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## Night Bench Sitters

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# Lundin: Night Bench Sitters

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self we have never truly possessed. Once its possession of even some fragmented sense of self, we guard it as if our lives depend on it; as human beings, knowledge of self is essential to our existence.

Over time, the East has developed philosophy and the West has developed psychology, both for the purpose of examining and

exploring the human soul. Absolute truth, it may be said, exists somewhere amidst the facts; if so, true understanding of ourselves will come at the point where philosophy and psychology meet.

The environment of the *floatation tank*, tested and refined by the scientific community for more than thirty years, represents the