Given an abstract operator system $V$ it is not clear how one would go about defining the notion of a projection. During this talk I will present an answer and some recent results on this question. This is done by first considering abstract compression operator systems associated with a positive contraction in $V$ and then determining when we have a realization of $V$ in such an abstract compression operator system. It then follows that there is a one-to-one correspondence between abstract and concrete projections, and in particular, that every abstract projection is a concrete projection in the C*-envelope of $V$. I will then conclude with some applications to quantum information theory. In particular, the study of certain correlation sets. (Received September 12, 2020)