

Thyme

Seasonal Adaptation and Exploring Time Return to Lightness, Energy and Joy



- ☒ Thyme amplifies the effects of other flower essences in a blend.
- ☒ It can be used to experience other dimensions of time - the past, the future and other levels of consciousness, and to better remember dreams.
- ☒ Thyme is a very energising essence, strengthening karmic purpose and developing patience.
- ☒ It encourages us to deeply relax at times of stress.
- ☒ This essence is helpful when we are feeling sad and alone.
- ☒ Thyme is a 'be happy' essence; bringing back a sense of humour and joy when we have become overly serious or melancholy.
- ☒ Helpful also when we have a difficult relationship with time, working under time pressure or feeling there's never enough time; trying to cram too much in.
- ☒ Thyme helps us focus. It gradually increases our energy and helps us adapt to seasonal changes.
- ☒ Useful Affirmation: *'I am in the eternal now with an abundance of time and energy'*.

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 an attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your attunement blend.

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

This essence is part of the Healthy Rhythms blend by Spirit of Transformation:
<http://www.spiritoftransformation.com/transformationessences.htm#healthyrhythms>

This essence is part of the Mars-Aries blend by Spirit of Transformation:
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Acknowledgement and Thanks With acknowledgement and thanks for this information to:

Crystal Herbs: http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=81

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

South African Flower Essences: http://safloweressences.co.za/Thyme_Essence.html

Sacred Space Essentials: http://www.sacred-space.com.au/essences_r-z.html#thyme

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