



ISSUE 35 March 2010

Amber Dolphin

*Freedom of thought and expression;
Expanded consciousness and awareness
Creative thought – thinking 'outside the square'*

Amber Dolphin is number five of the Essences of the new Vibration. Looking back these essences seem to be forming a pattern.

The first to arrive was Shinbone Tibia, giving us gratitude and new beginnings, allowing us to see different opportunities.

The next was Ammonite, for courage and steadfast faith during times of change.

The third essence was another fossil shell, Fossil Nautilus, teaching us to connect to our heart, and to discover forgotten gifts.

The fourth essence, Wonder Cowrie, helps us remain grounded and connected to our spiritual and human families during times of changing energy.

And now Amber Dolphin has arrived to help us expand our consciousness and awareness.

How did this unusual piece of amber (fossilized resin from an ancient tree approx. 150 million years old) come to be part of the Shell Essences?

Annie, a psychic reader at an M.B.S festival first pointed me towards amber, and I managed to find a piece which seemed promising. A few weeks later Chery rang from Bateman's Bay to tell me she had a message from Spirit indicating that I needed to make an essence from a dolphin bone!! I dismissed this as being somewhat fanciful. Another month passed and I decided to have another look at the little piece of amber – and discovered it is shaped unmistakably like a dolphin!

The first message from Amber Dolphin relates to freedom – the freedom to go beyond our current restrictive thinking; to allow us to understand and



to perceive the world in a different, freer way and thus experience spiritual growth in all areas of our lives. It helps us develop expanded consciousness and awareness of the 'oneness' within all, and to finally rise above the restrictive patterns which have governed all aspects of life for some time, and which promote status, separation, judgment, competition, and other divisive qualities.

Children are especially restricted within our present life-style, and often look for freedom in computer games when it doesn't exist for them in their very structured lives. These children have come to develop and expand our consciousness, but their creativity and imagination is often stifled, and they become angry and frustrated. Amber Dolphin could allow them to experience freedom of thought and spirit and to grow beyond what adults can presently imagine. The world needs new ways of thinking to solve our present problems, and within these children are the seeds of this ability to see and imagine differently. Amber Dolphin can help these seeds to grow.

This essence would be excellent to help children who are bullied – or who bully others – to acknowledge oneness rather than differences.

On a more expansive level, perhaps the presence of this essence in the world may also modify the bullying of one

nation or group by another for political or economic gain (built on their perception of differences and separation)

Those who take this essence help spread the understanding that 'we are all in this together and need to help each other', but not through

the very limited perception of charity from the 'haves' towards the 'have-nots'. The Essence Amber Dolphin increases both our understanding and desire to share through a sense of peaceful brotherhood, rather than the alienation of competition.



Amber Dolphin

At the end of last year I felt burdened by responsibilities, and felt I had no freedom to do anything new. So at the beginning of this year I decided to create freedom for myself. I had volunteer responsibilities which I had found were becoming increasingly restrictive, and I'd lost my passion for the cause. When Amber Dolphin came on board I was happy to be a research participant. After taking the essence I found I was able to resolve frustrations and to finally let go of the

organization which had demanded so much of my time and attention. I released friends with whom I no longer felt comfortable. I realized I have felt subtly bullied by past friends with strong attitudes who wanted me to fit into their beliefs and fulfill their needs. New friends who inspire and support me have come into my life and I now speak my truth without fear of 'rocking the boat'.

Emily NSW

Amber Dolphin Family

My 17 year old daughter was adamant that Vet Science was what she wanted to do after year twelve next year, choosing physics, chemistry and biology. She is naturally highly creative, but had been unwilling to discuss creative subjects as options for her HSC. I offered Amber Dolphin to her, explaining that Nancy was trialing it, and to my surprise she was happy to oblige.....in truth though, I had already made it into a spray and had sprayed every single surface, structure, space and piece of clothing in her room before she came home that day. Over a couple of days she was put under immense pressure from a number of sources in her life, and began to share her concerns and the stress she felt about doing all the 'dry' sciences. When I mentioned her innate creative talents and that the opportunity to blend her creativity in the subjects of sound and lighting, design and tech, and textiles made for a very interesting expressive future she said "Mum, why didn't you say this before now?" (You and I know she would just have not heard it!) Anyway the changes are made and I have one very happy year 11 student – enthused and maturing.

