SEASHELL POWER



MAGICAL CRYSTALS FROM THE SEA

Zabe Barnes

Seashell Power

Magical Crystals from the Sea

by

Zabe Barnes

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To Seashell Lovers and Merfolk at Heart:
Keep Spiraling Up!

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Acknowledgement

Thank you for your desire to dive into Seashell Power! You are on the cutting edge of a healing modality that is newly awakening (and reawakening) on earth.

By reading this book, you are helping to hold the space for these energies to deepen and strengthen for everyone who loves to play with seashells. I appreciate your role in this unfolding. And I thank the Mermaid Realm—the angels of the sea—for their continued love and support. With their help and yours, Seashell Healing can become as widely loved as crystal healing. It is time for seashells to take a place of honor among the crystalline kingdom.

Introduction

Why do spiral-shaped seashells call us to hold them in our hands, listen to them, and bring them home with us?

Many of us have gazed at spiraling seashells, wondering what it's like to live inside of their ringing harmonic resonance, captivated as if by a magical spell.

At some level we knew even as children that spiraling seashells uplift us. This is why we bring them home. They comfort us. They center us. They help us feel more at home within ourselves.

When we walk along the beach and find seashells, we do not stop and pick up every shell we see. As waves wash over our feet, we carefully select the seashells that seem most special to us, even if they are broken. And we leave the rest behind for others to find and enjoy.

In beach souvenir shops, craft stores, and interior decor shops, we purchase beautiful shells to display in our homes. Again we are are drawn to certain shells and not to others.

We seashell lovers keep seashells for years, arranging them just so at home, fondly remembering the circumstances of how a specific seashell came to us. We find it difficult to part with our shells and we cannot explain why.

We love to play show-and-tell with other seashell lovers. We enjoy sharing our spiral treasures with friends while perhaps also secretly coveting their spiral treasures.

At times we feel drawn to give a seashell to a loved-one or to a stranger. Again we do not know why this sudden urge comes over us. We give seashells without knowing why, with joy in our hearts.

Something far deeper is happening in all of these scenarios. The healing powers of the seashell spirals are working with us and through us. As we collect and share seashells, we are receiving and giving magical healing gifts.

Seashells are crystals from the sea. They spring from the depths of the ocean and can penetrate the depths of the soul. They reflect the spiral

dance of our galaxy within the spiraling motion of our ever-expanding universe.

They are actually the bones of the gastropods that live inside of them. As above, so below. Our bones are on the inside; their bones are on the outside. As within, so without.

Just like us, gastropods are born small and as they grow, their bones grow with them. Within each mollusk species, the larger the shell, the older the animal that created it.

Some seashells are tiny and others are quite large. The largest spiral shell that has been found to date is 35.8 inches (91 cm). But seashell lovers know that even the tiniest shells have a presence large enough to capture attention.

In indigenous cultures around the world, seashells have been used in ritual and ceremony. They were worn, traded, and used by shamans, priests, and medicine men.

They were placed on altars, carved, and adorned. Some were made into horns and used to call in spiritual energies. Sacred dancers wore seashells as part of their ceremonial costumes. In some cultures shells were used as money and as divinatory tools. I know of a Methodist church in Arkansas that uses seashells in their baptism ceremonies.

So what is the nature of the mysterious power seashells seem to have over us? Is it just that they are pretty? Or is something far deeper going on?

This book unlocks some of the secrets seashells hold. This is ancient, sacred knowledge and

healing wisdom that has been waiting to return to our conscious awareness.

Seashells are begging to be noticed for their healing powers. They are amazing tools that can exponentially empower, enhance, and deepen our healing, self-healing, and personal empowerment practices.

And for those not yet attuned and initiated into formal methods of energy healing and magical co-creation, seashells can help awaken you to the spiraling empowerment energies that are dormant within you, waiting to be accessed.

Spiral seashells want us to know that they do so much more than most people realize. Seashells are ready to join the crystalline kingdom to become known for their unique healing properties.

Crystal healing has become quite popular in the last few decades. Energy Healing and Reiki practitioners use crystals to support their healing work. Crystal lovers consciously choose which crystals to wear and carry based on the specific healing properties of the stones. They lay stones on the body and create crystal grids for their homes. They use crystals as meditation tools, consciously choosing which energies to connect with in the higher and deeper inner realms.

We can use seashells in very similar ways. I have spent more than ten years cataloguing the specific energies and metaphysical properties of 215 seashell spirals (and counting), not only for divination but also for deep energetic healing.

Just as we may use an amethyst for one purpose and an emerald for another, so we can select the correct seashell spiral to bring through the specific energy that we desire.

