

# *Secret of the Shells*

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



## *Heart Cockle Shell: What Your Heart Knows*

- Do you often have intuitions? When they come, are they thoughts or feelings? Do you identify them by other terms such as instinct, feeling, or premonition?
- What do you do when you have an intuition? Do you dismiss it as “silly”? Do you evaluate them carefully to learn whether they’re fear-based or inspired?
- There are many expressions that use the word “heart.” Examples are hard-hearted, put your heart into it, heart-to-heart talk, and heart in the right place. What are others?
- Does your own sense of purpose come more from your head or from your heart? Is it possible to be committed to a life purpose or mission if your heart isn’t in it?
- Create a one-page collage from magazine pictures. Use only images of things your heart desires, no matter how outlandish they seem. Live with the collage for a month. Do your feelings about it change? Does anything new come into your life?
- Can you think of a scenario where your head says the situation is hopeless, but your heart says something can be done? Challenge yourself to use this awareness to do something special for another person or for an organization.

To discover more about the Secrets of the Shells  
visit [www.MaraPurl.com](http://www.MaraPurl.com).

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