

Getting Started with Cowrie Shell Divination

This free guide will walk you through the basics of cowrie shell reading, including simple interpretations and tips for beginners. Use this as a companion to your free readings.

What Are Cowrie Shells?

Cowrie shells have been used for divination for thousands of years, particularly in African spiritual traditions. The shells act as channels for intuitive messages about love, relationships, and life guidance.

Basic Setup for Your Reading

- Find a quiet, sacred space where you won't be disturbed
- Clear your mind and focus on your question
- Use 16 cowrie shells (traditional number) or fewer for beginners
- Cast the shells onto a soft cloth or divination mat

Simple Shell Interpretations

Mouth Up (Open Shell)

Represents openness, new opportunities, and positive energy. In love readings, this often indicates new romantic possibilities or emotional healing.

Mouth Down (Closed Shell)

Symbolizes closure, protection, or hidden aspects. May suggest the need for patience or that some things are not yet ready to be revealed.

Tips for Beginners

- Start with simple questions about your love life
- Trust your intuition when interpreting patterns
- Keep a journal of your readings to track insights
- Practice regularly to develop your connection with the shells

Sample Reading Layout

Arrange your shells in a circle and note their positions. The pattern they form will guide your interpretation. Remember, the shells speak to your heart's wisdom.

This guide is for educational purposes. For personalized readings, visit our free cowrie shell reading page.