

The Need for Perfection

New Moon Event

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This is Marcy DiCaro. I do customer service for Kenji and I am happy to introduce him today for one of his wonderful calls. This is all about moving past the need to feel perfection. So, without much more ado... Here is Kenji.

Hello everyone! Thank you Marcy, very much! Welcome to the call today. Today we are going to go into this whole cultural thing of having to be perfect, or striving to be perfect. We are going to bring up some unconscious patterns for you guys to love and embrace and to become aware, perhaps, of some hidden patterns that have been affecting your life, whether it is in relationships, your business, or if you work for someone - that level. We will go into things like the need to, or attempted need, to look perfect physically and all that good stuff.

We are going to do an overview as we set the energies. As we start off, for those of you who are new, we are going to do a little energetic protocol. We set the stage so you can have a most wonderful experience.

We are going to invoke the Four Pillars of Light in your physical space. They can be placed in the four directions or the four corners of your room, your home, or your office space. These pillars of light come from the Archangel Kingdoms because they are here to support all of us in our spiritual growth and our personal evolution to an enlightened, awakened quantum state of being on the earth plane. We would like you to ground your body, in the way that you know how, into the core of the earth. For some of you grounding may be a new thing, so energetically it is important to ground the base of your spine and the bottoms of your feet with the earth. Now can do that through your intention? We would like you to create a nice safe, protective space around your body. We are going to invoke, collectively, the rose energy, the aqua blue green energy and a golden energy. This will be a triple layer effect in your auric field around your body. [Pause] It is important to take a deep breath and begin to detach from your pain body, your emotional body, tribal consciousness and all the confusion in the world.

We will be expanding your awareness, your field, during this activation. Whatever you experience, just simply allow. Do your best not to judge it, think about it, or ask any questions. Just go with the flow.

We are going to ask you to bring up all aspects within you that are ready for transformation today. That can be, perhaps, an inner child aspect, it could be, perhaps, a traumatic experience that you've had in your life where you, kind of, went missing – spaced out, so to speak. We are going to ask you to call in your Guardian Angel and your Spiritual Guides. We are going to do a prayer that might be a little different for some of you. We are going to direct our prayer to Prime Source, the One Presence, and ask that our Messengers of Light be with us today, and always, for this activation. [Pause] We are going to invoke the five platonic solids, as a geometric configuration, for your body. It can be a tetrahedron, an octahedron, a cube, icosahedron, dodecahedron, or if you prefer, a circle or the infinity, golden infinity – whatever suits you. We are going to use the power of the breath to relax the body so you can receive and be able to tap in very easily today, because today is about easy, easier and easiest. (Yeah, it's a Staples thing!) [Pause]

We ask you to just get comfortable now and put your spine in a comfortable position, whether you are sitting or lying down. [Pause] As you breath in: take a deep breath in through the nose and you are going to hold the light in your body for about three seconds; and then simply begin to exhale and let go. [Short pause] We are going to take the light deep into the solar plexus and then up into the diaphragm and lungs; then hold it for about three seconds; and then do a [exaggerated] long exhale. A very long and gentle exhale. As you do this, you are going to bring awareness first to the lower part of your body – bottoms of your feet all the way up to your knees and just simply relax [Short pause] and let go. Second breath – from the knees up to the waistline, the base of the spine. Next breath – to the truck of your body, stomach, chest, all of your back, [Short pause] shoulder joints, your arms and your hands. Then next - your neck, your face, your brain, your space above your head. [Long pause] Especially relax your forehead muscles, your jaw, your fingers and your toes. You might want to touch the tip of your tongue to the roof of your mouth or just in back of your upper front teeth – whatever feels most comfortable. This will help with the energetic flow within your etheric body and your physical body. Palms facing upwards or touching your thumbs and index fingers together... [Pause] Relax into the energy. Begin to become aware. Your intention is: as I begin to

receive today, I am becoming more aware, awake and alert on all dimensional levels.

I want you to choose an aspect of your life where you believe, where you feel, that you are a perfectionist. Maybe an over-doer... You know, an extreme alpha type... [Pause] Pick an area or aspect of your life where perhaps you have become a little bit compulsive and obsessive. [Short pause] Just feel into that energy. There is no thinking. There is no, really, seeing clairvoyantly – just begin to sense this part of you, that perhaps, can move into a more balanced place of being and doing. It could be the pressures of being a parent. It can even be the pressures of being a spiritual teacher, a healing arts practitioner, a therapist, a nurse, a manager, or a C.E.O. [Short pause] Just breathe and relax, and allow yourself to feel where you are holding stress and tension – not only in your mind, but also in the body. Perhaps this pressure is related to a medical condition, a psychosomatic condition, a psychological condition, or an injury. [Pause] Just breathe and relax. [Short pause]

