

Spanish Red Thyme

*Release Self-Judgement and Overwork
Accept Change and Spend Time Enjoyably*



- ☒ This essence supports you when you've reached the end of your tether, after periods of working too hard and feeling under extreme pressure, it soothes the nervous system.
- ☒ It helps to release a pattern of indecision because you're anxious about failing or you're worried about what change may bring if you allow it.
- ☒ It is particularly helpful for those in the caring professions or very empathic people who feel the concerns and feelings of those around them as though they were their own.
- ☒ It helps the release of anger through positive action rather than have it depress the immune system, so that it manifests as illness.
- ☒ It encourages you to make time for interests and activities that nurture, inspire and energise you rather than always spending time on what you feel you ought to be doing or fulfilling perceived responsibilities.
- ☒ Useful Affirmation: *'I spend my time doing what makes my heart sing. I accept my anger and channel it wisely. I trust that I'm safe and supported through change. I release judgement of myself and accept that every experience is simply a chance to learn.'*

Please Note: Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

Click here for attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Higher Heart/Thymus Chakra blend:
<http://www.spiritoftransformation.com/chakraessences1.htm#higherheartchakra>

Acknowledgement and Thanks With acknowledgement and thanks for this information to

Morningstar Essences: <http://morningstar.netfirms.com/redspanishthyme.html>

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.