Why the conch shell?

When we hold a conch shell up to our ear, we hear the ocean and a whole new world opens for us. I use the symbol of the shell to remind us that when we use all our senses for listening deeply to each other, new possibilities and new worlds may open for us as well.

Hold a conch shell to your ear: hear a different world.

Listen with all your senses: hear the wisdom of the body.