

Projections and the Creative Process

This webinar will discuss the unconscious mind and the role of projections in creativity. You will gain knowledge about the different levels through which you interface with your unconscious mind, and how these levels play a role in your creative process. You will learn about the types of projections from the unconscious mind; which ones are useful in the creative process; the differences between impressions and projections; and projections jujitsu, in which you shape projections to your project objectives. You will journey through meditation into the Dream Time to experience how you can gather information from an archetype to use in a creative process.

When you encounter the unconscious mind, there are several ways you experience it:

Dormant – no activity, the unconscious appears as matter

Reactivity – Our own defensive mechanisms give rise to anxiety and defensiveness, and we push the material of the unconscious away

Projection – Here we project our wishes, desires, and hidden feelings on objects—other people or things

Enactment – Acting out behavioral patterns from the unconscious—active when you act on fantasies or under the influence of addictions

Insight – tracing origins of these patterns using methods of psychotherapy or meditation

Alchemy – finding creative methods to transmute, transmute, or otherwise bring these patterns into healthy, appropriate expression

Integration – The underlying issue is resolved and it becomes a part of the personality

Projection, insight, and alchemical levels have a role in creativity.

At What Level Does the Unconscious Become an Avenue for Creativity?

So how do these levels actually become a part of your creative process?

When the unconscious mind that is closest to your consciousness is in the dormant stage, you receive no information. Here the unconscious dwells in the background, and does nothing.

Once it begins to activate, however, it may begin to stimulate distraction and anxiety as your mind begins to recognize that something foreign or alien is entering into awareness. This is where you might experience writer's block, or creative paralysis—you are grasping at a sense of inner movement, but nothing is coming through as a clear message.

Once projection begins, a steady stream of images and impressions begins to enter your awareness. This is where you begin to tap the creative matrix of the unconscious.

When Identification dawns, you may begin to embody and portray these ideas as your characters in a novel, enact them as a dance, portray them in a painting, or give voice to them in a poem or a song. This is where you encounter the unconscious entity—subpersonality or archetype—that is bringing these impressions forward.

When you are using evocative methods to tap the insightful level, the creative process moves to a deeper level, and you will begin to embed insights or nuggets of wisdom in your poems or songs, place moral lessons in your novels, bring out the underlying emotion in a painting, and put movements that convey poignant human emotion and meaning in dance.

The alchemic level is revealed when you use your artistic medium to describe the process of change, to motivate others to grow and move from where they are to where they want to be, and show them the path.

This level helps people work through their issues, which can be shown as a dramatic sequence in a novel that brings breakthrough in interpersonal tension or churns through longstanding attitudes; as lyric passages in a poem or song lyrics that lift one up to the vision of what might be; as the transition from demonic or chthonic elements in a painting to angelic or heavenly images; or in dance that moves from the mundane into a personification of the spiritual core of the dancer.

At the integration level, the unconscious has become incorporated into consciousness, so that its gifts and insights have become a part of you.

Typically, once you overcome your resistance against your creative process, you will first encounter this creativity as impressions and projections.

Impressions take the form of images, ideas, or emotionalized memories that may come to you in a state of reverie, in meditation or trance states, or as a vision or revelation that you sense are messages or guidance from your Soul or God. If you write on metaphysical or spiritual themes, you are probably familiar with impressions.

Projections generally personify wishes, desires, needs, or dreams that you have not been able to fulfill in your life.

You might have a *wish* to become wealthy and famous, so you might envy or resent those who have the accoutrements of wealth and fame.

You might strongly *desire* to have sexual relations with someone, and this will be expressed as fantasies.

You might have a *need* for food if you have not been eating for an extended period, and you will richly fantasize about this.

You might *dream* of having a yacht, and might catch yourself daydreaming about it.

While many creative individuals might like to bring through their Soul's vision by capturing its intuitive impressions, or bring humanity a new revelation from God through the inspiration of the Holy Spirit, this is uncommon. We point out that unless you have been doing meditation and prayer for some time, you will more likely encounter your unconscious as projections, and this is where you can begin tapping into your creative process.

