

Dowse or choose your own Essences

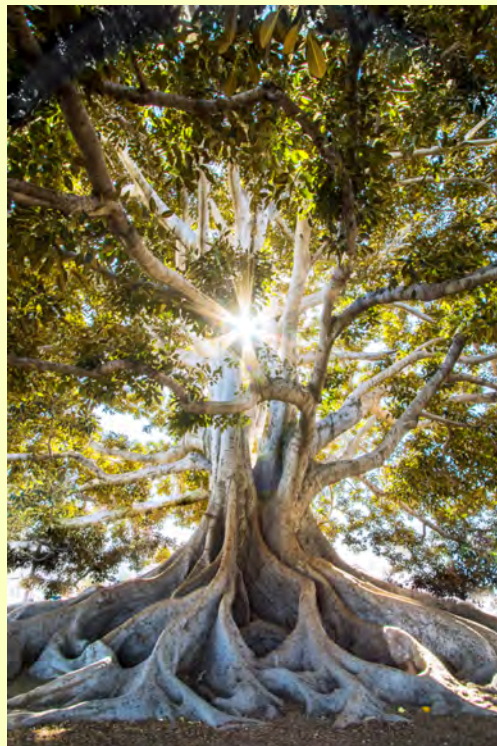
with David's Self-Help Tool



Essences from sacred sites



Essences beyond time and space



Essences from nature

Self Help Tool

Dowse or choose your own essences

What are Essences?

Essences are Liquid Light. That is, they hold very high vibrations of Spiritual Light. You can use them to help you in your everyday life and spiritual development. They heal and promote spiritual growth.

How to use this Essence List

There are 9 ranges made up of more than 130 essences plus the Bach Remedies that you can choose from very quickly using this Self Help Tool.

Choose by dowsing, muscle testing or any other intuitive means.

A 3-Step Procedure

1. Dowse the Range you need

Then follow the page number that takes you to that Range.

2. Dowse the Individual Essence that you need

Focus on the numbers rather than the names.

3. Follow the Link to ORDER (on-screen)

You can also then read the reading in the website.

Repeat above to see if you need more than one essence

Note:

The Light working through David Ashworth always refers to the essences as *The Keys of Transformation*.

All essences carry frequencies of Light and consciousness to assist with your spiritual development.

Each essence has played a part in David's spiritual development and will help you in a similar way.

Unless marked as Harriët or Alexandra, all essences were created by David between 1999 and the present.

Dowsing or choosing the Range

Use this list to quickly dowse/choose **the Range** you need.

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Wheel of Light Essences

These are deep seeking essences that will help to dissolve deep issues within your consciousness and begin to accelerate your evolution by opening your heart to your own inner truth. These Essences began to accelerate David's vibration.

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|---------------------------|--------------------------|
| 01 Enlightenment | 09 Eternity |
| 02 Awareness | 10 Circle of Life |
| 03 Quickening | 11 Wisdom |
| 04 Beacon of Light | 12 Completion |
| 05 Power | 13 Connection |
| 06 Truth | 14 Compassion |
| 07 Happiness | 15 Celebration |
| 08 Discernment | 16 Inner Silence |

Sentinel Essences

Sentinel Essences connect your heart to Heaven (Light) and Earth (Energy) bringing the Father and Mother together in your heart, creating you as a bridge between Heaven and Earth, which connects you with all that is. These essences develop the connections with the Divine Masculine and Feminine and open hidden portals or doorways in your deeper consciousness.

- | | |
|-----------------------|---|
| 01 Completion | 05 Pythios
(The name of Apollo at Delphi) |
| 02 Connection | |
| 03 Unification | 06 The Golden Key |
| 04 Creation | 07 Reconnection |
| | 08 Serenity |

Extreme Essences

Extreme Essences open and cleanse emotional issues going back through previous lives to the birth of time. They heal and strip out negative patterns held within family lines. They comprise of Negative Neutralisers and Positive Enhancers.

01 Tibble Labyrinth

Negative Neutralisers

02 Extreme Anger

03 Extreme Despair

04 Extreme Fear

05 Extreme Hate

06 Extreme Sorrow

17 Extreme Loss & Grief

18 Extreme Shock & Trauma

19 Extreme Guilt & Shame

Positive Enhancers

07 Extreme Courage

08 Extreme Happiness

09 Extreme Hope

10 Extreme Joy

11 Extreme Love

12 Extreme Forgiveness

13 Extreme Gratitude

14 Extreme Optimism

15 Extreme Acceptance

16 Extreme Trust

Elemental Angel Essences

The Angels of the Earth Realm, are the way Jesus taught us to Connect with the Earth Mother and the life force within everything that lives. Honouring and calling upon these Angels continually strengthens and reinforces your connection with the Earth Mother.

01 The Angel of Air

03 The Angel of the Sun

02 The Angel of Water

Essences Beyond Time & Space

Time and Space Essences open the heart consciousness more deeply, helping you access 5th dimensional reality, where everything is one. Entering the 5th Dimension allows your inner vision to expand, opening your perception into deep truth.

