Sea Whispers Oracle

LYN THURMAN

Sea Whispers Oracle

A guide to help you hear the whispers of the sea and the wisdom of your soul

Lyn Thurman

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Introduction

For as long as I can remember, I've been drawn to the sea.

As a child, we'd take occasional weekend trips from London to Brighton to stay with my maternal grandmother. Every Sunday morning we'd visit the shingle beach and while the lights and amusements of the pier were always attractive, it was the sea itself that captivated me.



In typical London fashion, day-trips to the sea were a regular feature when I got older. Those few hours by the sea restored my spirit and I'd want to stay. I tried to move to the coast when I was in my early twenties but my then partner was adamant he was staying in the suburbs. So we stayed.

I moved from London to the south coast of England at the end of 2007. I made it. And it felt like coming home.

I have to be honest that my attraction to the sea was therapeutic. I feel alive when I'm near the waves — it moves my spirit and soothes my soul.

It was an obvious choice for me to combine my love of the sea with my love of divination. About three or four years ago, I made a 36-card DIY oracle deck which I called *The Ocean Oracle*. I created the artwork then stuck it on regular playing cards. I still have that deck but it's definitely outdated (the glue is still holding fast though!).

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This year, I decided to revamp *The Ocean Oracle*.

I removed some cards and added more. It took on a life of its own and underwent a name change too. The *Sea Whispers Oracle* was born.

I've always been a bit squeamish where marine life is concerned. I think I would scream like a girl if a fish touched my foot in the water. Yet, during the process of creating these cards I've seen the sea and the creatures that rely on it for existence through new eyes. It's a fascinating world by the shore and under the water. There are deep trenches of wisdom to explore and each creature has its own 'medicine' to give to us.

I am, more than ever, in love with the sea.

I hope *Sea Whispers* will delight you.



Lyn Thurman

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Using the Cards

The *Sea Whispers Oracle* is a 48-card deck themed around sea and ocean life. On each card there is a keyword and, if you look in this ebook, you'll also see that every card has a reversed (undercurrent) meaning too.

The keywords and meanings in this guide are just that — a guide. Take what resonates with you and leave the rest.

The water element is fluid and our intuition and emotions flow. Tap into your own wisdom and allow the cards to speak directly to you. Your intuition is far greater than anything I could ever write in a book.

You can use the oracle in any way that feels right to you. You could draw a card each day as an overview or use spreads to gain a greater insight into situations or issues.

MAKING THE CARDS YOUR OWN

It's always a good idea to stamp your own energy onto a deck of cards if you intend to work with it. A brand new deck has the energy of its creator plus the manufacturing energy. And who knows what energetic influence is might pick up when travelling by the postal system.

You might already have a ritual to make your oracle cards your own but if you don't, I would suggest smudging the cards. Alternatively, hold each card in your hand and state the intention that all previous energy is removed. Shuffle the cards after you've completed the ritual to break up the old energy pattern.

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GETTING TO KNOW THE SEA WHISPERS

You can get to know the Sea Whispers by drawing a card each day. When getting acquainted with new oracle decks, I've found it can be useful to draw a card at the end of each day. As, at that point, your day has already ended, you can see energy patterns or meanings with hindsight.

Some people like to carry around cards on their person to 'absorb' the essence of the deck. And others will read the accompanying book from cover to cover.

Get to know your cards in a way that suits you. There is no right or wrong way.

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Connecting to the Sea

The sea is wild power, healing, hidden depths, mystery and life itself.

When you're only a 10-minute drive from the beach it's easy to connect. Hearing the cries of the seagulls, feeling the sea breeze and breathing in the salt air puts you in a state of connection.

You feel the presence of the sea.

She tangles in your hair, she fills your lungs and if you venture to the water's edge, she will baptise you.

How can you connect with the sea if you are landlocked?

When you can't get to the sea, you can call the spirit of the sea to you.

You can still benefit from a sea connection and the spirit of the sea will respond.

CREATE A SEA ALTAR

You can make your sacred space a place to connect with the spirit of the sea by placing a bowl of water with sea salt added on your altar. Add a sea photo and some ethically sourced shells to complete the feeling of sea-connection.

LISTEN TO A SHELL

Do you remember holding up shells to your ear as a kid and being amazed that you could hear the waves? Yes? Well do that again!

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Find a largish sea shell (again, make sure it is from an ethical source) and spend a few minutes listening to the sea whispers.

DRINK WATER WITH INTENTION

Water is in a constant flow.

The water in the ocean was once a drop of rain or tumbling down a stream from a mountain top or gushing out of your kitchen tap. You can't drink sea water but you can enjoy a glass of water knowing that it has, at one point, been part of the ocean.

If you want to connect to the spirit of the sea, hold the intention that with every sip you take, you are closer to divine sea energy.

TAKE A SEA SALT BATH

You can buy sea salt from the supermarket.

Run bath, throw a very generous handful of sea salt into the tub, lay back and relax.

WATCH A YOUTUBE!

There are crazy people like me who video the sea and they put it on YouTube. A few minutes of watching waves lap on the shore with have you in an ocean frame of mind.

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Quick Reference

CARD	SEA WHISPER	UNDERCURRENT (REVERSED)
Anchor	Stability	Avoidance
Barnacles	Attachment	Heaviness
Beach Hut	Retreat	Expansion
Bikini	Relaxation	Escapism
Boat	Journey	Contentment
Calm Sea	Serenity	Deception
Coral	Environment	Home Environment
Crab	Protection	Guardianship
Cuttlebone	Strength	Choice
Diver	Adventure	Recklessness
Dolphin	Play	Seriousness
Driftwood	Surrender	Roots
Figurehead	Prominence	Involvement
Fish	Abundance	Scarcity
Iceberg	Obstacle	Hidden Agenda
Jellyfish	Transparency	Communication
Lifesaver	Assistance	Hindrance
Lighthouse	Warning	Hunch
Manatee	Self Care	Healing
Mermaid	Wisdom	Voice
Nets	Entanglement	Catch
Octopus	Transformation	Unpredictability
Pelican	Cooperation	Individuality

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CARD	SEA WHISPER	UNDERCURRENT (REVERSED)
Plank	Consequences	Risks
Pollution	Neglect	Improvements
Poseidon	Control	Manipulation
Pufferfish	Boundaries	Numbness
Puffin	Commitment	Over-Commitment
Sandcastle	Impermanence	Hidden Blessing
Sea Otter	Ability	Education
Sea Urchin	Vision	Care
Sea Witch	Magic	Spirituality
Seagull	Opportunity	Confidence
Seahorse	Camouflage	Authenticity
Seal	Balance	Procrastination
Seaweed	Nourishment	Treat
Shark	Fears	Beliefs
Shell	Connection	Service
Ship's Wheel	Direction	Responsibility
Shipwreck	Endings	Beginnings
Sponge	Absorption	Attention
Squid	Distraction	Scattered
Starfish	Hope	Love
Stingray	Manoeuvre	Movement
Turtle	Grounding	Determination
Walrus	Community	Diplomacy
Waves	Power	Focus
Whale	Creativity	Inspiration

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Sea Whispers Cards

ANCHOR



Boats and ships carry temporary anchors aboard to drop down to the sea floor. They stop the vessel from drifting, allowing for a temporary stop in the boat's journey.

Sea and ocean boats also carry a special type of anchor called a drogue. Drogues are carried on the stern and they're dropped in stormy weather. Rather than sink to the seabed, they drag behind the boat to slow it down and keep it steady in the rough waves. Without the drogue, there is a far greater chance that the boat will capsize.

THE SEA WHISPER

STABILITY

Anchor appears as a message that life around you is becoming too hectic and you need to slow down. You are either moving forward full-steam ahead without a break or you're in a middle of a storm - either way, if you don't drop anchor, you're going to burn out or capsize.

There is a need for stability and only you can stop the crazy-dance long enough to provide it. We all carry the ability of anchor - it's our choice whether we use it or not (and I suspect many of us have forgotten that we have an inner anchor at our disposal). Slow down and find your footing before you continue.

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Question: What do you need to feel more stable in this moment?

THE UNDERCURRENT (REVERSED)
AVOIDANCE

Pausing to gain clarity or rest is important but sometimes we drop anchor and we forget to haul it back up again. What starts as a quick stop turns into something more permanent and we just stay in place, not going anywhere in particular. It might provide an illusion of stability but really you're stagnating. Life, like the waters of the ocean, is in constant motion. Stability is found when you flow with the currents (in a stable vessel), not resist them.

By all means stop and let your anchor rest on the seabed but just make sure it doesn't get stuck in the mud.

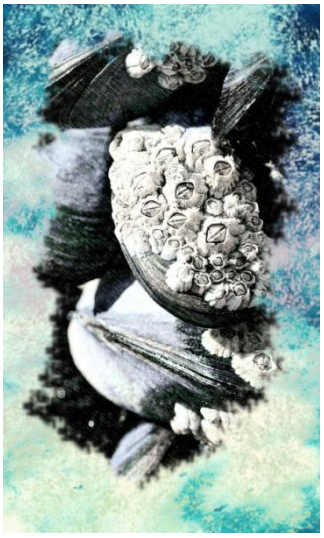
Question: Have you simply forgotten that you've dropped your anchor or are you avoiding life?

SEA WHISPER AFFIRMATION

I hold the ability to be stable no matter how stormy the sea around me.

BARNACLES

Barnacles might look a lot like sea-shelled molluscs but these little heartless (really- they don't have a heart) one-eyed creatures are related to lobsters and crabs. They're only mobile during the larva stage and once they find a surface to cling onto, that's their forever home. They attach to their new home with their heads and they dangle their legs outside of the shell, using them to usher food particles into the mouth.



