

THE 12 PRINCIPLES OF PROJECTION

Understanding the principal of our mental projections

The easiest way to understand how your mental projection affects the way your life is unfolding is to really begin to grasp what projection is. When we create mental pictures or try to analyse situations we are always projecting OUR OWN biases, social conditioning, family conditioning, previous experiences onto those events, or people.

PROJECTION is how we frame the world we see.

10 different people can experience the exact same situation and not one will have a mental projection of that event in the same way. So harnessing the power of your own mental projections is one of the most powerful things you can do to **CHANGE YOUR LIFE**.

Here is an example: you have two people enter a coffee shop. Both have to stand in line for 10 mins and wait for a coffee. One of these people project complete frustration and negativity onto this and become increasingly upset. Everything in the surroundings appears negative. The projected experience becomes one in which the other patrons of the cafe are too loud. The individual with the negative projection starts to have body aches and massive anxiety as rage starts to bubble up. While the second individual takes the 10 minutes in line to smile at others and enjoy the amazing smells of the cafe. Noticing all the lovely friendly people meeting for an afternoon coffee. Noticing the elegant decor and the wonderful staff. They strike up a conversation in the line and use this 10 mins to create bliss while eagerly awaiting their delicious cup of coffee. While the first individual is so flustered that they spill their coffee and storm out. **IT'S ALL THE WAY YOU FRAME THE ACTIVITY OF STANDING IN LINE. LIFE IS ALWAYS WHAT WE MAKE OF IT AND HOW WE PROJECT ONTO IT.**



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Steps to identifying projection habits

FIRST TRUTH

YOUR WORTH IS NOT DETERMINED BY YOUR STATUS OR WHAT YOU CREATE OR OWN

Knowing that each and every being is important and fully valuable is an important projection to correct. Remember that no one is above or below. We are all equal.

This also goes for all forms of life. In the eyes of creation ALL LIFE MATTERS EQUALLY

Every piece supports each part. You need the wind and the rain, the clouds, the ants and bees. We need the trees and fish and all of the macro and micro aspects to life are inexplicably intertwined.

SECOND TRUTH

DO NOT FORM OPINIONS OR JUMP TO CONCLUSIONS

A huge distortion within mental projection occurs when we try to "fill in the blanks". Try to just allow the unknown to be unknown until it is known. When we make snap decisions we hurt ourselves and others. Do not judge the character of others or project negative attributes onto them.

- remember you don't always know what others are going through
- make sure you get as many real facts as you can
- don't rely on third party information
- go to the source and be direct
- don't be afraid to ask questions
- don't let emotions overtake you before you understand all sides

SEEK TO CREATE AS LITTLE DISTORTION IN THE TRUTH AS POSSIBLE. A BALANCED MIND CREATES A BALANCED NATURE AND A BLISSFUL REALITY.

THIRD TRUTH

PEOPLE ARE NOT AS CRITICAL AS YOU THINK

One troublesome distortion that you might fall victim to is fantasizing about what others think about you. When we create a mental picture of what others are doing and saying from thin air this is a very dangerous form of projection. It is a fact that people spend far more time thinking about themselves than they do you. So it's likely that others are not as focused on you as you might create in your mental landscape. There are some very simple ways to stop this type of distortion.

- don't assume that others see you in a bad light
- don't assume others worship you either
- don't create stories inside your head or replay events its not healthy
- do not focus and replay things or events over and over in your mind, you get stuck and it's very counterproductive
- if you get into frustration, allow it to pass and just move on; don't hit the mental replay button

REALLY WATCH THE SCENES YOU CREATE IN YOUR MIND; TAKE CONTROL AND PROJECT BEAUTY



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FOURTH TRUTH

REFRAIN FROM CATEGORIZATION

This habit of mental compartmentalization creates so many problems. It leads to judgement of self and others. The truth is you will never have enough data to accurately judge anyone else, so it is best to "live and let live". When we begin to label things we limit their potential. When we project, it's best to leave all options open. You can never really know what the quantum field has in store for you. This is the magic of the MYSTERY of life. Allow life to flow, and you will come to learn that as it does so beautiful, unexpected things will happen. The ultimate state is to project outward a childlike curiosity for the world and excitement of things to come. A blissful anticipation of unknowingness.

