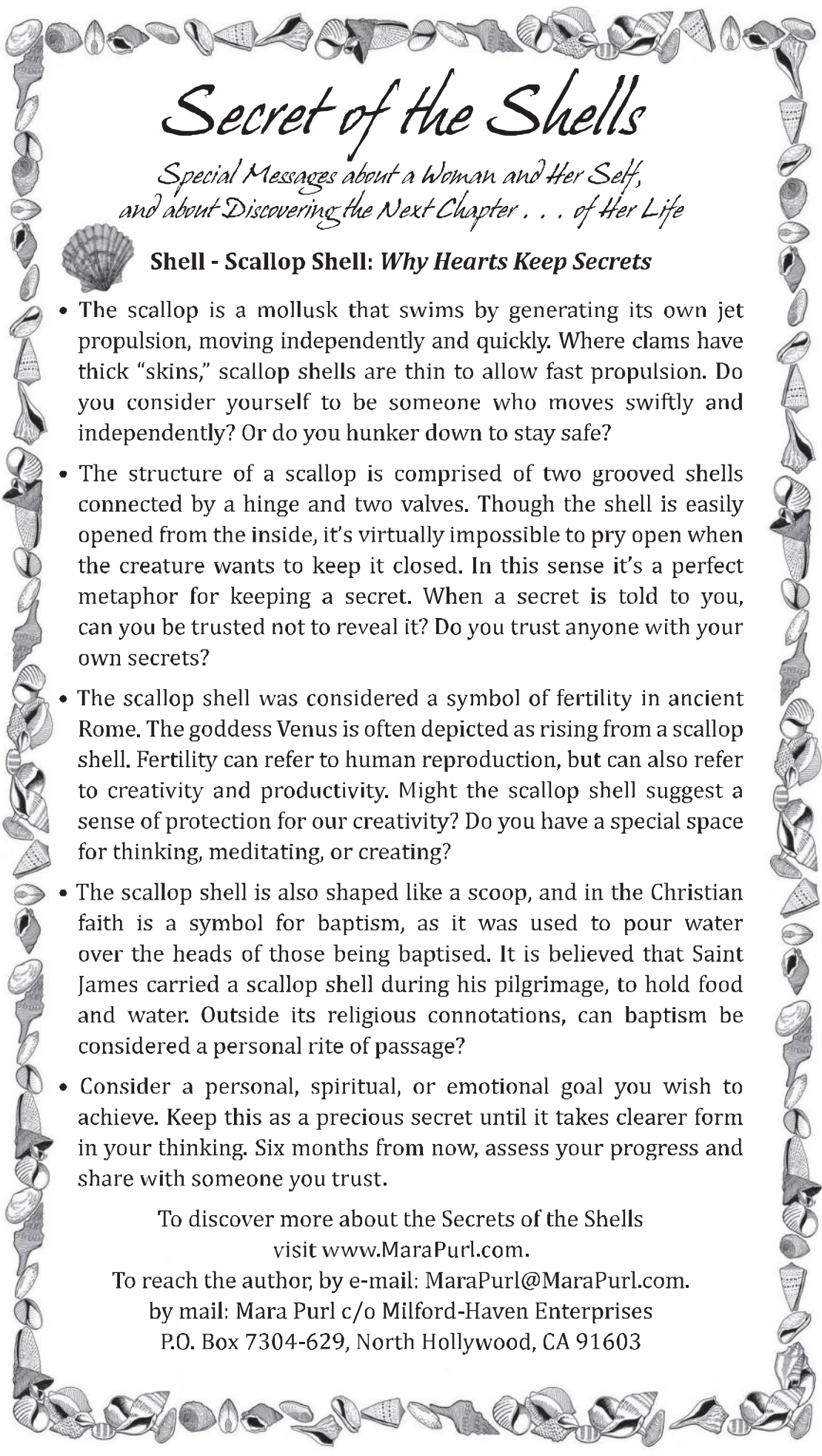




Secret of the Shells

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



Shell - Scallop Shell: Why Hearts Keep Secrets

- The scallop is a mollusk that swims by generating its own jet propulsion, moving independently and quickly. Where clams have thick "skins," scallop shells are thin to allow fast propulsion. Do you consider yourself to be someone who moves swiftly and independently? Or do you hunker down to stay safe?
- The structure of a scallop is comprised of two grooved shells connected by a hinge and two valves. Though the shell is easily opened from the inside, it's virtually impossible to pry open when the creature wants to keep it closed. In this sense it's a perfect metaphor for keeping a secret. When a secret is told to you, can you be trusted not to reveal it? Do you trust anyone with your own secrets?
- The scallop shell was considered a symbol of fertility in ancient Rome. The goddess Venus is often depicted as rising from a scallop shell. Fertility can refer to human reproduction, but can also refer to creativity and productivity. Might the scallop shell suggest a sense of protection for our creativity? Do you have a special space for thinking, meditating, or creating?
- The scallop shell is also shaped like a scoop, and in the Christian faith is a symbol for baptism, as it was used to pour water over the heads of those being baptised. It is believed that Saint James carried a scallop shell during his pilgrimage, to hold food and water. Outside its religious connotations, can baptism be considered a personal rite of passage?
- Consider a personal, spiritual, or emotional goal you wish to achieve. Keep this as a precious secret until it takes clearer form in your thinking. Six months from now, assess your progress and share with someone you trust.

To discover more about the Secrets of the Shells
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