THE SEA WHISPER ATTACHMENT

When the young barnacle larva realise that it's time for them to stop floating around and do something meaningful like find a surface to cling onto, they do it only once. They dive headfirst onto the rock, mussel shell

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or boat bottom and that is where they stay. Forever. They don't move, apart from kicking legs to direct food towards their mouth. Attachments can make you feel like the barnacle - stuck in place no matter how hard you kick.

The message of the barnacle is to look for people, places or things that you've, perhaps, developed an attachment to. Obviously, if it's a healthy attachment (like eating green beans or the warm embrace of a loved one on a chilly night) then there's no need to go upsetting the apple cart but instead look at attachments that have moved from something mutually beneficial to addictive. Attachments and addictions go hand in hand. Don't get your head stuck believing that you need whatever attachment/addiction you're holding onto - you have free movement and you can swim onwards and upwards.

Question: Are your attachments healthy?

THE UNDERCURRENT (REVERSED) HEAVINESS

Barnacles are the bane of boat owners because the little critters don't care if they cling to boats' bottoms or rocks. They can add weight to the vessel too. Barnacles can be the energy vamps of the sea world.

Some attachments are healthy, like the relationships we have with our young children, but others not so much. People can come into your world and without you realising it, they've attached themselves to you. Take a look around at the people you interact with — are there any particular people who leave you feeling heavy and sluggish when you're in their company? Don't let them steal your energy. It might be time to apply the barnacle scrapper.

This undercurrent can also appear when it's time to consider if your own body is weighing you down.

Question: Who or what is weighing you down?

SEA WHISPER AFFIRMATION

It's safe for me to detach.

BEACH HUT



Beach huts are small wooden boxes or cabins that are positioned above the high tide mark on beaches.

During the 18th and 19th centuries there were strict sea bathing policies to be adhered to by 'proper' members of society. In this pre-bikini and pre-nudist beach era, men and women took their dips in the sea separately. Wooden carts called bathing machines were pulled into the water, allowing the inhabitants to take off their corsets and get into beach attire. Then they'd walk directly into the sea, avoiding all embarrassment and with their modesty intact. Hurrah!

Bathing machines stayed around until Victorian attitudes to sea swimming waned but beach visitors liked the idea of little boxes to retreat into when at the beach. Thus, the beach hut was born.

THE SEA WHISPER RETREAT

Everyone needs space from time to time to gather thoughts and retreat from the crazy-busy world. The beach hut is a reminder that it's time to withdraw into your own space.

If you're currently in the middle of negotiations, projects or general life-drama, step back from whatever is going on so you can see the bigger picture. The beach hut, unlike its predecessor the bathing machine, is set back from the shoreline and is safe from high tides. By withdrawing to the safety of your beach hut, you can see any storm clouds on the horizon and when they've passed, you can then step forward to test the water.

Question: How would it be more beneficial for you to retreat?

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THE UNDERCURRENT (REVERSED)
EXPANSION

On the busiest beaches, beach huts provide seclusion from the crowds. They are small spaces designed for privacy and protection from the elements. The beach hut undercurrent hints that you've spent too long retreating away from the world and it's now time to step forward. The beach hut is a very small cabin so why keep confined to a box when there is an ocean and beyond to explore?

Question: Where have you been playing small?

SEA WHISPER AFFIRMATION

I retreat to see the bigger picture.

BIKINI



The bikini made its modern debut in 1946 after Louis Reard, a Parisian automobile engineer, came up with the design for this new, daring swimsuit. He named it after the Bikini Atoll where nuclear tests were being carried out. The bikini caused outrage from some quarters such as the Catholic Church (they declared it sinful) and it was banned on many beaches. However, it was a big hit with the men folk — Reard claimed to have received over 50,000 fan mail letters, mostly sent from males.

Although the modern bikini has been around only for seventy-years, Reard may have just recycled the design from antiquity. Archaeologists have found Greco-Roman mosaics and urns showing female athletes dressed in bikinis.

THE SEA WHISPER
RELAXATION

Bikinis, or swimsuits if you prefer, are items of clothing that only come out on special occasions. I bet you don't wake up on Monday morning

and decide you'll wear your bikini to the office. Bikinis are planned. You pack them in your suitcase or you wear them to the beach. Bikinis are a declaration that you're going to do something out of the ordinary and it's probably going to involve fun or relaxation (and perhaps Pina Coladas if you're lucky).

When bikini appears, there's a need for you to schedule in some quality relaxation time. This goes beyond grabbing five-minutes to sit down with a cup of tea and a book. Bikini means business. Take time out of your normal day-to-day activities to relax - put it in your diary and don't reschedule.

Question: How can you add quality relaxation time into your day or week?

THE UNDERCURRENT (REVERSED) ESCAPISM

Well, bikinis are fun and they're always up for frolicking on the beach. There's a time and place for bikinis - they bring powerful healing for the mind-body-spirit because you have to make time to enjoy the bikini. Then you pack your bikini away until the next time.

The bikini undercurrent is escapism.

The human experience would be limited if life were one great, big beach party. Obviously, life isn't meant to be an ordeal but too much of a good thing is as imbalanced as no relaxation or enjoyment at all. The bikini undercurrent snaps you back into reality and asks where you've been avoiding life.

Question: What are you avoiding?

SEA WHISPER AFFIRMATION

I am worthy of relaxation.

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BOAT



Boats have a history probably as long as man. They are vessels for travelling over water, propelled by oars, sails, or an engine.

Archaeologists suggest that boats have served as transportation since pre-historic times. Our early ancestors used boats to travel to Indonesia some 900,000 years ago as well as the more recent settlement of Australia about 40,000 years ago. The oldest recovered boat is in a museum in The Netherlands: it's a dugout, estimated to have been constructed around 8,000 BCE.

THE SEA WHISPER JOURNEY

Pack your bags! The boat has just sailed to remind you that you need to take a journey. It could be a physical journey or one of the spirit but either way, movement is involved. If a journey of the spirit doesn't call you, dust off your passport and start making travel plans.

Question: Where do you need to journey?

THE UNDERCURRENT (REVERSED) CONTENTMENT

The boat undercurrent is letting you know that whatever voyage you're currently undertaking or considering it's not necessary. You don't have to embark on a journey to find answers or peace in your spirit - everything you need is around you right now. The boat is letting you know that you can be content anchored right where you are.

It can also be a sign that the time isn't right to make travel plans or start any grand travel adventures.

Question: What can you find to aid you in your current location?

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SEA WHISPER AFFIRMATION

I'm ready to journey.

CALM SEAS



A breeze softly carrying the scent of the sea. Sun glistening on the water, turning the surface into silver sparkles. The cries of distant seagulls barely heard above the sound of waves gently and repetitively lapping onto the shore. Serenity.

THE SEA WHISPER SERENITY

Everyone has their own idea of what serenity should look like. Perhaps yours is the beach or maybe you prefer the cool shade of the forest. The location doesn't matter but rather the feeling it promotes.

Calm seas are nudging you to bring that feeling into your life. Stress can leave you feeling anxious or depleted - counteract it with finding peace wherever you can. If you can't benefit from the negative ions of the sea, explore other ways to feel serene - yoga, calming teas, breath work etc.

Question: Where can you find serenity?

THE UNDERCURRENT (REVERSED) DECEPTION

Calm seas look silky smooth on the surface but don't let the appearance fool you into assuming there are no swirling currents or dangers beneath. Deep waters often appear shallower when the sea is calm.

This undercurrent reminds you that appearances can be deceptive. There is more going on under the surface so keep your senses on alert, particularly if things look 'too good to be true'.

Question: What deserves more than a superficial glance?

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SEA WHISPER AFFIRMATION

With each breath, I fill myself with serenity.

CORAL



Corals are marine polyps that cluster in groups. They change the environment they inhabit by secreting calcium carbonate structures that form coral reefs.

Coral reefs are some of the most diverse ecosystems on Earth and, sadly, some of the most threatened. Although only amassing for less than one per cent of the world's ocean surface, 25% of all marine species can be found there. Coral is sensitive to water temperature and pollutants, making the reefs a fragile environment plus they are under threat due to coral mining, overfishing, and bottom trawling. The coral is dying.

THE SEA WHISPER ENVIRONMENT

We can't survive if we don't have an environment to support life and, as humans, we are doing an excellent job at destroying the world around us. The sea whisper of the coral reminds us of this precarious position.

Trying to clean up the whole world is a mighty big task and it's probably too big for one person to undertake. But every person alive is responsible for the environment and you can make a difference. Wear your eco-warrior hat and take care where you can of your local environment. Even if you pick up a few bits of litter, it all helps. Mother Nature will thank you.

Question: How can you improve the environment?

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THE UNDERCURRENT (REVERSED) HOME ENVIRONMENT

The coral undercurrent asks you to look at your living environment. The energy in your home should support and nourish you - does your home do that? This is a friendly reminder that it's time to declutter, clean, house cleanse, tidy, and make pretty the place where you live.

Question: What improvements do you need to make in your living environment?

SEA WHISPER AFFIRMATION

I support my environment and my environment supports me.

CRAB



Sideways-walking crabs are omnivorous crustaceans. Their hard exoskeletons act as armour and their claws weapons, keeping them well protected even against some of the fiercest predators.

THE SEA WHISPER PROTECTION

The crab's exoskeleton provides it with protection wherever it may scuttle. Plus it has a nifty pair of claws at its disposal should a predator get too close. The crab appears when it's time to consider your own protection and to tighten up measures. Protection these days is not limited to making sure your house has a good lock or burglar alarm - there are insurance policies, online security issues, legal contracts, and even more if you run a business. There is also the matter of spiritual protection.

Tighten up any vulnerabilities so you can feel more secure.

Question: Where do you have a security leak?

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THE UNDERCURRENT (REVERSED)
GUARDIANSHIP

Not everyone has a tough exterior like the crab. When the crab undercurrent comes into play, it's asking you to take care of someone or something that is vulnerable.

