

ALREADY PERFECT

In Carolyn Elliott's book, *Existential Kink*, she describes our ultimate creative power as being able to see the total perfection of ourselves and reality that already exists. When we choose to see from the perspective of god and know life is already perfect, we influence the circumstances of our lives. By embracing and celebrating all we already are and have, we step into our power as creators. When we feel the feeling of "this is already perfect! I am already perfect!" it plants the seed in our subconscious, which will then birth circumstances and synchronicities of perfection.

But we must choose to feel the perfection before we see it. We must embrace our circumstances as they are. We must love ourselves exactly as we currently are. Only by fully committing to enjoying life as it is, are we able to change it to our liking. And we don't have to take any action to change our lives—life already knows what we want. We only have to remember our god perspective of "already perfect, wow!" And create the exact perfect reality we desire.

Instructions

Think of a few things in your life you'd like to change. Maybe your body, your job, your finances, or your relationships. Fill in each speech bubble with something you think needs to change, and then imagine god telling you it's already perfect. "My body" is already perfect! Then, trace over the word WOW for each bubble. What would it be like to see this situation as already perfect? Can you access that feeling of knowing it's perfect? The more you can access the knowing that it already is perfect, the more fertile the seed you plant to come back to you in the future.

Remember that you don't have to think about reasons why these things are already perfect. The aim is to feel the feeling of knowing they're already perfect. When god tells you something, don't ever doubt it; know that it is true.

Another way to look at it is this: if you can feel the total perfection of where you are, you are present in the moment. If you cannot access that feeling, you know you're not present. Practice saying to yourself for each item, "It really is already totally perfect, WOW!" And do your best to feel it. The closer you can get to that feeling, the more you will know it is true!

