

HOW TO SEE TRUE PERFECTION & BEAUTY

OUR VISION CAN BE COLORED BY OUR UNHEALED PAST EMOTIONAL WOUNDS, OUR ANGER, FEAR, UPSETS, AND JUDGMENTS. ADDITIONALLY, THE FEELINGS, BELIEFS AND PERCEPTIONS OF OUR PARENTS, AND OTHERS CLOSE TO US CAN ALSO AFFECT OUR VISION. WE CAN USE THE FOLLOWING PROCESS IN ORDER TO CLEAR OUR EMOTIONAL WOUNDS AND PAST PROGRAMMING IN ORDER TO ATTAIN -- OR REGAIN -- A CHILDLIKE INNOCENCE OF VISION AND UNCONDITIONAL LOVE FOR HOW WE REGARD PEOPLE, PLACES, EVENTS, AND THINGS IN OUR WORLD.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, “if 0 = seeing & feeling nothing but total perfection and beauty in _____, like the beauty and perfection of a pristine white lotus in the morning sunlight (see below), how much imperfection and lack of beauty do I see and feel in _____, at [his/her/their/it’s] worst.

Then rate the level of imperfection and lack of beauty you perceive in your subject = X, be it a person, place, or thing -- either in the present moment in front of you, or at a “worst –case” moment in time, which you can either recall from the past or create and imagine in your mind.

Step 2: Repeat over and over what you are seeing & feeling using this sentence:

At [his/her/their/it’s] worst, I’m seeing a X imperfection & lack of beauty in _____,
At [his/her/their/it’s] worst, I’m seeing a X imperfection & lack of beauty in _____,
At [his/her/their/it’s] worst, I’m seeing a X imperfection & lack of beauty in _____...

Stay present to all that is upsetting to you about your subject, including everything about your subject’s appearance and the feelings which arise in you. If you are imagining a particular worst-case moment, occasionally refresh the image of your subject in front of you when it fades. (Concentration on our feelings is most important since most of us are not able to hold a steady image). Repeat this sentence over and over, until either at least a minute to a minute and a half passes, or until you feel a distinct perceptual change.

Return to Step 1: Continue with these steps until you’re happy with how much your vision and feelings have changed, or until you truly see total beauty and perfection in your subject.

... It may be helpful to remember the adage ...

“What I am willing to see, feel, and face will erase ...

What I try to avoid just keeps me annoyed!”

A Spiritual Solution

We may ask why should we endeavor to see beauty and perfection in all people, especially those who have hurt us or others? Why should we try to see perfection in a world where wars, starvation, famine, greed, pollution, and devastation to nature are happening all around us?

When we use such a process as this, something beautiful and mysterious may occur inside of us ... We may find that old wounds are healed, forgiveness dawns, insight arises, and love and understanding take the place of past pain, fear, and confusion. Some say, "The world and people around us are our mirrors; so perhaps we are really healing ourselves when we heal our vision of others and the world." To truly know this, however, we should try to do the inner work to become a realizer -- and not just a parrot -- of such a lofty philosophy.

Through the practice of this healing process, may we gain great insight, taste true forgiveness, joy, and ever-increasing freedom by watching those around us and the world transform before our eyes. May we attain – or regain – our childlike innocence of vision, which opens us up to unconditional love and beholds perfection in the people and the world around us.

