

Secret of the Shells

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



Ear Moon Shell: When the Heart Listens

- This shell belongs to a marine gastropod, with its spiral shell a match to the human cochlea, or inner ear, designed to capture low frequencies. It refers to the quality of listening both externally and internally in this book.
- How important do you consider listening to be? Are you a good listener? Do you think good listening can improve a situation? Can internal listening offer guidance?
- What would you do if your intuition told you to move to a new location that you didn't know much about, but felt would work for you?
- What does "listening to the heart" actually mean? Do you feel people can sometimes hear voices? Or do you think the "heart" communicates through feelings?
- Have you ever gone on a trip and "fallen in love" with the location you visited? Write down the qualities of that special place. Can you find those qualities where you live now? Or would you have to move to find them?
- How important is money when you're making plans? Is it important to have a sizable amount set aside before putting plans in place? Or do the plans come first, trusting that necessary funds will follow?
- Create a hypothetical plan for something you have always wanted to do. Include all the details you can think of including funds, logistics, support system, training, colleagues, and so forth. Use this as a Vision Document and track what happens once you have created it.

To discover more about the Secrets of the Shells
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