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|-----------------------------------|--------------------------------|
| 01 The Luge | 11 Magma – Flowing Life |
| 02 Seed of Life | 12 New Beginnings |
| 03 Effulgence | 13 Spellbound |
| 04 Acceptance | 14 Surge |
| 05 The End – The Beginning | 15 Illumination |
| 06 Emergence | 16 Melt Down |
| 07 The Mystery | 17 Harmony and Balance |
| 08 Ascendance | 18 Separation |
| 09 Step Aside | 19 No Reverse |
| 10 Lumin-Essence | |

Flowers of Life Essences

Flowers of Life Essences help you to embrace your true self at the deepest level.

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| 01 Snowdrop | 02 Hellebore |
|--------------------|---------------------|

Darshan Essence

This single essence was given to David in 2016 after he went through the inner transformation to begin to transmit Darshan through his eyes. Darshan is given from the Source and is a Divine Blessing.

- 01** Darshan Essence

Emerald Heart Light Essences

The Emerald Heart Light Essences connect into the cosmic ride of unfolding Universal Consciousness, connecting your heart into the Great Universal Game in the moment, so that the Universal Energies can assist you with your spiritual development.

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|------------------------------------|--|
| 01 Emerald Heart Light | 11 Initiation |
| 02 Light of My Heart | 12 The Mary Line (Harriët) |
| 03 Heart-to-Heart | 13 Heart of Fire |
| 04 Heart Search | 14 VISION |
| 05 Prince of Light | 15 Grace |
| 06 Magnificence | 16 Trust (Harriët) |
| 07 With Love from Me to You | 17 Goddess of Light (Alexandra) |
| 08 Reflection | |
| 09 Heart Peace | |
| 10 Dragon Fire | |

Rebirth Essences

The Rebirth Essences help you go through deep development and assist with rebirth processes, supporting you through inner change.

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|---------------------|-----------------------------------|
| 01 Uprising | 04 Tangential Arrangements |
| 02 Fanfare | 05 Clarity of Vision |
| 03 Alignment | 06 Lost Love |

Devic Essences

Devic means of the Devas, or nature spirits. These contain the creative power of the Earth Mother, Nature Spirit Kingdoms and sometimes direct transmission from the Source. The Devic Essences are a great way to introduce yourself to the gift of Light to open your heart and transform your consciousness. These Essences began David's journey into Evolution and opened him up. Spirit Guidance sent David on a mission to connect with the Spirit of Nature in the Sacred Places both far and wide. Thus, were born the Devic Essences.

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|---------------------------------|---------------------------------------|
| 01 Beech Hill Stones | 22 Ysbyty Cynfyn |
| 02 Boscawen-un No. 1 | 23 Callanish Moon |
| 03 Boscawen-un No. 2 | 24 Callanish Sun |
| 04 Boscawen-un No. 3 | 25 Clava Cairns |
| 05 Devil's Arrows North | 26 Lady Well |
| 06 Devil's Arrows South | 27 Rosslyn Chapel |
| 07 Druid's Circle | 28 Samye Ling Monastery |
| 08 Merry Maidens | 29 Beach in Sunshine |
| 09 Pipers No.1 | 30 Cupressus |
| 10 Pipers No.2 | 31 Metrosideros |
| 11 Pipers No.3 | 32 Tresco Golden Sand |
| 12 Stripple Stones Henge | 33 The Great Pyramid of Cheops |
| 13 Swinside | 34 The Step Pyramid of Saqqara |
| 14 Trippet Stones No.1 | 35 Volcano |
| 15 Trippet Stones No.2 | 36 Dicentra Flower |
| 16 Trippet Stones No.3 | 37 Trippet Flower |
| 17 Carreg Coetan | 38 Minchenden Oak |
| 18 Gorse Fawr | 39 Anxiety |
| 19 Pentre Ifan | 40 Brain Energy Receptor |
| 20 St. Lythans | 41 Heart Chakra Booster |
| 21 The Hanging Stone | |

Bach Flower Essences Infused with the Emerald Heart Light

These Essences are based upon the original vibrations of Dr. Bach's Flower Remedies, but infused with The Emerald Heart Light to enhance them.

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| 01 Agrimony | 20 Mimulus |
| 02 Aspen | 21 Mustard |
| 03 Beech | 22 Oak |
| 04 Centaury | 23 Olive |
| 05 Cerato | 24 Pine |
| 06 Cherry Plumb | 25 Red Chestnut |
| 07 Chestnut Bud | 26 Rock Rose |
| 08 Chicory | 27 Rock Water |
| 09 Clematis | 28 Scleranthus |
| 10 Crab Apple | 29 Star of Bethlehem |
| 11 Elm | 30 Sweet Chestnut |
| 12 Gentian | 31 Vervain |
| 13 Gorse | 32 Vine |
| 14 Heather | 33 Walnut |
| 15 Holly | 34 Water Violet |
| 16 Honeysuckle | 35 White Chestnut |
| 17 Hornbeam | 36 Wild Oat |
| 18 Impatiens | 37 Wild Rose |
| 19 Larch | 38 Willow |