We would like you to begin to trace, energetically, backwards in time, and/or in the other realms, called not physical, what this feeling or sensation is related to. It is going to be related to some kind of belief that you adopted or you created out of the need to survive here on the planet. It could go all the way back to when you were a little person, perhaps, [Short pause] or a teenager, an adolescent, or as a young adult. [Pause] You want to tap into the people involved with this particular belief system. [Pause] Most likely, it could be coming from a cultural collective unconscious belief system [Short pause] that says, basically, you need to be perfect, [Short pause] because you are not good enough the way that you are. So you need to do certain things in order to be accepted by society, other people, your parents, [Short pause] your mate, significant others, even your kids. [Pause] Breathe deeply. You want to feel into this to see if there are any religious and/or spiritual considerations in this belief system. [Pause] So, it is this need, this pressure, this striving to be someone, something that you are not already – in that moment of space and time. [Short pause]

Now if you feel like you are, too much, involved in this particular feeling, sensation, this movement in your body, you are going to move deeper into the quantum. Imagine, and feel, and sense that you are beginning to expand your awareness 360° around your body and begin to extend outward from the body, literally going into deeper space, into the more realms of timelessness. You are taking your focus from

being a focused personality, here on the earth plane, and expanding out into, what is called, the more spiritual realms of everything. We are moving into the void or into this expansive domain that has no limits and no name. [Short pause] Then you can begin to perceive, if you will, [Short pause] this particular [short pause] "striving to become" pattern. [Short pause] You want to tap into why that is. What is the need behind this striving, this accepting the pressure to become more attractive, to become [Short pause] more slender in your body, to somehow become more beautiful looking, physically, [Short pause] the strive and the need to become smarter and more intelligent? [Pause] Take a deep breath into that because there is some past life connections here. You may get some flashbacks of other lifetimes. [Pause] Just breathe and allow...

As you keep expanding your awareness into the realms beyond space and time, you are going to begin to tap into your knowing, your intuition, about how you can shift this pattern right here and right now, today. It is not so much healing this pattern, but it is shifting your perspective of this pattern. [Pause] Wherever your body is at, you can begin to accept it fully for what it is because it is not you. It is just your vehicle. It is not you! Some of you might begin to tap into this body identification attachment level at some point in your life when you began to believe and think that you are this physical body – that you are your face, and your looks, and your brain [Short pause] and that you need to accommodate to fit into society to be accepted. It is, basically, to be accepted by tribe. [Pause] What is also in there, are these self-judgments, let's just say, about your physical body, [Pause] which are not true in the ultimate sense!

Breathing deeply... [Pause] Begin to feel the light of your presence. It is an awareness. [Pause] At some point, you can begin to choose a different outcome, or shall we say, a different perspective on your body, [Short pause] because your body reflects, on the most physical level, patterns – your unconscious patterns. [Pause]

As you are ready, begin to breathe in this vibration of unconditional love and allowance into whatever part of your body that is prominent, that you notice – it could be a condition that you are dealing with, it could be an injury, whatever speaks to you, in your body. That is the area, [Short pause] and the chakra that is nearest to that particular physical condition is, [short pause] on an archetypical level, the relationship to that. If it is in your guts, it is going to be either your sacral chakra or solar plexus, having to do, respectively, with intimate relationships [Short pause] and personal power. If it is your lower

back, your very lower back, that is your base chakra – survival issues, identification within tribe on a very basic level. If it is your neck, injures to your neck, stress in your neck, it is related to your clairaudient chakra, which represents self-expression, it represents ones ability to speak and tell the truth, to hear clearly physically and spiritually. It is the bridge between the heart and the brain or the heart and the mind. Thyroid has to do with the balance within the body – weight, metabolism, and hormones... [Pause] Breathe deeply and relax... [Short pause] If you start hearing thoughts from your past, about what people have said to you, especially when you were young, pay attention. [Pause]

So where is it in your life where you don't feel "good enough" to be completely accepted by yourself and others? [Long pause] As a lightweaver, as a world server, as someone who wishes to bring wellbeing to the planet, where and what part of you is still feeling separate from the rest of humanity? What part of you believes that that you cannot adjust comfortably in society? [Long pause] We are breathing in the light of understanding to heal the sense of separation. [Short pause] To heal this sense of, again, "not worthy enough." [Long pause]

Begin to merge into the breathe as if the breathe of Creator is breathing your body, is breathing your spirit. [Long pause]

