



THE COLOUR ATHENAEUM

The Earth Band

Deep Ocean Blue – Depth

On the surface of the ocean the waves churn, they roll, they froth. As we sink below the surface, the deeper and deeper we sink, we come to the stillness, the calm.

There is life at the bottom of the ocean, moving more meditatively. When we can become still, we access the most profound aspects of our being. The mind and emotions are wonderful gifts we get to explore, but they are only part of our heritage.

Deep Ocean Blue invites you to merge with your soul, beyond trauma-drama.

Mystics have often equated the ocean with enlightenment.



THE OCEAN IS NOT FAR AWAY

“There is no need to run towards the ocean. Just slowly enjoy the trees, and the birds, and the people, having a trust in your heart that every river has always reached the ocean. And you cannot be the exception. Existence does not allow any exceptions. You will also reach the ocean.” Osho

Journal, Create, Explore

1. JOURNAL :

- What are your three favourite ways to enter a Deep Ocean Blue space? Where does Deep Ocean Blue fit into your life?

- What obstacles do you encounter on your way, sinking down into your Deep Ocean Blue spaces?
- What treasures does Deep Ocean Blue hold for you?
- Recall a time from childhood you spent at the ocean. Journal back into that time and sow the seeds of positive intent with the ocean ... of the qualities you wish to cultivate in your adult life. Acknowledge your depths and your wisdom.

2. CREATE /ACTIONS:

- Go to the ocean and watch the ocean waves. Fall into its rhythm. If you do not live near the ocean, then watch any body of water and fall in tune with it. Water is rarely still. If it is a river, follow, in your imagination, the river to the ocean. If it is enclosed like a lake, fall into the depths of the lake.

Watch, observe, listen – empty yourself. Merge with your true self and be with the water, enjoying its companionship. See water as a living being.

If you want to take it a step further, ask to merge with water to learn about water and the Ocean depths. Do your power stack of merging with your body protector and true self. Then ask, for example: “I wish to learn about Deep Ocean Blue by becoming the depths of the ocean.” You may want to do this as a journey, instead of a merging.

- Create your own Deep Ocean Blue Affirmation, mandala or portal.
- Collect driftwood, shells or stones from the beach and make an altar to invoke Deep Ocean Blue.

3. EXPLORE: Suggested Journeys

- Journey to meet Your True self and ask your True Self to show you what your life would look like if you had all the Deep Ocean Blue energy in your life that you required. Ask your True Self to take you to the Deep Ocean Blue Master or Mistress and get a simple ritual that can take you deeper.
- Meet with Whale and ask Whale to teach you about the frequency of Deep Ocean Blue, to explore and absorb the energy to bring greater calmness, clarity, peace and joy into your life.

- Swim with Whale in the Deep Ocean Blue. Ask for a healing transmission of deep Ocean Blue.
- Ask the Deep Ocean Blue Master to remove all obstacles from your receiving Deep Ocean Blue. Ask The Master or Mistress what you need to know about transmitting this energy to others.