- We may work with seashell spirals to shift physical, behavioral, emotional, mental and spiritual energies.
- We may choose seashell spirals to activate new ways of being within us.
- And we may use seashell spirals as enhancement tools to expand awareness and abilities and to help us achieve chosen goals.

We can choose a seashell to help us feel more love. We can choose a different shell to help us be more courageous. We can choose yet another shell to help us forgive.

When we want to experience more of an energy, there is a shell that can help fill us up. When we want to experience less of an energy, there is a shell that can lighten the load. For more complex goals, we may choose a combination of

shells to adjust our energies in just the right ways.

As much as I love crystals—and I have a house full of them—I find seashells to be far faster at shifting energies. Yes, I am saying that seashells are better healing tools than crystals! And of course we can combine seashells and crystals for even better results. When seashells are combined with crystals, they upgrade the crystals to their highest spiritual expression of light energy.

The seashell spiral energies are coming forward to work with us in bigger ways than ever before. They are here to help uplift us to new levels of love, joy, and grace.

They are available to help us hold and integrate the new earth energies that are flooding through

our bodies and causing so-called “ascension” symptoms. They are eager to help us spiral up into greater well-being and higher states of consciousness with grace and with ease.

And the good news is that we do not have to overfish the oceans to experience their healing energies. There are other ways to connect with seashell spirals without having to find them on the beach or collect them at home—more about this later.

If you are reading this book, you are helping to usher in something really exciting. You have been chosen to be part of a new healing movement. I honor and celebrate your love for seashells. May this book take you deeper into that love and give you new ways to experience and share the gifts of these amazing spiral blessings from the sea.

Chapter 1

Seashell Spirals

SPIRAL DANCE OF CREATION

Spirals gracefully swirl throughout Creation. They are the initiating universal life-force energy that breathed life into all form and all motion. For this reason, I work primarily with spiraling seashells. Bivalve shells (like oysters and clams) bring through a very different type of energy and a very different type of healing that is beyond the scope of this book. So for now let's focus on the beautiful spiral shells that are known as univalve mollusks. And before we do that, let's focus on spirals in general.

Stars are born from the spiraling motion of subatomic particles. 77% of all known galaxies are spiral shaped.

Spirals are abundant in the plant kingdom: flower petals, branches, and leaves all arrange themselves in spiral formations.

Hurricanes and tornadoes produce powerful clearing spirals.

And in our bodies we find spirals in the cochlea of our ears, in swirls of hair, in the whorls of our fingertips, and in the double-stranded helix of our twisting DNA.

Each type of spiral carries a different vibrational frequency and a different type of healing energy. We can harness these spiral frequencies for healing, to consciously move energies in and out of body, mind, heart, and soul.

Seashell spirals are 3-dimensional and are particularly good for shifting very specific energies within us. Their healing energy also goes deep: spiral crystals from the sea work through us, through the water within our bodies, all the way through to the deepest parts of our soul.

Seashell spirals are durable and enduring. Their energetic spiral-up structures allow us to shift our foundational energies so that we may live more empowered lives.

Seashell spirals are built by the gastropods who live inside of them. These animals crawl around on the ocean floor where they experience the heartbeat of the earth and the spiraling motion of the ocean around them.

Spiraling ocean waves are formed by the magnetic pull of the spiraling dance of moons,

planets and stars within our spiraling milky way which is just one galaxy within a larger spiraling complex of galaxies.

The spiral shells that we find on the beach or collect from souvenir shops carry the vibration of the particular spiral frequency that they represent.

Their vibrations are significant. And yet the shells themselves carry only a small fraction of the spiral energy that is actually available for us to heal with. As we learn to fully tap into the gifts they offer, it is possible to access far more energy than what is present in the actual shell.

BEYOND POWER ANIMALS

Some people who work with seashells for healing do so by connecting with the consciousness of the sea animals who made the

shells. In other words, they are working with power-animal consciousness (a valid way to bring through healing).

This is not the way I work with seashells. Instead I prefer to connect with the original prime power of the sacred geometry of the spirals themselves which existed long before those animals ever evolved. In this way we tap directly into the spiraling dance of creation that is the origin of all matter and all life.

I find it best to disregard the animal consciousness and animal behaviors of the mollusks for these have become distorted over time. The healing energies that I have identified are the pure energies of the spirals themselves, independent of the fascinating sea creatures that later entrained their structures to the spiraling sacred geometries that were flowing in them,

through them, and around them in the swirling ocean.

SPIRAL ACTIVATIONS

Before I formally studied energy healing and received energy healing activations, attunements, transmissions, and downloads from world-renowned healing teachers and master shamans, I was spontaneously activated and attuned to something even more powerful: a spiraling form of energy—what I call Seashell Reiki—that healed me and made me a healer.