My young son is a sensitive soul, often hurting from the taunts of schoolmates due to his unusual surname, gluten-free food, and then, being school house captain, he finds that if he

misses a ball he is told he is not a good sports leader etc etc. He does his best to ignore the taunts but eventually retaliates. Getting into trouble adds to his disappointment in himself. He had a particularly bad day 2 days ago, so for his next day of school I put the bottle of Amber Dolphin on his photograph to send him its healing. I reflected on his current situation and realized he doesn't have an anger problem; his issue is with frustration. This insight means that I can help him address the part that frustration plays in our lives, so we do not give up when challenged. Well he had a good day at school and had positive talks with two fabulous teachers who are prepared to help him and provide him with support and strategies re the teasing. They even related their own journeys to him.

The next day he, and the two boys who teased him the most were put into a small group for social skills and development where they had to work together and co-operate – which they did. The boy who had been the worst offender has invited my son for a sleep-over.

It appears to me that Amber Dolphin works very subtly, and you could almost miss the changes unless you take the time to really look at what is going on – and then life becomes even more of a curious, healing, exciting and wonderful ride.

Chery NSW



Amber Dolphin and 'No More Guilt'

I am sitting and looking out at the water and wondering where this new found journey is taking me. It has been unbelievable how my life has changed over the past few weeks. New opportunities have been offered; I have

found such peace and contentment and wondered at the tranquility that has enveloped me. Guilt has disappeared; I can speak what I need and want without hurting anyone for the first time in my life while still feeling at peace within myself. Suddenly

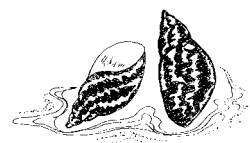
the brain went into overdrive when I realized that part of my new-found self was because I was taking 'Amber Dolphin' and 'No More Guilt'

I thought about all the restrictions that had been placed on me since childhood and from

my husband and that I was now feeling released and free to spread my wings and fly. How few people have this God given opportunity to live their lives in a more spiritual way and I now have this gift offered to me from Nancy and the Shell Essences – thank you is all I can say.

Joy Sydney

Sharing Shell Stories



Using Shell Essences

I have been a Shell Essences practitioner and user for many years now. As a matter of fact I was on the sidelines watching when the Shells started to come through and I'm still watching them come. How fortunate we all are that they have graced us with their knowledge and healing powers.

Using our intuition is all part of the process of healing with the Shells. I believe because we are all unique individuals on our own spiritual journey the Shells work with that concept, so sometimes a Shell will work with one individual in a different way to another. That shouldn't stop us passing on this knowledge or giving things a try, but we must keep in mind what works for one may not necessarily work for another in the same way.

For instance, apart from all the channeled uses for Robin's Cowrie, I use this wonderful essence for my feet. I put it in footbaths: I massage it into and between my toes. I rub it on my toenails. We use caravan park showers quite frequently and Robin's Cowrie prevents athlete's foot problems for me. Now maybe it's because this little shell arrived on a drift of seaweed at my feet and has the same name. But you might like to try it. (*Can you guess who found Robin's Cowrie and where it got its name??*)

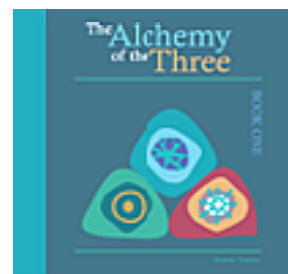
Would you like another for instance? I live on a country property with lots of grasses which irritate my Upper Respiratory Tract but there's an Allergy combination I have been making up for years. It's a bit unusual but here we go: Black Nerite, Sea Urchin – plus I

take myself into the Light and ask my Divine side to add a Shell Essence that doesn't choose to be brought through in the way of the other Shells. This combination has kept me and my clients breathing freely when the pollen and grasses are blown around by strong winds in our district. For skin irritations I use the same combination, plus Pheasant Shell, I Allow, and Callala Bay Scallop. I often add these drops to Sorbolene or Vitamin E cream if it dries the skin too much. I know all this may sound a bit strange but why not give it a go and ask your Divine side.

