

The 72 New Seashell Shakti Energies

Animal Communication: Become an animal whisperer with the help of this seashell spiral. It will open up your ability to send and receive messages from animals through seeing, feeling, hearing, sensing, and knowing. Each animal is different—the method that works with one may not work with another. This spiral helps build mutual honor and respect which breaks through perceived barriers to communication.

Anointing: Bestowing comfort and flowing ease, this spiral fills empty spaces within us with rich divinity that wraps each cell with new-found warmth and grace. It can be used on chakras to cleanse and enhance them. It also works especially well on joints, lubricating them with higher love and gentle healing to support greater ease of movement in the world. When used on organs it both detoxifies and nourishes them, as needed.

Archetypal Shift: Explore with deeper awareness the archetypes that guide our thoughts, actions, and choices. Are we expressing the highest iteration of a particular archetype? Or are we entrenched in its shadow aspects? Is it time to allow an old archetype to fade to the background as another one moves to the forefront? Archetypes are holographic energies that reflect collective consciousness. With this seashell we can learn to express the most beneficial aspects of an archetype, in service to the higher and greater good, as we also tame its negative aspects.

Atonement: The Atonement shell teaches us to embody the following truth—and power—taught by A Course In Miracles: *Miracles are part of an interlocking chain of forgiveness which, when completed, is the Atonement.* Through Atonement forgiveness becomes an opportunity to let go of our belief that someone is guilty or sinful, including ourselves. As we let go of guilt and free ourselves of the concept of unforgivable sin, we shift our vibrational frequencies enough to open to new, miraculous possibilities.

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.

Beneficial Aspects: Open to receive the highest-good energies from specific experiences, techniques, technologies, teachings, or medicines—even vaccines. Allow any non-beneficial energies to drain away without affecting us. In this way we clear out unwanted side-effects. An open mind and open heart support the use of this seashell for when we become attached to the notion of negative side effects, we draw them to us. With this shell we learn how to take in the benefits we choose and leave unwanted energies behind.

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.

Christ Consciousness: With this seashell spiral we can awaken the all-encompassing power of the high heart chakra as we raise consciousness to a stable state of unconditional love and perpetual forgiveness. With practice we learn to see ourselves and others as being already whole and already healed as we embrace more and more deeply the most powerful aspects of our fearless inner healer.

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.

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.)

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.

Clearing Delusion: Delusion is the deepest form of denial. It allows us to remain blind and deaf to what is. Some delusions are programmed into us by others: by a wide variety of misinformation and disinformation campaigns which we fail to question. Gaslighting is an example of this and fortunately this shell clears the energy of gaslighting. Other delusions we create all by ourselves through wishful or magical thinking. This seashell spiral clears away the delusions bit by bit or in one fell swoop. It shines light on the lies we tell ourselves and stops us from spreading these lies.

Clearing Entitlement: This shell reveals all of the ways entitled thinking and entitled inaction is holding us back. Entitlement is an energy that robs us from fulfilling our purpose. Entitlement often involves misaligned focus so that we chase after that which we covet without considering whether we are aligned at soul level to receive it. Entitlement becomes a composite of lies we tell ourselves about deserving more and more and more even though we have not yet offered an appropriate investment of energy. Entitlement breeds arrogance and causes energetic vampirism. An entitled person wastes a lot of time telling God how things should be—instead of surrendering in gratitude to what is. Entitlement fuels sabotage of others and is an insidious form of karmic self-sabotage.

Clearing Entrapments: Within the deepest, most hidden dimensions of being, we can become caught in energetic traps that keep us stuck in perpetual cycles of misguided beliefs and misaligned experiences. Entrapments are created by black magic which we inadvertently and innocently have accepted into our energy field from somewhere in the outside world. This powerful spiral clears the lower levels of consciousness that have been supporting these traps. It releases and removes them in now time, through past, present, and future, with grace and with ease, in alignment with highest universal law. With this shell, along with Sekhmet's loving support, we are FREE to BE.

