

# Logical existentialism

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## A logical psychology of development

Every individual has a lifetime of metaphysical development. When one ignores one self as a metaphysical consciousness in a process of continuous evolution, one may be said to be removed from one's path of development.

Efforts of development are the exercises of the metaphysical consciousness. Reading and writing in any language and medium. Yoga, meditation, and continuous meditation as a perpetual balancing of reflection, action, and interaction. Listening and speaking. Performance and sport.