

What if life can be perfect right now?

by GLENN MARTIN



What is the key message of *Adventures in Manifesting*? My perspective is that it's about seeing the world in terms of possibility rather than limitations. It's about approaching everything in life with the aim of using our capacities rather than bemoaning what is not. And if we are here to develop and pursue all of our capacities, isn't life perfect already?

No? Does dissatisfaction with your present circumstances still tear at you? Is there an ache to achieve some goal, the achievement of which has eluded you up till now? You haven't fulfilled all you know you can do? Aren't these all obvious signs of imperfection? Don't we have a right to be dissatisfied?

Well, yes, sure. If we didn't have this ache for creation and fulfilment, nothing much would get done on earth. Even washing the dishes is the result of being dissatisfied with living in a mess. And if we didn't ache for values like justice, fairness and decency, we wouldn't strive, individually or collectively, for solutions to social and environmental problems.

The meaning that we make

So what does it mean, that life could be perfect right now? Is it just a glib phrase? Not in the least. I learned this lesson from Victor Frankl and his book, *Man's search for meaning*. Written soon after the end of World War II, he talks about his experience of being in Auschwitz, and the thinking that sustained him through the horror of that experience.

How could anything be further removed from most of us, who live more or less comfortably and without the daily prospect of torture and death? We, who simply want something more in our lives? But Frankl's message is as applicable for us as it was in his circumstances – it is I, and I alone, who must establish the meaning of my own life. In the worst of circumstances, Frankl says, we still have one freedom, the freedom to choose our attitude, to choose our own way.

Frankl's commitment was to treasure the highest possibilities of humanity, the best that we could all be, and to have compassion for all, even his jailers. For him, this was the only way of life that was worth living. Is it any wonder that he was one of those who survived, and who brought his story to millions, to inspire us all to the same greatness?

The person makes the world

The first thing that we do, before we do anything in the world, before we go forth and conquer, before we establish relationships with other people, is to choose who we are. If we can live with our choice whole-heartedly, we can then move to create the kind of world we want to see. We can begin to establish our rightful, creative place in this world.

Does this explain how perfection and dissatisfaction can be coexistent? Almost. There is one more thing. It is not just that perfection and dissatisfaction coexist. Think of the Russian babushka dolls that fit inside each other. The thing is, it is actually the largest doll that establishes the meaning for all the other dolls. All of the smaller dolls fit inside the largest doll.

In Frankl's case, his commitment to living in the highest possible way, with compassion for all, was the largest doll. It was the one that contained all the others. For us, the other dolls could be our goals in life – wanting to be a good parent, wanting to be a successful professional, wanting to be fit and healthy.....

Whether we work in strength and confidence towards the achievement of our goals, attracting the good from a position of joy, depends on whether our largest container is being in harmony with the universe. This is the perfection that can prevail now.

About Glenn Martin

Glenn Martin is a writer on ethics, leadership and spirituality. He is the author of *The Little Book of Ethics* and two novels about ethics in organisations – *Sustenance* and *The Ten Thousand Things*. His website is www.glennmartin.com.au

Glenn has a chapter in the anthology, *Adventures in Manifesting: Health and Happiness* (published by Ålska Publishing, 2011), along with Dr Joe Vitale and Dr Fred Alan Wolf (*The Secret*), and best-selling authors Brian Tacy and Dr Marilyn Joyce.

Glenn's chapter, "The tune of the universe" draws on his life experiences and insights he has gained from the I Ching.