Clearing Fear of Rejection: The fear of rejection inhibits us from sharing our unique and precious energies with the world. It is an energy that repels who we want and attracts who we don't want. For some it is part of a deeper fear of abandonment that springs from past traumatic events. This seashell spiral empowers us to stop worrying what others think of us. It helps us remember to focus on people who accept us, and to disregard everyone else. With practice we come to understand that rejection is an occasional part of life that we can just shrug off, without taking it personally and without letting it harm us. Without fear we continue to share our energies until the right people show up to appreciate us.

Clearing Greed & Lack: Greed and Lack are different manifestations of the same energy which stems from a fear that there is not enough to go around—or at least there is not enough for us, even if there is enough for everyone else. On the Greed side of the coin, we accumulate in excess, more than our fair share, to prevent ourselves from ever having to go without. On the Lack side of the coin we embrace poverty consciousness, turning a blind eye to the abundant flow of supply that is all around us. Sometimes we embrace lack so as not to be greedy—or we embrace greed so as not to be lacking. Either way, it is a misuse of our personal power that prevents us from co-creating with God and with the world.

Clearing Judgment & Contempt: When we hold another in judgment or contempt, we project our deep personal inner fears about ourselves onto them. These projections often bounce back onto us so that others see us in the light that we were projecting—definitely not the effect we had hoped for! Judgment and contempt are poisons that negatively color and corrupt our world. When we judge and condemn, we imply that someone or something is a mistake in creation—that God somehow made a defective part within the whole. In the process of fully clearing the energies of judgment and contempt, we learn the art of discernment. We learn to discern what best suits our energies and we are able to set everything else free without making up a story about it.

Clearing Martyrdom: This seashell spiral teaches us that we can uplift ourselves and others without suffering! We can share our healing gifts and speak our higher truths without being persecuted. In this new age, which the Mayans refer to as the Fifth World, healing can be gentle and easy without a lot of painful processing. Suffering was a choice that we made in the Fourth World to atone for past sins. We can choose to remain in the Fourth World for a while longer, or we can jump into the Fifth World where Grace flows abundantly, shifting old pain into joyful expectancy.

Clearing the Need to Please: The need to please is an insidious poison that robs us of our authenticity. It leads us to make choices that are out of alignment with the soul. It is a learned behavior that served as a survival strategy when we were young, but now it is stunting our growth. This shell will reveal inauthentic responses so that we can get to the truth of what we really want to co-create in the world—and with whom—and how. As we embrace this spiral and apply it to our lives, we discover a new-found freedom to live in our truth in ways that please us—and ironically, we find that the people who really matter are also pleased.

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.

Clearing Self-Righteousness: This seashell energy clears away the deep-seated need to be right, a need that distracts us from the full flowering of our deep heart energies. Self-righteousness is a form of arrogance that creates rifts of separation in our relationships. Self-righteousness perpetuates an us vs. them mentality that seeds inner and outer wars because we refuse to look at our own shadow aspects. Instead we make inaccurate assumptions about ourselves and others and thus cast blame, shame, and guilt without allowing the whole simple or complex truth to be known.

Clearing Shame: Shame binds us to mistakes from the past in such a way that we carry those same mistakes into the future. This spiral clears away erroneous beliefs about ourselves that make us feel less-than and unworthy. It cleanses the heart and lower chakras of trapped shame energies that were injected into us by family, friends, peers, teacher, and society. It also clears shame from our throat chakra so that we refrain from speaking messages of shame to others. With practice this shell pulls shame from our etheric and holographic blueprint so that as we clear shame from our own divine template, we help clear it from the collective consciousness of the planet, as well.

Connective Tissue: This seashell works with the in-between places of the body, providing an energetic reset for fascia, cartilage, tendons, ligaments, collagen, fat, and blood. It restores it to a healthy way of being with the right amount of cushion, elasticity, and support. To learn more about the significance of connective tissue, read the book *Job's Body* by Deane Juhan. (Bone and Lymph are also considered connective tissue; this shell can be used for bone and lymph; however, you might get better results with the Skeletal System and Lymphatic System shells from the Seashell Shaman Alchemist course.)

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.

Dimensional Keys: With this giant spiral we open to spontaneously receiving the keys that unlock higher dimensional access, as well as the higher levels of consciousness that reveal practical applications for these keys. We each receive the keys that align with our soul mission and soul evolution. These keys are kept safe until we have the spiritual maturity to use them for the highest good of all, according to Universal Law. This seashell works especially well in conjunction with the Dimensional Gateway shell from the Seashell Shaman Alchemist course.

