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proof of Bessel inequality

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Let

$$r_n = x - \sum_{k=1}^n \langle x, e_k \rangle \cdot e_k.$$

Then for $j = 1, \dots, n$,

$$\langle r_n, e_j \rangle = \langle x, e_j \rangle - \sum_{k=1}^n \langle \langle x, e_k \rangle \cdot e_k, e_j \rangle \quad (1)$$

$$= \langle x, e_j \rangle - \langle x, e_j \rangle \langle e_j, e_j \rangle = 0 \quad (2)$$

so e_1, \dots, e_n, r_n is an orthogonal series.

Computing norms, we see that

$$\|x\|^2 = \left\| r_n + \sum_{k=1}^n \langle x, e_k \rangle \cdot e_k \right\|^2 = \|r_n\|^2 + \sum_{k=1}^n |\langle x, e_k \rangle|^2 \geq \sum_{k=1}^n |\langle x, e_k \rangle|^2.$$

So the series

$$\sum_{k=1}^{\infty} |\langle x, e_k \rangle|^2$$

converges and is bounded by $\|x\|^2$, as required.