Perception

[There is a category] which the rough and tumble of life renders most familiarly prominent. We are continually bumping up against hard fact. We expected one thing, or passively took it for granted, and had the image of it in our minds, but experience forces that idea into the background, and compels us to think quite differently. You get this kind of consciousness in some approach to purity when you put your shoulder against a door and try to force it open. You have a sense of resistance and at the same time a sense of effort. There can be no resistance without effort; there can be no effort without resistance. They are only two ways of describing the same experience. It is a double consciousness. We become aware of ourself in becoming aware of the not self. The waking state is a consciousness of reaction; and as the consciousness itself is two sided, so it has also two varieties; namely, action, where our modification of other things is more prominent than their reaction on us, and perception, where their effect on us is overwhelmingly greater than our effect on them.

...in perception there is a double consciousness of an ego and a non-ego.