

# Perception vs. Projection

## A Self-Inquiry Guide for Grounded Decision-Making

Before reaching toward what comes next, pause and root into what is true right now. Use this guide to distinguish between clear perception and unconscious projection – between what you genuinely know, what you are hoping for, and what your Neutral Mind observes when both are held together with honesty and openness.

### What I Know to Be True

*Present-moment reality*

What evidence do I have right now that supports this direction?

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What signals am I noticing in my body and environment?

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What do I know to be true, separate from what I want?

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What is actually present in this situation?

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### What I Am Hoping Will Be True

*Desire, expectation & projection*

What outcome am I expecting or hoping for?

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Am I minimizing signals that contradict this hope?

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Is this genuine intuitive knowing, or the charge of wanting?

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Where might I be reaching ahead of the evidence?

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### What My Neutral Mind Observes

*When I hold both with honesty*

What do I perceive when I quiet the momentum?

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What would I advise a trusted friend in this situation?

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What feels steady and clear, separate from urgency?

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What action feels aligned with both truth and possibility?

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*My intention moving forward, grounded in what is true:*

*Supportive crystals for this practice: Iolite · Obsidian*