Love and Blessings from Central Victoria. Robin

Robin has written a delightful book about keeping a spiritual journal. It is available as an E-book from her beautiful newly created web site www.soulinmyshoes.com and I'm sure it would appeal to many people. Here is part of the information about The Alchemy of the Three from Robin's web site.

"The Alchemy of the Three series is a sharing of my ideas on healing and the way I work with my spiritual journal. I give suggestions only on how to be self-sufficient in healing ourselves for we are unique spiritual beings walking a path and no journey is the same."



"I found this book truly inspirational; it's given me food for thought and another part of my journey"
Joy Young

Wonder Cowrie



"Last night I read November News and was delighted to learn that so many people benefited from Wonder Cowrie. It makes me very, very happy and humble at the same time. Imagine, this precious shell was sitting on my shelf for almost 35 to 40 years quietly watching us go through our children's growing years and all the hustles and bustles of the extremely busy life we led; and yet

if we just stopped for a moment and listened to the shell we should have been connected and happier for it.

But, that is all past and the only thing we can do now is to help as many people as we can. We only have today. Let's do the best with what we have.

Miriam Vic

(Miriam listened to the Angel of Wonder Cowrie and sent the shell to Nancy)

Shell Essences

“I feel so strongly about how my Shells can help so many, and with the positive results I have on a daily basis – from using Just Me every day to clear my aura of attachment from my clients (wow, what a difference it can make; I feel clean!) to using the Hydration Spray every morning before I start work (what a pick-me-up, I’m raring to go and have so much energy).

I feel the vibration from each and every one of my essences, and boy, do they speak to me! They definitely let me know which essences to use, and sometimes I will even have essences out on my desk for no reason – but then a client

will show up and they sing with delight, for that is who I pulled them out for.

Today was lovely; a client of mine, who has come to see me three times for different things, was back, and the praise she had blew me away (well, not really as I know what they can do). She has asked me to do an abundance blend for her, and the triple pack just ‘yelled’ for her. So I happily made them up with some counseling as well; she is well on her way to her own self-discovery and healing. Thanks again Nancy.”

Louise QLD”.

Shell Essences for my Family and Me.

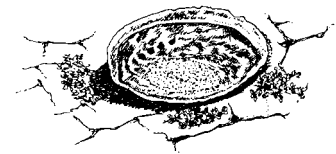
Shell Essences came into my life more than a decade ago and it was just the other day I thought “what on earth would life have been like if my children and I hadn’t received the blessings of Shell Essences”. As I thought about a few of the incidents they have helped us through, tears came to my eyes, and I realized it was best not to think about those things, but just to be grateful and get on with it. I have chosen what I believe is a pretty hard life this time around – I must have been paying off a lot of karma all at once!

Life has mellowed enormously because I can identify what is going on for myself and my kids, and before it becomes a big problem, I hit the appropriate spot with the appropriate essence and avoid the nasty bits – nipping it in the bud. I see life on earth to be a massive

journey of lessons, and there is no way I would have passed my exams – or even attended class, if it hadn’t been for the Shell Essences. I know they saved my life, and I am most grateful because I am now a grandma, and am reaping the benefits of playing a big part in my grandson’s life.

My children are occasionally still hesitant about the Essences, but I will never give up sharing the Shells with them because I want their lives to be as wonderful as possible, and the Shell Essences are the most beautiful way of doing this that I know. I love what the Shells have done for us, and will be forever grateful.

Panchali Vic.