Types of Projections

There are five major types of projections; only the first type is genuinely useful in your creative process. The other four types? You need to talk to your psychotherapist.

- 1. Owned Projections** – You are open to receive whatever the projection conveys, recognizing it as a part of yourself that has not yet been able to fulfill itself. You welcome its voice, you encourage its expression, and you invite it to communicate its insights and feelings. You don't push it away.
- 2. Disowned Projections** – Here you regard the content of the projection as shameful, fearful, evil, disgusting, or unworthy of you, so you do not allow it into consciousness. Since you have blocked the channel of its communication, it projects onto other people.

So if you are feeling angry, but your moral values say you are a saint and can't be angry, you will project this on other people, so it seems to you that people around you are angry or impatient with you—this seems confusing, because, well, you are a saint. Right?

3. **Projective Identification (PI)** – This is when you not only project your unacceptable wishes on other people, but then you act towards them in a way that will actually trigger that emotion. So if you have projected your angry feelings onto someone, then you go out of your way to antagonize them and really piss them off, you have moved into the zone of PI.
4. **Paranoia** – At this level, your projections begin to undermine your sense that other people and the world around you are safe. You begin to become hyper-vigilant. You actively mistrust the intentions of other people—if they smile at you, you suspect they have ulterior and sinister motives. You may isolate yourself from other people at this stage, and you trust no one.
5. **Delusional Projection** – At this level, you come to believe others are embodiments of demonic and evil forces who are out to destroy you. You feel that you must denounce them, persecute them, or even kill them.

If you are going to open to your unconscious, you need to filter what you are going to express through your creativity. We will discuss later in this webinar how you filter these impressions, and use them for your identified creative project.

You need to become aware if you are starting to drift into types 4 and 5—these are symptoms of serious mental illness and you need professional help. If you are playing out several type 2 and 3 scenarios in your life, you really need to sit down with your unconscious and have a heart-to-heart talk.

Examining Your Owned Projections

Once you have finally come to the startling realization that

- (a) You are not perfect, and you are not a saint
- (b) You are not the most vile, detestable, and horrible sinner to ever walk the earth because you have discovered that you feel lust, anger, grief, greed, overwhelm, and possessiveness—or sometimes feel proud of yourself when you are successful and meet one of your goals
- (c) You are like other human beings, who experience the same weaknesses, and you are not a special unique case

You will be able to move some of these disowned projections into the owned projections category. Once you are able to do this, you can begin to use them in different ways. These projections may appear to you in a variety of forms; here are some ways you might use them:

Visual – This is an image of something you want. You might fantasize about possessing it, or enjoying it. You paint, draw, or sculpt what you see.

Vocal – You speak the desire aloud and dramatize it, for example, in the words of a play, a poem, or a song. You can portray them through the dialog of a character in a novel, or in song lyrics.

Hearing – You hear the projection as a voice within you. Here again you may turn what you hear into speech or song, or you may channel it as dialog or lyrics.

Rhythm – You feel the projection as energy, and as an incessant rhythm. You might turn this into rap music, visceral poetry, or turn it into tracks in a musical recording.

Movement – The projection makes want to move or dance. You express this feeling as dance or free movement, describe the movement of your characters in a novel, or paint them.

Emotion – You feel the emotion of the projection deeply. You might turn this into the interaction of characters in a novel, in song, or as the heightened emotional expression of a play or opera.



Projection Jujitsu

Once you have breached the defensive barriers of shame, guilt, fear, and self-reproach, you will have an open door to your projections. Since they are always going on, rather than try to push them aside, you instead will direct them into the shape or design that you want.

Here you say, “I want a song that...” “I want a story that...” “I want a poem that...”

You describe what you want, and you let the projections come and fill it in.

You can capture the key ideas that occur to you in writing, or by speaking them into a recorder.

You then edit and shape the final result, rejecting any ideas that don’t fit your overall theme, or eliminating aspects that won’t past muster with any supervisor or customer—in situations where certain content might impact whether or not someone will purchase your creative product.

Tapping into the Superconscious

What you contact in Superconscious can be delightfully unique. Whereas in your personality, your creativity is circumscribed and contained—to realistic people with behavior that is situationally appropriate and logical in its construction; in the Superconscious, anything goes...

