

## What Does Being Perfect Mean, Anyway?

Webster defines perfection as “having no defect or fault”.

Over the years I've pondered over what perfection truly is compared to what I thought it was. For example, I thought perfect health meant maintaining a body temperature of 98.6 ° with no aches, pains, headaches or illness. Perfect weather consisted of warm, sunny days with blue skies softly tinged with white, wispy clouds. Being a perfect parent meant making sure my children's lives were as productive, happy, fun and responsible as I could possibly make them. I also thought being perfect meant never losing my balance through anger, fear, concern or any other “negatives”. But after years of trying to attain perfection yet feeling somehow a failure when I was ill, or feeling angry, fearful or worried, or being unable to solve my children's problems, or thinking the rain spoiled a perfect day of sunshine and blue skies, I dug deeper into the truth of perfection.

When I ran a temperature and had loss of energy, was my body proving to me it was perfect by utilizing it's innate wisdom to balance me back to health by raising my body temperature to fight off infection? And wasn't the energy loss again the perfect way for my body to direct the energy I normally had into healing? If so, my body was perfect even though I thought it was not! The rain I thought prevented the weather from being perfect was necessary to balance the dryness and moisture needed to grow food, replenish water tables and help keep ecosystems healthy. It was perfect! And when I recognized my emotions of fear, anger or worry as red flags indicating I needed to take a closer look at an issue or belief that wasn't working for me, I realized those emotional states *were* perfect! And finally, when I no longer had all the answers to help my children with their dilemmas, wasn't I being the perfect parent in freeing them to seek their own answers and paths? Can it be that life IS perfect – even with all its “imperfections”?

If we are made in the image and likeness of God, then in essence we are perfect, too. What an empowering thought – that even with all the imperfections as human beings trying to find our way back to the truth of our being, we are, in essence, as perfect as God intended us to be. That doesn't mean we don't have a responsibility to live our lives as best we can because we're already perfectly created beings, but rather to become *aware* of the perfection with which we were created, and live responsibly from there.