No More Anger

In November last year my relationship with my partner of 16 years was hitting an all time rock bottom. We have four children, and have struggled along with the ups and downs, but mainly I struggled with my partner’s intolerance, inflexibility, and conditional love. It didn’t seem to be triggered by anything in particular, just depending on his mood, which could change at any time. We were being totally controlled by his inability to accept responsibility for his very bad behaviour, with terrible rage episodes. If it wasn’t one of us, he would just go to the next person, only to wake up next morning and be very sorry to us all.

I finally had had enough, and had worked with Shell Essences and natural therapies for more than 10 years. Essences would work – and then he wouldn’t finish them, and so on. I rang Nancy, and she went through the Shells to find that the mix ‘No More Anger’ at stock strength

with Tiger Cowrie added would help him. This combination in stock was needed as he had a long history of anger and intolerance in his family. After taking the essence for a couple of days things were improving greatly. We had a lovely Christmas and Christmas break with no issues. Occasionally he would lose his temper too quickly and we would remind him about his drops. He had four days without the next bottle, and at the end of January, became sick, vomiting, which may have been his liver cleansing.

It is now February, and he has gone through three stock bottles. Our whole family life is so different. He takes responsibility for so much; we can discuss issues without any fuss; he manages the children with ease, tolerance and understanding. He can now step in, in an appropriate balanced way instead of me doing all the parenting, and he expresses true,

No More Anger - contd

unconditional love. In fact just yesterday he said "guess what; I haven't been taking the essences as much; I've been able to be conscious about what I am doing, and I understand to not let things get to me". At dinner last night he said "what a wonderful family we have; I am not going to jeopardize us

any more."

Thank you Shells and Nancy for allowing our relationship to be truly what it was always meant to be – a fun, relaxed, loving responsible family.

Love and blessings

Suzanne, NSW

42 Muscle Balance

On the 19th October I had two surgeries on my right hand to remove the lower joint of my thumb and to transplant a tendon from my arm into the area where they removed the joint. There were five incisions, and after surgery my hand was in plaster for two weeks; I was on strong painkillers, but did not like the side effects. I asked the universe to give me some suggestions PLEASE!!! I got "take the 42 Muscle Balance", said OK, and started.

The pain went fairly quickly; the most pain and irritation I experienced was from the plaster resting on the main incision. Next my hand was placed into a splint which looked like a bionic hand in which it was meant to remain for 8 weeks; I got rid of it in 6 weeks. I didn't have much therapy as I worked on the hand myself.

When the therapist was pushing my fingers and thumb she said "I'm sorry, this must be

really painful" I told her no, actually there isn't any pain, but she said "that's impossible" and didn't believe me. She was absolutely amazed at the strength and range of movement. My last visit to the surgeon was on the 21st Jan. and I had already stopped using the splint. He was surprised and pleased at the healing of my hand and the movement I had, and asked how I was coping with the pain (the expected recovery time was 3-6 months with no use of the hand for the first 3 months.) I told him I had no pain apart from the pressure of the splint on the scar. He didn't believe me, but I have learned to smile and say nothing.

I took the 42 Muscle Balance every day, and twice a day in the early stages. I have full movement and function in my hand and thumb.

Jenny Vic.

Coral No. 5: Dendronephthya

"I would like to share a story with you. I had a client whom I had met for the first time. He presented with issues regarding incorrect messages being given by his eyes; he was seeing things which did not appear to be present to anyone else. During the balance a coral, Coral No. 5, Dendronephthya showed as being helpful – it refers to family tree grief and also social behaviour issues. My client had been tracing his family tree and had been finding out issues in the family re memory and social behaviour. Many of the issues that arose could be traced back to EMR stress.

The client owned many fine shells, and had them prominently displayed about the house. When I phoned the next day we talked about using a particular shell to help disperse the

energies around the home.

The main shell that appeared to be required was a starfish, and he was to place it on the bowl of flowers in the hallway. After the call I looked up Starfish and was amazed to find on the imbalance side was a possible sensitivity to EMR energy.

He is also amazed at the relevance of the shells and the messages they carried for him. I always read to my clients the story of a particular remedy that is chosen as I find many times the story is also a great aspect of the healing process.