You will encounter the forms of your Superconscious as archetypal characters. Each of these will have an “I AM statement.” When you encounter this element, and you ask it, “Who are you?” It will announce its identity—and its identity will stretch your imagination.

For example, you encounter one of the forms in your Higher Mind. You ask it who it is. It replies, “I am Theron of the fifth planet of the star system, Xeroid...know and tremble!”

As you dialog with these aspects of your nature—by interviewing it—your creativity will leap off the charts. As you contact your creative muse in one of these higher forms of the Superconscious, you will explore

- What is the nature of this higher form, or vehicle of consciousness?
- What does this form do? What is the activity in which it engages?
- What is possible from its perspective? What laws or principles operate in its world?
- How does this archetype construe what happens in your nation? How does it see what happens in the world?
- What is important to it? What does it care about?
- If you gave it a voice, what would it tell you? [If you are a very dramatic individual, you could consider actually verbally channeling its inspiration—just don’t do this within earshot of any mental health professional.]

- What is the range of its consciousness or awareness? What world or dimension does it dwell?
- What facet of your Soul does this archetype personify? How does your Soul operate or express through it?

You will assess, after you gather this information, whether you can use this material in your creative project, and what is an appropriate creative medium to convey it—for example, as music, poetry, or a character in a science fiction, New Age, or fantasy novel.

Alternately, might you feel inspired to paint the world that the archetype sees, or the form of the archetype itself?



Whereas most projections typically arise from the band of the unconscious that surrounds your personality, when you begin opening to the Superconscious, you begin accessing the zone where you gather impressions. Here you will hear the inner voice of inspiration, encounter the noumenal realms, behold visions, and receive the revelations of higher truths and the transcendental insights of your Soul.

Those that meditate regularly tap into this realm. Those of you who might not be familiar with meditation will have less experience entering and gathering impression from this realm. In this webinar, we will take an excursion together over the threshold of this realm, and safely explore it.

Dipping Your Toes in the Superconscious

In our meditation today, we will move over the border of the Superconscious to its first form, the Annamayakosa, which is the form of you that is intimately in touch with the seamless web of Nature.

Your personality splits you off from this collective matrix and allows you to experience yourself as an individual person. At this level of the mind, this separation vanishes.

The Australian aborigines refer to this state of awareness as the Dream Time. Native Americans pictured this form as a sacred animal guide—as this form commonly appears as an animal or an ancient human ancestor, like a cave man or woman.

We will journey together to the Self, the Voidness of Being, to the doorway of the Superconscious mind, and we will pass through that door to this first form of the Subtle Realm.



As you unite your attention with this form, you will first attempt to visualize what it looks like, and what it feels like. Once you have a sense of the presence of the form, you will invite it to speak. You will ask it some questions, and listen for its response.

- What is your name?
- What do you do? What is your function?
- How do you interface with the activity of my personality?
- What does the world look like from your perspective?

- What do you perceive is going on in the world that surrounds my personality?
- What is important to you? What do you care about?
- Is there any guidance that you wish to impart to me?
- How does my Soul or Higher Self express through you?

After you have engaged in this inner conversation, you want to thank this form for speaking with you. Notice the path by which you have come here. Retrace your steps, and bring your attention back to your waking state of awareness.

You may wish to write down the insights you received in your spiritual journal, or reflect on the information you obtained to determine what is relevant and useful to your life.

Those of you who are our meditation students who find this realm fascinating will benefit from a detailed study of the Mudrashram® Correspondence Course, which charts these inner realm in their entirety.

Those of you who may be new to our webinars and who are not familiar with our system of Integral meditation can learn more about our maps of consciousness of these inner realms of the mind at

<http://www.mudrashram.com/maps.html>

We offer introductory training in Integral meditation through two courses, the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program. There is a compendium of articles about our meditation teachings in our book, *A Mudrashram® Reader: Understanding Integral Meditation*. You can preview this book, and our other titles at

<http://www.mudrashram.com/ournewbooks.html>

Thank you for attending our webinar today!