Become a guardian of a cause you firmly believe in.

Question: Who or what needs your guardianship?

SEA WHISPER AFFIRMATION

I am protected wherever I go.

CUTTLEBONE

A cuttlebone is an internal, gas filled shell composed mostly of aragonite. Cuttlefish use the cuttlebone to maintain their desired depth.

A cuttlebone's brittle composition and natural ability to endure high temperatures makes it a strong asset to a jewellery maker. It can be easily carved out and used to form molten metal.



THE SEA WHISPER
STRENGTH

The cuttlebone is a remarkably strong 'bone' and who would guess that it would come from such a soft-bodied creature. The cuttlebone is reminding you that you have an inner core that is stronger than you could ever imagine. If life is feeling tough and a little rowdy, remember that you have what it takes to make it through. You might be feeling soft and vulnerable but you have strength on the inside to carry you through until calmer waters return.

Question: What needs you to call up your inner strength?

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THE UNDERCURRENT (REVERSED)
VICTIM

Cuttlefish might have a hidden inner strength but still cuttlebones end up on shore. The cuttlefish gets caught up in tides or swept along only to find that it wasn't a smart move. They end up washed up and in pieces when they could have chosen to swim a little harder in a different direction.

The undercurrent of the cuttlebone is asking you not to succumb. You can choose which direction to take - take control, kick your legs harder and propel yourself forward.

Question: Where are you playing the victim?

SEA WHISPER AFFIRMATION

My inner core is strong.

DIVER



Explorer divers are some of the bravest people. Imagine what it's like to go from adventure to adventure discovering the mysteries of the deep. Our ancestors practised free-diving in antiquity to recover valuable items from sunken ships or to sabotage enemy boats. It wasn't until the invention of diving bells in the late 1500s that divers could explore the underwater world without relying solely on a powerful pair of lungs.

THE SEA WHISPER ADVENTURE

With each dive, a diver enters into a different world. Even if she's been to the dive location before, it's not the same dive. Water is in constant motion, marine life comes and goes, and currents may have churned the seabed to reveal treasures.

The diver is extending her hand and wishing to take you on an adventure. It's time to add some excitement and kick-up the energy. Be

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bold and get outside of your comfort zone - new worlds, treasures and adventures await.

Question: How can you be more adventurous?

THE UNDERCURRENT (REVERSED)
RECKLESSNESS

Diving is a serious pursuit. You have to have the right breathing apparatus, clothing, gear, and attitude. If you become complacent with any part of the dive, you risk disaster.

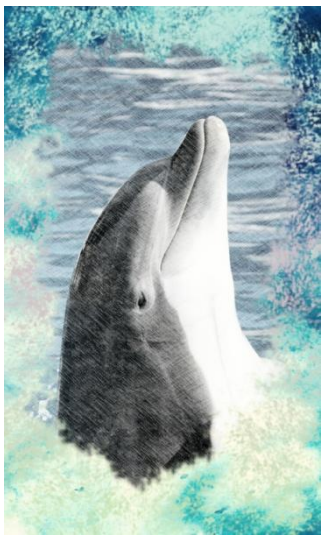
This undercurrent asks if you are letting complacency lead to recklessness. It might seem like small things such as driving over the speed limit, not changing the smoke detector battery or cutting corners at work but it could end up with serious consequences. It isn't the time to bend rules - be meticulous and thorough.

Question: Have you become reckless?

SEA WHISPER AFFIRMATION

I'm brave and adventurous like a deep sea diver.

DOLPHIN



Dolphins are playful sea mammals that like to include other animals in their games with or without their good will. They find it quite amusing to carry, push, pass and flip other small animals out of the water. They also enjoy swimming alongside humans and dogs.

THE SEA WHISPER
PLAY

The dolphin swims up and gives you a nudge with its beak. It's time to play.

Yes, life can be serious but most of the time we take it far too seriously. Life should not be a grave affair. So it's time to lighten up and have some fun. Dolphin, a very intelligent creature, knows this already.

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Give yourself permission to smile, laugh, be entertained, be entertaining, have fun, and drown stuffy attitudes. Your body-mind-spirit will thank you.

Question: How can you be more playful?

THE UNDERCURRENT (REVERSED) SERIOUSNESS

Fun and play are good for the soul but the dolphin undercurrent asks you to consider where you may have overplayed the joviality and overlooked the real depth of a situation.

Question: What aren't you taking seriously?

SEA WHISPER AFFIRMATION

I'm naturally playful.

DRIFTWOOD

Principally the product of partial or whole trees washed into the sea by natural occurrences and logging, driftwood is sea debris that's carried about by the ocean's currents.



THE SEA WHISPER SURRENDER

There are times when the very best you can do is to surrender - to trust that the Universe has your back and to let yourself go with the flow. This isn't very easy to do because our egos like to be in control yet to surrender with faith can be liberating. Often we can't see the bigger picture because we're in our own way. Give up the struggle just for today and allow the Universe to carry you to where you need to go.

Question: Where are you holding on too tightly?

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THE UNDERCURRENT (REVERSED)

ROOTS

Eventually driftwood will come to rest on shore and the driftwood undercurrent is prompting you to find solid ground too. Perhaps you've been drifting or wavering over something but now is it's time to make solid decisions and lay down roots.

Question: Where are you hesitating?

SEA WHISPER AFFIRMATION

I am safe in surrendering.

FIGUREHEAD



A figurehead is a carving set at the prow of a ship. Usually figureheads are busts or a full-length figures, and they are associated with old-fashioned sailing ships. Ancient Greeks, Romans, and more recently Vikings all used bow ornaments on their ships. The purpose was usually for good luck or protection — although the Vikings' ferocious looking figureheads probably served to scare away anyone who saw the boat coming towards her!

The arrival of galleons brought figureheads into vogue. The figurehead was used as a way to identify the ship in a population that was largely illiterate. However, it also became a way for ship's owners to show how wealthy and influential they were - figureheads became more elaborate and bigger. Some figureheads weighed several tonnes and, while gorgeous works of art, the weight adversely affected the sailing of the ship.

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THE SEA WHISPER
PROMINENCE

The idea behind figureheads was to make sure people could recognise the ship and be a bit flashy in the process. Figureheads became a way for ship owners to display their wealth and power in an artistic way, of course.

This sea whisper prompts you to step forward and to show the world what you've got. It's the sea equivalent of stepping into the spotlight. Stop hiding your assets and stop playing in the shadows - you deserve to be seen.

Question: How can you be more prominent?

THE UNDERCURRENT (REVERSED)
INVOLVEMENT

While the figurehead looks pretty, it doesn't have a function on the boat. In fact, extremely heavy figureheads on galleons made sailing the ship more difficult. There is a big difference between being present (like the figurehead) and being involved in the day-to-day activities of running a tight ship.

This undercurrent asks you to consider if you've been showing up only to go through the motions or show face.

Question: Are you truly engaged with what you do?

SEA WHISPER AFFIRMATION

I'm the figurehead of my own ship.

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FISH

Since fish are abundant in most bodies of water, you're likely to run into at least one of the 32,000 species whether whether exploring a high mountain stream or swimming in the depths of the sea.



THE SEA WHISPER
ABUNDANCE

For anyone who has been heartbroken only to hear the words, "there are plenty more fish in the sea" you have my sympathy. But it is true; there are plenty of fish in the sea and that's why in many cultures the fish is a sign of abundance and prosperity.

This fishy sea whisper is coming into view because abundance is swimming your way. Set your intention to catch the abundance as it swims past - good times are coming.

Question: What type of abundance do you need to catch to feel more prosperous?

THE UNDERCURRENT (REVERSED)
SCARCITY

Over-fishing has depleted the fish stock in some regions, leading to lack in the once abundant oceans. For the fisherman who has always gone to the same waters to fish, if the stock there is depleted, he will feel the scarcity. However, if he moves to deeper waters or down the coast, he might find great shoals of fish.

The fear of not having enough can feel very real but Mother Earth has supplied us with abundance. This sea whisper undercurrent is reminding you that fear is an illusion and to find abundance, you need to shift your focus (or move your boat).

Question: Where do you feel scarcity?

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SEA WHISPER AFFIRMATION

I'm a magnet for positive abundance.

ICEBERG



An iceberg is a lump of freshwater ice that's broken off from a glacier or ice shelf . Because of the difference in density between pure ice and sea water, only about 10 per cent of the iceberg is visible. The visible parts of icebergs range from about 1 metre to 75 metres, although the tallest recorded was 168 metres high (the equivalent of a 55-storey building). Icebergs vary in size from small to rather large: the largest recorded iceberg had a surface mass larger than Belgium.

THE SEA WHISPER OBSTACLE

Icebergs and the RMS *Titanic* will be forever linked together. Failure to spot an iceberg resulted in the unsinkable ship sinking and the loss of more than 1,500 lives. The tragic sinking was avoidable - the iceberg was an obstacle to slow down and move around.

Icebergs are obstacles or challenges in your path. They aren't permanent blocks but they do require a careful approach to get around them. This sea whisper is showing you that there's an obstacle on the horizon. You can move past it but it will require a detour and it would be wise to slow down to consider your options. If you go 'full steam ahead' you won't be able to avoid the collision.

Question: What obstacle is in your path?

THE UNDERCURRENT (REVERSED) HIDDEN AGENDA

This undercurrent is the tip of the iceberg. It's a warning that what you see is not the full picture and there is more going on under the surface. There is a hidden agenda in play. Be on the lookout for any stories, facts

or opportunities that come your way because the chances are good that you are not being given the whole truth.

Question: What is hidden from your view?

SEA WHISPER AFFIRMATION

I can overcome any obstacle.

JELLYFISH

Despite its name, a jellyfish isn't a true fish but a free-swimming marine animal that consists of a gelatinous bell and trailing tentacles to capture prey.

