

PROJECTED
SITUATION

I am a victim

I do not see the world as it really is.
Instead, I project out my thoughts,
my beliefs and my interpretations.

In this projected world, which I through my
projection do not realize I have “built up” myself,
I see myself as a victim.

NEGATIVE
THINKING

This victim-based concept is part of the thought structure
of negative thinking. This also includes thoughts and
beliefs about lack, threats, defense and attack, friends
and enemies, that certain relationships are more
important than others.



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When I identify with my negative thinking,
I perceive others as separate from me.
"I – The Others".

With others, I make up "special relationships",
that are based on (mostly subconscious) "contracts".
Contracts that must be adhered to for others to be
worthy my love, contracts I myself am bound to
in order to be worthy of love.

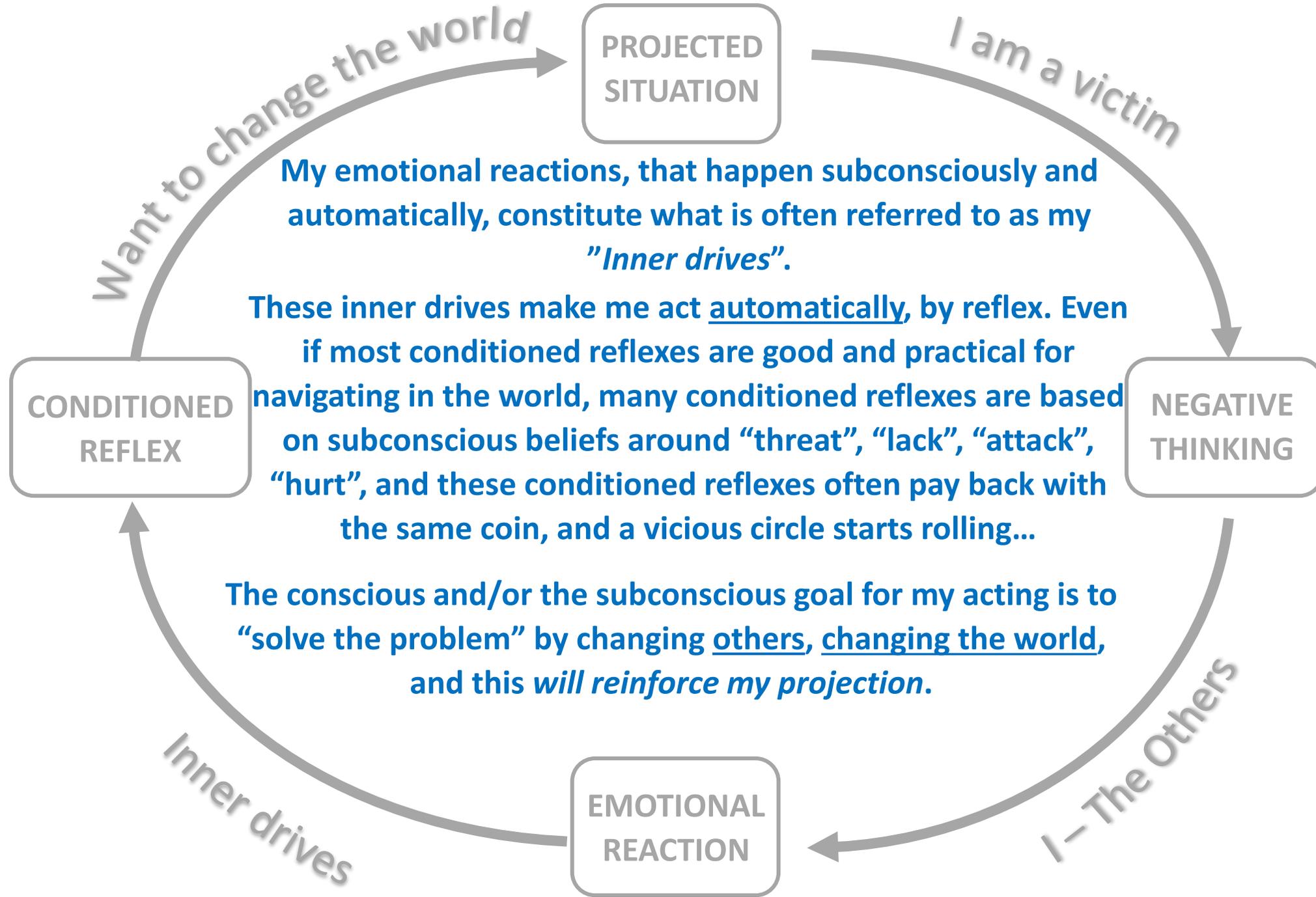
My psyche will be dominated by me re-acting on what is
happening, based on my automatic emotional reactions,
rather than acting based on common sense and reflection.

