Paradigm Change in How We Understand and Manage Existence and Development

- Conceptual Context
- Central Argument
- Natural Conditions of Existence
- Knowledge, Understanding and Guides to Behaviour and Actions
- Religion, Philosophy and Science, Approach, Focus and Objectives

- Limits and Shortcomings, Results and Consequences of Religion, Philosophy and Science
- Beyond Religion, Philosophy and Science

Approach

- Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions from the ground up and from the inside out
- A different approach, focus and direction in development, in understanding and managing existence and development
- Understanding and managing everything in life we face and we must deal with in a holistic, a differentiated, but integrated, connected and related way, in their essence, in depth and detail

- At the level of the natural conditions of existence, which in the first instance define and govern human existence and development, that lie beyond our control, but which we must deal with and accommodate, and to which we must respond and adjust
- The natural conditions of existence that are common to all human beings, that lie behind and that are reflected in human experience, the experience of every human being
- Beginning with the individual, starting with the mind, the inner mental life and the mental self
- Not, as traditionally is the case, understanding and managing existence and development from the top down and from the outside in Mental Development (IHCMD)

- In a fragmented, generalized, and disconnected way, in the abstract
- Understanding and managing existence and development from the human-created socio-cultural level down to the level of the natural conditions of existence
- From the collective down to the individual
- From understanding and managing external conditions and the world around us to understanding and managing the internal mental conditions, the inner mental life and the mental self

- Dividing and separating existence and development into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise
- Each defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices
- Collectively trying to create the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world of material ease and comfort

- Instead, establishing individually the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- Establishing and maintaining a sense of self, order and stability, clarity of mind and understanding, certainty, security and confidence in everything we do and we engage in
- Where individually we are in charge and in control, in the mind and our inner mental life

- Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions
- At the level and within the context of understanding and managing, in the first instance, the mind, the inner mental life and the mental self
- From within the mind and mental existence, as reflected in individual experience

Larger Context

- The larger context, focus and concentration is the human condition
- Persisting and growing human, social and environmental problems and crises
- Problems and crises we face, we create, and we have to deal with, individually, as societies and as a species, locally and globally around the world today
- Problems and difficulties dealing with the human self, understanding and managing particularly the mind and mental existence, the inner mental life and the mental self

- Problems and difficulties relating and interacting, communicating and cooperating with each other
- Problems and difficulties dealing with nature and the natural environment
- More specifically, the focus and concentration are the human causes and what lies behind them
- What lies behind problematic human behaviour, actions and practices
- The mind, the inner mental life and the mental self, what takes place and what we do in the mind, how we understand and manage them

- How we understand and manage what takes place, what we face and have to deal with, what we do and need to do, what we must establish, develop and maintain in the mind and mental existence
- How in the mind we deal with conditions, demands and challenges, problems and difficulties, change and changing conditions
- The understanding, mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them

- The choices and decisions we make, and how we make them, the goals and objectives we pursue, and how we define them
- The behaviour and actions in which we engage, and how we consider and manage them
- The direction of the answers and solutions, the direction we need to take in conceptual and mental development and growth, individually and as a species
- The understanding, mental powers and abilities, mental skills and practices we need to develop, how to develop and use them

- ◆ To sustain an expanding global human population in sustainable, equitable, secure and peaceful ways on the limited and finite natural material resources base of the Earth, within the natural parameters, the boundaries and limits of existence set by nature
- And not contribute further to the premature demise in the long term of the human species at its own hands

- Conceptual Context
- Central Argument

- Essentially, there are two different positions, views and responses, religion and science, regarding the problems and difficulties we face today and how to deal with them
- Religious View and Response
 - The problems and difficulties we face are the results and consequences of a breakdown of society, community and family, and the loss of focus, purpose and direction in life
 - In turn they are the result of a loss of morals, ethics and values, guides to human behaviour and actions, the consequences of a disconnect from religion

- The results and consequences of permissive liberal individualism, the loss of collective morals, ethics and values, governing, defining, guiding and directing individual and collective behaviour and actions, choices and decisions, goals and objectives
- The answers and solutions are seen to lie in a return to religion, the morals, ethics, values, guides and prescripts of religion
- For religious fundamentalists, the answer lies in the return to a strict interpretation and adherence to religious scripts, dogmas and prescripts
- For others they lie in reconnecting science and religion