I unexpectedly received spiral multiple spiral activation attunements in 1997 while praying to the Blessed Mother with a plastic glow-in-the-dark rosary that had been blessed in Medjugorge. In a moment of desperate prayer, I

was plunged into a mesmerizing spiral journey into the Heart of the Cosmos (The Heart of ALL) where I received healing miracles.

For three full days, without drugs, I remained in an altered trance-like state, unable to move, as I simultaneously saw myself spiraling inward through my own DNA into the microcosm of subatomic space and spiraling outward through the macrocosm of galaxies into the spiraling core of the cosmos.

It was as if my physical needs were put on hold: I did not eat or drink or even have to go to the bathroom as I witnessed—and was activated to—the cosmic spiral dance of creation which is the sacred movement through which we all change, grow, and evolve.

As a result of this experience, I discovered that I could energetically copy and paste the spiral

activations I received so as to fully activate others to the deeper powers of each specific spiral healing energy.

During my three-day activation process, I was pulled through various golden spirals of light, all different shapes and sizes: some were long and thin, some were short and wide, some were pointy, others were round and puffy, some veered off diagonally to one side or the other.

I did not yet realize that the golden spirals of light were the pure spirals found within the inner chambers of seashells. It took many years for me to make this connection. Understanding this was the key I needed to better share the life-changing energies I had received with others so that they too could be empowered.

Seashell spirals began coming to me, often in dreamtime, telling me about the specific

empowerment energies that they embody. Some of their messages are in the pages that follow; the rest are included in my unabridged guide to seashell healing.

PROFOUND HEALING

As we change our spirals, we change our lives. During my three day spiral ascent into the heart of the spiraling cosmos, I was shown that all of the spirals of creation already exist within each of us. But often they have become tangled and impacted due to dramas, traumas, and other environmental factors. And so we are not fully able to access their energies.

During those magical three days, as I felt myself twisting and turning through the many golden spirals of light, my inner energy spirals were untangled and expanded.

As this occurred, my consciousness also expanded. It was as if I knew all of the secrets of the universe, through multiple traditions and languages.

When I awoke from this spiral journey, my pain from severe fibromyalgia was gone! My overwhelming depression had lifted. And my intense, overwhelming fear had been replaced by a new sense of inner peace and well-being.

In the moments leading up to my spiral ascent, I was praying for divine assistance to stop the addictive, self-punishing behavior of cutting, a habit I engaged in to relieve pressure when I didn't know how else to cope.

I was facing a possible custody battle for my five-year-old daughter and I had to stop cutting in order to keep her. I picked up a gift from a friend: a plastic glow-in-the-dark rosary from

Medjugorje (pilgrimage site in Bosnia-Herzegovina famous for apparitions of the Blessed Mother) and began saying the Hail Mary. I was not Catholic but I knew this prayer from teaching at a Catholic school. I figured Mary was a really good mom and that maybe she would help me.

After dancing for three days in the golden spirals, I never cut again. In other words, the spirals healed me.

I have learned to embrace the mystery of the spirals—I do not fully understand with my conscious mind how or why or how they came to me or how this spontaneous healing occurred. I believe it was by divine grace.

Grateful for the healing I received, I wanted to replicate it so that I could help others heal. I eventually discovered that by gazing into the

openings of seashell spirals, I could reconnect with the spiraling dance of the energies that healed me.

I came to understand that each seashell spiral carries its own particular healing vibration and that we can harness these vibrational frequencies to shift our own personal energies.

And so the seashell spirals began coming to me, both in physical form and in dreamtime, sharing their energies and healing wisdom in conscious ways for me to share with you.

“I am the shell for Grace,” the Grace shell said. “I am the shell for Forgiveness,” the Forgiveness shell said. And so on. Seashells continue to come to me in this way.

They have taught me how to harness their spiraling energies to heal the deepest parts of

myself. They taught me how to clear and shift unwanted thoughts, beliefs, and energies that had been keeping me stuck. And they taught me how to access new, more empowering energies to support body, mind, heart, and soul.

I have been teaching Seashell Healing for ten years and have experienced and witnessed profound healing occur through their spirals.

Some of the most remarkable healings reported by my students include:

- Tumors melting away.
- Age spots disappearing.
- Spontaneous realignment of bones.
- Swelling and pain instantly relieved from sprains and injured joints.
- Chronic pain alleviated.