- judging others or yourself creates constrictive boxes and limits possibilities
- sizing others up prevents you from seeing the facets of their infinite beauty
- self-categorization also limits the boundless ways you may be destined to unfold

LEARN TO PROJECT A GENTLE OPENNESS OF SPIRIT, JUDGING NOTHING, WITHOUT ANY LABELS OR EXPECTATIONS

FIFTH TRUTH

DO NOT PROJECT NEGATIVITY OF ANY KIND

Don't project negativity of any kind, it will only come back to you in more ways than one. Have you ever noticed when you have a bad day it just snowballs. The more depressed, sad, frustrated, self loathing, or irritated the energy you are transmitting mentally, the more that will appear. So really stay focused on training your mind to pump out happy vibes. Become a beacon of light and love. Imagine yourself as a giant cell tower or radio tower that will only transmit happy thoughts and that is your HOME FREQUENCY. And actually that is the absolute truth, your home frequency is only in perfect calibration when you are creating a steady stream of blissful mental energy waves.

- be the change you want to see in the world
- practise makes perfect, so practise happy thoughts all day long
- learn to identify negative mental constructs quickly and dissolve them just as quickly
- when you can not transmit happiness, default to silence
- don't feel frustrated about where you are, it's part of a beautiful plan: TRUST THE PROCESS

BECOME A BLISSFUL BEACON OF THOUGHT ENERGY, AND WATCH HOW THESE WAVES TRANSFORM YOUR LIFE



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SIXTH TRUTH

ONLY YOU CAN FACILITATE YOUR OWN CORRECTIONS

When your thoughts, words, actions and deeds create a negative ripple effect, it is up to you to make it right. There are no shortcuts to this truth, it is all part of learning to control your mental landscape. Sometimes you must put your pride aside, when your negativity, your outbursts, your devious behavior, irritations, or gossip has resulted in negative distortion of others. When you miss-create it inevitably falls to you to set the projection straight. You might feel stupid admitting you messed up, but it will clear your vision and the vision of others. It's essential that as you practice an elevated way of viewing life you get used to making corrections. As you heal situations, you heal others and yourself instantly.

- Pay attention when you KNOW your actions have caused chaos
- Own up and take responsibility this is part of building character and its how we grow
- Do all you can to make it right, it will feel better to all involved
- When we hold ourselves accountable it becomes more difficult to repeat our mistakes, and make correcting distortions part of our regular mental habits and behaviour.

SEVENTH TRUTH

YOUR WORDS ARE SO POWERFUL, USE THEM WISELY

Be utterly diligent about the words you use internally and externally. There is a law within the universe that what we create will manifest on some level. Our mental words are very powerful so understanding that even though they are only spoken inside of us they are still picked up by the field and will create external effects. When we externalize our words we have to understand that when they join with our minds their effects are magnified. So our words become more powerful once we connect and share them. This is why we have to be so careful. Words can build someone up in an instant, they can save a life with kind and compassionate intent. Words can also destroy someone to their core very quickly. Really begin to pay attention to what you talk about. Pay attention to how you speak about others internally and externally, this is really a transformative corrective action.

HERE IS A LIST OF SPECIFIC THINGS YOU CAN WATCH FOR:

- do you complain a lot?
- do you make fun of others to seem entertaining?
- are your words to others complementary and uplifting or are they sarcastic and deflating?
- are you bitter and begrudged by the world in your mental landscape?
- what is your default vibration?
- do you discuss happy, exciting, fun things?
- do you focus on difficulty and drama?
- how do you talk about others, is it positive and do you spread light or darkness?
- how do you talk about your loved ones?



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EIGHTH TRUTH

WHAT ARE YOU ACTUALLY PROJECTING

Are you consciously overpowering others, or sending out low vibrational frequencies? Make sure you are always aware of what you are transmitting. This is the transformational process from being unconscious to fully aware. This is the pivotal point of awakening. Through this process there will be growing pains as you begin to identify the distortions of disconnection that have manifested within your aura. Don't feel frustrated by this, this is a process travelled by all that seek the path of knowledge.