- A science and religion dialogue, with science providing answers to questions about nature and the natural environment and religion answering questions about life and existence
- Scientific View and Response
 - Problems and difficulties are issues yet to be addressed and resolved, on an otherwise constructive and beneficial path and direction of human development
 - The answers and solutions lie in advances in science and technology, providing the knowledge, tools, methods and techniques necessary to deal with problems and difficulties

- Addressing problems and difficulties and improving existence is seen to be a matter of constructing the ideal external socio-cultural and physical-material conditions
- The external conditions of an ordered, stable, secure and predictable world of material ease and comfort, where problems and difficulties no longer occur
- Managing, controlling and directing irregular, non-uniform and unpredictable natural forces, processes and developments
- Improving nature and the natural environment, addressing and correcting imperfections in nature, in the human being and in the world around us

- Limits and Shortcomings
 - Neither religion nor science touches on deeper-rooted problems, causes and developments that lie behind the problems, difficulties and crises we face and we create globally today
 - Religion and science consider and deal only with symptoms and consequences
 - The deeper-rooted problems, causes and developments include, the breakdown of collective authority structures, that have governed, defined, guided and directed human behaviour and actions, choices and decisions, goals and objectives

- The result of a constant striving and struggle throughout human history against domination and collective authority structures, for individual freedom and liberty, individual sovereignty and autonomy
- A striving and struggle rooted in the natural conditions of human existence, existing individually, mentally and physically, independent of each other and of any larger organic collective whole
- The problem is the breakdown of external collective authority structures is not offset by the development of individual inner mental structures, to govern, define, guide and direct individual behaviour and actions, choices and decisions, goals and objectives

- The results and consequences of inappropriate and insufficient education and training, conceptual and mental development
- Inappropriate and insufficient development in individual knowledge, understanding and mental faculties, individual natural mental powers and abilities and necessary mental skills and practices
- The result in turn of how traditionally we understand and manage existence and development, the understanding, mental powers and abilities, mental skills and practices we develop and on which we rely

- Understanding and managing existence in the collective, not individually, in cooperation with each other
- Considering and understanding the conditions of existence in the abstract, beyond our experience of them
- Establishing a sense of self, order and stability, clarity and coherence, certainty, security and confidence externally, beyond the mind and mental existence, in socio-cultural and physical-material terms
- Understanding and managing existence through understanding and managing external conditions and the world around us, not understanding and managing them within existing and changing external conditions

- Failing to understand and manage the mind and mental existence, the inner mental life and the mental self, within existing and changing external conditions
- Failing to understand and manage the role and responsibility in our existence and development that by nature are individually ours to understand and manage, where we are in charge and in control, individually in the mind and mental existence
- Failing to develop, exercise and practice individually the necessary knowledge, understanding and mental faculties, natural mental powers and abilities and necessary mental skills and practices

- Answers and Solutions
 - The answers and solutions lie in understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions, from the ground up and from the inside out
 - At the level of the natural conditions of existence, which in the first instance define and govern human existence and development
 - That lie beyond human control, but that we must deal with and accommodate, to which we must respond and adjust

- The natural conditions of existence that are common to all human beings, that lie behind and that are reflected in individual human experience
- Starting with the individual, the mind, the inner mental life and the mental self
- From within the mind and mental existence, as reflected in individual experience
- Understanding and managing them in a holistic way, a differentiated, but integrated, connected and related way, in their essence, in depth and detail

- Conceptual Context
- Central Argument
- → Natural Conditions of Existence

- We exist in and as part of a constantly unfolding, changing and transforming world
 - We are biological organisms, whose existence and development in the first instance is defined and governed by natural forces and processes
 - We have an active role to play in our existence and development
 - We are not naturally-genetically preconditioned to behave and act in necessary and appropriate ways, meeting our needs and responding to change and changing conditions

