Perfection

Don’t expect perfection of yourself or others.

***(Ecclesiastes 7:16)***

**You, therefore, must be perfect,**

**as your heavenly Father is perfect.  
*(St. Matthew 5:48)***

**And he said, If you would be perfect, go,**

**Sell what you have and give to the poor – and come follow me.**

**(*St. Matthew 19:21*)**

**For we know in part, and we prophecy in part;   
but when that which is perfect has come,   
that which is in part shall be done away.   
(*1 Corinthians 13:9*)  
  
\My grace is sufficient for thee:   
for my strength is made perfect in weakness.  
(*2 Corinthians 12:9*)**

**Perfection is achieved not when there is nothing more to add, but when there is nothing left to take away. *(Antoine de Saint-Exupery)***

**Perfectionism is not the aim; rather, strive for the peace of mind that comes from being in charge of yourself. *(Sybil Stanton)***

**When you aim for perfection, you discover it’s a moving target. *(Country magazine)***

**U.S. airlines didn’t have a single fatality in 2010, despite more than 10 million flights involving more than 700 million passengers. It was the third year in the past four without a death. *(USA Today, as it appeared in The Week magazine, February 4, 2011)***

**There is no disease on Antarctica; the air is sterilized by ultraviolet rays, so there is no dust or rust or soot. The nails used in the building of huts by earlier explorers are like new, and food left behind has not spoiled. *(Barbara Seuling)*  
Understand the three-banded armadillo can roll itself into a ball so perfect you could bowl a strike with it. *(L. M. Boyd)***

**The French physicist Rene-Antoine de Reaumur (1683-1757) was so impressed by the geometrical perfection of the hexagonal cells of the beehive that he suggested they be adopted as an ideal unit of measurement, superior to any others. *(Isaac Asimov's Book of Facts, p. 249)*  
It never gets foggy in deep caves because the air is too pure. Fog forms on tiny floating particles such as dust or sea salt. *(L. M. Boyd)***

**Cleanliness is next to sickliness: If your kids have allergies, you may be keeping them too clean, says USA Today. Evidence is mounting that children in the developed world live too far from dirt, dust, and animals, so that when they do encounter allergens, their bodies overreact. When kids are raised in sterile environments, their immune systems can’t tell the difference between a real threat, such as a germ, and a foreign particle, such as cat hair. So when they encounter a suspicious invader, their bodies go on a red alert, causing a rush of allergy symptoms. “When you’re born, Day Zero, your immune system is like a new computer. It’s not programmed,” says Tufts scientist Joel Weinstock. “You have to add software.” The theory is contrary to current conventional wisdom, which has parents making sure their kids are not exposed to common allergens such as peanuts and pet dander for fear of causing allergies. But those practices, worse than useless, may actually have contributed to the boom in the number of people with allergies. About 50 million Americans now suffer from allergies, with the number of peanut allergies doubling over the past decade. “It’s the opposites of what we would have predicted,” says researcher Dennis Ownby. (*The Week magazine, April 7, 2006)***

**The world's most accurate clock is becoming more precise in time for the new century. The National Institute of Standards and Technology is putting its newest atomic clock online next week at its Boulder laboratory. The Boulder clock will neither gain nor lose a second in 20 million years, a technological leap from the current atomic clock, which loses all of one second in 3 million years. *(Kevin McCullen, in Rocky Mountain News, December 24, 1999)***

**So pure is the sugar water in a coconut you could feed it to a patient intravenously instead of a sterile glucose solution. Military doctors in World War II found that out. *(L. M. Boyd)***

**In an ideal community, people are concerned about each other, but they also mind their own business. (*Ashleigh Brilliant, in Pot Shots)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The diamond owes its brilliance to the perfect arrangement of the innumerable little prisms within it, each of which refracts the light of the other. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 49)***

**Only one in 100 diamonds can be labeled “perfect,” meaning that no flaws can be detected under a ten-power microscope. And 80% are too heavily flawed to be used as gems. But industry is eager for them, since their hardness -- 90 times harder than their closest rival, corundum -- makes them the finest cutting, grinding and polishing substance known. *(Robert Schiller, in Reader's Digest)***

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 A patient of mine had whipped herself into a frenzy of worry over giving a dinner party for some of her husband's business associates. As I listened to her, I sensed that her true fear did not arise from her plans to give a simple dinner party; actually, she wanted to outdo all of the dinner parties that she had attended that year. By wanting everything to be perfect, she placed a strain on herself that was quite unnecessary. *(Daniel A. Sugerman, in Reader's Digest)***

**In order to go on living, one must try to escape the death involved in perfectionism. *(Hannah Arendt)***

**Dr. Paul LaChance of Rutgers University’s Department of + Science points out that the temperatures used in factories are getting higher all the time, with the process programmed for time and safety. No bacteria. No enzyme action. No botulism. No life. Safe but “dead.” The bottom line is maximum livability – for the food, not for us. *(Betty Kamen, in Let’s Live magazine)***