- Ear and throat infections cleared up within 24 hours.
- Depression lifted after years of therapy did not seem to work.
- Intuitive abilities significantly increased.
- Performance abilities suddenly enhanced to new levels.
- Desired behavioral shifts.
- Addictions cleared.
- New-found clarity of purpose.
- Expanded joy for life.
- Improved self-esteem.
- Happier relationships.
- More compassion for others.
- Greater inner peace and lasting contentment.

Seashell spirals continue to surprise me with their speed, ease, and effectiveness. They are fun to play with and fun to heal with. Working with them is always a joyful and uplifting process!

Chapter 2

Spiraling Up

Seashell spirals are my all-time favorite healing tools. They are the best way I know to expand and deepen mindfulness, higher-dimensional consciousness, and cosmic connection to what some people refer to as "ascension" energies. When used correctly, they connect us with higher and deeper dimensions of being where so-called miracles naturally occur—quickly, gently, and easily.

As a long-time teacher and practitioner of more than twenty-five types of energy healing including Reiki and advanced forms of shamanic healing, I have not yet found any

modality or method that works as quickly, as deeply, and as gracefully as the energies that come through energetically activated seashell spirals.

Seashell Healing surprises me every time that I use it: each time the spirals take me deeper than before. I continually find myself saying, “It can’t get any better than this,” and then it does!

The seashell spirals have a wisdom unto themselves. They bring us exactly what we need, knowing when to add new energy and when to clear away old energies and blockages.

The word HEALING means TO MAKE WHOLE. Each of us is on a healing journey to become more and more whole with the truth of who we are. Seashell Healing eases and supports our healing journey.

We are also on a journey to become more empowered—to become more whole with our unique inner magic through which we can co-create a better world for ourselves and for others.

We are not broken and we do not need to be fixed. We are all experiencing an ongoing process of reuniting with our innate Divinity.

Seashell spirals take us to new levels of becoming whole with specific aspects of Divine Creation each time we work and play with them.

Seashell spirals enhance all layers of the aura. They clear, strengthen and brighten all of the subtle bodies. They work at a cellular level through our quantum DNA, rewriting and reawakening our light codes, soul codes, star codes, wisdom codes, and ascension codes as

they awaken and enhance all of our strands of etheric DNA.

As we work with a particular seashell spiral (or group of seashell spirals), our spiraling DNA entrains to that spiral frequency. Through this entrainment process, some of the coding within our DNA that relates to that particular spiral energy is awakened or upgraded. The more we work with a spiral, the more we activate its energy within us. Over time a permanent cellular shift occurs and we are now able to hold the desired new way of being within the heart of each of our cells.

For this reason I find seashell spirals to be especially good for shifting unwanted behaviors. They turn off the energies of addiction and unwanted habits and instead turn on new supportive energies so that it is easier to make

healthier choices, act on them, and stick with them.

The spirals work quickly and efficiently; they are much faster than traditional Reiki and their healing goes far deeper. In the past, in order to heal something, we had to re-live the old pain in order to clear it. This is not the case with the seashell spirals.

Many healing techniques require digging through the metaphoric trash of old thoughts, beliefs, and behaviors and to closely examine each bit of garbage before it can be cleared. This usually plunges us into an unpleasant and painful process as old energies rise up to the surface. The seashells gather up the whole energetic trash bag and send it straight to the light to be transmuted without us having to re-experience each piece of garbage—a much faster, gentler, and easier way to heal!

For those who are struggling with health issues, the seashell spirals can support healing by opening the flow of available healing energies.

- Sometimes they bring a total remission of symptoms.

- At other times they connect us with new healing solutions that were not previously in our awareness.

- They know the best way to connect each person to the healing they desire in the fastest and easiest way for them.

While Seashell Healing does not replace standard medical care, it provides supplemental, complementary energies for a more graceful healing experience.

And finally, seashell spirals are especially good at clearing metaphysical dis-ease; that is, dis-ease which is spiritual in nature and must be healed at the spiritual level because it is rooted in the etheric layers of the aura, not in the physical body (although it may produce physical symptoms as a way to get a person more focused on their spiritual path).

Metaphysical dis-ease moves around the body and does not have an apparent physical explanation. It is a dis-ease of the soul.

Seashell spirals bring us back to our soul and so they are excellent for healing metaphysical disease. They help clear out etheric attachments that are not part of one's original divine blueprint. They plunge the depth of the soul to restore soul knowing, soul magic and soul brilliance. Seashell spirals bring us home to the wholeness of our soul as they help us realign

and reconnect with the ALL of Creation. And they teach us to continue spiraling up—even when it seems impossible to do so.