Divine Dispensation: This seashell opens a unique aspect of Grace by which innocent mistakes are automatically corrected and exempted from karmic cause and effect. As long as we are doing our best in the moment, and are as centered as we can be in forgiveness, love, and grace, we can be lifted up to transcend the negative consequences of our mistaken thoughts, words, and actions. God does not judge and God does not punish; judgment and punishment are manmade. The power of God is stronger than any superstitious misconceptions we may hold and is also stronger than our missteps born of good will. In an instant our so-called sins are corrected and all is well.

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.

Dragon Alliance: Dragons serve as guardians and protectors. They teach us to be fierce in our fabulousness, without fear for how others will react. They ground us into our crystalline being and teach us the deeper energies of crystals and gemstones. Dragons teach us to travel to new realms in wise new ways. Dragons watch over our creations and breathe fire on those who attempt to steal from us.

Elegant Simplicity: This is a spiral of Excellence that bestows finesse to projects and creations. When doing something new, it helps build the necessary skillset so that the end result appears to be virtually effortless. Action and activity becomes finely integrated so that years of experience are tightly woven into what appears to be a simple package—yet this simplicity embodies rich, multi-faceted depth of knowledge and experience.

Elohim Connection: The Elohim are the Creator Beings of Earth. They bring through grounded empowerment that is both electric and magnetic. They activate us to become empowered creators of our own worlds. They work with us and through us, not for us. Together we grow our spheres of influence to encompass more and more for greater and greater impact.

Empowered Lineage: With this seashell spiral we empower our ancestral DNA lineage to continue its upward spiral of evolution. Those connected with a shamanic or spiritual lineage discover new ways to support and uplift all fellow members, including the designated leader, to represent said lineage in alignment with the highest good of all concerned. Lineage holders benefit most from working with this shell: with it we create a powerful container for all who share our light-coded energies, wisdom, and teachings so that our students and followers are clearly guided, supported, and blessed. Together we all spiral up!

Energetic Nutrition: Open to the flow of energetic nutrition that streams through the ethers. It flows through nature, music, art, crystals, seashells, stars, plants, love, and light. It nurtures, vitalizes, and fortifies the aura. It is available for us to give and to receive in abundant quantities. In the higher dimensions we can transport it where needed, when needed, to support body, mind heart, and soul. Be sure to receive as much as possible for yourself before you offer the energy of this spiral to others.

Environmental Filter: Use this spiral when in public spaces to prevent overwhelm when in active, complex environments. It filters out all non-beneficial energies while allowing us to remain open to new energies that will enhance and support us. It filters physical, emotional, mental, and spiritual energies so that we can fill up with the energies we choose and let go of the rest. Its innate intelligence surpasses human understanding, even filtering out energies that have not yet been identified. For electromagnetic disturbances, use in conjunction with the Electro-Magnetic Harmonization shell (taught in the Seashell Shaman Alchemist Course).

ET Channel: This seashell spiral connects us with benevolent extra-terrestrial beings from our Milky Way Galaxy. It makes the introduction and serves as a translator for greater ease in communication. Sometimes it opens a channel for healing; sometimes it opens a channel for information. It knows what is needed in each situation and connects with the right beings for the job at hand. It will only bring what you are ready for; as you continue to raise your consciousness, you will become ready for more.

Friendship: With this seashell spiral we can call new friends into our space and we can also reconnect with old friends. We open our hearts to new secrets of lasting friendship as we also embrace new practices to support reaching out in just the right way, with perfect timing. We learn new ways to stretch and grow together through all types of experiences. This spiral stretches beyond the human realm: new and old friends may also include animals, plants, crystals, angels, ascended masters, E.T.s and, of course, seashells.

Galactic Alliance: This seashell connects us with benevolent intergalactic beings that are the ideal match for our current spiritual level. For some it will be a very close, empowered connection; for others it will be like a distant light bathing you with new frequencies, shining in the background as ongoing support. This spiral summons the optimal blend of intergalactic energies and wisdom for you and for your clients. In the process of working with us, it also clears away egoic notions of intergalactic racism, superiority, or one-upmanship—humility and graciousness are required to maintain a working alliance with these amazing beings!

