

## ***Look Within***

*“In our modern world it has always been assumed...that in order to observe oneself all that is required is for a person to “look within.” No one ever imagines that self-observation may be a highly disciplined skill which requires longer training than any other skill we know of...*

*In contrast to this, one could very well say that the heart of the psychological disciplines of the East and the ancient Western world consists of training in self-study.”*

Jacob Needleman  
A Sense of the Cosmos