Chapter 3

Favorite Healing Shells

I have spent more than ten years experimenting with, identifying, and cataloguing the specific healing properties of 215 seashells (and counting). All 215 shells are presented in my unabridged book on Seashell Healing—**The Seashell Healing Empowerment Guide: Metaphysical Properties of 215 Crystals from the Sea, The Ultimate Illustrated Reference**, available at www.SeashellHealing.com.

I have included the most important shells for us to work with in the face of the Covid-19 Pandemic, along with a list of all of the seashell healing properties I have discovered so far.

These shells are easy to acquire in the United States—in fact, you may already have them at home. I get most of my shells online since I live in land-locked Arkansas.

You can either get the actual shells or you can work with printed images of my energetically activated shells. These images are available in large and small sizes to print out as a free pdf at https://seashellhealing.com/seashell-power-cards. I recommend printing them on card stock or laminating them for long-time use.

You can lay the cards face-down on your body (instead of laying-on the actual shells) and their energies will come through the printed cards.

The card images have gone through a very special healing process that amplifies the spiral energies so that you can receive their benefit without having the actual shells.

Whether you work with real shells or with the energized cards is a matter of personal preference. But while you are waiting to collect all of your shells, I encourage you to give the cards a try.

Specific instructions for working with the printable cards are provided on the download page.

And if you decide to get the actual shells, you can use the downloadable images to further energize and activate your shells to make them more powerful. Simply lay your shell on the matching face-up card with the opening of the shell facing toward the card image. Leave it there for 24 hours, undisturbed, and it will become energetically enhanced and activated by the card.

Enjoy playing with the shells!


Permission
to Heal

Permission to Heal

Abalone Shell—Any Type

This is the master healing spiral. Allowing permission to heal is crucial to any healing process, connecting you with the 11-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.


Physical Clearing

Physical Clearing

Lightning Whelk Shell

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. It drains away toxic energies that do not belong. Use with the Permission to Heal shell for best results.


Vitality

Vitality

Gibbous Olive Shell

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.


Love

Love

Pink Murex Shell

When I ask what energy the world most needs right now in the face of everything we are dealing with during the Covid-19 pandemic, my spirit guides and angels unanimously say LOVE. The Love spiral supports new ways of becoming channels for love. Love is a powerful form of energetic "protection"—when we allow love to flow fully and freely through us, we raise our vibrational frequency so that lower vibrational energies (like fear, frustration, and viruses) are less likely to take hold. Allow this spiral to open and expand your capacity to give love fully, in all circumstances and conditions, to help the planet spiral up to supportive ways of sharing and co-creating.

Chapter 4

Diving Deeper

Of course these are just a few of the many shells that you can work with. There are many more spirals to choose from. So far I have discovered seashells for 215+ energies, each with its own practical, specific use.

While all spiral shells bring through energy, it is always most powerful to choose a shell with precise intention, knowing its meaning, so that you know you are bringing through the energy or energies that most support specific goals. For instance, if you wanted a shell to help you sleep better, you would not want to accidentally

work with a shell that sparks you into action or excitement.

AVAILABLE SEASHELL ENERGIES

Not every seashell will wow you with its energy. Choosing the correct shell to work with is the key to getting the best results. When you do not need the energy that a particular shell offers, you will not sense much energy coming through it.

I find it best to know the energies of the shells that I work with—rather than working with random shells without knowing the type of healing energy that they offer. When you work with shells randomly, you get random results. Or you will get an abundance of energies that you do not need which can sometimes cause chaos or confusion in your energy field.

So far I have discovered seashells for the following energies, listed below. All have been verified through repeated successful outcomes with clients, students, family, and friends. They bring through the following energies:

Acceptance
At Peace with the Past
Beauty
Centered Brain
Clearing Fear
Compassion
Going Within
Hold Strong
Joy
Laughter
Listening
Strength
Angelic Uplift
Balance
Calmness
Brain Chemistry
Lighten Up
Clearing Drama
Clear Emotions
Motivation
Nurturing
Peace
Positive Outlook
Rebuilding
Relaxation
Security
Self-Love
Spontaneity
Focus
Truth
Clearing Addictions
Healthy Boundaries
Kindness
Possibility
Respect
Self-Worth
Forgiveness
Love

Now Time
Alignment
Vitality
Awareness
Power Up
Sacred Being
Self-Expression
Sensitivity
Trust
Abundance
Leadership
Commitment
Experience
Earth Time
Flexibility
Impeccability
Curiosity
Relationships
Knowing Shadow
Intimacy
Heart Ease
Original Soul
Mental Clarity
Enthusiasm
Hope
Permission to Heal
Rejuvenation
Self-Esteem
Clearing Anger
Letting Go
New DNA Codes
Patience
Participation
Spiritual Anchor
Community
Divine Spark
Details
Physical Clearing
Intelligence
Angelic Insight
Co-Creation
Manifestation
Connection
Action
Order
Perseverance
Determination
Discipline
Decisiveness
Celebration
Enrollment
Teamwork