Oxygenated solely by diffusion, its bell is surrounded by two layers of protective skin, giving it a transparent appearance.



THE SEA WHISPER TRANSPARENCY

Jellyfish is transparent by nature but we always have a choice whether to be transparent or not. This sea whisper is floating by to remind you that honesty is the best policy. Be clear about who you are, what you do or what you've done - it might not be easy to do so but ultimately it will be to your benefit.

Question: Are you being transparent?

THE UNDERCURRENT (REVERSED) COMMUNICATION

The jellyfish undercurrent brings a message that your communication isn't as clear as it could be. It's important to make sure any communication isn't ambiguous. Clarity in communication can be your strength so invest time ensuring you get everything precise or else it could come back to sting you.

Question: How can you clarify your communication or message?

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SEA WHISPER AFFIRMATION

Transparency is the new black.

LIFESAVER

A lifesaver is a buoy with a connecting line, usually ring or horseshoe shaped, that assists in saving those in danger of drowning.



THE SEA WHISPER ASSISTANCE

Asking or accepting help isn't a sign of weakness. Everyone needs a lifesaver thrown to them from time to time and this sea whisper is letting you know that you could benefit from assistance. It's tiring treading water - you kick and go nowhere so accept any help that's offered and don't let pride stop you from asking for help too. Let someone pull you into safer waters.

Question: What area of your life do you need a lifesaver?

THE UNDERCURRENT (REVERSED) HINDRANCE

There is too much of a good thing. This sea whisper undercurrent indicates that there might be too much assistance going on right now and that it's becoming more of a hindrance than a help. It might seem unkind to reject help but you're going to be better on your own. Be graceful but be firm.

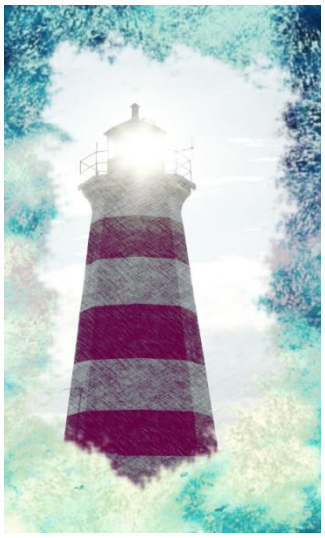
Question: Are you experiencing unwelcome help?

SEA WHISPER AFFIRMATION

I graciously accept assistance.

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LIGHTHOUSE



Currently being replaced by modern electronic navigational systems due to high maintenance costs, lighthouses are used to warn mariners of dangerous coastlines, shoals, and reefs. The earliest lighthouses were fires lit on the top of hills to serve as a warning of a danger. The bonfire evolved into a fire on a platform for greater visibility and then the Romans took it one step further and built stone towers.

THE SEA WHISPER WARNING

The Universe acts like a lighthouse, always giving out warnings when danger is near. The Universal lighthouse, however, doesn't have a million-watt bulb - it sends subtle messages and signs to us. And we also have our intuition to steer us away from dangerous rocks and into safer waters.

The lighthouse sea whisper is shining a warning light. Something in your world isn't going to go as plan and you need to pay attention to omens and intuition.

Question: What signs, omens or intuitive feelings have you been ignoring?

THE UNDERCURRENT (REVERSED) HUNCH

The undercurrent of the lighthouse is less intense than the sea whisper but it still delivers a warning nonetheless.

There's a threat on the horizon but it's not obvious. It's subtle so the lighthouse warning system might not be activated. It comes in the form of gossipy people, secrets, lies, underhand dealings - all the things that aren't life threatening but can be unpleasant. Again, pay attention to intuition and don't dismiss hunches as ridiculous because they seem so unlikely. Go with your gut, not your head.

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Question: What recent intuitive hunches seem too illogical to be true?

SEA WHISPER AFFIRMATION

My intuition steers me to safety.

MANATEE



Also known as sea cows, manatees are a water mammal in the order of sirenia. Measuring up to four metres and weighing in at up to 1,175 kilograms, these gentle herbivores eat over 60 types of freshwater and sea grasses.

With the exceptions of mating season or times in which a mother is protecting her young, a manatee spends fifty per cent of the day sleeping and the other 50 per cent grazing for food.

THE SEA WHISPER

SELF CARE

The manatee or sea cow knows a thing or two about self care. This gentle giant spends half of her time grazing and the remainder dozing.

The manatee brings the message that you need to invest in self care. On the most basic level that means making sure you are sleeping well and eating right for your body. Any extra self-care would be a bonus and you'll feel amazing for the extra attention given to your body-mind-soul.

Question: What type of self care do you need the most?

THE UNDERCURRENT (REVERSED)

HEALING

This undercurrent is telling you that you've been neglecting your own care for too long. It's not a case of needing a spa day or an hour or two with a good book anymore - your body needs a serious dose of love and attention.

It's time to look stop ignoring your own needs and to make sure you prioritize healing.

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Question: What signs has your body been giving you that it's out of balance and needs healing?

SEA WHISPER AFFIRMATION

I invest in me.

MERMAID



Filled with the most ancient of wisdom, mermaids are believed to be nearly as old as the sea that birthed them. There are worldwide stories of beautiful half-woman, half-fish creatures that sing to sailors and lure them to a watery grave. The first known mermaid story is from ancient Assyria: the goddess Atargatis took the form of a mermaid after accidentally killing her human lover. Christopher Columbus reportedly saw mermaids swimming in the Caribbean and more recently, there have been reports of mermaids in Canada and Zimbabwe.

THE SEA WHISPER WISDOM

The mermaid lives in the world of water where emotions and intuition rise and fall. She can also live out of water, making her an ambassador for the wisdom from the deep. She can take her knowledge, feelings and intuitive advice then convey it to people who are not sea dwellers.

The mermaid is asking you to rely on your own wisdom. You, like her, have the ability to travel to the depths of the ocean and to swim into caverns where treasures and hidden knowledge lie. You're wise - never forget that. Trust your inner wisdom.

Question: Are you listening to other people rather than tapping into your own wisdom?

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THE UNDERCURRENT (REVERSED)
VOICE

The mermaid undercurrent asks you to speak up and to share your wisdom. In Hans Christian Andersen's *The Little Mermaid*, the Little Mermaid had to give up her beautiful voice in order to gain a mortal soul. You have a soul and voice already - this is a gift the Little Mermaid wished for with all her heart.

In this crazy-world of information bombardment and self-titled gurus, it can be easy to believe that you don't have anything worthwhile to say because everyone else is saying it already. You do, though. You have wisdom and your own way of expressing it. Let your voice be heard.

Question: What holds you back from sharing your wisdom?

SEA WHISPER AFFIRMATION

Wisdom dwells within me.

NETS

Made chiefly from artificial materials such as nylon, nets destroy the natural balance by allowing mankind to entangle far more fish than needed for consumption.



THE SEA WHISPER ENTANGLEMENT

The nets have been cast and they're being hauled in. Have you been caught?

This sea whisper is offering caution because there are complicated affairs or drama afoot and you can easily be caught up in the midst of it (perhaps you have already). If you don't want to find yourself in a trapped situation, consider how you can cut yourself loose. There's still time but the clock is ticking.

Question: What have you got caught up in?

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THE UNDERCURRENT (REVERSED)
CATCH

Sometimes we like to be caught. The undercurrent of entanglement is showing you that a new relationship, opportunity, project or love interest is going to snap you up and you probably won't mind one little bit.

Question: Who or what would you like to be caught by?

SEA WHISPER AFFIRMATION

I free myself from negative entanglements.

OCTOPUS

One of the most intelligent and behaviourally flexible invertebrates, the octopus is a cephalopod mollusc that inhabits diverse regions of the ocean. Its beak, which it uses to rend its prey after injecting it with a paralysing saliva, is the only hard part on its body. The rest is completely soft, allowing it to hide in tight places such as rocky crevasses.



Proven to have both long and short term memories octopodes live on a diet of crabs, prawns, clams, fish and other molluscs. They are masters of defence using camouflage, ink expulsion and jet propulsion swimming to outrun and hide from predators.

THE SEA WHISPER
TRANSFORMATION

The mimic octopus can camouflage into the background to avoid being seen by prey, they mimic other sea creatures with their arms, they can squeeze into tiny places, and they can lose an arm to a predator to escape with no permanent damage because it will grow back. The octopus is the king of transformation.

The octopus sea whisper reaches out with its long tentacle arm to nudge you into transformation. The octopus changes as needs arise - if it

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stayed in one place and didn't use all its skills to avoid predators or catch prey, it wouldn't survive long. Self initiated transformation is a good thing - move with the times, go with the flow and say goodbye to stagnation.

Question: Have you been stuck in one form, situation or place for too long?

THE UNDERCURRENT (REVERSED) UNPREDICTABILITY

Transformation is necessary for growth but are you changing every two minutes, causing a dizzy whirlpool of unpredictability as you go?

The octopus undercurrent asks you to slow down. Switching tracks on a whim (unless backed up by intuition) is not going to add stability in your life. Get in touch with your thoughts, feeling and ideas - work out a plan and stick with it for a decent amount of time.

Question: What are you avoiding by constantly being in a state of change?

SEA WHISPER AFFIRMATION

I transform with ease and grace.

PELICAN



Pelicans live in flocks, most live near the sea and all feed on fish. Feeding is a community affair with pelicans relying on the cooperation of each other to get their catch of the day.

Flocks of Great White Pelican hunt by forming circles around shoals of fish; shepherding them together. When the fish are in a tight circle, the pelicans lunge, filling their beaks with water and fish. The lead bird of Brown Pelican flocks flies, with a line of pelicans behind it, over the ocean looking for food. When the head bird spots a shoal,

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it swoops upwards and then dives down with all the other pelicans following suit.

