

Beannie

We have a little mutt called Beannie. (As in Beannie Baby). She half rat terrier, half chihuahua. As she approaches old age we are seeing more and more personality, more and more defense and a definite evolution in her consciousness!

She has recently developed the habit of going to the mirror and glaring at herself and then tentatively starting to bark. As that damn dog in the mirror barks back at her, she becomes more and more animated and mad - barking more furiously and energetically. It is absolutely hilarious to watch. She just cannot figure it out and stays fixated until we physically remove her from the mirror image of her mad self.

This is the heart and soul of projection. How often have you failed to see that your judgments and criticisms are merely you barking at the mirror image of yourself, not recognizing that the very trait that is offending you in another, is the same self-hatred that you carry towards yourself "If you ever did *that*...." with the self-righteous cry of "I would never do whatever, you are accusing the other of doing."

Projections are very hard for us to see in ourselves - just as Beannie is quite sure the dog in the mirror is hostile to her, she cannot see how this is a mirror image of how hostile she is herself.

All human beings in the world, are merely a holographic images of each other - all exactly the same in their essential nature as consciousness and the foundation of physical life, fear and shame. The only difference between humans is the unique outer crust of manifesting the combination of spirit and suffering in the world based on life experience. In other words, personality as the sum total of defenses, is the only place that difference occurs.

If we wish to live a compassionate life, we must discover that "the dog in the mirror" is me and my relationship to myself." Without recognition of commonality and only a perception of difference we will live split off from ourselves and from others. No meaningful connection can be made and no genuine loving relationship is possible.

How can I start recognizing my projections? *Every time* you judge rather than discern you are projecting. A judgment comes with the energy of anger, hostility, rejection resulting in a disconnect. A perception is without the energy of disconnect - it is seen because the dynamic or quality has been found within and the person discerning this is in loving relationship to this quality within and so can be connected to this in the other person as well. Every time you blame and attack, accuse and vilify, gossip and criticize, it is because you cannot see how you do this to yourself all the time for perceived infractions from younger parts of yourself, by your adult defended self.

Start by listing the self judgements you have and how you have worked so hard to prove these are not true. Eg. if you believe deep down you are stupid, how hard have you worked to prove you are not. Now in your self-righteous adult self that sees yourself as smart, look at how you judge others that are "stupid."

If you still do not understand projection, a very primitive defense, learned very young., and you want to evolve further in your life, then it is time to get into therapy. Without someone pointing out the projections to you, you are likely to stand barking at yourself in the mirror for the rest of your life.