

## Pear

### *Crisis Management – Setting Boundaries Creative Inspiration and Mental Flexibility*



- ☒ Pear essence brings your spiritual, mental and emotional aspects into greater alignment, so you see things from the viewpoint of your higher self, increasing innovative thinking.
- ☒ It invites creative inspiration, especially if you work with sound or music.
- ☒ It makes you more resilient to better cope with unexpected upsets and dramas, as well as an over-committed diary, although you do need to reduce your activities as soon as you can.
- ☒ Pear connects you with your gentle, tender aspects whilst creating and keeping healthy boundaries so that your kindness is not abused.
- ☒ It heightens your awareness so you can process a pattern before it manifests into a difficult situation.
- ☒ It brings those who form groups with a spiritual intent, into alignment with each other.
- ☒ It helps us relax and strengthens all meridians.
- ☒ Affirmation: *'No matter what challenges I'm facing, I know I'm safe and all is well in my world.'*

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

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to Morningstar Essences: <http://morningstar.netfirms.com/fruit.html>

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

Photo courtesy of cazjane97: <http://www.flickr.com/photos/25514190@N00/4557323369/>  
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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