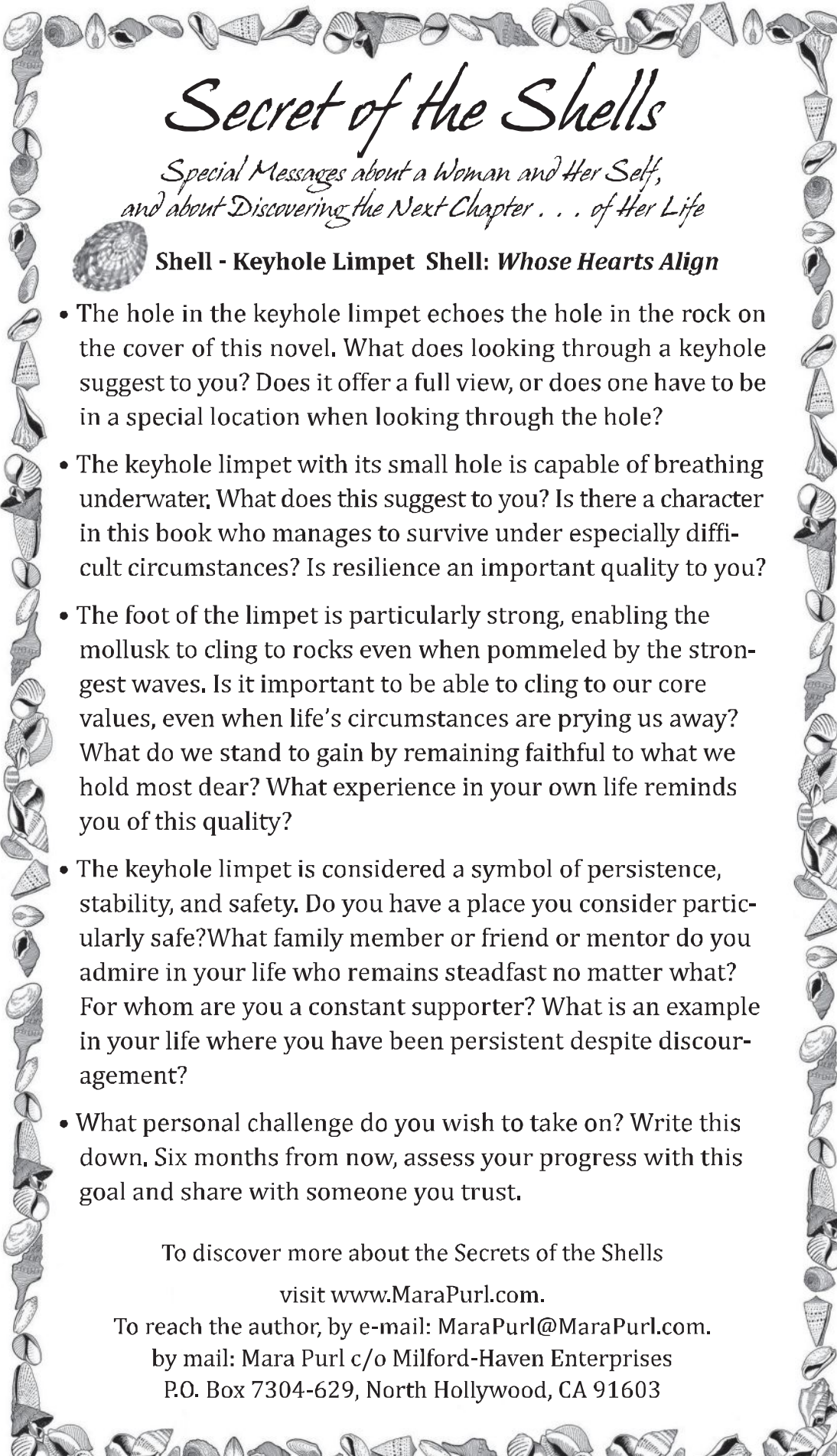




Secret of the Shells

*Special Messages about a Woman and Her Self,
and about Discovering the Next Chapter . . . of Her Life*



Shell - Keyhole Limpet Shell: Whose Hearts Align

- The hole in the keyhole limpet echoes the hole in the rock on the cover of this novel. What does looking through a keyhole suggest to you? Does it offer a full view, or does one have to be in a special location when looking through the hole?
- The keyhole limpet with its small hole is capable of breathing underwater. What does this suggest to you? Is there a character in this book who manages to survive under especially difficult circumstances? Is resilience an important quality to you?
- The foot of the limpet is particularly strong, enabling the mollusk to cling to rocks even when pommelled by the strongest waves. Is it important to be able to cling to our core values, even when life's circumstances are prying us away? What do we stand to gain by remaining faithful to what we hold most dear? What experience in your own life reminds you of this quality?
- The keyhole limpet is considered a symbol of persistence, stability, and safety. Do you have a place you consider particularly safe? What family member or friend or mentor do you admire in your life who remains steadfast no matter what? For whom are you a constant supporter? What is an example in your life where you have been persistent despite discouragement?
- What personal challenge do you wish to take on? Write this down. Six months from now, assess your progress with this goal and share with someone you trust.

To discover more about the Secrets of the Shells

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