

# **Projection Feeds the Inner Wound. Alchemy Transforms It by Pedro Lima**

A self-victimized individual projects outward what they refuse to face within.

Unresolved inner child wounds become stories, repeated, defended, justified, legitimized, normalized, and performed, seeking sympathy not for healing, but for validation, control, and emotional leverage.

Pain is externalized. Responsibility is avoided.

Others become targets. Blame, gaslighting, judgment, and scapegoating become currency tools to justify attachments to suffering, cycles of addiction to familiar pain, reinforced by fear-based narratives, conditioned beliefs, and indoctrinated societal programming.

What remains unexamined becomes a curated, fragmented identity, and identity becomes a polarization cage. But an alchemist walks a different path.

They turn inward. Not to escape, but to confront.

They do not deny pain.

They do not perform it.

They do not weaponize it.

They sit with it.

They observe their reactions, dismantle their stories, patterns, and take full accountability for their inner world.

They understand that healing is not found in controlling others, but in regulating the self.

Through awareness, patience, humility, compassion, assertiveness, forgiveness, and inner discernment, they transmute.

Pain becomes an insight. Chaos becomes a doorway to clarity. Adversity becomes an opportunity for inner expansion. They integrate what was once fragmented.

They reclaim what was once projected, and in doing so, they break the cycle. Because the truth is simple, but uncomfortable: Projection sustains the wound. Accountability transforms it.

The moment an individual stops seeking to be seen as a victim and chooses to become the co-creator and author of their inner world, that is the moment an individual remembers and reclaims their own inner sovereign, authentic authority without diluting it in the chaotic, distorted, and dysfunctional demands of a parasitic, narcissistic, self-victimized, fragmented society.