Genius: This seashell spiral opens us to new levels of genius in a given field of study as it stretches us to hold multiple perspectives simultaneously. It helps us own our accomplished accumulation of wise knowledge and inspires us to apply what we know in revolutionary new ways. It enhances our ability to synthesize and analyze so that we may connect with new solutions and novel inventions which drop into us from higher-self consciousness.

Healer's Heart: This shell serves as a deeply soothing balm to relieve the overwhelm healers sometimes face when we take on too much of the weight of the world. In the face of self-doubt and despair that creeps in when nothing we do seems to be working, we benefit from working with this spiral. Yes, we are living in challenging times and yes, it sometimes feels like we are playing wack-a-mole with tragic world events; however, we signed up for this and it hurts more to shut the heart down than it does to keep it open. So grab onto this spiral. It will lift you up to new levels of compassionate loving as it also recharges and restores your heart-light

Healthy Authority: This seashell clears away the fear of authority so that we can make wise decisions about when to follow and when to lead. If we always respond to authority with rebellion, we cannot step into our own power. There are times when it is wise to honor authority, to follow a benevolent leader. And there are times when it is wise to resist against authority when a leader does not represent the highest and greatest good. As we learn when to lead and when to follow, we become an authority in our own right and can embrace the responsibility of being a benevolent authority figure for those we are here to serve.

Healthy Pride/Talk Your Walk: Embrace pride free of ego as you learn to celebrate the talents and gifts that you are here to share with the world. When you know who you truly are, and live that truth in action for the highest good, you are ready to spread the good news. Remember that we always do well to actually walk the talk before we talk the walk.

Holy Breath/Love Your Body: This seashell spiral awakens awareness and love for our physical body as it is, here and now, free of judgment. It fills us with love and gratitude for each and every precious breath we take as we discover new empowered ways to nourish and nurture each cell of the temple we are in. With practice each inhale, each exhale, and each motion offers the joyful expression of universal life force energy expressed through us. We learn to love the body as it is as we continue to consciously support its vibrant health and well-being.

Holy Fire: Let us ignite the fire of God's love within to burn away our false selves. With this shell we call in the sacred violet flame as well as the sacred pearlescent flame which has a gentler, more focused healing energy. Holy Fire clears away stubborn blocks of stagnation. It also fuels spiritual passion and desire so that we can fuel our new creations. It brings new-found warmth to our heart so that all who meet us are warmed by our presence.

Immunity Boost: Empower the body's immune system with this shell—physically, emotionally, mentally, and spiritually—so that it becomes easy to clear the energies of unwanted pathogens. At the microcosmic level this spiral also serves as bouncer to keep out unwanted viruses, bacteria, and thought-forms before they can even enter the body or the aura. It may also bring new-found clarity about additional healing modalities, gadgets, and/or supplements to further support the immune system, when extra help is needed.

Lucky Serendipity: This seashell spiral holds the happy keys to blessed luck. With it we fall into carefree streams of serendipity through which good fortune flows easily to us and through us. We find ourselves in the right place at the right time, often receiving before we even desire. A physical manifestation of Grace, this energy comes when we are centered in love, gratitude, and serenity and are naturally focused on being of service for the highest good.

New Life Arising: Open fully to the resurrection of new life flowing through every cell, every chakra, and every goal of soul. This spiral carries the deepest magic of resurrection, for body, mind, heart, and soul, so that we can rise up to new levels of wellness and new levels of service. Through the miracles this spiral offers, we are not only restored; we are reborn.

Magnetic Attraction: Volema Carinifera Melongena. This seashell awakens charisma and serves as an attractor field to draw new beneficial energies into our life. These energies may come in a variety of forms: people, objects, and information. It can also attract you to a fixed location. It will only attract what is in your highest good through soul alignment. It is empowered by clear values and clear intention. For full benefit, combine it with all of the mudras from the Seashell Shaman Alchemist course.

