



# WONDER

## **Breathe in deeply and out.**

Stop and anchor your focus on the single scallop shell in the sand. It lies on the shoreline now, flung there by the receding waves. It has been ravaged by time and years of service to its scallop. Yet it is still a beautiful thing to behold.

## **Breathe in deeply and out.**

Think of all the waves the shell (with its matching mate) travelled with the scallop. What a journey it must have been, rolling in the sea froth, then down into the depths of the ocean, and up to the glistening sea surface again.

## **Breathe in deeply and out.**

Think of its scallop, secure for a time in the matching shells' strong armor. What was its life like? When did the shell get separated from the scallop and its shell mate? What happened?

## **Breathe in deeply in and out.**

Now the shell is a foreigner on a strange land, done with its life duty and immobile for a time. What will the shell's next path be? Is it at its final resting ground? Will it return to the ocean? Or will a shell seeker spy its loveliness and add it to its community of shells?

## **Breathe in deeply and out.**

Take a moment more to appreciate the scallop shell in the present: Its familiar lines and ridges; its colors ranging from black, grey, brown, orange, pink and white; the holes that weathered it but didn't break it; and how it contrasts with the grey/tan sand.

## **Breathe in deeply and out.**

Mindful Counseling Center LLC

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