



Exercise 3

Summary:

Goal: Recognise how our subjective perceptions shape reality, release mental projections, and stay centred in the present moment to access flow.

Process:

1. **Awareness:** Recognise when reactions are based on personal projections rather than external reality.
2. **Separate Perception from Reality:** Mentally step back to acknowledge your projections.
3. **Shift Focus:** Bring attention back to the present, reducing the influence of mental filters.
4. **Reframe Perspective:** Choose a more positive or neutral interpretation of events.
5. **Centring Techniques:** Use meditation and mindfulness to stay grounded and reduce the power of projections.

Benefits:

- Greater emotional freedom and less reactivity
- Increased self-awareness, noticing patterns in responses
- Enhanced presence, reducing mental distractions
- Positive outlook by consciously shaping perceptions
- Deeper connection to flow through non-attachment

Application:

By becoming aware of your projections and separating them from reality, you create emotional freedom, clarity, and openness. Regularly practice centring techniques like meditation and reframing to reduce the influence of projections, allowing you to stay aligned with the flow state in daily life.