Mayan Magic/We Are One: The Mayans teach us to expand prayer outward from an individual to his/her/their family to his/her/their community and to the planet (and beyond). With this seashell we can transcend toxic hyper-individualism while remaining free of toxic group-thought. Instead we merge with the highest good of the collective as we experience Oneness with all we encounter. The more we work with this energy, the greater our spheres of influence become. As we heal ourselves, we heal the world.

Melt Away: Non-beneficial energies and unwanted obstacles dissolve and are flushed away when we work with this spiral. For big jobs use the Slice & Dice seashell first, to break things up into smaller pieces that are easier to dissolve.

Mermaid Connection: Mermaids swim through the etheric realms of the ocean, washing away emotional pain and connecting us more deeply to the sacred feminine within. They are benevolent beings, often misunderstood, who empower women's voices as they also empower men's listening ears. Their songs harmonize discord. This spiral opens you to receiving the deep magic from the mermaid realm, in the way that is perfect for you. To connect with a mermaid is to surrender and allow.

Mother Ship: This spiral is for star seeds only—and if you are taking this class, you probably are one! The Mother Ship shell connects us consciously to our etheric Mother Ship which oversees our time on this planet and makes sure we have all that we need to complete our mission here on earth. When we are being of service to humanity, we can ask for what we need and it will come, often in surprising ways.

Mystic Lotus: This seashell sparks the mystical flowering of the heart. Its multiple petals correspond to various aspects of our lives so that we may surrender to love, for no reason, in any and all circumstances. Rooted in mystery, this flowering unfolds as we let go of the need to control and as we stop trying to understand how and why.

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.

New Paradigm: This shells aligns body, mind, heart, and soul with the new paradigm energies of what the Mayans referred to as the Fifth World. In this new paradigm we open to grace-filled possibilities and are liberated from the need to struggle in order to succeed. We are able to say and know that “that was then and this is now.” In this new paradigm we ARE the changes we want to see in the world.

New Wealth: This seashell spiral opens us up to new streams of income and new sources of wealth. Often it reveals what we already have that we have been overlooking. We discover our deepest inner resources through which we can always create more than enough with plenty left over to share. Sharing is the key to wealth; we can share by giving and receiving, we can share by spending, we can share by investing, and we can share by inviting and participating. Through these shared experiences we discover wealth beyond our deepest desires.

Optimal Form: This seashell spiral reveals the optimal form for a project or creation. It guides us to the highest-good shape, size, structure, schedule, and container for what we are creating or becoming. This spiral is especially good for artists, authors, performers, teachers, composers, designers, and inventors. It helps us design our creation in a way that we love, so that others also love to receive it.

Optimal Timeline: We exist in multiple timelines, the composite of which contains multiple possibilities for events to unfold in our lives. With this seashell spiral we jump into the optimal timeline for our active soul goals. This timeline is smoothed out, free of tangles and kinks, so that we move forward with grace and ease, at optimal speed, for highest-good support of body, mind, heart, and soul.

Optimal Visibility: This is a shaman’s shell that lets us be seen by the right people. Because of the special nature of their work, shamans also know how to be invisible to the wrong people—a useful strategy that allows them to do their work without interference or distraction. As we bring our gifts out into the world, we want to be seen by the people who will benefit from our gifts.

Permission to Thrive: This seashell spiral takes Permission to Heal to a whole new level. Not only do we heal; we now thrive! This spiral unlocks the permission we have been withholding from ourselves and from the world. We align with receiving a bounty of physical, emotional, mental, and spiritual blessings, blended together in just the right way so that we vibrate our blessed state outward for others to witness and experience. Our vibrant thriving state thus becomes a healthy contagion; we uplift others through our very presence and in so doing, we continue to thrive.

Practicality: With this down-to-earth spiral we discover practical ways to apply spiritual energies and spiritual principles to everyday situations. We move out of the realm of theory and into the realm of GET IT DONE. We discover what works and what doesn't work as we align with energetic efficiency and tangible results.

Profound Presence: Deep within the spirals of this seashell, we discover a deep, still, quiet, space within where we can hold ourselves and others in love, light, and truth. In this space there is nothing to do; there is only to BE. Through BE-ing, we know first-hand the nature of our own divinity. As we merge with Profound Presence, others nearby may glimpse their own divinity, as well.