THE SEA WHISPER COOPERATION

Pelicans have learnt to cooperate with each other to thrive and survive. Food is a flock affair: they hunt together and they feed together. Pelican brings a gentle reminder that you can't always do everything alone and more can be achieved if you team up.

Question: Where do you need to cooperate?

THE UNDERCURRENT (REVERSED) INDIVIDUALITY

Hunting and living in a flock has its advantages but it also means that there's no clear identity. If you've seen one pelican, you've seen them all.

The pelican undercurrent asks you to rise above the group mentality and to show your individuality. You might ruffle a few feathers but in this case, it's better to be a leader than a sheep (or pelican).

Question: Are you ready to show your individuality?

JSEA WHISPER AFFIRMATION

I choose to cooperate.

PLANK



One possible consequence of crossing a pirate, mutineer or other rogue seafarer is walking the plank. It was a form of execution favoured by pirates; a wooden plank was held over the water and crew members were blindfolded then made to walk the plank until they fell into the water.

THE SEA WHISPER
CONSEQUENCES

No pirate movie would be complete with a scene that includes walking the plank and dropping into shark infested waters. The plank, as a sea whisper, is not necessarily a bad thing and it doesn't mean you're going to be ripped to pieces by man eating sharks.

This sea whisper asks you to weigh up your options because every decision to make will have consequences. The big decisions and the small decisions all come with consequence - it's unavoidable. Bring awareness to your decision making process and fast-forward, in your mind, any potential outcomes. Life runs so much smoother when it's based on good decisions.

Question: Are you wisely weighing up the consequences of your decisions?

THE UNDERCURRENT (REVERSED)
RISK

This undercurrent shoves you off the plank!

There are times when you just need to take a risk. The plank has stability (although it might not be safe if you have a horde of angry pirates behind you) and often we cling to what we know because it's easier than facing the unknown. But the plank undercurrent says take a risk and jump!

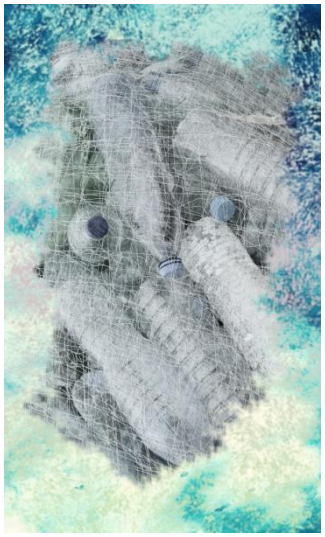
Question: Why am I afraid to take a risk?

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SEA WHISPER AFFIRMATION

Good decisions have good consequences.

POLLUTION



Pollution is anything present or introduced that causes harm to an eco-system. As the sea is so vast, it was assumed that we could dump anything into it without any effect. There was even a catchphrase: "The solution to pollution is diffusion."

This lack of care has left seas heavily polluted with chemicals, pharmaceuticals, plastics, oil, noise, detergents and sewage. Often the pollutants sink to the seabed only to be consumed by sea life, which eventually ends up back in our own food chain (this includes pharmaceutical chemicals previously undigested by humans and dumped in the sea as raw sewage).

THE SEA WHISPER

NEGLECT

There are no longer any excuses for pollution - we are all educated about harmful ways we're destroying our environment. But neglect can slowly creep into our world and, if we don't remain vigilant, we don't see it coming.

This sea whisper asks you to consider where you are polluting your life. Toxic relationships, addictions, clutter, low self esteem, poor eating, lack of exercise - they all take their toll. Don't wait until the damage is irreversible to change (hint: now is a good time).

Question: What pollutants are you allowing into your body-mind-spirit?

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THE UNDERCURRENT (REVERSED) IMPROVEMENT

Our planet is under a huge amount of stress because of our neglect. We can't continue dumping rubbish and expect to thrive - we are poisoning ourselves and every living plant and creature. It's going to take effort and determination to make our world cleaner again.

The undercurrent of pollution prompts you to look at improvements you can make in your own life, not necessarily in the eco-realm (although please don't ignore that area) but in general. It's time to upgrade. Don't get overwhelmed if your life is a long way from the VIP lounge, start small and take one thing that you can upgrade/improve. Small steps lead up to big changes.

Question: Where does time, energy and investment need to be directed so you can take your life to the next level?

SEA WHISPER AFFIRMATION

I reject self-neglect.

POSEIDON



Poseidon is the Olympian god of the sea. When his father Cronos was overthrown, the sky, the sea and the underworld were given to three Olympian brothers: Zeus, Poseidon, and Hades respectively. Poseidon took the title of King of the Sea and he was an honoured deity in many Greek cities. It was believed that if Poseidon was angered or not treated with proper respect, he would bang his trident on the ground causing earthquakes, drownings and shipwrecks. Horses were also associated with Poseidon. He was known as the tamer of horses and some tales even make him the father of all horses. This connection with horses has been transferred to his sea king role as he is often depicted with hippocamps.

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THE SEA WHISPER
CONTROL

Poseidon is king of the sea and he commands respect over his domain. Poseidon's sea whisper is about taking control and being a leader.

Poseidon isn't afraid to show his displeasure when others don't treat him right. With a few mighty thumps of his trident, he shows the world his displeasure. He's not interested in talking things over or working out a win-win situation because he's in charge (and he knows it). Step up into the position of leader, authority or sovereign. Focus on taking control. It might ruffle feathers but that's not your problem.

Question: How can I be more in control?

THE UNDERCURRENT (REVERSED)
MANIPULATION

Poseidon is a larger than life, in-your-face kind of god. He lacks subtleties. His undercurrent is about control but the less blatant kind: manipulation. It could be a sign that you're being manipulated by someone (and that it needs to stop) or to get what you want, a direct approach is going to be met with resistance.

Question: Where is manipulation showing up in your life?

SEA WHISPER AFFIRMATION

I hold the reigns.

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PUFFERFISH



Naturally placid unless threatened, pufferfish are omnivorous, feeding primarily off sea algae and invertebrate that inhabit rock and coral areas.

The minute their territory is invaded, they will puff into a ball shape and reveal their poisonous spikes. No danger if you back away but continue to press boundaries and you could find yourself in an early grave.

THE SEA WHISPER
BOUNDARIES

When left alone, the pufferfish is harmless but when it feels threatened, it swells up and becomes a formidable foe. It protects itself when boundaries are crossed.

The pufferfish asks you to look at your boundaries and identify any weak links in the chain. Get clear on what is acceptable and unacceptable where boundaries are concerned and then be prepared, if necessary, to defend them.

Question: Where do you need to tighten up your boundaries?

THE UNDERCURRENT (REVERSED)
NUMBNESS

If a predator catches the pufferfish unawares and turns it into supper, it will be in for a potentially fatal surprise. The pufferfish has extremely toxic organs. Pufferfish is a Japanese delicacy, and if it's not served correctly, it will kill the diner. Dried pufferfish is one of the ingredients in zombie powder; a powder that produces paralysis and then leaves the victim in a zombie-like state.

The pufferfish undercurrent asks you if you have lost your spirit. Are you just going through the motions, feeling numb and uninspired? Life as a zombie is far from fun - it's time to claim back your boundaries, find

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what makes you happy and ditch what causes you pain. Find who you are again.

Question: Have you become a zombie?

SEA WHISPER AFFIRMATION

My boundaries keep me safe, happy and healthy.

PUFFIN



Puffins really go the extra mile in raising their young. The parents dig two to three feet deep burrows between rocks on steep hills to keep their young ones safe from predators. In addition, they build a tunnel with a special toilet in each burrow so that their children can defecate without soiling their wings and ruining the waterproofing. Without this labour of love the young puffins would drown.

THE SEA WHISPER COMMITMENT

Puffins form long-term relationships for breeding and raising the puffling. When the puffin is ready to breed, it throws itself fully into the process. The puffin's commitment to its young goes further than making sure the nest and facilities are top-notch. Puffins will travel long distances to ensure they have a beak full of fish to give to their young. They go the extra mile.

The puffin sea whisper prompts you to display the same level of commitment that it has. There's no room for wishy-washy maybes or perhaps - commit or choose not to commit (and then move on).

Question: Who or what deserves your commitment?

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THE UNDERCURRENT (REVERSED)
OVER-COMMITMENT

The puffin's beak has a unique locking mechanism that allows it to hold a dozen or so fish in its beak at any one time. It can continue hunting while holding fish and it can add to its catch without dropping what it already has caught. The puffin is designed to be able to keep adding one more thing (or fish in this case) to its already full beak. It takes a lot of fish for the puffin to overload.

Puffin undercurrent asks you to look at what you're holding in your beak. Have you been stuffing it with things that won't nourish you but instead will leave you feeling overloaded? Look at areas where you've overcommitted and scale down appropriately. It's time to detach from commitments that are weighing you down.

This undercurrent can also be a sign that you need to avoid adding anything extra to your workload.

Question: Have you over-committed?

SEA WHISPER AFFIRMATION

My heart leads me to the right commitments.

SANDCASTLE

Children of all ages enjoy bringing a bucket and spade to the beach to make sandcastles. Adults have taken this children's activity to new levels - there is a national sandcastle competition in the UK - and rather than bucket-shaped castles, intricate sand sculptures are created. Whether it's a kid's sandcastle or a beach artist's elaborate sculpture, they both are subject to the elements. Sand shifts, the wind blows and the tide will come in to wash it away.



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THE SEA WHISPER
IMPERMANENCE

With the exception of our souls and the Great Spirit, nothing is everlasting. Just like the sandcastles lovingly created on a warm summer's day, all around us will succumb to nature. We are all in a state of flux and it's foolish (but oh so easy) to believe that anything is permanent.

The sandcastle is a reminder not to rely on anything in your life being a permanent fixture, which in turn reminds you that the only thing you can truly rely on is the present. This means enjoy what you have in this very moment.

