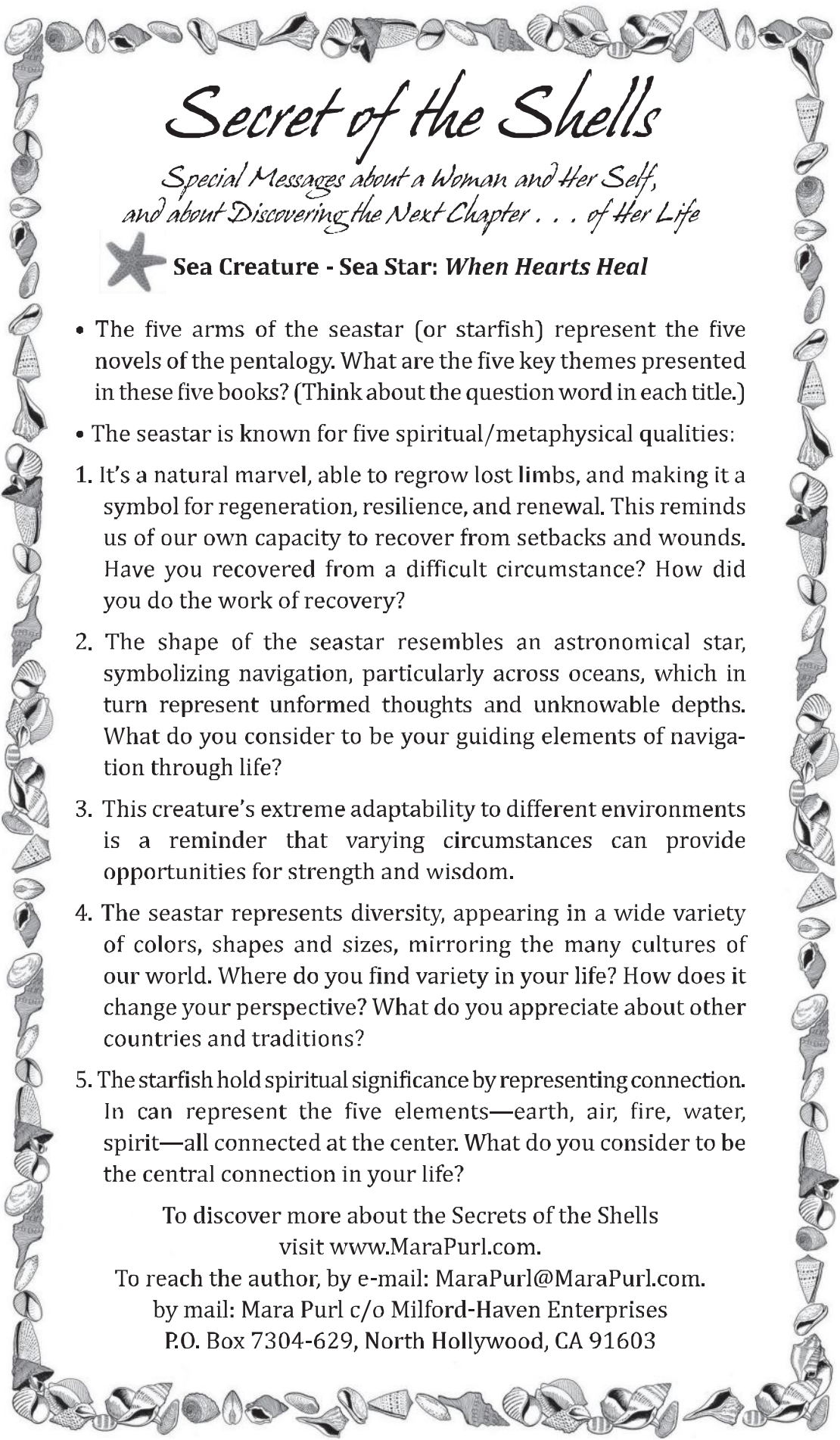




# *Secret of the Shells*

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



## **Sea Creature - Sea Star: When Hearts Heal**

- The five arms of the seastar (or starfish) represent the five novels of the pentalogy. What are the five key themes presented in these five books? (Think about the question word in each title.)
- The seastar is known for five spiritual/metaphysical qualities:
  1. It's a natural marvel, able to regrow lost limbs, and making it a symbol for regeneration, resilience, and renewal. This reminds us of our own capacity to recover from setbacks and wounds. Have you recovered from a difficult circumstance? How did you do the work of recovery?
  2. The shape of the seastar resembles an astronomical star, symbolizing navigation, particularly across oceans, which in turn represent unformed thoughts and unknowable depths. What do you consider to be your guiding elements of navigation through life?
  3. This creature's extreme adaptability to different environments is a reminder that varying circumstances can provide opportunities for strength and wisdom.
  4. The seastar represents diversity, appearing in a wide variety of colors, shapes and sizes, mirroring the many cultures of our world. Where do you find variety in your life? How does it change your perspective? What do you appreciate about other countries and traditions?
  5. The starfish hold spiritual significance by representing connection. It can represent the five elements—earth, air, fire, water, spirit—all connected at the center. What do you consider to be the central connection in your life?

To discover more about the Secrets of the Shells  
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