

## 'yto - one'

Newsletter – March 2008

*"one can only face in others what one can face in oneself"*

James Baldwin

Hi All Our Valued Friends, Partners, and Clients

March 2008

Welcome to our third edition of 2008 of 'yto - one'.

### Theme for March – Perception and Projection

Welcome to March 2008. Congratulations on truly stepping up with valuing yourself by engaging in your new found self-esteem strategies last month. Well done. And so now we are at the threshold of Autumn, and using the metaphor of a change in the seasons, we are at a perfect time to go within and reflect on times when we may have been criticized by others/or when we may have judged others ourselves. We get to learn about the world of perception and projection, how to shine a light on our shadow, and integrate our learning's into healings so that we attract a new reality. Master this and watch your world light up!

### All Perception is Projection

All perception is projection. Curious? Let me explain this further.

### We See Things "As We Are"

Carl Jung said **"we do not see things as they are – we see things as we are."** And that **"we cannot experience anything outside of ourselves that is not within us"**.

### Our Relationships with Others Reflects Our Relationship with Ourselves

The truth is that our relationships with others reflects our relationship with ourselves.

### How the Perception/Projections Mirror Reflects Back to You Your Inner Reflection

Projections are things we do to ourself inside, but are not aware of doing. ***This means that we are verbally commenting to another our feelings and thoughts about ourself but we are claiming it's about their conduct – that they are doing something. It means that the person in front of you is mirroring back to you your inner reflection on some level.***

### Perception is Projection In A Nutshell

In a Nutshell: ***people project because they perceive something within another that reminds them of something within themselves that they are not comfortable with.***

### Is It Projection or a Boundary Issue?

When we have an out of balance emotional reaction to another person followed by judgmental thoughts, these are indicators that projection is taking place. Projection often looks like self-righteousness: "I'm right and they're wrong."

### Learning about The Shadow (the disowned parts of ourself)

***If we perceive another or an event in a negative light it is a reflection of a disowned part of ourself – often referred to as "The Shadow."*** The shadow is defined as the repressed and suppressed aspects of the conscious self. It is created when we deny the parts of ourselves that we do not like, sides of us that cause us embarrassment/shame, or sides of us that we continually try to fix/improve. The Shadow has both a constructive and destructive component.

### The Destructive Side of the Shadow

***On the destructive side, it often represents everything that the conscious person does not wish to acknowledge within themselves.*** For instance, someone who identifies as being kind has a shadow that is unkind.

### The Constructive Side of the Shadow

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**On the constructive side, the shadow may represent hidden positive influences.** This has been referred to as "the gold in the shadow." The shadow of a person who is convinced he/she is ugly appears to be beautiful.

### The Human Being Deals With The Reality of The Shadow in 4 Ways:

According to Jung the human being deals with the reality of The Shadow in 4 ways: **Denial, Projection, Integration and/or transmutation**

### Denial and Projection of The Shadow – The Consequences

When we are not comfortable with parts of ourselves, we will attract people, events and circumstances that will reactivate our own discomfort. Our shadow side of ourselves – our unhealed wounds – send out a frequency like a radio transmitter that attracts more of that quality into our lives. What we resist persists.

### Our Projections – A Signaling Mechanism - As An Opportunity For Healing

Our projections are a signaling mechanism that there is an opportunity present for healing by reowning previously disowned energy; those aspects of ourselves we have not forgiven. Here are some ways to start your journey of healing.

### Suggested Exercise: Let Go of Judgment and criticism

The next time you find yourself being critical and projecting on to others, stop and follow the process below. This is done by exploring the situation on the physical, emotional, mental and self-level and making a time for quiet contemplation.

*On the physical level – what happened? What was the triggering event?*

*On the emotional level – how do I feel about what happened? What is my reaction?*

*On the mental level – what are my thoughts about this situation? Are any irrational beliefs present? Am I making any judgments and if so what are they?*

*On the self level – am I in the loving?*

Note: When you are willing to consider all levels of perception you will uncover the core issue and unhealed wound within. As you continue to take responsibility for your own healing and bring forgiveness and compassion to yourself you are on your way to the mastery of creative living.

### Suggested Exercise: Let go of taking things personally

Make a decision to no longer take things personally now that you know that *about 99% of what people say to you about you is really about them.* Now you have depersonalized what you are hearing you can begin to understand that other person at a deeper level. *Just listen non-judgmentally. Accept what is being said to you as their truth. You don't have to accept it as your truth. You just need to be present to their reality, accepting it without internalizing it, and you will be beginning the great adventure of communication.*

### The Gift, The Learning's of Going Within

Outstanding! Now you have discovered that true empowerment comes from accepting that when we are finding fault with the circumstances and people around us it is because of our own unhealed issues. We know that the discomfort/trigger comes from a mental or emotional imbalance inside of us rather than outside. We commence our own healing. We know that In order to receive the wisdom that these parts are trying now communicate we must embrace our shadow. We then get to experience the parts of ourself that once upset us and learn that these parts can be our guides and teachers on our path. Infact the parts of us we considered our greatest flaws are really are greatest gifts. New Choices, New States, New Outcomes! The Magic Begins! Can't wait to connect again soon!

Warmest Regards,

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