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## Examination of Self

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## Examination of Self

Robert T. Pegel

My sacred self,  
My higher self,  
watches my lower self,  
from outside myself.  
Observing.  
Never judging.  
Free of emotion.  
Knowing all is fleeting,  
And gone in an instant.  
Attach to nothing.  
Love everything.  
You can't see yourself,  
your face,  
except in a mirror.  
Oh,  
there's a reason why.  
We have to get outside of ourselves,  
beyond our limited minds.  
Our temporary bodies  
and our false sense of self.  
Where nothing good happens,  
if there is no connection.

Reach out.

Reach out.

It's all right there,  
just go without looking.

Your inner knowledge has the answers.

There is no need to even ask the questions.