can always choose to spiral up.

200. **Transformation:** This spiral allows you to transform and transmute unwanted energies, especially those sent by others through so-called black magic or psychic attacks. It allows you to turn lemons into lemonade.
201. **Trust:** This seashell spiral helps you trust yourself and the world around you. The highest expression of trust is the ability to trust God and to trust in the divine order of creation. This level of trust is, in fact, our divine birthright. It begins with trusting yourself and trusting your inner God-ness.
202. **Truth:** This seashell spiral helps you know what is true and speak what is true. It reveals when you are lying to yourself. It reveals when you are lying to others. It also helps you know when others are lying to you. At its deepest level, it connects you with Universal Truth and the truth of who you are.
203. **Unconditionality:** This spiral snaps you out of transactional relationships. It clears the expectations that you may have of yourself, of others, and of the universe. It takes the word IF out of your motivations so that your intention is clear. It helps heal co-dependency and supports empowered choices.
204. **Vitality:** This seashell spiral increases the flow of life-force energy through the body. It enlivens body, mind, heart, and soul. It activates and energizes. This spiral sends life-force energy to where it is most needed.
205. **Vow Clearing:** This seashell spiral helps you identify and clear the energies of old vows that no longer serve you. Vows are strong promises made with focused intention. Their energies can stick around long after the vows themselves are no longer appropriate for your present circumstances. Sometimes their energies carry over from lifetime to lifetime, continuing to affect your present circumstances. Thus a past-life vow of chastity that you made as a nun may now be affecting your current ability to manifest a mate. By clearing old vows, you are better able to make clear, empowered choices in the NOW.
206. **Walk Your Talk:** This seashell spiral helps match actions to words so that you do what you say. You more easily keep the promises that you make to yourself and keep the promises that you make to others. You teach by example, not just by talk. You thus live your truth in integrity, with focused follow-through.

207. **Win-Win:** This seashell spiral helps you move away from the destructive mindset of competition. Instead it allows you to create outcomes in which everyone benefits. It brings new possibilities and new solutions that you could not imagine when you were operating from a win-lose mentality.
208. **Wisdom:** This seashell spiral connects you with what you have learned through your experiences. It supports good judgment, intelligence, and common sense, blending spiritual truth with practical knowledge. It helps you know and appreciate the wisdom you embody and also helps you to know when foolishness is at play.
209. **Wise Stewardship:** This seashell spiral supports you in being a wise steward or caretaker of your inner and outer resources. It helps you take good care of what you have: money, possessions, information, business, etc. It also helps you become a wise steward of earth's precious resources.
210. **Zen:** This spiral creates deep stillness within. It calms the mind and creates a state of empowered emptiness, what some refer to as the Void. Others call it the Zero Point. It takes you into the space of pure potential, as if a reset button has been pushed. Use this spiral when the mind needs to rest and when assumptions are interfering with possibility.