Marney Perna

Kinique – 'Kinesiology uniquely for you.'



Essenshell Support (Boost Plus)

"I have been using the Shell Essence remedy Essenshell Support since I first purchased it about a year ago. I used it at every consultation when a client presented with a cold/flu virus. I managed to stay cold, flu and virus free all year, even when clients came in with the swine flu. I literally 'felt' protected when I used it. The only time I 'caught' something from a client was the one time I didn't use it, and it was one of those times I intuitively knew I should have

taken the drops immediately – but didn't and ended up with a bout of gastro. I have also been recommending it to all my clients who travel, and have overseas holidays, and all have reported they haven't caught any colds or flu. It has given me such peace of mind to know that I have a great product at hand."

Lyn Treloar, Kinesiologist and Trainer,
Sydney

Sharing Shell Stories - contd

Just Me & Harmony Mist

"I wanted to write and tell you of the success I have had using the 'Just Me' and 'Harmony' sprays in both my work and personal life.

I work in a highly stressful work environment where my colleagues are often stressed, emotional and aggressive. Many of my colleagues often express their anger and frustration to me, and I was beginning to feel that it was negatively impacting on both my emotional and physical health. I was often upset, worried and frustrated by what my colleagues would tell me, and I would regularly suffer from tension headaches and stomach upsets. I have been using the sprays for a few months now, and while my colleagues still off-load their grievances on me, I have found a vast improvement on how I have been feeling, both physically and emotionally. I no longer feel upset or stressed by these colleagues and I have not suffered any of the physical sickness I previously experienced.

I have also had success with using the sprays to assist with difficult personal relationships.

My partner and I have had very stressful and strained relationships with various family members for many years. It has caused both of us much anxiety, stress and upset. I have been using the sprays before and after meetings with particular family members and we have both noticed a remarkable improvement in the behaviour of the individuals. The rude and aggressive behaviour these persons often displayed has noticeably lessened and I have found that the anxiety I suffered in respect of these difficult relationships has essentially disappeared. I am now able to relax when around these people, and where I used to be highly sensitive and often upset by the actions of these individuals, I am now able to let things go and am not offended by any negative behaviour.

I have experienced such vast improvements in my work and personal life since using the sprays that I would recommend that others give them a try.

May Morgan Sydney.

Hello from Global Essences

It's been a big year so far astrology wise with 2 eclipses in February, though if you are a Leo the year doesn't officially start until Mars stops



retrograding through Leo on 10th March. One of the major themes for the year according to the latest 2010 Wellbeing Astrology Predictions (magazine from

newsagents) is the coming Jupiter-Uranus cycle (Uranus completes its 84 year cycle on 29th May) which is part of the new opportunities coming, bringing in new ideas and new technological advancements and possibly some "Eureka moments". Children born as Uranus starts its new cycle in Aries will have extraordinary futuristic and humanitarian ideals, though for all of us it heralds an evolution and acceleration of consciousness.

This leads into a very significant happening on 30th July where the 4 cardinal signs of Aries, Libra, Cancer and Capricorn create a cosmic cross, the effect is significant to further support us to overhaul and even reinvent ourselves, while responsibly dealing with a variety of relationship issues, awareness of our karmic duty and our responsibility to the world in service to humankind. It's pretty huge!

All in all, this presents a major opportunity opening up to all of us all this year...so if there is anything in our inner or outer world that we would like to transform, this is the year, it can happen!!! Such a powerful year for change. Though the other side of this, of course is being aware and being willing to change, and working responsibly with such powerful planetary support. It is virtually impossible to prevent the changes happening - though it is much more harmonious and empowering to consciously work with the changes, as they manifest in our lives. To get us into the mode of change - perhaps you may consider a Shell Essence sequence, these by their very nature, 3 Essences taken one after another, help us to move into more positive flows.

Here's a few that came to mind:

Self Empowerment sequence: I Am, Scallop & I Create, for empowerment, inner leadership with clarity and confident creativity.