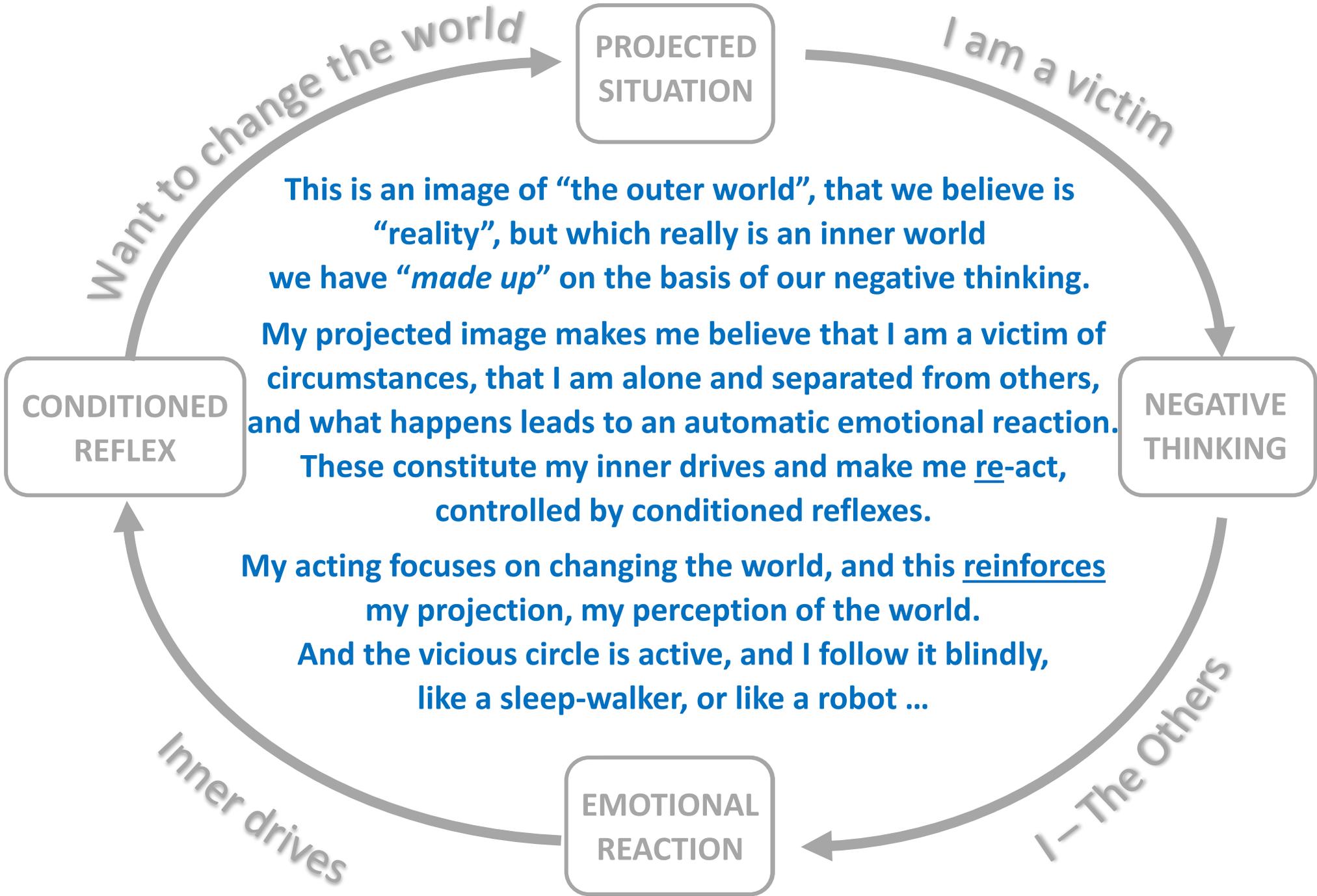
NEGATIVE
THINKING

I – The Others

EMOTIONAL
REACTION







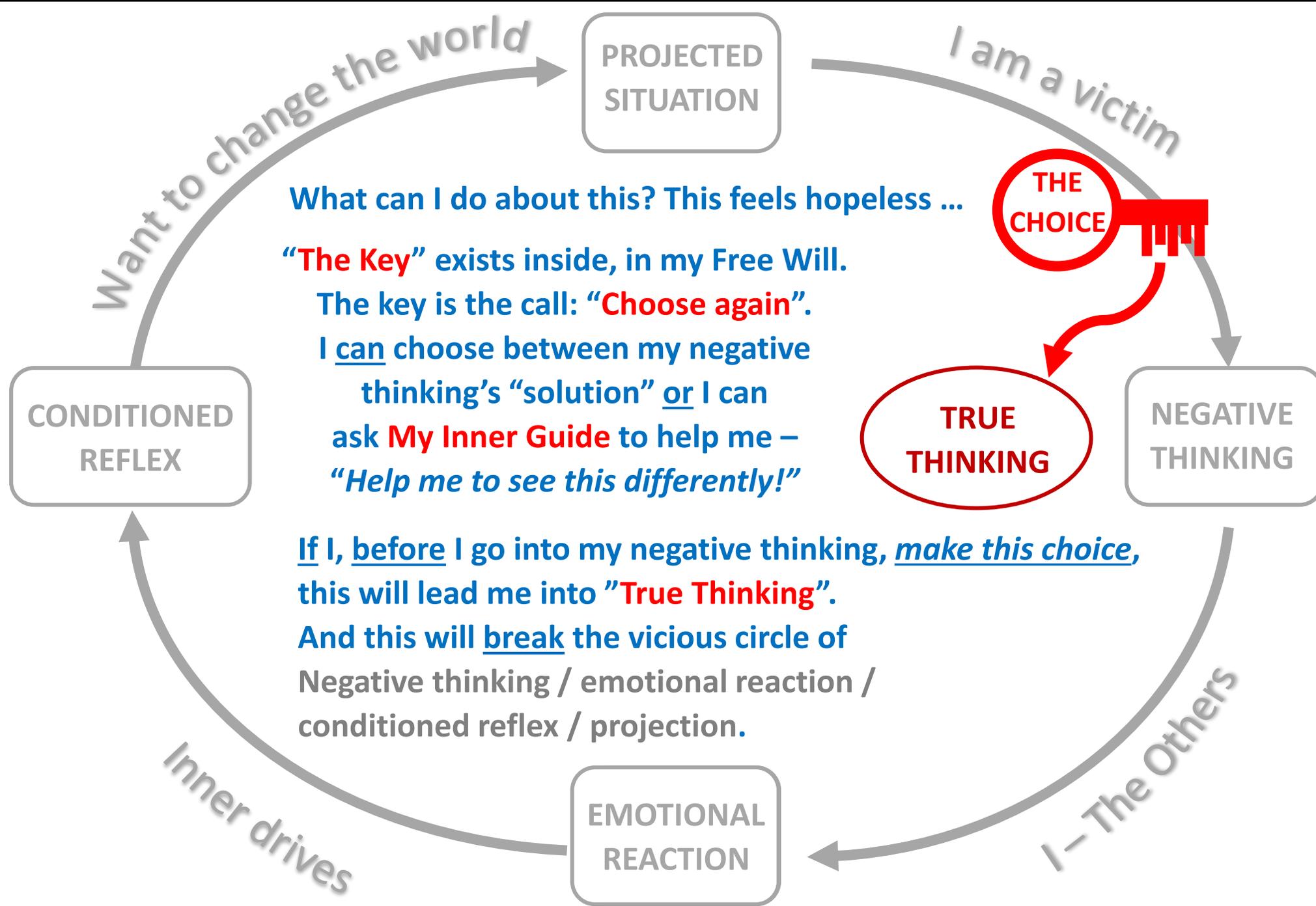
This is an image of “the outer world”, that we believe is “reality”, but which really is an inner world we have “made up” on the basis of our negative thinking.

