



THE ALIGNED MAN

WEEK 2

PROJECTION



Sexual Mastery NYC

Projection

Projection is something we already know how to do well. We do it so well that we do it often without ever being conscious of it. This occurs when we project a feeling from the past on a present situation. Sometimes that shows when we have an overreaction to something. When we feel our nervous system become activated into protection mode in a situation that doesn't seem to fit the circumstance.

This practice is meant to help you to understand the sensations that are presenting themselves in your body, especially when you feel the activation of your nervous system.

When you become aware of what you feel and why you then have the power of choice. You get to choose, precisely, carefully, your behavior and move into alignment with what you truly desire. Most people unconsciously move out of alignment with what they desire when they get triggered.

As an example: Let's say you've found an amazing woman to settle down with. She says something in a way that reminds your primal brain of a past hurt, either as a child or in a previous relationship. This activates the nervous system into protection. But, this isn't that old relationship. This is something new and because it's new it means it has lots of possibility.

Projection

If your deep desire is to move forward with this women in total love then lashing out from a place of old pain is not in alignment with what you desire to create.

If you are able to connect to that trigger and understand it's true origin, then you get to act in alignment. In this situation you'd say to yourself, "I feel the welling up of anger or protection. I want to lash out at my partner. I want to blame her or scold her or even run from her - but, this isn't a real reaction to the here and now, this is something old I've been carrying around."

You get to choose different when you understand yourself. You become free of running old patterns that no longer serve you.

Projection

Begin this practice exactly the way you begin the felt sense. You will connect to a sensation and explore it by using the questions below:

What emotion feels alive in you now?

Where does this emotion live in your body? What location or locations do you feel the sensation of this emotion?

What does it feel like it's made out of? Is it solid, liquid or gas/energy? What can you compare it to in physical reality? Wood, metal, electricity, soda bubbles, ect..?

Does this sensation move or is it stagnant? If it moves, how is it moving? Is it chaotic? Is it moving in a specific direction? Does it start small and get bigger?

What does it weigh? Is it heavy or light?

What temperature is the sensation? Is it neutral, warmer than neutral, cooler than neutral, hot or cold?

Does it have a color?

Projection

Now that you have fully connected with this sensation, close your eyes and imagine projecting this feeling out in front of you so you can take a look at it. When you have a good visual, answer the questions below:

What do you see in front of you?

How does it make you feel to see this?

What do you believe about this?

Give it a name.

Ask _____, "What is your message to me? What do you want me to know?" Listen for the answer. Sometimes you'll hear an answer. Sometimes you will "know" something. Sometimes you'll see a visual. Just relax and allow the message to come through to you.

Resistance comes in many forms. If you feel resistant to communicating with this part of you, it's natural. Just allow yourself to go for as long as you can and if you still can't connect then try again at a later time or try asking different questions.

Projection

You may even feel like you can't trust what you hear or feel. Just stay open and notice what information feels **accurate** when you receive it.

Remember, this is an **art**. It will take time to fully hone this skill. Keep practicing.

Next, ask - Why do you want me to know this?

What do you need?

After connecting with this piece, it can be really helpful to explore some other questions:

Was this piece created by you or given to you by someone else? (We inherit quite a lot of our parents belief systems). Does this piece feel like it belongs to you or someone else?

How old were you when you first created this piece or were given this piece?

Why did it originally begin showing up?

How does this piece serve you? What is it's job? What is it responsible for?

What age does this piece feel? Is it young, old?