**Projection and selective perception**

A disadvantage of having too many bubbles is that it leads to projection. The more bubbles we have, the less objectively we see things and the less we are in contact with our environment. Because bubbles are like looking at the world through coloured glasses.

A hedonist for example, who is full of positive bubbles, looks at the world through rosy-coloured glasses. Therefore he easily lacks a sense of reality. Perhaps he thinks: ‘why not just enjoy life, that’s so positive!’ But if she blindly assumes she can always just do what she wants, she is like a reckless child who gets into trouble that directly affect its environment.

Having too rosy a view of the world, just as much as having too dark a view is a clear sign of too many unprocessed experiences.

Projection means that, through our bubbles, we attribute characteristics of ourselves to our environment.

Selective perception works the other way around. Here, the unprocessed experience or a plan not yet realised makes you see certain things sooner or better. Selective perception can therefore be favourable. However: if we have too many bubbles, our perception automatically becomes too selective.

Recognizing projection is learning to know ourselves. It is crucial to realize that our ideas about the world often say more about ourselves than about the world. Our worldview is largely also a view of ourselves.

The most effective way to pure observation of reality is reflection. An important reason why zen is so attractive is that it is a very open form of reflection. In zen we do not work with images of God or something else; on the contrary, we try to let go of every image....That’s why zen is pure self-reflection.

Yet another method to process emotions is writing.… Writing increases insight, also into ourselves. For someone with a lot of bubbles that can be a tough or painful job. In that case, meditation will quite a challenge.

*Practice:* ask yourself the question: what is important in my life now? And witness how this influences your observation in the course of the week.