

Question 3: *"If let's say, someone kicks my dog, and I am upset and angered by this action (is my emotional response "memory" although it is happening in the present moment?).*

Additionally, if my judgement of this action is that it is not correct, is this a projection although the action is violent and generated by the other person? Is my judgement or perception of the action the projection? I understand projection in most cases, but there are some areas where I continue to struggle. Can you please expand on this a bit?"

Answer:

Yes, your emotional response is memory, but in the situation you mention outer action is required, not just inner work.

If you examine deeply the emotions you are having, you will remember ways in which you were kicked, metaphorically or physically, in some way and can have a deep sense of empathy for the dog's pain, shame and fear, *IF* you bring your own suffering into experience and can be with it. If not you will project an over-identification with the dog in an unaware way and make it all about the dog.

Without consideration or awareness, this is merely an overidentification and enmeshment with the dog being an extension of you . With awareness and work, it can be a fully aware choice to empathize. The first unaware over-identification will result in the resources of a child with subsequent acting out, or acting in. With maturity and awareness it results in well considered protective action in love for both the dog and the owner.

If you can recognize how you yourself "kick the dog," internally so to speak and you can hold your perpetration in understanding and compassion for the underlying suffering, then you will be understanding of the external situation and set limits with kindness and effectiveness instead of judgment and hatred.

If you hate yourself for having a defense of "kicking yourself," metaphorically speaking and do not understand how you learned this and why, then the projection of hatred and condemnation will go to the person kicking the dog, instead of insightful, clear and loving limit.