- Managing existence and development requires a sense, an understanding of the nature, conditions, needs, demands and challenges of existence, our role and responsibility in them, how to manage and deal with them
- To manage, define, guide and direct our behaviour and actions, choices and decisions, goals and objectives
- We exist mentally and physically independent of each other

- But we depend on and must interact with each other to meet some of our basic needs, particularly our mental needs
- Consciously we exist and act in the mind, where the inner mental life takes place and where the mental self is active
 - It is where individually we are in charge and in control, where we must actively be engaged, and where we must take responsibility for everything we do and we engage in
 - It is where we experience, become aware and where we must consider the conditions of existence and how to deal with them

- We experience and become aware of the conditions of existence, our own mental and physical existence and development and the world around us, through our experiences, perceptions, sensations and feelings
- They are the only access of the mind and awareness to conditions of existence and the world around us
- We do not experience all of reality
- Experiences moreover, fragment, divide and separate an integrated, connected and interacting world and reality
- Experiences, perceptions, sensations and feelings do not, on their own fully impress themselves, in all their details on our awareness

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- They do not order and arrange themselves in clear and meaningful ways in the mind and awareness
- And they do not form clear and detailed images and pictures in the mind about the conditions that lie behind our experiences
- Initial mental conditions and state of mind
 - Are disorder and instability, doubt and confusion, uncertainty and insecurity
 - What comes to mind and we become aware of first appears as vague notions, lacking in clarity, depth and detail

- Managing existence, existing in and as part of a constantly changing world
 - Requires clarity of mind and detailed understanding about the conditions and demands of existence
 - It requires establishing the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
 - Making sense of individual experience and considering the conditions that lie behind them and how to deal with them

- Dealing with mental disorder and instability, doubt and confusion, uncertainty and insecurity, the demands and challenges of mental existence and mental development
- It requires developing individually the necessary knowledge, understanding and mental faculties, natural mental powers and abilities and necessary mental skills and practices

- Conceptual Context
- Central Argument
- Natural Conditions of Existence
- → Knowledge, Understanding and Guides to Behaviour and Actions

- Knowledge and Understanding
 - Knowledge is awareness of information details and specifics, of the conditions of existence and the world around us
 - Understanding, in contrast, consists of pictures, images and conceptual structures in the mind
 - It involves connecting the dots, connecting information details and specifics to form clear and detailed images, pictures and conceptual structures in the mind

- Establishing understanding requires establishing first the necessary experiential information details and specifics,
- Going beyond instant awareness and first impressions, making sense of experience, perceptions, sensations and feelings that enter the mind and awareness
- Considering the conditions that lie behind and that are reflected in experiences
- Then, connecting the details and specifics of experiential information and forming clear and detailed images in the mind about the conditions of existence and the world around us

- Guides to Behaviour and Actions
 - We need a conceptual foundation and framework of understanding about the conditions of existence to make choices and decisions, goals and objectives, consider and manage behaviour and actions
 - As human beings we share a common nature, common natural conditions, demands and challenges of existence
 - However, we do not experience the same conditions, demands and challenges at the same time, under the same circumstances

- Similar conditions, changes and developments pose different demands and challenges for the individual, requiring different responses and adjustments, different behaviour and actions
- Existing mentally and physically independent of each other and of any larger collective whole, individually we develop separate and independent of each other, at different times and at a different pace
- Individually we always are at different stage in our physicalbiological unfolding, and at different levels in our conceptual and mental development and growth from others

- We are at different levels in the development of individual knowledge, understanding and mental faculties, mental powers and abilities, mental skills and practices
- Individually we have a different history, background and path of development, being influenced by different situations and conditions
- Similar conditions, changes and developments pose different demands and challenges for the individual, requiring different responses and adjustments, behaviour and actions, choices and decisions

- Requiring individual understanding, or mental scripts, to define, guide and direct necessary behaviour and actions, choices and decisions, goals and objectives
- To define, guide and direct individual behaviour and actions, dealing with demands, challenges, change and changing conditions, in positive, constructive and beneficial ways
- Individual mental scripts need to be written at the level and within the context of the natural conditions of existence, which in the first instance, define and govern human existence and development