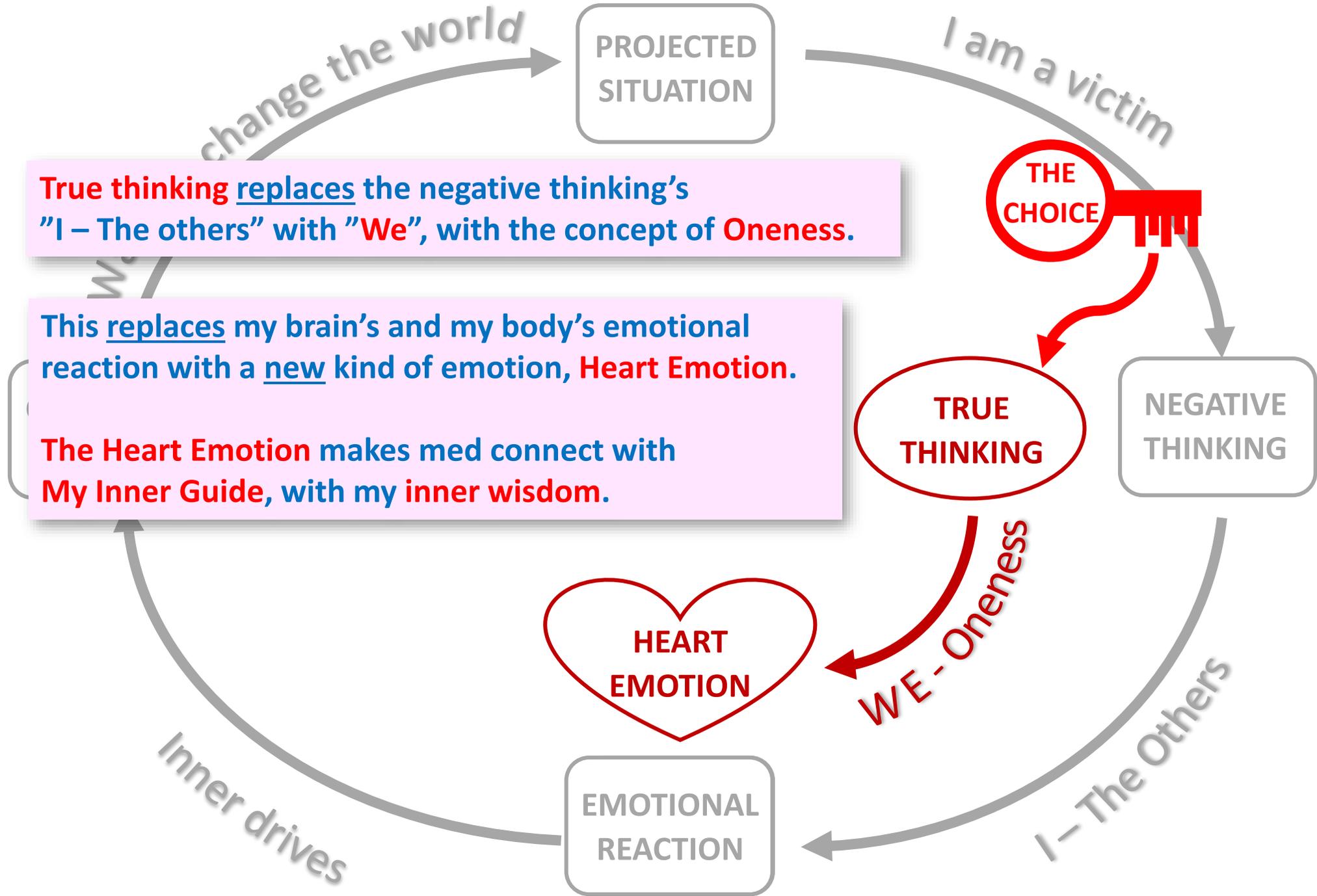
My projected image makes me believe that I am a victim of circumstances, that I am alone and separated from others, and what happens leads to an automatic emotional reaction. These constitute my inner drives and make me re-act, controlled by conditioned reflexes.

My acting focuses on changing the world, and this reinforces my projection, my perception of the world.

And the vicious circle is active, and I follow it blindly, like a sleep-walker, or like a robot ...







True thinking replaces the negative thinking's "I - The others" with "**We**", with the concept of **Oneness**.

This replaces my brain's and my body's emotional reaction with a **new** kind of emotion, **Heart Emotion**.