DISTORTIONS IN YOUR OWN PERCEPTION TO BE AWARE OF ARE AS FOLLOWS:

- don't seek to take advantage of others
- don't seek to get the upper hand in any interaction: both parties should be fair and benefit equally
- don't try to dominate or overpower others. *this is especially true in romantic relationships*
- don't seek to control, manipulate others for self benefit
- do not over inflate or view yourself above others
- do not belittle yourself, or make yourself small
- remember you don't have to win against the external world, the only worthy cause is your own development
- lead by example, with dignity and grace with all you do
- be joyful even in the face of adversity

NINTH TRUTH

OBSERVATION & ATTENTION LEADS TO UNDERSTANDING

It is important that when we begin to evaluate our inner world to transform our outer world that we take the approach of a young child. Learn to listen and watch. Observe your environment and be open to just allowing life to show you what it needs to teach. The more you become an observer of life the less you will project. This deep form of "paying attention" will breed understanding and compassion. It will also lead to an increased depth of wisdom. We learn from slowing down and taking stock of all that is within and without.

- talk less and listen more
- use your mind and heart in synergy to gain understanding of the world
- slow down with careful attention to augment learning
- allow people and events to simply be - stop trying to control things
- adopt an attitude of learning through all adversity
- be grateful for the journey, as it is the key to your transformation



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TENTH TRUTH

LEARN TO TRANSFORM YOUR WORLD BY SEEING EVERYONE AS YOURSELF

When we liken ourselves to each and every person we meet it has an extremely transformative power. It allows us to love everything equally. It also gives us proper vision and perspective. Be kind to all those you encounter, even if they are in pain. As you dissolve the distortion of separation your heart will slowly open to the beauty of creation. You will find a new found purpose to help those that are in the throes of distortion. You will become called to help them heal their own projection. For as the world heals, a higher order will begin to manifest.

- do unto all others as you would have done unto you
- see yourself in those you encounter
- find creative ways to shine light on them
- project loving thoughts towards them
- see their beauty, their value and their light
- watch how your world begins to transform as your judgement subsides

ELEVENTH TRUTH

LEARN TO VIEW REALITY AS AN ETERNAL EXISTENCE

You are not your body. You are borrowing this body for a small amount of time. Once you let go of the reins of the mortal body you will find a beautiful freedom. This earthly body is elemental and useful for the purpose it provides. It is a tool for learning. It is a tool that teaches separation to instill the value of communion. The body and its ego allow contrast to manifest so that all souls have a true choice point. This mechanism of free will is the catalyst for the dissemination of wisdom through the authentic energy of love's choice. Love must be free to choose. You can not bind love. You can not cage it or force its hand. For in its infinity and unconditional nature it is ever flowing and expanding into cascades of higher and higher vibrations.

- you are only borrowing this earthy form
- the body is impermanence, the soul is eternal
- reality is a mental construct that we are collectively co-creating
- what we experience as the "NOW" is the current vibrational frequency of the collective consciousness
- to experience higher love, we must move into alignment with its frequency
- all realities exist in the ever present now, it is only a matter of what YOU ARE TUNED INTO
- there is no death only transformation: therefore all fear is only illusionary



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TWELFTH TRUTH

PAY CLOSE ATTENTION TO YOUR PERSONAL TRIGGERS

Begin to notice your triggers. Anything and everything that irritates us about others is a good point to start to correct within ourselves. Our triggers are like breadcrumbs that lead us into the darkness that still resides within. As we begin to frame these imbalances as cause for correction, we approach a targeted metamorphosis of our own being. This is the state of revelation. Through close and diligent inner work we experience revelation.

- use your triggers as starting points for inner work
- understand its a process and be kind to yourself
- be kind to others as you observe their triggers
- find opportunities to teach and heal
- above all trust the process the universe is on your side
- All metamorphosis has growing pains
- deep learning comes from powerful lessons
- be grateful for your lessons, they are your silent teachers

THE GRAND EXPERIMENT

BEGIN TO EXPERIMENT WITH REALITY CREATION THROUGH THE POWER OF YOUR OWN THOUGHT. THE RESULTS WILL HAPPEN VERY RAPIDLY AND THERE WILL BE NO DOUBT. THE EXPERIMENT IS SIMPLE: JUST CHANGE ALL POSSIBLE THOUGHT FORMS INTO THE MOST BEAUTIFUL PROJECTION YOU CAN IMAGINE.

- your imagination is a powerful tool, use it to create a better world
- be the change, imagine the change, become a catalyst for change
- imagine no evil, speak no evil, see no evil, hear no evil
- as above and below: from the mind of man, all things are possible.
- awaken to the light that **you** can form, for **you** are the light of the world