Let's shift. We are going to shift slightly [Pause] and we are going to begin to tap into [Short pause] those places within you that you feel uncomfortable with being on the earth. That place where earth life has become very difficult and labor-some, and hard, and tedious, sometimes boring... [Short pause] Where life has become very stressful... [Long pause] Where it is no fun anymore... [Short pause] Just allow the expansion into your unconscious, into that basic pattern that has taught you, or reinforced the idea, that life is a bit of a struggle and you have to work really hard to get anything in this world and that you have to compromise your values, that you have to compromise your spirit in order to be here. To exist in your marriage... To work at your job... [Long pause] Expand into that area [Short pause] where you have the most stress [Short pause] in striving to be something that you are not naturally, [Pause] dictated by the demands of others and society, in general. [Pause] Society dictates what is acceptable behavior and thinking, and what is not. So, what part of that program did you buy, [Short pause] to where you compromised your spirit in order to fit in, in order to be accepted? [Long pause]

What part of you feels you need to atone for your imperfections? [Long pause]

Breathing deeply, allowing creation, the universe, to breathe through you, as you, as you expand into even greater depths within – [Pause] becoming a non-localized presence, free of the body, free of all the conditioning within the brain. [Pause] Locate within the brain, physically, from this place of expanded awareness, that part of the brain that is holding the restrictive conditionings [Short pause] of perfection, needing to be perfect, needing to be smart, needing to look good, needing to look good for others, to look good in front of others. [Long pause] Tap into that part of the brain that is holding the emotional stress, your limbic system [Pause] that is holding the stress of striving to be something that you are not, [Pause] to be other than what you really are. [Long pause] Tapping into the brain that is holding the emotions of regret, “not good enough”, [Pause] even [Lightheartedly] “I am a bad person” or “there must be something wrong with me because I’m not fitting in to well here”, “maybe I am going crazy.” [Pause] Naturally, begin to shed light within the brain. The light that comes from your being... That light that naturally transforms. [Pause] Bringing in more spiritual presence into the brain, into the limbic system, into the amygdala, into the neo-frontal cortex... [Pause] Stimulating the pineal, pituitary and thalamus in the brain, [short pause] the hypothalamus, the medulla, and the brain stem...

Take a nice slow deep breath... We are going to shift slightly and move your awareness down into the solar plexus, your lower back, your original eight cells of creation at the base of the spine, [Short pause] your reproductive organs, your bladder, your kidneys, your adrenal glands, [Pause] and your belly button. [Pause] Continue to breath very gently. [Pause]

We are going to naturally move again into deeper areas of your unconscious, [Short pause] to where you are holding, what we would call, fear (false evidence appearing real.) Just breathe and allow... We are going to ask, “what are you afraid of”, breathing deeply, “in this striving to become perfect, [Short pause] this striving to become a spiritualized being on the planet?” [Long pause] Breathing deeply into that area of self-judgments, of lack, of want, of need... [Pause] In all of the energy in this part of the body, how much of this energy is yours and how much of it is other people’s? We want to sit with this a moment. Breathing gently... Allowing... [Long pause] Allow the deep emotions to flow. Holding nothing back... Accepting... Allowing... Feeling... Sensing... [Long pause] Going deeply into the neediness

because of the belief in lack, "not enough", "not good enough", "not perfect enough", "not beautiful enough", and "not smart enough."
[Pause] Go deeply into this need of striving to prove something to yourself, your parents, your kids, the world, and your friends. [Pause]

Going a little deeper [Pause] into the need to prove something – that you are good enough, that you are smart enough... [Pause] Breathe into that area of your body, there, where you have felt that disappointment because you did not achieve your goals, [Pause] where your striving fell a bit short, [Lightheartedly] where you missed the mark by just a little bit. [Pause] As you tap very deeply into the core of your spirit, as a non-localized presence, being-ness, [Pause] view the body from the eyes of the soul... View your body as a whole and wherever you perceive heaviness, darkness, gap-ness, hotness, [Pause] fragmentation, rips and tears, jaggedy energy... [Pause] Taken as a whole, the view of the body, move your awareness to an alternate parallel reality [Short pause] in the Quantum, to where your body looks different. [Pause] You can move your awareness into a reality where your body is already perfect as it is. Healthy and whole... Vibrant... Full of life... Energy... Inspiration... Creativity... Knowing... You can move to that parallel reality, alternate possibilities of where you know and you see where your spirit is channeling perfectly through that vehicle. To where you are a clear and perfect channel for the power of grace and love, [Short pause] and joy... [Pause] You can move to that place in the Quantum where you have a healthy inner child. [Pause] Where you have a healthy heart center... Where your brain is fully functioning on all cylinders as needed. To where there is this complete integration of body, mind and spirit... [Pause] You can move to a reality where there [Pause] is no sense of separation. To a reality where you feel and know, all is one... To a reality where you know you are connected with all of life... With your destiny... With your vision... With the power, that is the I Am... [Pause] As you do this you can begin to let go of that old world of pain and suffering, and lack, and striving, and stress, and pressures [Pause] and relax into a world where there is love and flow and divine right timing. [Pause] To a world that is free of worry [Short pause] about the future... A world that is free from the worry of what is happening now... You can begin to move into that world [Pause] where there is peace. [Pause] Where there is cooperation... [Pause] Where you see the light of every being... Where you see the light of all of nature... Where you see the light in every experience... [Pause] Continue to let go of the old world of pain and suffering, of good and bad, right and wrong, you and I. [Pause] It is like an ocean of bliss. Waves of the light [Pause] as consciousness... [Pause] From this place, you can invoke the power of