Grace
Through Time
Courage
Gut Instinct
Beyond Limits
Clear Choice
Clearing Sabotage
Inspiration
Confidence
Generosity
Communication
Appreciation
Follow-Through
Magic
Support
Completion
Wise Stewardship
Sharing
Ascended Masters
Win-Win
Caring
Clear Channel
Learning
Group Endeavor
Ease
Imagination
Responsibility
Heart Knowing
Creativity
Spice-Up
Dream Time
Initiative
Earth Connection
Goddess Connection
Galactic Alignment
Gratitude
Success
Holding Space
Directed Power
Dimensional Gateway
New Gifts
Delight
Subtle Bodies
Planetary Alignment
Embodiment
Harmonic Resonance
Higher Self
Highest Good
Soul Contracts
Akashic Key
Authenticity
Centeredness

Clear Values
Contentment
Through Darkness
Playful Spirit
Empathy
Maturity
Miracles
Soul Direction
Soul Knowing
Soul Retrieval
Spiritual Family
Star Seed Wisdom
Intention
Stellar Alignment
Humility
I Am Presence
Surrender
Synchronicity
Integrity
Psychic Senses
Empowered Presence
Empowered Voice
New Opening
Evolved DNA
Faith
Walk Your Talk
Purification
Purpose
Justice
Receiving Guidance
Remembering
Karmic Balance
Focused Will
Resilience
Light
Loyalty
Reverence
Service
Lunar Alignment
Wisdom
Soul Brilliance
Discernment
Vow Clearing
Alchemy
Ancestral Support
Angelic Army
Beloved
Blessings
Clearing Trauma
EMF Harmonization
Impact
Empowered Heart

Transformation	*Neuroplasticity*
Fractal Patterns	*Powerful Gentleness*
Generator	*Receptivity*
Transcendence	*Reconciliation*
Inner Parent	*Sacred Mystery*
Laser Focus	*Sovereignty*
Lost & Found	*Neuro-Diversity*

CHAKRA ORGASMS!

When used correctly, seashell spirals can assist in the rapid expansion of human consciousness, individually and collectively.

Seashell spirals stretch and expand us. They do so in a gentle way that is always uplifting. They take us as far as we are ready to go, gracefully and easily, without force.

Whatever you are going through, there is a seashell spiral that can help you spiral up!

As you dive deeper and deeper into Seashell Empowerment energies, you may begin to experience what I call chakra orgasms. These can occur while working with a seashell spiral at any specific chakra point. It is a quasi-physical feeling of ecstasy that continues as long as you maintain your focus with just the right seashell spiral at just the right chakra.

My clients, students, and I repeatedly have delightfully deep experiences with seashell spirals which spark us to believe, “It can’t possibly get any better than this!” And then the spirals take us to a whole new level that is even more blissful and expansive. The deeper we go, the better it gets.

It is possible to get to this point with practice on your own by meditating with seashells, by sleeping with them, and by laying them on your body.

For those of you who would like to go even deeper, I also offer seashell spiral activations that open people up to being able to experience chakra orgasms more quickly and more easily. I believe that chakra orgasms are a natural part of the spiritual evolutionary process and that seashell spirals are excellent tools for facilitating this blissful awakening.

When I give spiral activation attunements, the recipient begins spiraling in his or her chair. Sometimes the motion is subtle and sometimes it is dramatic. Recipients say something is moving them—that the energy takes over their bodies—and that it continues whenever they practice the hands-on techniques that they receive with the activations. Others feel spiraling within. They get a blissful look on their face and go into such a state of deep peace that they do not like it when I call them back.

What is really happening during a chakra orgasm is that the chakra connections to higher-dimensional consciousness are being expanded so that more light, more love, and more grace can flow to you and through you.

As these high-vibrational light frequencies flood the chakra system, blissful flutters of energy ripple through body, mind, heart, and soul. The experience feels like an energetic orgasm. With practice you can learn to experience this any time you choose as an uplifting energetic pick-me-up! And of course the key is working with the correct shell—the one that will take you deepest in the moment.

SEASHELL VORTEX PORTALS

Each seashell spiral is a mini vortex portal that allows energy to pass through it, in and out

through higher dimensions of being. Sometimes old energies pass out into another realm to be transmuted; sometimes new energies pass in through through another realm to enhance us.

It is possible to learn how to energetically expand these vortex portals to bring through significantly more energy for bigger, faster, long-lasting change. Expanded vortex portals work really fast.