This sea whisper can also indicate that plans or opportunities are not based on solid ground.

Question: Are you living in the present?

THE UNDERCURRENT (REVERSED)
HIDDEN BLESSING

The sandcastle will crumble and, sadly, life delivers situations that make us feel washed up and broken down too. But hidden in the upset is an opportunity to rebuild and move forward - it just usually takes hindsight to see the blessing.

The sandcastle undercurrent brings you the reminder that whatever you are going through 'this too shall pass'.

Question: Are you too caught up in the moment to see the blessing?

SEA WHISPER AFFIRMATION

I live in this moment.

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SEA OTTER



The sea otter is the largest of the otters, reaching an impressive 1.2 metres long. It's different from other sea mammals because it doesn't have a layer of blubber to keep it warm in cold waters. Instead, the sea otter has very thick fur that traps air and keeps the otter warm. Sadly, this fur nearly brought the sea otter to extinction as they were hunted aggressively for their pelts in the 1900s.

Sea otters are clever little souls. They spend much time at sea, usually in shallow water. They rest on 'rafts' of seaweed and before they sleep, they wrap themselves in kelp to prevent drifting away as they doze. They are one of the few animals to use tools: they use flat stones to smash open shells.

THE SEA WHISPER

ABILITY

Sea otters use whatever they've got around them to make their lives easier. This sea whisper is reminding you that you have resources and skills to overcome any little (or big) challenge life may put in your path. Don't panic if you're currently faced with something that seems too big for you. You might have to think outside the box but the answers are there - you've got this.

Question: How can you best apply your skills and knowledge?

THE UNDERCURRENT (REVERSED)

EDUCATION

The sea otter undercurrent hints that you might not yet have everything you need to solve a problem or overcome an obstacle. This isn't a final block - you can do this - but there are more skills that need to be learnt or knowledge to find.

This undercurrent can also be a sign that it's time to invest in your continuing education.

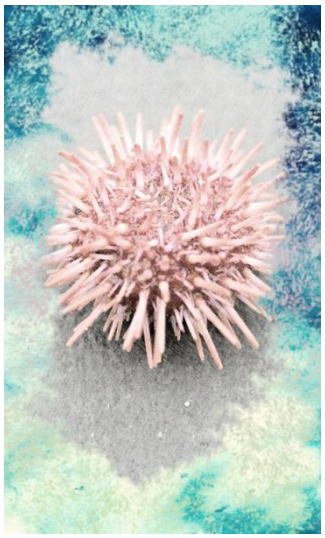
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Question: What new skills or knowledge would help you?

SEA WHISPER AFFIRMATION

I am more than able.

SEA URCHIN



Sea urchins are slow moving, small, spiny creatures that move along the sea floor on hundreds of tiny, transparent feet. When alive, they are covered in spines but when dried out, the test (the 'shell') reveals five-fold symmetry. Although not fatal to humans, some sea urchins have venomous spines but nonetheless, all sea urchins will hurt you if you step on one!

The sea urchin doesn't have any eyes but is sensitive to light. Scientists now believe that the whole of the sea urchin's body is one huge 'eye'.

THE SEA WHISPER
VISION

The sea urchin sea whisper asks you if you have vision. Is there more to life than the daily grind? Are you doing anything to manifest your dreams? It's time to stop limiting yourself to reality as it appears now and invest in creating a vision for the future. Visualise your ideal life and then take small, tiny translucent steps towards bringing your vision into being.

Question: Can you see the bigger picture?

THE UNDERCURRENT (REVERSED)
CARE

The sea urchin undercurrent delivers a warning to watch your step. If you're not careful, you're going to make contact with the sea urchin and that will be painful.

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On a more physical level, this undercurrent can appear when you need to rest your eyes or check your vision.

Question: Are you seeing everything you need to?

SEA WHISPER AFFIRMATION

I see with perfect vision.

SEA WITCH



Historically, sea witches were witches offering their services to sailors and other sea-travelling folk. They lived by the sea and utilised washed up treasures such as shells, seaweed and driftwood to make their charms. Sailors would seek sea witches to ensure a safe sea voyage - often purchasing a magically charged knotted rope to control either the sea or the wind.

Today, witches who hear the call of the sea might practice near any body of water or even symbolically with a bowl of salt water to represent the oceans.

THE SEA WHISPER MAGIC

This sea whisper is reminding you that the witch archetype is in everybody and now it's time to let your inner witch come out to play.

Magic is all around you - explore your magical potential and get into touch with your inner witch. If 'witch' has negative connotation to you, swap it with manifestor, lightworker, or wise woman - the essence is the same though; it's about using the universal energy to change circumstances. Play with it, embrace it, and see what magic you can make.

Question: What does your inner witch wish to tell you?

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THE UNDERCURRENT (REVERSED)
SPIRITUALITY

The sea witch undercurrent asks you to incorporate the spirit of the sea into your spiritual path. She wants you to connect with the ocean and feel the presence of the ancient sea goddess. This might sound difficult to do if you live far from the sea but as long as you have water, you have a connection to the sea.

Meditate, create a sea altar, research ocean deities, wear sea colours, purchase seashell jewellery, listen to the roar of waves on an mp3 before you sleep.... connect and let the spirit of the sea bless your life.

If you truly do not resonate with the sea spirit, explore ways on how you can deepen your spirituality in other ways.

Question: In which ways can you connect to the sea?

SEA WHISPER AFFIRMATION

I am divinely magical.

SEAGULL



Seagulls are medium to large inland birds that are both resourceful and intelligent. Carnivore by nature, their diet consists primarily of crabs, small fish and whatever they have the opportunity of scavenging. In addition, they've been known to eat flesh off the backs of whales when they surface. Their unhinging jaws allow them to catch larger prey.

Nesting on the ground in noisy colonies, these long lived birds (up to 49 years) are extremely protective of their own, mobbing anything they view as a threat.

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THE SEA WHISPER
OPPORTUNITY

The seagull is not a shy and retiring bird. It's very vocal, crying out when food is about, and it is quite happy making daring swoops if it thinks there's something in it for him. The seagull is a master opportunist.

This sea whisper is letting you know that there are opportunities either in front of you or coming your way soon. Doors are going to open but you have to still play your part if you want the benefits or new experiences - you have to give a battle yell (or seagull cry - the choice is yours) and swoop down to take the opportunity.

Question: Are you letting opportunities pass by?

THE UNDERCURRENT (REVERSED)
CONFIDENCE

In the world of the seagull, there is no room for wibbly-wobbly knees or second-guessing oneself. The seagull is a confident bird.

This undercurrent flies in to remind you that confidence is needed. Don't let doubts or that nagging inner critic voice ruin opportunities. Hold your head high and strut your stuff (and if you don't feel confident yet, fake it).

Question: Is a lack of confidence holding you back?

SEA WHISPER AFFIRMATION

I seize opportunities.

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SEAHORSE



Seahorses are small (from 1.5cm to 35.5cm), bony fishes that swim upright. However, their swimming is so poor that they can usually be found stationary in shallow tropical and temperate waters with their tails wound around small objects.

Their excellent camouflage and the long feeding tube that protrudes from their faces makes it easy for them to ambush small crustaceans that come within striking distance.

THE SEA WHISPER

CAMOUFLAGE

Not everything is as it appears when the seahorse swims slowly, very slowly, into the picture.

The seahorse can blend in with its background, making itself like a piece of the furniture in any environment. You have the ability too to feel at home wherever you may be. The seahorse is a reminder that you can have a sense of belonging but you may have to exercise patience before you fully experience the feeling of belonging.

This sea whisper can also indicate that it's time to fade into the background for a while.

Question: Where do you long to belong?

THE UNDERCURRENT (REVERSED)

AUTHENTICITY

The seahorse camouflages into the background, never truly revealing its true colours. This undercurrent is asking you to consider if you've been covering up your authentic self too.

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It's time to come out of hiding in the background and be true to who you are. Express your truth in any way that feels right in your heart - allow yourself to be fully and wonderfully you.

Question: Are you afraid to show your true colours?

SEA WHISPER AFFIRMATION

I belong.

SEAL



Seals are members of the pinniped family (their cousins are the walrus and the sea lion). They're semi-aquatic mammals, spending most of their time in the water and favouring colder climates. True seals, not to be confused with sea lions, are not graceful on land; their rear flippers can't turn down so they are unable to 'walk' on them. The seal might not be the most elegant of creature when on the land but it balances its clumsiness by being streamlined and agile in the water.

In water, the seal uses its energy economically, allowing it to hunt deeper and for longer. Seals have eyesight and hearing adapted for both air and water.

THE SEA WHISPER BALANCE

The ear is responsible for our sense of balance - although the seal doesn't have an outer ear, it does have equally sharp hearing on both land and in the sea. The seal brings a reminder that life is about finding a balance.

Our modern world is far from balanced and often that is reflected in our personal lives too. It's easy to become focused on one area while leaving others neglected. Eventually the mind-body-spirit becomes tired - we need balance to truly thrive. Listen to your inner guide to show you where you need balance.

Question: Where do you need to strike a balance?

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THE UNDERCURRENT (REVERSED) PROCRASTINATION

When the time comes for the mother seal to wean her pup, she heads back towards the sea and severs the connection between mother and child. Seal pups will continue to feed from its mother for as long as she is available. After being left, pups have been known to suckle on another nursing mother as she sleeps - pushing out her own pup and leaving it to starve.

The seal pup uses its desire for milk as a way to avoid growing up. If it can steal from another pup then it delays the inevitable process of reaching maturity just a little longer. Avoidance and procrastination are strong themes with this undercurrent, and it begs the question as to what are you actively avoiding.

When the seal undercurrent pops up, it can also be a warning that we've acquired attachments, particularly to comfort eating, while trying to avoid taking the next step.

