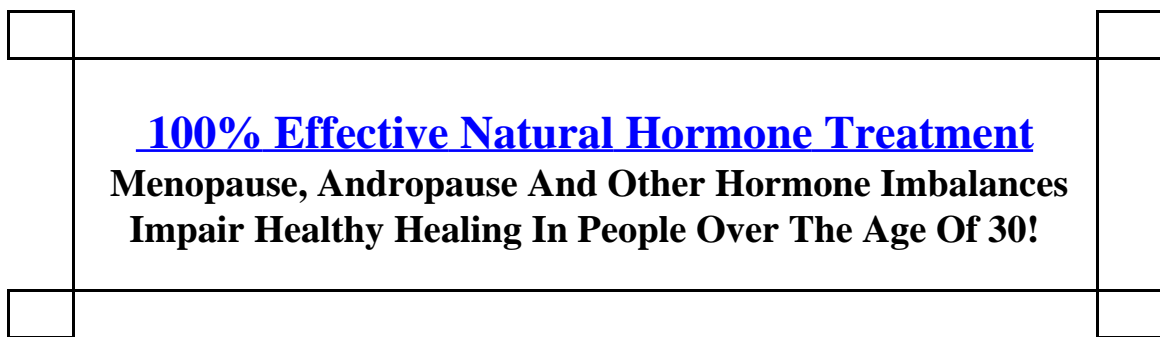


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Perfection

By Charlie Badenhop

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PERFECTION by Charlie Badenhop  
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"Om.
This is perfect.
That is perfect.
From the perfect, comes the perfect.
If from the perfect the perfect is taken away,
Only the perfect remains.
Om, peace, peace, peace."

This sense of perfection, is the inherent blessing that exists as the essence of everything. This sense of perfection is present at all times and doesn't require any healing or learning or change to take place. This sense of perfection is dynamic rather than static, and welcomes the necessary ongoing changes of life. This is the kind of perfection that we will be working with and hoping to experience in our time together.

In every day life "perfection" is often thought of as an unachievable "external" ideal, and pursuing this kind of perfection usually leads to ongoing dissatisfaction, as we constantly find something that is not quite "right" that needs to be fixed before everything will be OK. External perfection is static and it can actually be damaging to a supportive concept of self.

Being a perfectionist can be a generative action IF in a healthy Michael Jordan kind of manner we challenge ourselves to achieve ever greater results by having high ideals that are never quite attained, even as we respect and appreciate all that we have already accomplished through our hard work, dedication, and connection to, our unchanging perfection.

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In Japanese flower arranging it is common that one of the branches in the arrangement is bent or broken, to signify that the arranger has attempted to present the flowers in a "natural" state. It is the "imperfection" of the broken branch that leads us to understand that the arrangement is potentially "perfect." We encourage you to look for and appreciate your "broken branches" as a sign of your uniqueness and perfection.

Each one of us, no matter how seemingly evolved we might be, have imperfections and personal ego attachments. These imperfections and attachments are not something to be overcome or transcended, but rather something to be understood, appreciated, and accepted in the course of our life journey. If we do not honor our individual shortcomings, then a part of us will always be feeling that we are somehow "wrong."

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About the author: Charlie Badenhop, the originator of Seishindo, a licensed instructor of Aikido, a long term practitioner of Self-relations therapy, Ericksonian Hypnosis, and the Japanese healing art of Sei Tai. Has students throughout the world. Contact Charlie at [seishin@seishindo.org](mailto:seishin@seishindo.org) and subscribe to his free newsletter "Pure heart, simple mind" at <http://www.seishindo.org/newsletter.html> .

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### **Is it right to long for perfection?**

**By ajaypats**

#### **Is it right to long for perfection? by ajaypats**

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away. Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Assert your right to make a few mistakes. If people can't accept your imperfections, that's their fault. Remember that fear always lurks behind perfectionism. Confronting your fears and allowing yourself the right to be human can, paradoxically, make you a far happier and more productive person. Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them – every day begin the task anew.

Things will never be perfect. Sometimes they will never even be close. Yet that is no reason to hide away from life, no reason to curse your predicament. On the contrary, it is every reason to rise up and go forth with renewed determination.

If you wait for conditions to be perfect, you won't ever get much done. If you refuse to go ahead unless

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you can be guaranteed of a sure thing, you'll never get very far.

It's great to aim toward perfection, yet to arrive at perfection you must cross through a lot of imperfection. To get everything just right, you must be willing to deal with things going wrong. Take this day, this moment, with all its flaws, and make the very most of it. Rather than complaining about what you don't have or where you'd rather be, make full use of where you are, of what you do have.

Aim toward perfection while also accepting the reality of what is. And excellence will surely result

Ajay Pats is professional manager working as sales manager.He runs inspirational ezine"Rediscover true colors of life" available at <http://www.topica.com/lists/venturemall> and community for home based business entrepreneurs available at <http://groups.msn.com/venturecon>.



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