Grace to move through your life each and every day. To move through your voice... To move through your hands... To move through your eyes, and your ears, and your mouth...

We are releasing the shackles of time, and limitation, and striving. [Pause] We use the power of this new moon to start new beginnings, on all levels. We use the lunar energies [Short pause] to help us to know that we are sovereign beings of light and joy, [Pause] as we give up the need to be right, [short pause] correct and perfect. We give up the need to be right [Pause] which allows us to move into the core [Pause] of "God created us [Pause] to be that which we are" and that we can rest in the presence of Prime Source whenever we need to recharge, and to renew, and to reset all of our systems here on the Earth. [Long pause]

Imagine that you are riding of the back of this huge white eagle soaring above the heavens. [Pause] Soaring above all forms of conditioning... [Pause] You are feeling the power of this flight, deep within the Quantum, [Short pause] on the back of this beautiful white eagle [Short pause] that is showing you these other realms of possibilities [Long pause] of creative manifestation. [Pause]

Moving deeper into the void into the expansiveness of infinity, [Short pause] flying beyond all bounds and limitations [Pause] we are going to give a few minutes to be with your eagle in deep communion. Enjoy the flight. [2 minute and 20 second pause]

We are going to begin to slowly come back to Earth on your eagle. Take your time. We are moving through the many worlds [Short pause] that are outside of space and time. [Pause] You are going to bring back to the Earth, a greater awareness of self, renewed levels of inner peace and calm, more joy, more laughter, more bliss. [Pause] We are going to be bringing back to your physical vehicle [short pause] a greater knowing of, what we would call a truer reality. [Pause] We are bringing back to Earth the vibrations and frequencies that will naturally dissolve illusions, and fear (false evidence appearing real), worry and all manner of stress. [Pause] You are bringing back an alternative reality. The old reality is beginning to fade away. [Pause] Coming back with a new face... [Pause] You are coming back with a stronger commitment [Short pause] to making choices and decisions, [Pause] which are based within the oneness of your being. [Short pause] As you come back to your physical vehicle feel that newfound sense of freedom and power around your physical body as and energetic field that surrounds your body – and it can be as big and

as expansive as you choose. You are going ground and stabilize this force field of light with the Earth. [Long pause] Your brain is responding to these new frequencies. Simply allow... [Pause] Feel the presence of joy in your chest. [Pause] Feel the laughter. [Pause] Knowing all is well. Knowing, you are as God created you. [Short pause] Knowing that there is nothing to strive for... All, has already been given... It is given for all of time and space...[Long pause]

Let's take several deep breaths of grounding [Short pause] Divine balance within all things, [Short pause] allowing your eyes to slowly open and allowing the brain to adjust. [Pause] You want to give yourself permission [Short pause] to feel your own goodness. You want to give yourself permission to know who you are [Short pause] and why you are here. [Pause] Giving yourself permission for your life to manifest easily, effortlessly, with great joy, with great passion, with deep wisdom... [Pause]

We want to thank the Guides for this opportunity to serve and to be together again. [Pause]

Coming back to the body, knowing all is well... Knowing you are loved and appreciated... [Pause] Know that you have the whole Universe at your side... [Lighthearted] The Universe has your back [Pause] and your front, and your top, and your bottom... [Pause] Whatever you choose manifests. You have the power to choose, once again, [Pause] another reality. Be you – the pathfinder, the gatekeeper. Be you the way-shower, in humbleness, in gentleness, and know when you fully awake, the whole universe wakes up along with you. You are the Universe and the Universe is you.

Until next time, many wonderful blessings for your life, for your spirit and for all the good that you do in this world... Blessings to your pets, and your parents; and your kids... Until next time, many blessings...