I do not say this lightly; I have studied and taught many powerful forms of healing over the years. My students, many of whom have also studied numerous advanced healing modalities, tell me the same thing. I do not say this to brag; I say it because I am passionate about providing the fastest and easiest way for people to heal and change and know and grow!

Through the energetic vortex portals of seashell spirals, unwanted energies move out of the body and aura and new chosen energies come in. Each seashell spiral connects with a different inter-dimensional vortex portal that moves a different type of energy.

So the Forgiveness spiral brings in Forgiveness and clears blocks to Forgiveness. The Love spiral brings in Love and clears blocks to Love. And so on . . .

It is not necessary to understand about higher dimensions—or even to believe in them—for the vortex portals to work. It happens automatically.

As you become fully activated to a particular spiral, your multi-dimensional and inter-dimensional reach will deepen and expand. This

occurs naturally, without force, so it is never overwhelming.

Picking up a shell from the beach and placing it on your body brings through a certain amount of Seashell Healing energy. For some people, it is enough.

For a more advanced experience, I offer energetic activation attunements that facilitate expansion beyond the energies of the shells themselves into significantly larger spiraling vortex portals of light.

The biggest part of my Seashell work is teaching people to expand their access to the different spiraling vortex portals so that they may access hundreds and thousands more rays of healing energy than what they can get from the actual physical shells from the beach.

Remember that the energies of the spirals existed long before any actual seashells did. The spiral frequencies existed eons before the little creatures at the bottom of the sea started twisting their external skeletons into the seashells that we find.

It is possible to become awakened and attuned, as I was, to the spiral vibrational frequencies in such a way that you embody the keys to accessing these vortex portals for the rest of your life so that you can call on them for deep and immediate healing any time you choose, with or without the actual shells. Once you have been awakened to the advanced healing energy of a particular spiral, you do not even need the physical shell in order to bring through its spiraling power!

Energy attunements (also called activations or initiations or transmissions) are available for

each seashell spiral that I have identified and catalogued. They are offered in private and small-group sessions and classes via Zoom or by phone—because the spirals travel through the ethers and can be sent remotely.

I teach seashell lovers how to become Seashell Reiki Practitioners, Seashell Reiki Masters, Seashell Mystics, Seashell Yogis, Seashell Shamans, Seashell Alchemists, and Seashell Alchemy Teachers. I show how we healed with seashells in Lemuria and in Atlantis.

Students learn to create stronger, more impactful vortex portals comprised of several spirals at once for even faster and deeper healing. I would love to share this deeper work with you when you are ready.

What has been presented in this book is information about seashell spirals in general and the most important seashell energies to use while coping with the Covid-19 pandemic. These can get you started with seashell healing and seashell magic.

Begin by working with actual spiral shells and see how much energy you can sense coming through them. You can place your shells anywhere on your body, as you are guided.

I recommend that you place the shell opening against your body for best results. Experiment with which way you like them to point. Trust your inner knowing and go with what feels best to you.

I encourage you to collect seashells: study them and enjoy the harmonic resonance of their spiral

songs as you hold them to your ear. In this way you will begin to access their magic.

ACTIVATED SEASHELL CARDS

I have studied with shamans from different traditions for more than twenty years. A big part of that training was learning how to infuse sacred objects with powerful energies to spark spontaneous healing when someone picks them up.

I have created Seashell Medicine Cards featuring more than 200 seashell spirals. The cards have been energetically infused with the spiral healing energies that I received during my three day spiral ascent. With the cards, it is not necessary to collect the actual shells!

My students asked me to create the cards as a way for them to receive the amplified energies

of my activated seashells which they say have much stronger energies than the shells they have at home.

The cards are a new technology that is like having your own personal shaman—or master healer—in your hands: place one or more cards on your body and receive a healing!

I am happy to offer the cards as an alternative to collecting all of the shells. By using the cards, we help preserve the oceans.

You can learn more about the activated cards at https://seashellhealing.com/medicine-cards

USING YOUR OWN SHELLS

For those of you who prefer to work with your own shells, here are a few things that you can do

with the shells you have to begin accessing their healing energies:

1. Place a spiral seashell on your body with its opening against you.

2. Whisper your questions and prayers into a shell and hold it up to your ear or your heart for answers.

3. Write a short request on a tiny piece of paper, tuck it into a shell (like a fortune in a fortune cookie), sleep with it, and notice your dreams.