Give It a Go Trio: I Create, Coral 14 (Stylaster) and Essenshell Flame Mist, to have the creative clarity, the committed energy and then the bravery to follow through.

Inspiration, Motivation, Creation: Shin Bone Tibia, I Am and I Create, for gratitude, new beginnings, self empowerment and creativity.

If we find ourselves feeling a bit resistant to change we may consider using one or more of the following Shell Essences **Essenshell Solution Combinations - No More Fear** – for letting go of fear so we can make changes, **Peaceful Sleep** - when our unconscious is processing changes and this affects our sleep, **No- More Guilt** - when our present decisions are tainted with regret from the past, **I Release** - to let go of old frustrations and

anger to be free to change. Perhaps for some of us **Loving Relationships** may help heal relationship issues that come to the fore. Some of the mists that may be beneficial also are **Just me** to be in our own energy unaffected by others, **Positive Mist** - to release our own negativity, **Essenshell Harmony** - to clear ourselves and our environment and make a space for change.

There are a range of workshops planned for Queensland this year, if you have a group and would like to host/co-ordinate a workshop locally to you, just let us know and we would love to come and work with you for a mutually beneficial arrangement and share the Shell Essence message.

With love, Gabrielle - Distributor, Workshop Instructor



Shell Essence Workshop Instructors



I'm delighted to introduce some wonderful women whom I hope you will have the opportunity to meet – the Shell Essence Workshop Instructors. These women have both the in-depth knowledge of Shell and Coral Essences, and the ability to impart their passion and knowledge to others.

So you can now attend practitioner standard Shell Essence Workshops in country centers as well as capital cities. You will find their workshop dates and venues on the web site.

Nyree Bird – Shell Essences Practitioner/ Instructor/ Distributor

"I live near the Great Barrier Reef.

I am always happiest, in, over or under the ocean waters. I lose myself in countless hours to the wonders and the mysteries of the deep silent kingdoms.

My house resembles a Caribbean resort, my reading room is an underwater theme, my



bedroom is muralled as Atlantis with King Neptune still sitting regally in his ancient glory,

watching over me as I sleep.

Therefore it is no coincidence the shells lovingly recruited my very willing services, for their divine missions on earth.

Shell Essences America started slowly, tentatively, as if feeling its way, but 2010 burst

to the scene with new and exciting opportunities, the shells lovingly steering the rudder on a course to excitement and enlightenment, slowly making their way through the poorest regions of Latin America. I wish they would send me to the balmy waters of the Caribbean, but as i close my eyes the entity of the shells whispers PATIENCE BELOVED .I shudder at the allergic reaction that said word 'patience' imposes on my very eager being.

The profound shifts, yet subtle in their ways, never ceases to amaze me; my journey with their loving guidance has led to some merry adventures, one day in a time. Far from now, in a world called spirit as I stand at the gates of Heaven patiently awaiting admission with one hand on my heart and the other on the buzzer, I will look back at this magnificent play that was my life, and I will think.... ... WOW WHAT A RIDE !!!!” Nyree 2010

Rowena Neal – Shell Essences Practitioner/ Instructor/ Distributor

"My childhood has always been associated with water and shells and I have many fond memories of being on and around water; beachcombing with my grandparents, and their love to travel up and down the QLD coast on their boat. From the very first time I saw shell Essences on the web, my healing journey and passion for them began. The healing and growth that I have experienced from the Shells is beyond words, and I am very thankful to the powerful, beautiful inspiring Shells. From my experience Shell Essences are a powerful

healer in their own right, and I am so grateful to have this opportunity to teach the Shells and share their vibration of love and healing. It is going to be an exciting time for us and I am happy to be joining the Shell Essences team as a teacher in QLD.”



Rowena

Chery Austen – Shell Essences Practitioner/ Instructor



"I live in beautiful Batemans Bay with my three children, and am a holistic therapist at a local Healing Centre where I practice Reiki, and Pranic Healing, Massage, Holistic Counseling and Vibrational Medicine with Australian Bush Flower Essences, and of course the wonderful Shell Essences.