They need to be considered and understood at the level and within the context of a clear and detailed conceptual foundation and framework of understanding about the natural conditions of existence that lie behind and that are reflected in individual experience

- Conceptual Context
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- → Religion, Philosophy and Science, Approach, Focus and Objectives

Religion

- The approach of religion is rooted in early human responses, at the dawn of human consciousness, to the conditions, demands and challenges of existence, particularly the mind and mental existence
- Human responses to a mysterious self and a reality of hidden forces
- Conceptually extending the human self beyond individual mental and physical existence
- Speculating and abstracting from instant awareness and first impressions of human experience about the conditions of existence and the world around them

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- Speculating and creating abstract images in the mind of a supernatural-spiritual world of mysterious forces and hidden spirits
- At first, randomly creating vague images, lacking in depth and detail,
- Later, creating reasoned and detailed mental images of a supernatural-spiritual world
- With growing diversity in human activity and rising complexity in human communities, human relations and interactions, images of a supernatural-spiritual world grow more complex and detailed

- The focus and objectives of religion is to understand the purpose and role of human existence, to guide and direct human behaviour and actions
- Appeals and seeking favours with hidden spirits and supernatural forces are viewed as the way to improve the conditions of existence

Philosophy

- Philosophy is rooted in Greek metaphysics
- Establish certainty, objective truth and knowledge about the conditions of existence and the world around us through reasoned thought and argumentation beyond subjective human feelings
- Gaining knowledge and understanding of a pre-physical or metaphysical realm, of unchanging ideal forms and causes, that are taken to govern the physical-material world

- Mathematical knowledge, to Greek thinkers, appeared certain, exact and about the real world
- Thought to exist in the metaphysical realm, to be reached through reasoned thought, philosophy, without appeal to the senses
- In mental reality, Greek metaphysics and philosophy is the reasoned construction of speculative and abstract mental images and conceptual constructs
- Arrived at through the use of philosophical, or mental aids, tools, methods and techniques

- Aids, tools, methods and techniques such as dialectics, rhetoric, syllogism, deduction, induction, disputation and logic
- The focus and objectives of philosophy is to establish certainty, objective knowledge and truth as a way to improve the conditions of existence, in a constantly unfolding, changing and transforming world

Science

- Science, its approach to understanding, making sense of human experience of the conditions of existence and the world around us, like religion, has is beginnings at the dawn of human consciousness
- The approach has its roots in early human responses to the demands and challenges of mental existence
- The development of science, creating images in the mind about the natural-material world is driven by the need to interact with nature and the natural environment to meet human physical-material needs

- The selection in the Paleolithic period, of edible plants and animals, the discovery of ways of collecting and harvesting them, and the recognition of seasons are the first steps of science, of constructing images in the mind about the natural-material world
- Growing interaction with nature and the natural environment in the transition from subsistence to commercial agriculture leads to the development of more detailed awareness, knowledge, and mental images of the natural-material world

- Surplus production, flood control and irrigation systems, observation of astronomical events, the use of natural materials in the construction of permanent urban settlements, the construction of wheels, wagons and ships, writing and keeping records lead to more detailed and differentiated images of the natural world
- In its essence, science and the scientific process consists of observing, differentiating, naming, listing and categorizing the self-evident and obvious in human experience, of the natural-material world, and speculating, deducing and concluding about underlying forces, processes and relationships

- It includes creating lists and dictionaries of names, categories and relationships
- The scientific approach progresses from random observations to the systematic observing and considering of the self-evident, obvious and apparent in human experience of the natural-material world
- The process is aided by the development of tools, methods, techniques and conventions of observing, differentiating, naming, listing and categorizing, deducing and concluding about underlying natural forces, processes, causes and effects

- Tools, methods and techniques such as symbols, language, numbers, writing, weights and measures, time, mathematics and experimental testing
- Over time, the process becomes institutionalized in scientific conventions, methods and practices, institutions and organizations
- Formulating natural laws, thought to govern the natural world
- Capturing the workings of nature in symbolic, linguistic and numeric theories, formulas and models, to be used and applied to manage, control, direct and improve external conditions