Question: What are you procrastinating?

SEA WHISPER AFFIRMATION

My body-mind-spirit is in perfect balance.

SEAWEED



Providing it's not allowed to rot, seaweed can bring nourishment to the body through its uses in food, medicine, fertilizer and filtration systems.

Edible seaweed is a common ingredient in food around the world but most often associated with Chinese, Japanese and Korean cuisine (although seldom used in British cooking, the UK has around 20 native seaweeds that can be wild harvested for cooking). Seaweed is nutritious and a source of iodine, which is needed to keep the thyroid running hunky-dory.

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THE SEA WHISPER NOURISHMENT

Nourishment goes beyond putting food in your belly - it is carefully selecting food (or anything else for that matter), preparing it in such a way that it will restore a sense of balance within the body (which, in turn, will balance the mind, emotions and spirit) and enjoying what you consume.

This sea whisper asks you to look at your diet and consider if it is really providing you with all the nourishment your body needs. If you aren't committed to making long term dietary changes, just be aware of your eating for the day and give yourself permission to make better food choices.

Question: Are you nourished?

THE UNDERCURRENT (REVERSED) TREAT

The old adage claims: 'a little of what you fancy does you good,' and this undercurrent support this claim. Indulge a little, treat yourself and give yourself a reward for doing an amazing job (at being you). If you can combine it with me-time too, it will be all the sweeter.

Question: How can you treat yourself?

SEA WHISPER AFFIRMATION

I choose to nourish myself.

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SHARK



Even though sharks have been swimming around for about 420 million years, it wasn't until the 1600s that they took the name 'shark'. Before that time, sailors called them sea dogs. There are over 470 species of shark but only four species attack humans without provocation but the masses still fear them thanks to bad publicity and Hollywood.

THE SEA WHISPER
FEARS

In terms of special effects, the movie *Jaws* hasn't aged well but at the time of its release, it scared the living daylights out of cinema goers. Nowadays, if we catch a few shark scenes of the movie, it doesn't seem as realistic and you wonder what all the fuss is about. Fears are pretty much like that — once you see beneath the scariness, they just don't have the bite.

This sea whisper suggests that you're letting fears stop you from splashing around in the water. Somewhere there's a Great White ready to leap out to snap you up but in reality, it's more like a sprat or perhaps just an illusion altogether. Don't let fear hold you back or stop you living life 110%. As Susan Jeffers said: "feel the fear and do it anyway."

Question: What am I scared to do?

THE UNDERCURRENT (REVERSED)
BELIEFS

Being scared of something is obvious as it shows up in our mind and often our body will sympathise with rapid heartbeat, butterflies in the stomach or shaky hands. But there are less obvious fears that keep us stuck — limiting beliefs. Limiting beliefs are sneaky, they circle us underneath the water but hold us firmly in place. This undercurrent asks you to examine your beliefs to see if they are helping or hindering you. Don't feel obligated to keep outdated thoughts or negative beliefs

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especially if they have been passed down to you through your upbringing. If your beliefs aren't beneficial, you can change them.

Question: Are your beliefs keeping you stuck?

SEA WHISPER AFFIRMATION

I refuse to let fears swallow me.

SHELL



You need only put a shell to your ear and hear the sound of the sea within it to feel the cosmic connection. A seashell is the hard outer layer created by a sea creature. Washed up shells are the hard remains of the sea animal - the soft parts having rotted or been eaten.

Shells, particularly the cowry, have been used instead of money in many regions of the world. In fact, one particular type of cowry shell is named Monetaria Moneta or the money cowry.

THE SEA WHISPER CONNECTION

Children of all ages love to put a shell to their ears so they can hear the sea. There is a magical connection between seashells and the sea - children naturally understand this magic.

The seashell brings with it a soft whisper of connection. It's urging you to connect and to listen to your heart for the best way you can do this (it may simply be to connect with your heart). Consider reconnecting with someone from your past, your inner goddess or reaching out to someone in need. You will find comfort in connecting.

Question: Where does your heart tell you to connect?

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THE UNDERCURRENT (REVERSED)
SERVICE

When you put a shell to your ear, the shell becomes a bridge or a portal between you and the ocean. It doesn't matter where you might be, the link is established and you can spiritually connect with the Great Sea Mother. The undercurrent for the shell asks you to consider how you might be of service as a bridge (not literally - that would just be weird).

Everyone has skills, knowledge or time they can share. What do you have that would allow you to be of service to people or the environment? In particular, think about sharing knowledge or teaching. You might want to to volunteer or perhaps offer paid services (paid services are equally as valid and noble: money is an energy exchange) - whatever you decide, you have something to offer the world that will leave it in a better place.

Question: How can you be of service?

SEA WHISPER AFFIRMATION

It's safe for me to connect.

SHIP'S WHEEL



Traditionally, a ship's wheel has eight baluster-shaped wooden spokes that are joined at a central wooden hub. Without a ship's wheel, there would be no way to manipulate the rudder and control the direction travelled by the ship.

THE SEA WHISPER DIRECTION

With the busy-ness of modern life, it's easy to lose directon and just drift along. But the ship's wheel is telling you to grab the wheel and begin setting a course for where you want to go. Consider long-term and short-term direction, and ports you want to stop in along the way. Plot a course, set sail and enjoy the ride.

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On a day-to-day level, this sea whisper is asking you to make decisions that support your own personal direction. When you make a decison, ask if it supports you and if it doesn't then you might need to choose again.

Question: Do you know where you're going?

THE UNDERCURRENT (REVERSED) RESPONSIBILITY

If you're standing at the helm, you are responsible for the direction of the ship. No one else is in charge — with a slight turn to the left or a nudge to the right, you can be heading on a different course in no time. And there is no one else to take responsibility apart from you (unless, of course, there's a massive storm and you get blown off course and then you can blame forces of nature).

This undercurrent suggests that it's time to take responsibility. Step up where you need to, take credit or criticism where it's due and let yourself be responsible for your own life (don't play the blame game). This card can also imply that you've been taking too much responsibility in areas that you should not.

Question: Do you accept responsibility?

SEA WHISPER AFFIRMATION

I direct my own ship.

SHIPWRECK



Found beached or at the bottom of seas, shipwrecks are the remains of once proud ships. Each wreck is a testament to the ending of someone's dreams. Many wrecks have become popular spots for divers to explore either for recreation or with treasure hunting in mind.

THE SEA WHISPER
ENDINGS

Life, like water, it in constant motion. Every day there are endings - things reach their natural conclusion and a new cycle begins. We're all part of this continuous cycle of birth, death, and rebirth. Usually, we only take notice of endings when they are too large to ignore.

This sea whisper indicates that there is an end approaching. It might be a natural conclusion to something that has run its course or it can be an ending you instigate. We often forget we have the power to finish or end things that no longer serve us - perhaps it's time to be out with the old so you can leave space for something better.

Question: What has reached its conclusion?

THE UNDERCURRENT (REVERSED)
BEGINNINGS

Just as endings happen every day, so too do beginnings. They can appear in many ways: new people, invitations, different travel routes or destinations, opportunities, and synchronicities. There's something new and exciting for you on the horizon so be open to new beginnings.

This undercurrent can also serve as a reminder that each day is a new beginning. Don't hold onto the past and open your arms wide to the infinite possibilities that a new dawn brings.

Question: Are you open to beginnings?

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SEA WHISPER AFFIRMATION

I relax in the cycles of life.

SPONGE



It wasn't until 1765 that scientists realised that the sponge was an animal and not a plant. There are around 3,000 species of sponge, most of them living in the sea.

Sponges are the most primitive multi-celled animals. They are large groups of cells, clustered together to make a skeleton full of pores and channels. Water circulates through their spongy skeleton providing them with food and oxygen (which is just as well as they don't have nervous, digestive or circulatory systems).

THE SEA WHISPER ABSORPTION

There are many a dead sponge strung up in bathrooms across the world. Their ability to absorb water makes them a favourite bath time accessory. Sponge needs the constant movement of water through its skeleton to survive but you don't.

This sea whisper directs you to look at what you are absorbing. Are you taking on other people's emotions, thoughts or beliefs? Own what's yours but don't let outside influences weigh you down.

Question: What are you sucking up?

THE UNDERCURRENT (REVERSED) ATTENTION

In the life of a sponge, it's probably fixated on water. It lives, sleeps, eats and breathes water. Nothing exists beyond the water flowing in its skeleton and this undercurrent is all about that type of focus.

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Sponge is directing you to a project, situation, or person that requires you to become absorbed in it. Pay particular attention if you have a heart's desire that you want to manifest because now is the time to jump in.

Question: What needs your undivided attention?

SEA WHISPER AFFIRMATION

My thoughts, opinions, beliefs and ideas are free from contamination.

SQUID



Squids are cephalopods, making them cousins to the octopus and cuttlefish. Most cephalopods create ink; this is used to squirt in front of predators, enabling the cephalopod to jet away. They also have the ability to shoot out multiple smaller mucus-ink patches, roughly the same shape and size of the cephalopod in question. This baffles the predator, allowing the cephalopod to move out of danger.

Like a chameleon, a squid can distract both prey and predator by changing its skin colour to blend in with the surroundings. They have an internal jet propulsion system that allows the squid to travel quickly and change direction to suit.

THE SEA WHISPER DISTRACTION

The squid is appearing because you're distracted or have a tendency to lose focus. This is a reminder not to allow yourself to be distracted by shiny, bright things (or social media) - you'll lose precious time if you don't keep a good focus. Most distractions are an illusion — on the outside, they might be entertaining or amusing but really they're just a big time suck.

Keep your eyes focused on your goals and ignore anything that comes along to tempt you away.

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Question: Are you letting distractions steal your time or energy?

