

Just as the metaphysical is not something *alongside* the physical, but rather something contained *within* the physical as its least common denominator, so self-understanding is not something *alongside* life-praxis, but rather something contained *within* life-praxis as its least common denominator.

Thus, no matter what I believe and do, I always (somehow) understand myself, thereby or therein also believing and doing something distinct from, but not alongside, whatever I believe and do.

What *is* alongside the beliefs and actions otherwise comprising my life-praxis are the *explications* of my self-understanding.

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