Pure Potential: Far beyond the stories we tell ourselves exists our full potential which embodies the power of Source transmitted through our unique and precious soul essence. With this spiral we harness the divine raw flow of our sacred soul signature, transcending comprehension and without the need of explanation. In remarkable instants of total surrender we become unbridled bursts of possibility, the singular energy of which automatically supports the quickening of highest-good outcomes.

Quantum Leap: Call on this seashell spiral when you are ready for a huge shift of consciousness. Sometimes we grow by ascending step by step—this is the easier and gentler way... But sometimes we are ready to jump into a whole new reality; we are ready to leave behind life as we knew it. This seashell spiral works especially well with the New paradigm shell. Hold one spiral in each hand and set a clear intention for your new reality. Use this spiral with discernment—sometimes slow and steady wins the race.

Rapport: Open channels of instant rapport with this beautiful seashell spiral. A great antidote to social anxiety, this seashell builds bridges for greater ease of communication. It syncs up energies and aligns wavelengths so that you can easily find common ground through which to build mutually supportive new connections.

Reap What You Sow: Receive the bounty of the harvest resulting from seeds that you have planted. This seashell spiral is especially good for people who create and give and share a lot, to help them also receive the fruits of their labors. It is a benevolent energy born from benevolent actions. After years of focused action to create or build something that also serves others, it is time to open to receive the gifts that come with what you have built.

Reclaiming: With this seashell spiral we can reclaim that which we have lost. Nothing can really be taken from us. If it is truly ours, it is returned to us, in one form or another. That which had been stolen comes back ten-fold. We are thus restored. We are made whole. This seashell works especially well in conjunction with the Generator shell from the Seashell Shaman Alchemist course and with the deeper teachings of the Becoming Whole with Your Soul course.

Seraphim Connection: The Seraphim are angels of the highest celestial order who sit at the throne of God. They blaze brilliantly with Holy Fire. They purify and empower all who connect with them. They carry our prayers straight to the Heart of God. When working with Seraphim we know instantly, in a divine flash, if we have asked for the right thing. If we have then So It Is. If we have not, we will become “blinded” by their light as a redirection. Through this process our deeper inner truth is revealed and we are free to ask again for something new.

Serenity Prayer: This seashell spiral grants us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference. It guides to identify which aspect of this prayer is most needed in a given moment so that we don't waste time and energy in apathy or in trying to change what cannot be changed.

Slice & Dice: Use this seashell spiral to break up big energies into smaller components. This spiral can be used as a first step to clearing unwanted energy or obstacles from the system or path; in this case follow up with the Melt Away seashell. The Slice & Dice shell can also be used as a first step to tackling a large project.

Soul Communication: This spiral opens a channel of direct communication from one soul to another. It is especially useful when the personality does not appear to want to listen. It cannot be used for manipulation—because manipulation always comes from personality or ego. One must be clear in one's intentions before attempting to work with this seashell energy. If you are not clear in your intentions, it will work first on you to get you clear before allowing the soul communication to take place.

Transmutation: This magical shell teaches us how to turn all negative unwanted energies that we receive from others into fertilizer so that we can grow bigger, stronger, and more beautiful in our own soul brilliance. We learn to use that unwanted energy as fuel for our bigger goals instead of letting it bog us down in resentment or self-doubt. We come to receive challenges as compliments—after all, that adversary just gave you his or her time and energy—and so you can compost that negative energy they gave you and turn it into additional power to support your personal evolution. We can use this process for the slightest insult or for the biggest black magic—size does not matter; the process is the same.

Travel Connection: Connect consciousness through time and space with any location here on earth, or beyond. This seashell is especially fun to work with while watching travel videos or while exploring sacred sites and exotic places online. With this form of travel we can bring back energies from these sites—and palpably feel what it is like to be there—all from the comfort of home, or wherever you are right now.

Unwinding: This shell unwinds physical, emotional, mental, and spiritual patterns that bind us to unwanted ways of being that we have been holding onto. These patterns have created knots of entanglement that keep us stuck. The Unwinding spiral works bit by bit, backtracking through each phase of a pattern and untwisting congealed energies in a way that is gentle, easy, and noticeable. It is an active, progressive energy that continues to twist and turn for hours after a healing session.