I facilitate workshops in Reiki, Massage, Meditation, and Shell Essences.

I was first aware of the Shell Essences in 1993, and began working with them at practitioner leveling March 1997. Since that time the Shell Essences have become an integral part of every facet of my life. I love being a Shell Essence instructor and sharing the energy of these powerful healing essences."
Chery

Isabelle Clark – Shell Essence Practitioner/ Instructor



"I have been involved with Shell Essences from the beginning more than 20 years ago. I feel they have assisted me to access and identify my own unique talents and abilities, and develop my intuition. This has made my

life richer, fuller, and I'm able to communicate easily with others. I am a Kinesiology Practitioner/Instructor and Meditation Teacher, and have developed some amazing techniques using the Shell and Coral Essences to use with my clients and students. I greatly appreciate the opportunity to share these wonderful vibrational remedies with others."
Isabelle

Bessie Hagen – Shell Essence Practitioner/Instructor

"I am a kinesiologist, a Three in One facilitator (also called One Brain) and a skilled workshop facilitator (teaching in Denmark, Sweden,



Australia) My original interest was psychology, which I studied for a couple of years. After my involvement with kinesiology (first workshop mid eighties), I have been reading HEAPS of spiritual literature and am currently teaching workshops in

Scandinavia and Australia, covering several types of essences, kinesiology and personal growth. The deep healing effect of the Shell Essences is very

inspirational for me and not the least for my clients.

I have been involved with the Shell Essences since 1994 and I never stop being awestruck by the positive results! And as you might know, they DO work! They work well on babies, children, teens, adults, pets, and even the environment.....! I am Danish and share my time living in Denmark and Australia and my passion is: teaching and facilitating Shell Essences workshops!

Hope to see you,

Bessie

Pam Geering – Shell Essence Practitioner/Instructor

I have been a natural therapist since 1992 integrating many modalities. I was introduced to Bowen Therapy in 1996 and Shell Essences in 2003.

My passion for both Bowen Therapy and Shell Essences is of great value in my work with both clients and students. I apply the skill, insight and appreciation developed within these therapies to my role as instructor of Bowen Therapy and Shell Essences.

My teaching experience has given me an understanding and has allowed me to see the

big picture of the Holistic Healing which we each require for mental and physical well-being.

My experience as a 'hands-on' therapist in my busy practice in Canberra and Tura Beach south coast NSW; emphasizes healing the total person by integrating a sensitive evaluation of the client's needs.



Pam

New Shell Essence instructors will be offering Shell Essence workshops in the not too distant future. So please check our website for workshops in your area.



Page 9 and 10???

Well, this month so many great articles have rained on the newsletter that, like the QLD rivers, it's risen above previous levels!

Website

At last our web site is being up-dated, with a new shopping cart, Pay Pal, as well as our previous payment system, and the new products will now be listed. Please – if you have any ideas for improvement, we'd love to hear from you.

Hand Crafted Wooden Boxes for Essences



We have been asked many times for wooden boxes to hold the Shell Essences. We have ordered 100 solid wood boxes from Bali, beautifully hand carved with a design of shells in a

corner of the lid, and 'Shell Essences' carved across the centre. The wood is bayur – a native plantation timber. The box lids are hinged and have an attractive catch, and cardboard partitions for 25 bottles.

The price of these boxes is \$50 each plus postage. The shipment should be arriving at the end of April, or beginning of May, and can be ordered in advance from Shell Essences office. We'll contact those who have already expressed interest.



News from Overseas

America

Shell Essences America are powering ahead, with great support from Sandy of H2Om Water. Have a look at their great website www.shellessencesamerica.com for specials and their latest newsletter.

New Zealand – Distributor and Workshop organizer required.

Shell Essences will be exhibiting at the New Spirit Festival in Auckland on 1st and 2nd May. If you're attending the Festival please come and say hello.