4. Place a seashell beside a lit white candle and ask for enlightenment regarding that particular shell's energy.

5. Place a shell face-down in a bowl of sand to bring its energies down to the material earth plane.

6. Place a shell in a bowl of water face-up to bathe and refresh your emotional body with that shell's energy.

7. Gaze softly into the opening of a shell as a meditative or contemplative practice to receive new insights.

8. Place a shell in the dirt beside a live plant and ask for its energy to grow in your life.

Enjoy these ways of spiraling up to new energies and new awarenesses. And remember that so much more Seashell Power is available . . . The shell itself is only a fraction of the spiral energy that can come through for you.

REMEMBERING ATLANTIS & LEMURIA

This section is for those of you who are interested in what we knew about seashells in Atlantis and Lemuria,

I have been told again and again by well-known intuitive readers and spiritual teachers that my seashell work has its roots in my past lives from Lemuria and Atlantis. I have clear memories of how we worked with seashell spirals in both places.

In Lemuria, Seashell Shamans focused on love-based healing. They centered ourselves in their hearts before reaching into the ocean to bring forth the perfect seashell for healing in any given moment. When the healing was complete, they gave the shell back to the waters, knowing that they could call it forth again any time they chose.

Lemurian seashell shamans were ONE with all of the oceans. And so they could reach into the water for a seashell and magnetize to them the exact right shell, even if it was not native to the ocean where they were. In other words, they could draw into their hands a seashell from the other side of the planet if that was what was most needed.

As modern Seashell Shamans, we can use the seashell cards that I have created to help us recreate this Lemurian practice. We can shuffle the cards and ask to draw the seashell spirals that we most need right now—or that a friend or client most needs right now. When the healing is complete, we return the cards to the decks, knowing that they will always be there for us when we need them.

Again, if you would like to experience the power of the Seashell Alchemy Cards, visit

https://seashellhealing.com/seashell-power-cards and print out the cards for the shells presented in this book. There you will find information about the other available sets of cards, as well.

In Atlantis, we maintained a different relationship with seashell spirals. Here we were Seashell Alchemists. Our focus was on magic and alchemical empowerment rather than on healing and love. We worked with the same shells as we did in Lemuria and the spirals carried similar energies; however, we worked with them in a very different way.

In Atlantis the shells themselves were used solely as teaching tools to teach the different spirals. Once an Atlantean initiate was familiar with a specific seashell spiral and its corresponding energies, he or she was taught how to conjure the spiral out of light to create a

specific spiraling vortex portal through which desired energies, beings, messages, and objects could materialize. Unlike other forms of magic from Atlantis, Seashell Alchemy was only ever used for the highest good of all involved; it was never used for manipulative purposes.

Modern Seashell Alchemists spin spirals of light energy to shift energies in their environments and to bring through resources to support greater well-being and personal growth.

In this way it is not necessary to have the actual seashell—or even the cards—to bring through the desired vortex portal of spiraling energies. Once your hands have been fully activated to a specific seashell spiral through a unique process that I offer, you can bring through its energies anywhere, at any time, in surprisingly powerful ways! I offer these activations in private sessions and in Seashell Shaman Training.

OCEANS OF LOVE

Seashells are ready to take their place among the crystalline kingdom as the healers that they are. They need your help!

As you benefit from the seashell healing energies, help spread the word. Share this e-book with others. Let's all spiral up together!

The most important thing is to have fun with seashells. Admire them. Play with them. Place them around your house. Wear them as jewelry. Create art with them. And enjoy!

As we share our love for seashells with others, we all continue to spiral up!

ABOUT THE AUTHOR

Zabe Barnes inspires spiritual seekers, practitioners, and teachers to new levels of healing/ self-healing and intuitive awareness. Her unique healing work with seashells is currently practiced in thirty countries. She is also internationally recognized within a Mayan shamanic healing lineage as a "master teacher" of healing, sacred geometry, and higher-dimensional “magic,” which she has taught world-wide for more than fifteen years.

Zabe teaches and lives the universal truth that ALL CAN HEAL. She draws on 35+ years of teaching experience and works with a dynamic team of Divine Assistants to bring through soul guidance, soul healing, and soul empowerment in ways that are easy, fun, and uplifting. She is available for private online or phone sessions and private and small group classes as well as practitioner and teacher trainings for those who are guided to share her work with others.

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DIVE DEEPER

Activated Seashell Alchemy Cards
The healing energies are in the cards…

Complete Illustrated Seashell Healing Book
The Seashell Healing Empowerment Guide: Metaphysical Properties of 200+ Seashells available in color and as an e-book

Online Seashell Activation Attunements
For each shell presented here, and more.

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Online Course: Become fully activated and attuned to 215 Seashell Spirals; learn to weave them into spiral templates for even faster and deeper results.

Sign up for my newsletter and follow me on social media for new seashell energies.

www.SeashellHealing.com