**I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business. *(Michael J. Fox)***

**Pac-Man has reached its 25th anniversary this month with only one person – Billy Mitchell of Hollywood, Florida – ever scoring a perfect game. In 1999, Mitchell took more than six hours to clear all levels, racking up a final score of 3,333,360. *(Associated Press, as it appeared in The Week magazine, July 1, 2005)***

**It's the nation's tallest monument, soaring 630 feet above the Mississippi River, 886 tons of stainless steel welded into a seamless curve, assembled with such precision that if either leg had veered off by just one-sixty-fourth of an inch the two couldn't have been joined in the middle. Completed 50 years ago this month, the Gateway Arch, the Midwest's best known monument, was hailed as linking "the rich heritage of yesterday with the richer future of tomorrow." *(Fred Kaplan, in Smithsonian magazine, October, 2015, beginning on page 11)***

**The original, handwritten copy of Lincoln's Gettysburg Address, now in the Library of Congress, shows no changes, no erasures. That's pretty much true of his earlier speeches and letters, too. He evidently edited, in his head, before he wrote. *(L. M. Boyd)*  
If the water isn't clean, a goat won't drink it. If the twig isn't clean, a goat won't eat it. Never mind what you've read. A goat is a finicky eater. *(L. M. Boyd)***

**Few people who truly like people are perfectionists. That's why great golfers are so remarkable. They have to like people to enjoy the game. They have to be perfectionists to get really good at it. A club pro told me that. *(L. M. Boyd)***

**Many agree that the purpose of being involved in esoteric studies is for self growth and union with the Divine nature. Newcomers to the field often get lost in the glamour aspect without realizing it. They seek the experience rather than going a step beyond, i.e. to what the experience is to achieve within self. This is a dead-end street. “The gulls who scorn perfection for the sake of travel, go nowhere slowly. Those who put aside travel for the sake of perfection, go anywhere instantly.” *(J. L. Gull, Richard Bach)*  
In Iceland’s Reykjavik, there are no jails. Also, no furnace fires pollute the air, thermal springs heat all the buildings. It’s against the law to cut down a tree and everybody learns to read and write. *(L. M. Boyd)***

**In ancient Greece, no one was born or died on the island of Delos. Whenever someone became pregnant or ill, she or he was quickly removed from the sacred island and was kept away until nature took its course. *(David Louis, in Fascinating Facts, p. 35)***

**Why does the leather in most leather-upholstered cars come from Scandinavian countries? No barbed wire fences. Scandinavian cowhide is pretty smooth. *(L. M. Boyd)***

**You do not know what life means when all the difficulties are removed! I am simply smothered and sickened with advantages. It is like eating a sweet dessert the first thing in the morning. *(Jane Addams)***

**It’s been my experience that folks who have no vices have very few virtues. *(Abraham Lincoln)***

**We will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence. *(Vince Lombardi)***

**Perfect love sometimes does not come till the first grandchild. *(Welsh proverb)***

**One woman confiding to another: “I don’t want a perfect man. Just one with faults I like.” *(Betty Ortiz, in Reader’s Digest)***

**The perfect man? A poet on a motorcycle. *(Lucinda Williams)***

**At one point, Ben Franklin undertook what he called “the bold and arduous project of arriving at moral perfection.” From his reading and studies, he developed a list of 13 virtues he considered necessary to a moral life: temperance, silence, order, resolution, frugality, industry, sincerity, justice, moderation, cleanliness, tranquility, chastity, and humility. He then derived a plan to become faultless in each of these areas but, he wrote, “soon found I had undertaken a task of more difficulty than I had imagined.” He created a small ledger with columns for each day of the week and row for each virtue, placing a black mark in the book every time he violated one of them. Examining himself at the end of every day, Ben reported, “I was surprised to find myself so much fuller of faults than I had imagined.” Toward the end of his life, Ben admitted that he fell far short of achieving his goal of perfection, but he believed that he was “a better and a happier man than I otherwise should have been if I had not attempted it.” *(Ben Franklin’s Almanac)***

**Students of piano and music theory know that the intervals between certain notes are called “perfect intervals.” Specifically, the fourth and fifth notes from the tonic (or key note) in a given key are known as “perfect fourths” and “perfect fifths.” What some may not know is that this notation partially had its roots in an attempt by religious leaders in the Middle Ages to gain widespread control of music. Those intervals, when played, were considered by some to more fully reflect the glory of God. Their perfectly harmonic tones would, in the minds of the hearer, better turn errant human thoughts to the majestic works of God. *(Michael Snyder)***

**What musical instrument is never out of tune yet cannot be tuned? The cymbal. *(L. M. Boyd)***

**In the Far East are pear-shaped oranges, cherry-sized oranges and double oranges wherein one perfect orange encloses another. *(L. M. Boyd)***