The not-so-good-news:

Karlla Faria from Brazil who visited Shell Essences in Sydney and underwent training to become a Shell Essences teacher and distributor in Brazil is still unable to proceed. The small training kit and manuals we sent her last year are still held in customs in Brazil where they are demanding AUD\$6000 to release them!!! Karlla would be a great teacher and has already translated the manual.

A letter from Cuba

Introducing myself into the world of the shell essences would be something just wonderful in my life! I am Cuban, married and with two little children, a boy and a girl.

For us, to get to share this wish with other people, under another sky, and with a different environment, is something that words can't just describe.

It'd be the opportunity in my life to share knowledge, feelings, experiences of what others have done so well with us. It'd be being able to tell the rest of the people that hope has wings, it'd be experiencing something beautiful and deep, something absolutely impossible from here, in this end of the world.

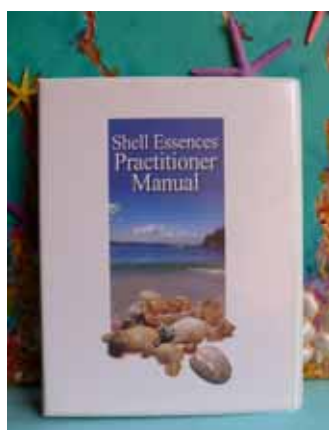
If someone wants to help me with this dream, and to help me to help others to dream, I'd be eternally grateful! I'd love to help others to dream!

Thanks a lot, no matter what! I'm already dreaming, so thank you! Clary and Carlos



Shell Essence Workshops 2010

| <u>Venue & Contact</u> | <u>Date & Event 2010</u> |
|--|--|
| NSW , Sydney Shell Essences (02)9528 4106 info@shellessences.com.au | 1-day Shell Essences Workshop: Sun 28 th March 2010 |
| NSW , Sydney Isabelle Clark (02) 9898 3601 Isabelle@healingandgrowth.com.au | 1-day Shell Essence Workshop: Sun 6 th June 2010 |
| NSW , Sydney Isabelle Clark (02) 9898 3601 Isabelle@healingandgrowth.com.au | 1-day Coral Workshop: Sun 27 th June 2010 |
| QLD , Gladstone Rowena Neal (07)3162 8769 arneal@optusnet.com.au | 2-day Shell Essences Workshop: Sat 10 th & Sun 11 th April 2010 |
| QLD Brisbane Global Essences (07)3878 9371 gabrielle@globalessences.com.au | 2-day Shell Essences Workshop: Sat 17 th & Sun 18 th April 2010 |
| QLD Townsville Rowena Neal (07)3162 8769 | 2-day Shell Essences Workshop: Sat 24 th & Sun 25 th April 2010 |
| QLD Brisbane Global Essences (07)3878 9371 | 1-day Intro to Shell Essences: Sun 29 th August 2010 |
| QLD Brisbane Global Essences (07)3878 9371 | 1-day Coral Workshop: Sunday 12 th September 2010 |
| QLD Brisbane Global Essences (07)3878 9371 | 2-day Shell Essence Workshop: Sat 6 th & Sun 7 th November 2010 |
| SA Adelaide Nyree Bird (07)4092 2693 missbirdaustralia@yahoo.com.au | 2-day Shell Essences Workshop: Sat 8 th & Sun 9 th May 2010 |
| WA Perth Nyree Bird (07)4092 2693 | 2-day Shell Essences Workshop: Sat 15 th & Sun 16 th May 2010 |
| NT Darwin Nyree Bird (07)4092 2693 | 2-day Shell Essences Workshop: Sat 29 th & Sun 30 th May 2010 |



Shell Essence Manuals

The new Shell Essence Manual is available for sale for \$40 plus \$10 postage. This A4 three ring enviro-insert binder holds information about the Shell Essences, the Coral Essences, and the Blends (combination essences.)

It can be easily updated: as new essences become available a sheet on each new essence will be available from Shell Essence office. The manual is part of the 45 Shell Essence kit, and is free to workshop attendees. However since there are no physical imbalances mentioned, the manual is now available to all