THE UNDERCURRENT (REVERSED)
SCATTERED

When a squid is fearful, it shoots small jets of ink and mucus into the water to fool predators into thinking there are many squids instead of just one. The squid scatters its essence about and this undercurrent asks you whether you have done the same.

Are you going in too many directions or allowing your energy to be taken up with busy-ness (but not necessarily productivity). There is only one of you - don't dilute your spirit by spreading yourself too thin.

Question: Have you become scattered?

SEA WHISPER AFFIRMATION

I have the power not to be distracted.

STARFISH



Starfish or Sea Stars are found all over the ocean bed, even at depths of 20,000 feet. Most have five arms that radiate from a central disc. Although it may take several months or even years, there is still hope for a starfish that has lost a limb voluntarily or otherwise. Providing infection or a predator doesn't claim it, its arm can regenerate.

THE SEA WHISPER
HOPE

Most starfish can regenerate a new limb but a few species can grow a new central disc from a severed arm. With the starfish, there is always hope for better days (or limbs) to come.

This sea whisper brings you encouragement and hope for the future. Sometimes it can feel as if life has ripped us limb from limb but the starfish brings soothing balm for your soul. The future is brighter than

today so have a little faith - tides are changing and your boat really can come in.

Question: Have you lost hope?

THE UNDERCURRENT (REVERSED)
LOVE

The starfish heart doesn't have a racy flutter - it beats about six times a minute but that doesn't stop the starfish undercurrent from bringing you a message of love.

When you love someone or something, you detach part of yourself and you hope it will grow. If it isn't reciprocated, you hurt for a while but then you heal and you find you have part of yourself to give again. This is a reminder to follow your big, beating heart and let love into your life. Find love in any form that pleases you - surround yourself with beauty, do work that moves you, find a partner that deeply cares, enjoy your family, start a hobby that drenches you with contentment.

Love. That is all.

Question: Are you resisting love?

SEA WHISPER AFFIRMATION

My heart is full of hope.

STINGRAY

Stingrays, relatives of sharks, have one or more barbed stingers on their tails that they use in self-defence.

Although their thin bodies and agile flaps (wings) allow them to manoeuvre through thin rock formations, typically stingrays are found beneath a layer of sand in shallow waters waiting for prey to pass by.



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THE SEA WHISPER MANOEUVRE

Graceful swimmers, stingrays can glide effortless into tight crevices: they are experts at movement. This sea whisper is prompting you to apply skill and careful planning to get out of a difficult situation or into a place that is more comfortable for you.

This sea whisper can also come up when there is hard work, particularly chores, to be done, and no amount of careful manoeuvring will avoid it.

Question: What requires careful and planned manoeuvres?

THE UNDERCURRENT (REVERSED) MOVEMENT

Although stingrays are quite happy lying about on the bottom of the seabed with a cover of sand over them, they are elegant swimmers. They move their wings, giving the impression of flying through water.

This undercurrent brings you a reminder to add movement into your agenda. It doesn't have to be a boisterous activity like mountain climbing or marathon running - just something gentle like stretching, swimming or walking will suffice. Move your body in ways that are pleasurable to you.

Question: How could you incorporate more movement into your day?

SEA WHISPER AFFIRMATION

I easily manoeuvre the currents of life.

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TURTLE



The sea turtle's ancestors swam in water when the earth was young; fossil remains from over 157 million years ago have been found. This makes the turtle one of the oldest reptiles on the planet, older than the crocodile and the snake. There are currently 327 species of turtle but many are threatened with extinction.

In Native American folklore, the American continent is called Turtle Island. Legends tell that Turtle carried the weight of the land on her back. In Chinese and Hindu cultures, the turtle is also seen carrying the world on her back, keeping the world in balance.

THE SEA WHISPER
GROUNDING

Life is, most of the time, a bombardment of demands on your time and resources plus a continuous stream of information. We dash here, there and everywhere. It's no wonder most of us are stressed to the eyeballs or feel little connection to the natural world around us. The turtle brings her medicine of grounding.

On land, the turtle is slow. She slows down to feel the sand underneath her. This sea whisper reminds you to reconnect with the earth element - you need grounding.

Question: What is the best way for you to feel grounded?

THE UNDERCURRENT (REVERSED)
DETERMINATION

Sea turtles are happier in the water than on land. Often the male will not venture onto land and the female may only come ashore to lay her eggs. It's a long journey for her and she has to drag herself up the beach by her flippers. It's a slow process but she is determined to find the right spot regardless of how long or how much energy it takes.

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The turtle undercurrent lets you know that you might need to access fierce determination. Keep your eyes on your goal and don't give up. It might feel like a slow, uphill battle but if you keep focused, you'll get to exactly where you need to go.

Question: What needs determination?

SEA WHISPER AFFIRMATION

It's safe for me to slow down.

WALRUS



Through the course of their lives, walruses can belong to many herds. Males herd with males and females with females. There's only one exception. When a male walrus is born, it stays with its mother for two years before joining a male herd.

THE SEA WHISPER COMMUNITY

The walrus lives in large single sex groups - by their nature, they are social creatures. When on land, walrus is clumsy and far from graceful but when they hit the water, they find their element.

The walrus sea whisper reminds you that there you're not alone and there are others similar to yourself waiting to be found. This might be a call to dive back into the social scene, find a community group with interests similar to your own or even to just reach out to someone (walruses like to huddle and cuddle, you know).

Question: Have I become isolated?

THE UNDERCURRENT (REVERSED) DIPLOMACY

In the walrus community, life has understood rules and patterns. Males go one way, females the other and the biggest is usually boss. When we become part of a community, organisation or any group where there are

multiple personalities involved, being the biggest or having the loudest bark isn't necessarily a recipe for success.

To get what you want you have to play by the rules and partake in games of diplomacy. This undercurrent is suggesting that diplomacy and subtle persuasion will help you come out on top.

Question: Where might a softer approach be in order?

SEA WHISPER AFFIRMATION

I attract like-minded souls to me.

WAVES

Sea waves are formed due to continuous motion of water combined with the gravitational forces of the sun and the moon, and the blowing winds. It's easy to forget the power if you only see gently lapping waves on summer beaches but the full force of water can be catastrophic.



THE SEA WHISPER

POWER

Approximately 70% of the world's surface is covered in water which, interestingly, is the same percentage that makes up an average human body. And of that seventy per cent cent, ninety-six per cent of the Earth's water is found in the oceans. That is a lot of wave power going on!

As we are connected to water through our body make-up, we too have an impressive amount of power at our disposal. This sea whisper is reminding you of your awesomeness. Don't doubt your ability to do anything you wish - you have the power to change, to heal, to love, to laugh and to manifest. And you can make your own waves (go do that).

Question: Have you forgotten your power?

THE UNDERCURRENT (REVERSED)

FOCUS

Power unleashed without direction can cause havoc and destruction. The water element is associated with emotions and when the sea rages, waves can sink vessels and wash away sea villages (think of the power a tsunami holds).

The waves undercurrent is asking you to consider if you have let loose unfocused emotion or you're raging at someone or something. Emotion is a powerful force - express, process but don't let the waves drown you.

Question: Have you unleashed unfocused emotion?

SEA WHISPER AFFIRMATION

I am the power.

WHALE



These aquatic mammals range from the largest animal ever, the blue whale (34 metres) to the more modestly sized dwarf sperm whale (2.6 metres). Widespread, although favouring colder waters, whales are intelligent and sentient creatures. Scientists have discovered that whales have elongated spindle neurons, thought previously to only occur in humans. This suggests that whale experience emotions, judgement, theory of mind, and understand social conduct.

Several species of whale, but notably the humpback whale, communicate through whale song. Whales also create their own signature whistle which they use to identify and call each other. They imitate their mother's signature whistle and then adapt it slightly to create a unique identifying sound.

THE SEA WHISPER CREATIVITY

All whales are vocal but it's the humpback whale that makes the haunting whale song. It doesn't need any tools or gadgets to create music - it's creativity comes from within.

This sea whisper reminds you that you hold unlimited creativity inside of you too and you can express it in your unique way. Creativity isn't about perfectionism but individual expression instead. Don't allow your inner critic to ruin your creative approach - write, sew, cook, paint, garden, draw - let it flow and enjoy the process.

Question: How can you become more creative?

THE UNDERCURRENT (REVERSED) INSPIRATION

When people create, the world brightens and happy vibes are released (not exactly a fact but I believe it to be true). Without creativity, dullness spreads and everything begins to look a little bleak.

The whale relies on imagination, inspiration from its surroundings and its personal message to create the whalesong - and it asks you to do the same. If life is becoming dreary then it's time to create a life that inspires and moves you. Creativity is a divine gift - use it for (your) good.

Question: How can you turn dull into dynamic?

SEA WHISPER AFFIRMATION

I have unlimited creative potential.

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Sea Spreads

CAPTAIN'S LOG SPREAD

This is a daily draw of a card to give you the overall energy of the day along with any message or affirmation that's going to help you out.

CARD 1: What is the Sea Whisper for the day?

TALES FROM THE DEEP SPREAD

A three card past, present and future spread to shine light on situations in your life.

CARD 1: The seabed (past).

CARD 2: The great in-between (present).

CARD 3: The surface (future).

THE SINKING SLOWLY SPREAD

Do you ever feel as if you're sinking and going down with the ship? This four-card spread can give you insight on the leaks and what you can use to bail yourself out.

CARD 1: What is causing you to sink slowly?

CARD 2: What is the secondary leak?

CARD 3: What resources do you have to bail yourself out with?

CARD 4: What's the lesson to learn?

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About Lyn Thurman



Lyn Thurman is an author, artist, EFT tapper and inner goddess unleasher. She's on a mission to bring divine feminine gifts into a world that's gone crazy on masculine energy.

She lives by the sea on the south coast of England with her family and a ridiculous number of tarot decks.

You can find out more about Lyn at www.LynThurman.com

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