The **Heart Emotion** makes med connect with **My Inner Guide**, with my **inner wisdom**.

PROJECTED SITUATION

THE CHOICE

TRUE THINKING

NEGATIVE THINKING

HEART EMOTION

EMOTIONAL REACTION

Inner drives

change the world

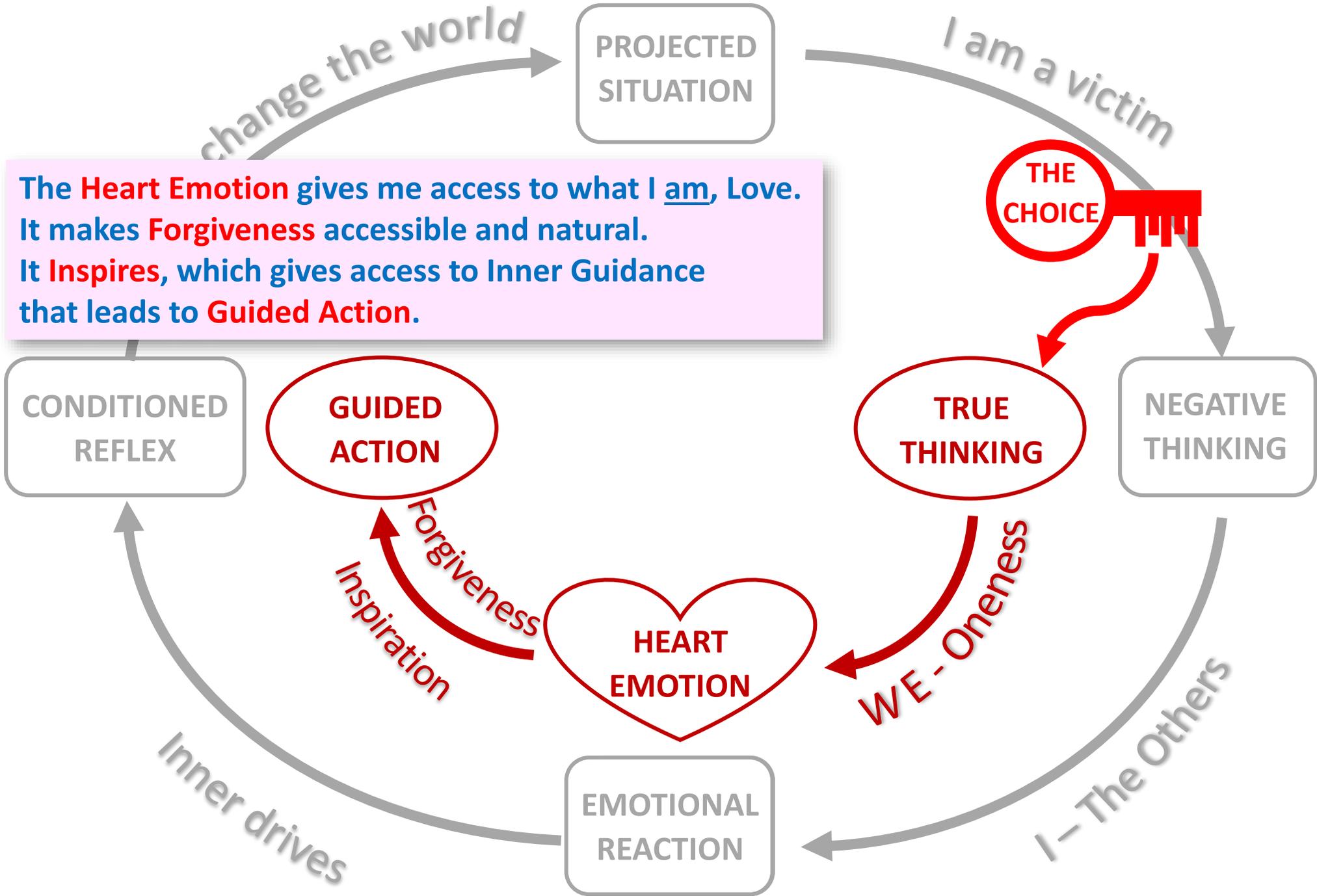
I am a victim

WE - Oneness

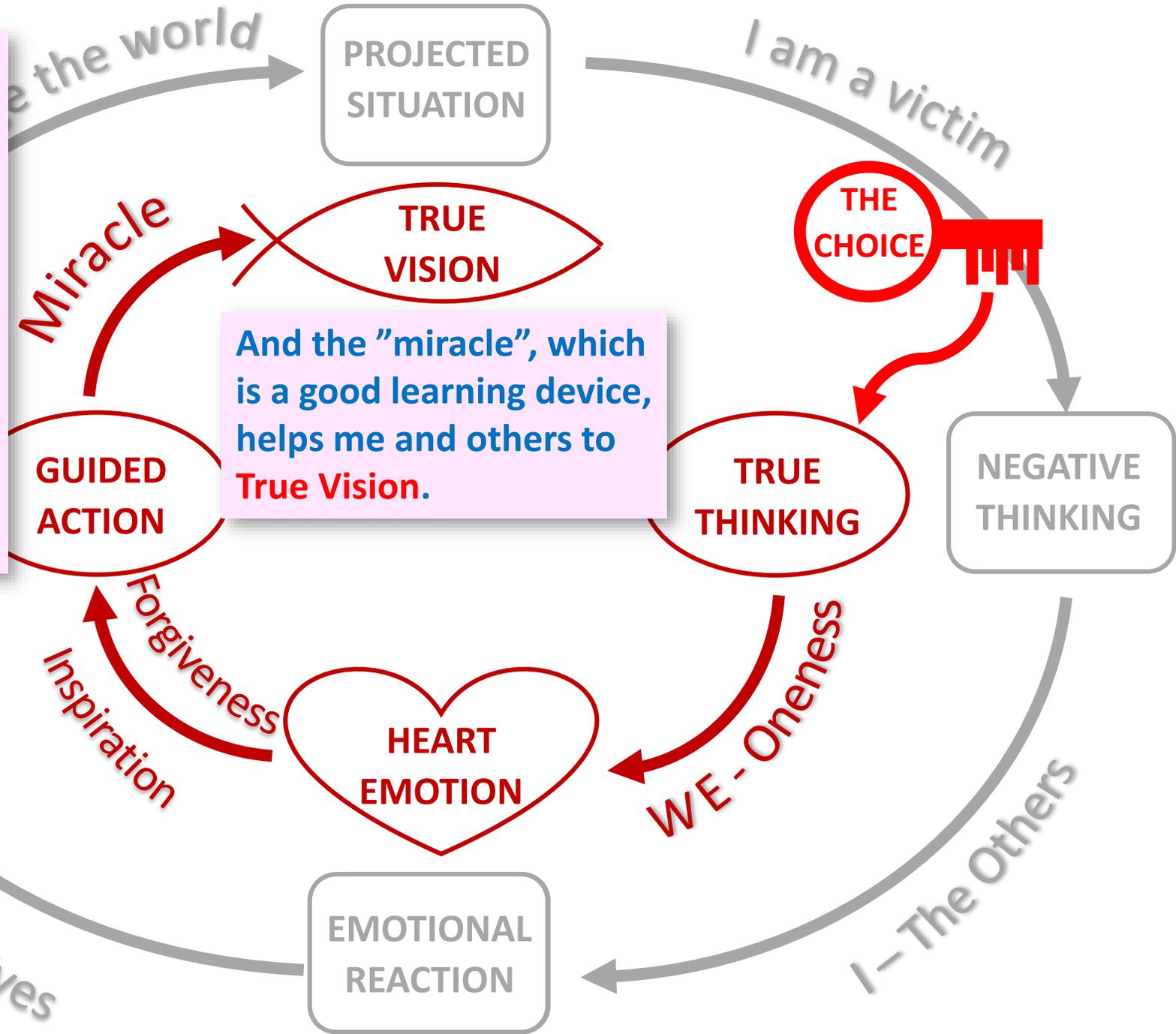
I - The Others

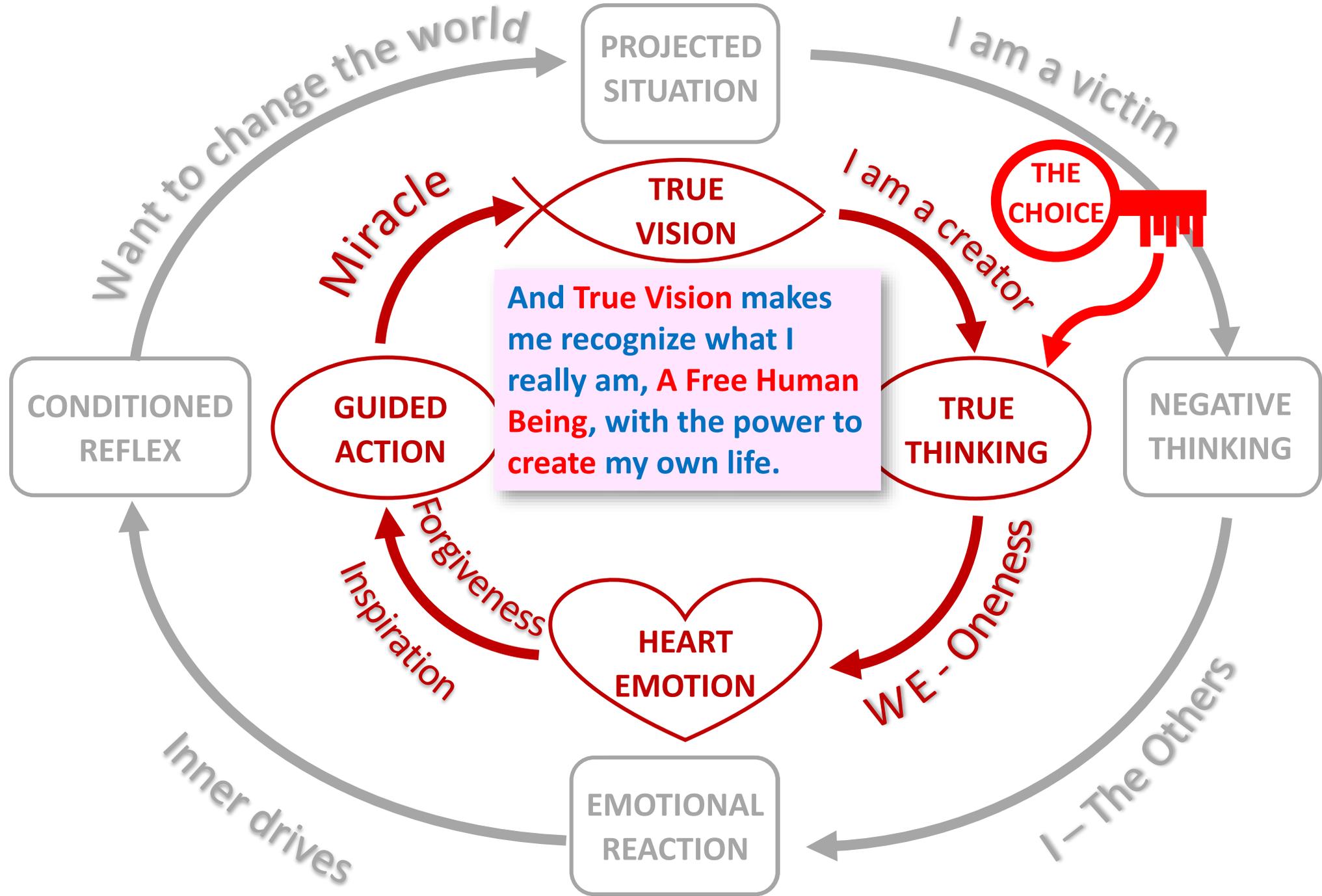


The **Heart Emotion** gives me access to what I am, Love. It makes **Forgiveness** accessible and natural. It **Inspires**, which gives access to Inner Guidance that leads to **Guided Action**.



When I let myself be led by my **Heart Emotion**, I open up to the possibility of “**miracles**” to happen, like others suddenly acting in a new way, like a solution to a problem suddenly appearing, like debate and fighting turning into **dialogue**.





And this completes the inner circle, which is the inevitable result of **The Choice**, that leads me to

- True Thinking
- Heart Emotions
- Guided Action
- True Vision

And these new inner states will make me experience **Oneness** with everyone, get access to **Inspiration**, and will help me to **forgive** and to let **miracles** happen. And by this to be **co-creator** of The New World.

And "the smoke screen" of my projected world will dissipate, and I will find myself abiding in, and experiencing, **The Real World**, that which is, apart from my interpretations, my feelings, my self-image.