**Perfect order is the forerunner of perfect horror. *(Carlos Fuentes)***

Ordinary perfection is being true to ourselves, to the way things are. Do we go into the garden wishing that the pansies were taller than the daffodils, or thinking that the roses would be fine if they didn’t have thorns? Do we go into a kindergarten and wish that the children would fit into some model of perfection we hold, or can we see that variety makes the beauty of the gardens and humans, that our spiritual task is not to make perfection but to awaken to the perfection around us? *(Jack Kornfield)*

**Postpartum perfectionism: New mothers who are overly concerned about being the “perfect parent” may be more at risk for postpartum depression, says LiveScience.com. Researchers at York University in Canada surveyed 100 first-time mothers and found a much higher rate of postpartum depression among women who hoped to live up to the expectation that they’d be perfect parents. The link between postpartum depression and perfectionism was strongest among women who’d never admitted they were scared or overwhelmed, and always acted as if everything was fine. “The tendency to put on this front usually means that people don’t tell other people when they’re doing badly,” says psychologist Gordon Flett. “It’s important for new mothers and fathers to just realize, “Hey, you haven’t got a lot of experience with this, you don’t need to be perfect, just do your best.” *(The Week magazine, July 23, 2010)***

**If you can find a path with no obstacles, it probably doesn’t lead anywhere. *(Frank A. Clark, Register and Tribune Syndicate)***

**Of Schumann, Wagner and Mozart, only Mozart had perfect pitch. Not everybody realizes you don’t need perfect pitch to be a master composer. *(L. M. Boyd)***

**Perfectionism is slow death. *(Hugh Prather)***

**Builders of the Great Pyramids laid down polished limestone blocks so exquisitely cut that to this day a piece of paper cannot be inserted between the few casing stones that survive. How did they do it? *(Reader's Digest)***

**Rabbit is all white meat. *(L. M. Boyd)*  
We declare that right thinking leads to the realization of perfection, and that the truth of life is revealed to the man with the single eye. *(Nona L. Brooks, in Mysteries, p. 33)***

**It is in consciousness not in time, in mind not in place, that perfection is realized. *(Divine Science Textbook – Lesson 6)***

**Claim is nobody on Earth is allergic to rice. *(L. M. Boyd)***

**Geographers say Romania’s territory is perfect: 31 percent mountains, 36 percent plateaus, 33 percent lowlands. *(L. M. Boyd)***

**About 25 percent of students with perfect SAT scores who applied to Harvard this year were rejected. The University of Pennsylvania and Duke both rejected about 60 percent of the valedictorians who applied. Universities say they have to turn down droves of excellent students because of a boom in highly qualified applicants. “We don’t have room,” said a Penn dean. *(Newsday, as it appeared in The Week magazine, November 10, 2006)***

**Jakub Voboril, 17, made perfect scores on two major college entrance exams this year: a 36 on the American College Testing exam (ACT) and a 2400 on the SAT Reasoning Test. A senior this year at Bishop Carroll Catholic High School in Wichita, Kansas. Voboril hasn’t decided what he’ll study in college, but is considering math, philosophy and law. *(American Profile magazine, December 17, 2006)***

**Do not seek perfection in a changing world. Instead, perfect your love.**

***(Master Sengstan)***

**A snake’s scales are self-cleaning. So the snake stays clean. Couldn’t survive if it kept getting dirtier and dirtier. *(L. M. Boyd)***

Perfect temperatures:

* **Beer – 52 degrees**
* **White wine – 45-53 degrees**
* **Red wine – 60-64 degrees**
* **Champagne – 43-48 degrees**
* **Tea – 140-149 degrees. *(World Features Syndicate)***

**The perfectionist trait that did the most damage was deciding not to do something at all unless I could do it “right.” If I couldn't give a super birthday party for a young son or daughter, there wouldn't be any party. If I couldn't keep my closet perfectly organized, I wouldn't try to keep it even minimally neat. After a while a sort of paralysis sets in that makes any achievement impossible. *(Sandra Simpson LeSourd, in Guideposts magazine)*  
No place is perfect, right? The Greeks thought that, evidently. The word “utopia” comes from the Greek for “no place.” *(L. M. Boyd)***

**There is one reward that nothing can deprive me of, and that is the consciousness of having done my duty with the strictest rectitude and most scrupulous exactness. *(George Washington)***

**Myth: Purified water tastes better. The truth: The “purist” water – distilled water with all minerals and salts removed – tastes flat. It’s the sodium, calcium, magnesium and chlorides that give water its flavor. *(Marie Claire, in Rocky Mountain News)*  
The way to be perfect is to be perfectly you. *(Ann Wilson Schaef, in Guideposts magazine)***

**Do not wish to be anything but what you are, and try to be that perfectly. *(Saint Francis De Sales)***