



FREEING YOURSELF FROM THE PRISON OF PERFECTION

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SPIRITUAL INTUITIVE AND EMPATH

PERFECT DEFINED

Adjective:

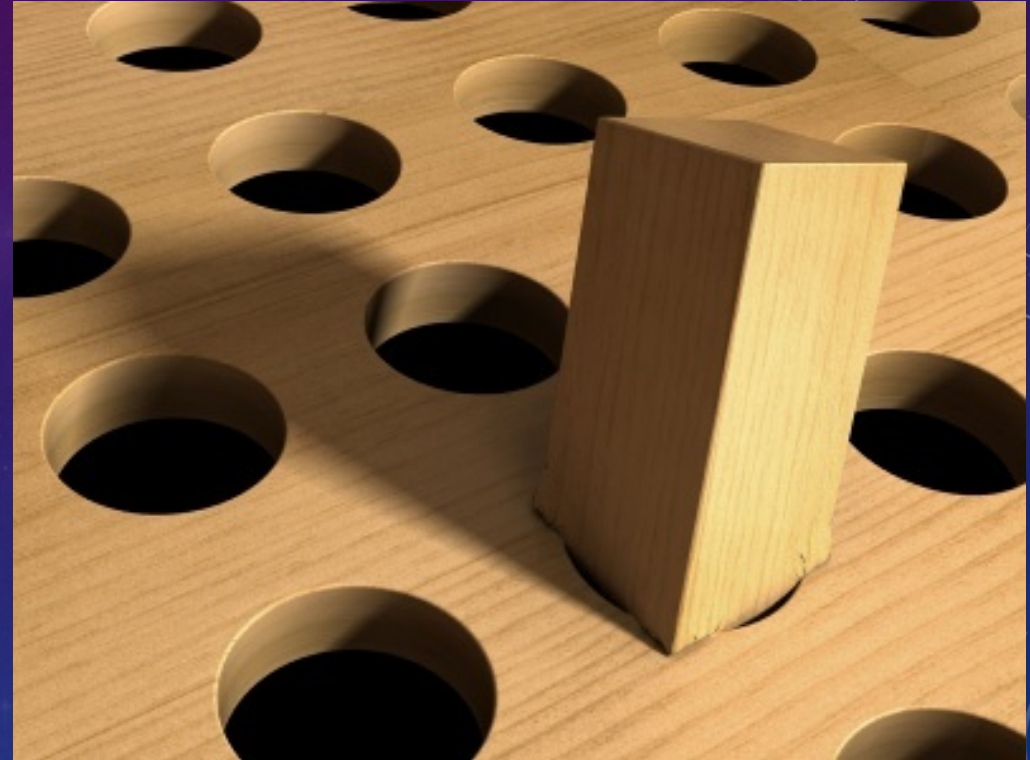
1. having all the required or desirable elements, qualities, or characteristics; as good as it is possible to be; 2. Absolute; complete

Verb:

Make completely free from faults or defects, or as close to such a condition as possible

Melinda's (and other's) Definition:

Self abuse to the highest degree



WHERE IS TRYING TO BE PERFECT SHOWING UP?



- Body
- Food
- Environment / Surroundings
- Relationships
- Money
- Jobs / Careers
- Spiritual / Healing Practices

WHAT ARE YOU TRYING TO ACCOMPLISH

- Self motivation
- Achieve a higher standard within yourself
- Ensure your success
- Sense of control
- Punishment / validating fundamental beliefs
 - I'm not good enough
 - I don't deserve
 - I'm unlovable



WAYS OUT OF PERFECTION

- Learn to become compassionately motivated
- Ho'Oponopono
- The Four Agreements - #4 – Always do your best
- Baby Steps
- Thich Nhat Hanh Exercise





- Miguel Ruiz

“We have the need to be accepted and to be loved by others, but we cannot accept and love ourselves. The more self-love we have, the less we will experience self-abuse. Self-abuse comes from self-rejection, and self-rejection comes from having an image of what it means to be perfect and never measuring up to that ideal. Our image of perfection is the reason we reject ourselves; it is why we don’t accept ourselves the way we are, and why we don’t accept others the way they are.”

CONTACT INFORMATION

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