

Secret of the Shells

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



Shell 2: Where Your Heart Lives

- ▶ Do you have a deep sense of belonging where you live? Or do you often picture yourself living somewhere else? In choosing your present location, did you mostly consult a logical list (proximity to work; access to services; no stairs)? Or did you also consider how the location makes you feel?
- ▶ What would you do if your intuition told you to move? Would you dismiss this as “illogical”? Would you try asking yourself why you’d begun to have these feelings?
- ▶ There are many expressions that describe a journey using the word “heart.” Examples are the path with heart, follow your heart, and the way of the heart. What do you think these mean? Where might they lead you?
- ▶ Imagine your life as a map drawn only with logic and intelligent planning. Draw this map with a starting point and important goals as specific destinations, using the most direct routes and the fewest detours. Make this map as well-engineered as you can.
- ▶ Now imagine your life as a map drawn only with feelings and desires. Draw this map (or paint it, or collage it) with its starting point at the center of the page, and with icons that represent major desires appearing in your imaginary landscape as hills and lakes, mountains and valleys, boulders and gardens. Make this map as beautiful as you can.
- ▶ Create a third map that includes elements from both your head map and your heart map. Include icons that represent past, present, and future events; people; desires and goals. Post this “Life Map” in a place where you can regularly see it. Re-map sections as you get new inspiration. Where are you on your map?

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visit www.MaraPurl.com.

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To reach the author, by e-mail: MaraPurl@MaraPurl.com.

by mail: Mara Purl c/o Milford-Haven Enterprises

PO Box 7304-629

North Hollywood, CA 91603