

FOUNDATIONS

DAY TWENTY EIGHT ASSIGNMENT

Take a moment and think of what you are aware of in the cosmos. Individual planets, the Milky Way, stars, sun, moon, comets, etc. do you see these things as perfect or imperfect?

Now turn your attention to quantum aspects of your reality that you are aware of. This could be atoms, molecules, protons electrons, etc. do you see these things as perfect or imperfect?

Now focus on your current daily reality. This could be your home job, car, family, friends, your body, your government, etc. do you see these things as perfect or imperfect?

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Which of these three areas that you just considered seems to have more of an impact on you on a consistent daily basis?

Which of these three areas do you believe you can see/feel most clearly?

Which area is easiest for you to find imperfection?

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Why do you think that is?

Think of something (or someone) that occurred in your personal experience in the past few days that you believed was imperfect or wrong. What was it? Why/how was it imperfect?

Describe one way that this could be perfect for you in this moment.

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Think of something from five years ago, or more in your personal life experience that at the time you believed was imperfect. Describe the event, and why you believed it was in perfect at the time.

Now that some time has passed, do you see a way this event could be perfect for you? How has your perspective shifted over time? Can you see the love in the event from your perspective now?

Describe a current world event or condition that you believe to be imperfect in some way. How is it imperfect?

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Is there a way that this event could be perfect in this moment? Describe how it might be?

Describe a historical event or condition that you and others believed to be imperfect in some way at the time. What about it did you and others believe was imperfect.

Now that some time has passed since the event or condition, can you see the perfection in it? Can you see the love that has come about as a result of this event? Describe this.

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What is one quality about yourself that you believe to be imperfect? What would your life be like without this imperfection? What if this imperfect quality did not exist?

Has there ever been a time when this imperfect quality has been a benefit to you?

What is the opposite of this quality?

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Has there ever been a moment in your life where you have demonstrated the opposite quality in yourself? describe that time.

Notes:

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Extra Credit

List four qualities about yourself below. Two of them you perceive as perfect and two you perceive as imperfect

Now beside each, list its opposite quality.

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Using each opposite quality that you have listed, name a time in your life where you have demonstrated that quality, eg: Organized - Messy - I am messy in hotel rooms, Patient - Impatient - I am impatient at red lights, Irresponsible - Conscientious - I am rarely late for any meeting, Clumsy - Graceful - I can dance a flawless waltz with any partner.

1. _____
2. _____
3. _____
4. _____