

# The Transpersonal Practice of Recognizing Projections

DSM IV (The Diagnostic and Statistical Manual of Mental Disorders) put out by the American Psychiatric Association defines **projection** as: The individual deals with emotional conflict or internal or external stressors by falsely attributing to another his or her own unacceptable feelings, impulses or thoughts.

It defines **projective identification** in the following way: As in projection, the individual deals with emotional conflict or internal or external stressors by falsely attributing to another his or her own unacceptable feelings, impulses, or thoughts. Unlike simple projection, the individual does not fully disavow what is projected. Instead, the individual remains aware of his or her own affects or impulses but misattributes them as justifiable reactions to the other person. Not infrequently, the individual induces the very feelings in others that were first mistakenly believed to be there, making it difficult to clarify who did what to whom first.

Another way of saying this is; whatever fear or need you are not conscious of and cannot see in yourself, you will see the mirror image (but mistake it as someone else) of that energy reflected in another and feel justified in devaluing, judging, criticizing, rejecting and punishing the other. In the same way, if all you can see in yourself is fear and need and have no consciousness of the still, peaceful, blissful state of your own soul underlying all the fears of the ego, then this too will only be seen as a reflection in someone else, but not be recognized as a reflection. This other will then be idealized - we will fall in love with this reflection of our own true nature in another. In other words unawareness of all aspects of ourselves is the root of narcissism. (see myth of Narcissus)

Until we can fully bring to consciousness the truth about ourselves - that we are indeed the sum total of everything - we will continue to reward or punish, idealize or devalue others. The results are comparisons, prejudice, power and control, acting out, all the -isms, hierarchy and war. The world remains a fragmented, broken place as long as each one of us disavows aspects of our own being. If we are not fully integrated in awareness, then the world cannot be either. You yourself are a microcosm of what is - there is nothing in the universe - no element, no energy, no motive, need, emotion, thought, principle, dynamic or state of being or doing out there in the world that is not encapsulated in your own living experience, whether this is conscious to you or not.

How can one use this information to become more aware?

If we recognize that everything that we notice with any energy or judgment in the external world is symbolic of and represents some unaware internal principal of self, then we can ask the question, "Why am I noticing this?" "Why do I like or dislike this or that?" "What does this represent about me?" For example, if you feel yourself flushing with anger at something someone else does, then **search for that place inside of yourself** that could be motivated to do the same thing the other is doing that you are angry about."

Think of other people and of God as mirrors - if you gaze at the reflection and recognize yourself you will become whole. The universe is the mirror of God and God is the mirror of the universe and neither is separate nor different from the other. **Research the symbol of the mirror.**

Another way to simplify this, is to just recognize that every judgment (whether it is positive or negative represents a split in wholeness (dualistic thinking) and represents a split in our own consciousness). Every dual thought must be examined and brought to the light of consciousness.

*When the deluded in a mirror look  
They see a face, not a reflection.  
So the mind that has truth denied  
Relies on that which is not true.  
~The Royal Song of Sarah*

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