

GUILT – PROJECTION – PURIFICATION

Who is to blame? In the monotheistic religions, the "devil" is to blame. Taking responsibility for one's personal actions tends to be left out. Faith alone counts. Since Christ died for us on the cross and thus cleared our path to salvation from the outset, we need do nothing more than pray. Is it that simple? If someone has committed an offence in the world, he or she must answer for it. Why shouldn't we also take responsibility for our actions in the spiritual realm? That is difficult. Hence this essay.

Religion is often understood as an act of worship. And that's that. Raja Yoga meditation, on the other hand, explains that I have to take responsibility for all my actions, no matter what they were for and how far back in the past. In the end, no good lawyer can help. In the end, we all have to show our colours in the face of the light. That can be painful.

It is more beneficial to deal with the dissolution of personal guilt in good time. Before I came across the Raja Yoga path, I thankfully received a powerful foretaste from God of what awaited me in the end: deep inner peace, joy, contentment, bliss and much more - a paradisiacal consciousness. After months of beautiful experiences, however, God left me starving. I had hoped that the gift phase would continue like this. I slowly realised that I had to actively participate in my spiritual "washing process" in order to become pure. On the one hand, it was about a deep understanding of God's transformational knowledge, and on the other, about an accurate spiritual-emotional connection with God, so that my impure concepts and deep vibrations would be burnt away by his high vibrations. This is called purifying yoga fire.

Once again the core sentence: In the spiritual connection (yoga), God's high vibrations dissolve my inner disturbances. This includes karmic accounts that I have burdened myself with for an eternity. Anyone who believes that they have done nothing bad in all their incarnations is mistaken. Misconceptions about life and how it works have often manifested themselves in the form of obstructive beliefs. All the negative things have covered up the original beauty of the soul. They need to be rediscovered and uncovered through yoga and self-realisation (meditation).



To do this, we need to escape the automatism of projections. The graphic illustrates mutual projections. "It's the other person's fault" is the usual format. Overcoming this was also a great challenge for me. When my students showed inappropriate behaviour, I was often re-flexively angry and pointed the finger at them. Raja Yoga meditation gave me the strength to gradually point the finger at myself. As soon as anger or frustration 'jumped out' at me, it was also my problem, because something inside me resonated. That didn't mean tolerating the students' misbehaviour. But the pupils' corrections became calmer and more appropriate as a result of my inner clarifications. Student behaviour also became more constructive as a result. This learning process led to success. Harmony and joy arose on both sides. The first essay on this page reports on the practical application of Raja Yoga meditation.

In any case, projections do not lead to solutions. This can also be seen in political conflicts. Christ said: "You see the mote in the other person's eye, but you don't see the beam in your own eye!" So what is the solution to the conflict when you look at the picture above? We would have to remove the beam or the splinter, the disturbance in us, then the other person would also have the chance to give in, especially as they would then no longer feel the resonance and therefore amplification effect.

Here is another image to illustrate the point. If another person reflects something back to me, there is no point in criticising the other person in the mirror. Figuratively speaking: If I wanted to clean my dirty face in the bathroom mirror, the dirt would remain on my face. I would have to clean my own face instead of the mirror in order to be successful. That's how it is with reflections or projections; I have to clean inside myself, the soul.

This is barely understood and put into action. **The ESSENCE of all this is that the world will become peaceful to the extent that we purify ourselves inwardly, i.e. emotionally. Then nothing will jump out at us and the opponent in the conflict can give in more easily. God helps with this.**

B.K. Hans Oberressl, Ravensburg, Germany

