



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Letting go of Perfection

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If you look out across a landscape and admire the beauty of the natural scene you may notice that there is rarely perfect symmetry. Trees grow at odd angles, and some hills are larger than others. Generally, a scene can appear a collection of different ideas – life is filled with varying shapes and sizes. Nature gets its beauty from imperfection.

We all view the world around us from very different perspectives and we all have different viewpoints. It would be strange if each person saw the world in the same way. Yes, many people strive for perfection and yet, much of the beauty in life is less than perfect. If we can see the beauty and feel the connection to a natural world, one that is filled with imperfection, we must consider why life generally is all about striving for perfection.

This need for life to be perfect often occurs through ingrained behavioural patterns and we often pick up these patterns when young or, at least in our younger days. But, when we focus only on being fully accurate or, being right consistently, it can be a misguided trigger, one that causes anxiety and other problems deep into our adult life. Perhaps pressure from peers or social demands overemphasizes the importance of being correct and it may instil a sense of perfection that this perfect way is all that matters.

Chasing perfection is damaging as it can rarely be achieved.

Almost everything falls short of absolute perfection, simply because few things, no matter how wonderful, can still be improved upon. This can lead to a **never-ending** cycle of frustration and it can even filter outwards damaging self-esteem and confidence. This reflects in the same way in every aspect of life from relationships to business.

Sometimes, we need to accept that we are not perfect. **Instead, we are unique.** This is a different type of perfect. To be happy and complete in life, we must lower the barriers and accept that life is not perfect. If we continually seek it, then this route only leads to unhappiness, to a rigid approach and it can damage who we are as individuals.

It is actually healthy to identify those little imperfections and to consider this a normal part of life. Imperfections are fine. **Laughing at our silly mistakes** as we muddle through life is liberating. Getting something right is different to something being perfect.

Even with successful businesses, we see entrepreneurs continually tweaking and making changes to their business process. This is because there is a drive towards being the best. This invisible barrier moves because of market changes and it's the same in all aspects of life. Constant change is like the surface of a pond, it is never often still. The line that draws perfection in life is shifting and like a rainbow, **it is always just out of reach.**

Chasing excellence will only end in defeat and for some, this becomes a burden. Does this mean we should settle for second best? **No, it does not.** Reaching for the stars serves to drive the progression of life forward and helps us all to achieve our goals. We must always aim for the best but not at the price of self-esteem and **inner happiness.** We should understand the reality of our barriers and boundaries and realise that everything we need is contained within them. There is a **freedom without perfection.**