

OCEAN  
OF  
EMOTION

AN EXTRACT FROM  
THE KEYS OF TRANSFORMATION

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## Contents

Introduction .....	iv
Ocean of Emotion .....	1
Dissolving Fear .....	17
Essences to Access The Shallows .....	19
Essences to Access The Deep .....	21
About the Author .....	27
Choose your Essences .....	30
Contact Us .....	34

## Introduction

This booklet is actually a chapter from a larger work to be published later, but Spiritual Guidance has requested that this information should go out now because there is such an acceleration in the speed of Universal Consciousness, as we move towards the year 2012. Time is running out and there are many who are already falling by the wayside and because of the nature of the shifting consciousness, they cannot see it.

The Ocean of Emotion teaches you how your consciousness works, through an understanding of what is easy to access and what is more difficult to access. The Guidance which brings these images to me is most insistent that evolutionary processes are simple, and with a little determination and practice, you can gently and effectively unlock your own consciousness steadily. The key is to 'stimulate' the deeper self to 'let go' of the patterns and issues which lie beyond our awareness and prevent evolution through fear. If you learn to apply the knowledge contained in these pages, then you will truly be able to accelerate your evolution and achieve a potential beyond your imagination.

*Walking the Path of the Spiritual Warrior  
Is not the new Rock and Roll.  
It is the only Rock and Roll,  
It is the ultimate Rock and Roll.*

Blessings

Dave Ashworth  
Prestwich, March 2008

## Ocean of Emotion

The human Subtle Energy System, consisting of the Aura and the Chakras, Emotions and Consciousness is like a deep ocean and in order to begin to stimulate the Evolution of Human Consciousness we need to learn how to understand, navigate and penetrate this ocean. The absolute Key to bring about evolution of consciousness is the ability to enter the depths of the heart and the depths of the heart lie in the deepest part of our Ocean of Emotion.

## A Pathway of Permanent Evolution

Why might we want to access the deep, hidden consciousness within the heart?

- ♥ to unlock our spiritual evolution
- ♥ to release and open our hidden gifts, talents and potential
- ♥ to ascend the ladder of insight
- ♥ to unlock our perception of reality
- ♥ to go beyond illusion
- ♥ to allow a continual unfolding and ascension onto a higher path

All of the above is a representation of Ascension into Truth.

## The Shallows and the Deep

Imagine for a moment descending into the sea. As you enter the water, there is light all around. Daylight penetrates the surface of the water and you can see clearly. Visualise for a moment a clear tropical reef with coral and brightly coloured fish. However, as you descend the density of the water filters out the light. Eventually you reach a point where light cannot penetrate any further and you enter the deep, dark ocean. No ordinary natural light can ever enter this place. You will have seen such images of this darkness on television, usually filmed from a mini submarine with its own light source.

# OCEAN OF EMOTION

Fig 1 - Ocean of Emotion



If we divide the ocean into two distinct areas, and call them The Shallows and The Deep, we can relate these same images to our energy system and consciousness. The Shallows represent the area of our being where light enters, such as the Chakra System and Mental and Emotional Bodies located within the Aura. The Deep represents the place where no light touches, which is the very deep consciousness that is hidden in the Core of the Heart.

Within The Shallows, we are consciously aware of what we are processing at many levels of our mental and emotional lives. Even the emotional patterns that we do not wish to experience or think about are in our awareness at some level. Let us say that to the greater degree, The Shallows are processing the energy and consciousness of our thoughts and emotions in the moment - in the now.

In the deeper darker reaches of The Deep, we touch into the primordial aspects of our Selves. Not only those aspects of who we are at this moment in time in the present incarnation, but also many aspects of ourselves from previous incarnations that are still with us, unresolved, within the core of the heart. Some of these aspects may go back as far as the time when mankind first began to walk upon the Earth, gathering experiences and learning how to exist.

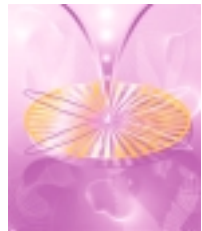
## Essences to Access The Deep

This section is about my own ranges of High Vibrational Evolutionary Essences. These reflect my evolutionary journey to where I am at this point on the path. As a direct result of being guided to obtain these essences, then working with them constantly, I have unfolded through many stages where I have been given the most amazing insights into the nature of humanity and the evolution of consciousness. I have been shown where we are in time and space with regard to the awakening and unfolding of humanity through the Age of Aquarius and the speeding up of consciousness as we progress towards the year 2012, as associated with the Mayan Prophecies and Calendar. All my work is based upon my own insights and the guidance which is continually given to me. However, it is also interesting to note how many others are awakening at a similar level around the world, having similar insights into the nature of reality and how it is changing. Indeed, we live in the most incredibly exciting times and when you can learn how to surf the Wave of Time, which we will look at in another book, then truly your life moves and changes by the second at times and the buzz is electric.

During my journey I have been seeded phenomenal and original streams of Light, such as The Wheel of Light and The Emerald Heart, these have enabled my partner, Denise, and I to develop The Emerald Heart School which teaches others how to work at such a high level, where it is possible to see and perceive into the deepest aspects of the human consciousness, to discover what lies within the Well of Fears, within The Deep.



The Emerald Heart



The Wheel of Light

By then targeting those issues in The Deep with appropriate essences, a complete evolutionary event can be brought about within the person's life that leads to true transformation.

## Websites

Each range of essences has its own website with help pages, but all of them can also be accessed through David's website at [www.davidashworth.com](http://www.davidashworth.com), then follow the link which says 'Essence Files'.

Devic Essences:	<a href="http://www.devic.co.uk">www.devic.co.uk</a>
Wheel of Light Essences:	<a href="http://www.wheel-of-light-essences.co.uk">www.wheel-of-light-essences.co.uk</a>
Extreme Essences:	<a href="http://www.extreme-essences.co.uk">www.extreme-essences.co.uk</a>
Sentinel Essences:	<a href="http://www.sentinel-essences.co.uk">www.sentinel-essences.co.uk</a>
David Ashworth:	<a href="http://www.davidashworth.com">www.davidashworth.com</a>

## How to Take Essences

The usual way to take an essence is by two or three drops under the tongue or in a glass of water, and then drink the water. Another excellent way is to put three drops in a bottle of water and sip from that during the day. When taken orally, putting the tip of the tongue on the roof of the mouth behind the front teeth, links the central and governing meridians together. This can speed up the effect and also take the energy deeper. You can experiment with other methods, too: Try a drop on the crown of the head - I have known this to annul a headache within seconds; try a couple of drops on the pulse point, on the inside of the wrists, then place the insides of the wrists together forming a cross, and hold or rub gently. All the meridians of the body run through the wrists and the information from the essence can be taken into the system very quickly via this route.

## When to Take Essences

It is best to take essences between meal times, when the physical body is not busy using energy to process digestion. As a rule of thumb, I advocate first thing in the morning and last thing at night, with another slot somewhere in the middle of the day.