

# Seven Stages of Projection to Celebration

## **1. I project myself onto others.**

I acknowledge my own leadership, beauty, wisdom, anger, etc., by expressing or seeing it in and through others. This is the stage of expectation and blame. Expecting someone else to own my feelings can be frustrating and stressful. In this stage it can be a challenge to see people including myself for who I really am because I am so busy wanting them to fulfill my expectations.

## **2. My projection fades.**

When I see my projection of others fading, I recover my images through rationalizing or creating excuses and reasons for their behaviors, looks, attitudes, etc., thinking or explaining that “everyone has a hard day from time to time.” In this stage I can justify my fading projections, restoring them to their place.

## **3. My projection disintegrates. I am faced with a choice.**

The one I have projected myself upon completely blows my image of them and cannot regain it. I am then faced with the awful reality of my self-imposed deception; I immediately begin to express disappointment, anger, and then blame. I may then revert to stage 1 finding someone else to hold my projection, or I may move on to stage 4. In this stage my projection may be important enough to me that I will repeat the first three stages for years.

## **4. Accountability and grief.**

I recognize the projection and see it for the fantasy that it is. There is an element of grief at this point; grief for the hurt I have unconsciously inflicted upon others. I begin to act responsibly by consciously cleaning up the messes I created in my unconscious stages of projection. This is the stage of honesty as I accept the possibility of seeing in a new way. In this stage I take responsibility for my own creative thought processes and choose consciously to redirect my thoughts.

## **5. Expressing compassion.**

In the process of grieving, the recovery of self begins. I express compassion for myself by honoring the individuality and uniqueness of my thoughts and those of others. In this stage I start out fresh with self-esteem through forgiveness and taking a deeper look at what my perceptions are or have been. By doing this I choose new, ever more productive, methods for imaging my world. Judgment is replaced by compassion.

## **6. Appreciation for the internal process.**

I begin to recognize in this stage that all I perceive in others is only what I project from within me. In this stage I gratefully regain the power I've given away to others; power to write my own script; power to change my script; power of my own innate oneness. I accept and feel gratitude for the mirror that life is to me.

## **7. The celebration of integration.**

I see clearly the mirror that I offer myself; the magnificence of this process - bringing to my mind's consciousness the miracle of accountability. My imaginations know greater trust of my world, as expectations melt away, giving rise to a new form - acceptance. I now consciously celebrate the beauty of my own creation. In this stage there is a celebration for the variety of unique gifts that I offer myself, integrating the mirror of life into my being-ness.