



Zen in 10 Perfection

Practicing perfection is about taking a break from the judgments, worries, doubts, and all that we think or judge to be wrong with ourselves and in our world. Instead, for a few moments at least, you can allow yourself to simply be as you are, and let the world around you be just as it is.

Sit comfortably upright, with your back supported, and take three deep slow breaths to settle into this practice.

Then allow your breath to find its own rhythm, long or short, fast or slow, whatever feels right is perfect in this moment.

Now pay attention to the sensations in your body as you sit, whatever you feel is okay, and if you need to adjust or move for greater comfort, that's perfectly fine too.

Feel into your feet as they rest on the floor, then into your ankles, now your calves and shins.

Bring awareness to your knees and thighs, just noticing the sensations. Feel into your hips and around your pelvis, notice the chair beneath and the clothes against your skin, all perfect in this moment.

Continue to breathe with ease.

Pay attention to your lower back, your belly, your upper back, your shoulder blades, awareness coming around the ribcage, to your chest, and deep inside into your heart space.

Allow a gentle softness to enter your heart. Each breath bring more ease.

Now check in with your shoulders, your arms and your hands, all resting loosely by your sides.

As you sit and breathe, open your mind to the possibility that everything in this moment just might be perfect.

Acknowledge any notions that it should be otherwise as mere opinions and release them.

Maybe you were created exactly as you are, by a God with infinite wisdom, infinite creative power, and even infinite love. If so, who are any of us to say he got it wrong?

Perhaps you are the result of 14 billion years of universal evolution, of an almost infinite number of random happenings that make your existence so unlikely that it's nothing short of a mathematical miracle. And yet, here you are.

Some might say that fate brought you to this exact place and time, and all that's happening is part of the greatest story ever told, and you are precisely where you're meant to be, in this chapter, on this page, of your part of the story.

It could be that this is all a dream, and you are the dreamer, or the one being dreamt of.

Continue to breathe with your own perfect flow, and feel into the perfect sensations of your body.

Whatever has led to you being here, and now, sit in this perfect moment, being yourself, perfectly.

See yourself as you would a child, one who is still learning. Grant yourself the same patience and love, without expectations or any requirements to earn that love.

Allow that gentle acceptance to extend to everyone that crosses your mind or your path.

Imagine that they are doing the absolute best they can, with the tools and awareness they currently have.

Let them be.

Your mind may wish for change, and be assured that change will come.

Change is the only constant, the only guarantee in this universe.

All things must change, and when they do, they will be perfect in that moment, but that time is not now.

Take a break to rest in this moment.

Everything that should have been done, has been done.

Let all that needs to be done, wait.

These will be completed in their own perfect time.

As you continue to breathe, remember that perfection is not something to be achieved or attained. It is something that only has to be accepted.

Through the practice of compassionate acceptance, we can see clearly, remembering what we had simply forgotten, that everything was perfect, all along.

Sit and breathe for a little longer, and when you finish this practice, allow compassion and acceptance to linger on in your heart space.

Take it with you into your daily life, and you just might see perfection reflected back at you, wherever you choose to look.