

### **Principle 3: Perfection – The Universe Is A Perfect System Of Loving Support**

- According to this principle, the universe is a perfect creation of a perfect Divine Being of Infinite Love-Intelligence-Power-Presence.
  - Therefore, everything and everyone is always perfect *just the way all is*.
  - Our primary purpose is to experience, enjoy and love all, just the way all is.
  
  - The Principle of Perfection does NOT mean that we always get what we believe we want or need.
    - That would be a like a child who cries: “if you were a perfect parent you would say ‘yes’ to all of my requests and demands.”
      - Obviously, this is a childish definition of perfection that inevitably leads to unhappiness, because
        - Life is not designed to conform to your weaknesses in experiencing its perfection.
        - It is actually designed to reveal the fallacious nature of that childish expectation, leading you to a broader view.
  
    - When we are thinking, saying, feeling or doing something that leads to our unhappiness we are out of alignment with universal perfection.
      - As we pay attention to our feelings and to the results of how we feel, we find that living in any form or degree of unhappiness causes events to manifest that help us to feel even more unhappy.
      - We recognize that living in any form of unhappiness, including feelings of anger, fear, or loss drives us into destructive behavior and inhibits our ability to behave constructively mentally, verbally and physically.
  
- The universe is always perfect just the way it is in that everything that happens gives us the opportunity to recognize and release from the acquired beliefs and values, as well as the mental-emotional habits that we have cultivated, that detract from our joyful experience of what happens as absolutely perfect.
  - Use The Method to release from negative, unhappy states and patterns.
  
  - Every event, situation and experience gives us the perfect opportunity to experience, appreciate, love and enjoy ourselves, everyone else, every event and the universe as a whole as absolutely perfect.

**Corollary Principle: The Perfection of the universe is a manifestation of Absolute, Unconditional Divine Love for us.**

- Practice:
  - Feel everything and everyone around you radiating true and total unconditional love for you, and feel your acceptance of that love.
  - Open your heart to imagine and feel that everything that has ever happened to you was a perfect manifestation of Divine Love For You.
    - Recall some specific difficult experiences of your past and feel those as perfect expressions of Divine Love and Beauty.
- **Corollary Principle: Since the universe, including all in it, is perfect, YOU are right now perfect just the way you are.**
  - Notice the conditions you use to withhold love from yourself; what you require to accept your own perfection.
  - Drop those conditions and let yourself feel yourself as perfect now.
  - Feel appreciation for your perfection.

**Corollary Principle: Your Family Was/Is Perfect**

- We can understand the perfection of our family by entertaining this hypothesis, which proves to be consistent with the facts of experience:
  - Part of the perfection is that we chose to enter the family that programmed us to experience ourselves, others, events, and life or the universe as a whole as LESS than perfect.
    - We did this to experience those patterns and their results, so that we can grow in compassion (being able to relate to other's suffering lovingly and supportively)
    - as well as consciously and deliberately choose to let those patterns go and return to our experience of intrinsic perfection *when we feel ready to do so.*
    - Practice:
      - Open your heart to feel the perfection of your experiences of your family, and of each family member.
        - If you feel stuck in negative judgment, use The Method.
        - Feel each family member as behaving perfectly just the way they were / are.
        - If you feel stuck in negative judgment, use The Method.
- **Corollary Principle: Living in perfection means letting go of negativity.**
- Since it is all perfect, any form of negativity or negative judgment is based on a false belief of how things "should" be.
- To align with the Principle of Perfection:
  - Practice:
    - Staying aware of your feelings *constantly: do it now*

- maintaining harmonious emotional equanimity always: *do it now*
  - Identify the situations in which you lose it,
    - Which parent are you repeating when you lose it
    - determine to do better (refer to the principle: Intention = Inevitability – discussed later)
- NOT living in mental movies about ourselves, others or life that cause us to feel emotionally disturbed.
- Never justify a negative judgment, emotional reaction or thought
- Use The Method to liberate from emotional discomfort and pain
- This liberates your subconscious from justifying / reinforcing negativity

#### **Principle 4: Your Underlying Attitude Manifests A Life Consistent With it**

- When we turn things over to the universe with trust in the universe's absolute perfection, we express unconditional faith and experience the high joy vibration
  - We also find things working out perfectly in ways that support our feeling of even more joy, love, gratitude, appreciation and abundance of all of life's blessings, including money.
  - Practice: feel yourself turning it all over to the universe with perfect trust in the universe's absolutely loving support.
- We express unconditional faith through feelings of safety
  - Practice: Note the conditions you use to NOT allow yourself to feel safe
    - Drop those and focus on the *feeling* of safety
- Avoid making faith conditional by being overly controlling for and emotionally dependent on a particular thing happening at a particular time.
  - When you attach yourself to a particular outcome, you are expressing that your personal values are more intelligent than the universe.
  - Practice:
    - Open your feelings to ideal outcomes *as present*.
    - Open your mind to see what visions occur, without attaching to any specifics.
      - Feel trust, joy, appreciation and gratitude for that outcome, even if you cannot specifically or clearly define it in words or mental images.