

My life is positively perfect in every possible way!

Positively Perfect (Adapted from Rambam, R. Pliskin and "The Work" of Byron Katie)

And here's the surprising truth- so is yours!

How's that?

It's actually all very simple. The way it works is like this:

Hashem is perfect in every possible sense of the word.

Hashem guides, controls and directs every single detail of our lives. This includes every aspect of the greatest to the tiniest events and experiences we will face or have ever faced.

There's really no difficulty in having an incredibly peaceful, tranquil and ideal existence. (Oh yeah?)

Honestly- what is there to complain about? If it's already happened, then it has to have come about by Hashem's will. If it came about by Hashem's will then it has to be the absolutely best thing I could ever possibly imagine for myself right now.

G-d "can't" do better than His best right?! If it could get better then it would be.

Here comes a very bold statement:

"I wish everything in my life right now would be exactly the way it is." (By everything I mean everything!)

Why? Firstly, because it is that way already. I can't deny or change reality which has already taken place. Reality is what it is. Wanting it to be different only causes me a lot more grief, stress and tension- but it **NEVER** has or ever will change what has already taken place.

Whether it took place 3 seconds ago, 30 years ago or 300 years ago- it all adds up to the same. What's over is over- no matter how much I don't like it. Fighting reality is futile and only leads to more immeasurable and needless pain and frustration.

A second reason why I wish everything to be the way it is, is, because there are no accidents, random or happenchance events in life- **EVER!** Hashem's guiding "hand" is always behind the scenes. He is the Master Writer, Producer and Director of the show, so sit back, relax and enjoy watching it unfold!

This approach requires a great deal of openness and willingness to accept, absorb and digest. (Even more than a heavy cholent- if that's possible!)

After every frustrating event perhaps it would be helpful to start saying to yourself "It should be that way":

For Example

- ★ She should be angry with me. (Because she is and Hashem wants it to be that way right now in this moment)
- ★ He should be yelling at me. (Because he is)
- ★ The kids should be fighting. (Because they are)
- ★ The baby should be throwing her food on the floor- again!
- ★ My davening/mitzvos should be the way they were today.
- ★ My weight should be what it is.
- ★ The dishes should be piled up.
- ★ I should be tired.
- ★ We should have no money right now.

Does this advocate passivity? Not in the slightest. What this approach does suggest, however, is an unbelievably freeing experience of life. Living life with openness, positivity and creativity instead of frustration, anger and pain.

Accepting what is, as it is, melts away resistance and opens up doors of possibility to step out into life with a renewed energy, spontaneity and willingness to be and do the best that you can.

Once that happens all your judgments, criticisms and objections to life simply fall away. (Sounds like a dream right?) From that place of peace, calm and acceptance you can choose how to respond to the events of your life right now.

Sound worth it? Go on and give it a try!

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P.S. I'm happy to receive feedback from readers of my articles. Those interested in experiencing this work individually please reach me on 02-993-1821.