- The focus and aim of science is objective knowledge about the natural-material world, nature and natural environment, its structure and workings
- To improve external conditions of existence and construct an ordered, stable, secure and predictable world around us, of material ease and comfort
- The beginnings of science, the constructing of mental images of a natural-material world, are rooted in images of a supernatural-spiritual world

- Nature, the natural world, natural elements, phenomena, forces and processes were taken to be magic and mystical, reflections of a supernatural-spiritual world
- Supernatural-spiritual causes were seen to lie behind everything in the physical-material world, natural developments, forces and processes, including human activities
- Observing, naming, listing and categorizing natural elements and phenomena were seen to be magical and spiritual acts

- The cultivation of crops, raising of animals, the development of urban existence, surplus and commercial agriculture, and crafts gradually leads to the discovery of regularities, uniform and recurring patterns and processes in nature
- They allow for rational planning and the organized use and control of nature, natural environment and natural resources
- It leads to the recognition and awareness, the world is governed by recognizable and understandable natural forces, processes and relationships, not by mysterious spirits and supernatural forces

- Leading to a gradual divorce of images of the naturalmaterial world from perceptions of a supernatural-spiritual reality, the separation of science from religion
- The separation of science from religion, of natural-material from supernatural-spiritual accounts of human existence and the world around us, and guides to human behaviour and actions, choices and decisions is a gradual process, unfolding over centuries
- A process of recognition and acceptance of the greater effectiveness of natural-material explanations in managing, controlling and using nature, the natural environment and natural resources

- It is a process that is still unfolding today, which individually we act out in the mind
- Anything in our existence and in the world around us that is not self-evident, clear and obvious, we readily attribute to, account for and explain in supernatural-spiritual, mysterious and mystical terms
- As soon as we find a more rational explanation and understanding, we abandon and move beyond supernatural-spiritual accounts

- Limits and Shortcomings
 - Religion provides general, collective understanding and guides for behaviour and actions of the collective, the community and the individual
 - Religion does not provide knowledge, understanding and the mental faculties to understand and manage human existence and development, make sense of human experience, the conditions that lie behind them, and how to deal with them
 - The conditions, demands and challenges of individual existence, and how to deal with them, are to be derived from the general, collective script

- Religion does not provide the means, the knowledge and understanding, the mental powers and abilities, mental skills and practices to understand and manage individual existence and development
- It offers stories, homilies, analogies and metaphors through which to make sense of individual experience, understand the conditions, demands and challenges of individual existence, how to deal with, respond and adjust to them
- Religion does not provide a conceptual foundation and framework of understanding that are rooted in and that reflect individual experience, and the conditions of individual existence that lie behind them

- It provides speculative and abstract images of a supernatural-spiritual world of hidden spirits and mysterious forces
- Individual existence and development are to be understood and managed indirectly, in collective terms, within the context of the larger collective supernatural-spiritual whole
- Philosophy, on the other hand, provides tools, methods and techniques for speculative and abstract reasoning
- It does not provide the means, individual understanding, mental powers and abilities, mental skills and practices, required to understand and manage individual existence and development, guide and direct individual behaviour and actions

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- It provides the means only for speculative and abstract reasoning about the conditions of existence
- Philosophy also does not provide a conceptual foundation and framework of understanding that are rooted in and reflect individual experience and the conditions of individual existence that lie behind them
- The conceptual foundation and framework of understanding within which to consider and make sense of individual experience, understand the conditions individual existence and development, and to guide and direct individual behaviour and actions, choices and decisions, goals and objectives

- Science provides information, knowledge and understanding about the natural-material universe, nature, the natural environment, natural forces, processes, developments and changes, how to use and control them
- Science does not provide a script to guide and direct individual behaviour and actions, choices and decisions
- It does not provide the means, individual understanding, mental powers and abilities, mental skills and practices, necessary to understand and manage individual existence and development, guide and direct individual behaviour and actions, within the natural parameters, the boundaries and limits of existence set by nature

- Neither religion, philosophy nor science provide knowledge and understanding of the conditions of existence that lie behind and that are reflected in individual experience
- They do not provide a conceptual foundation and mental framework, rooted in and reflecting individual experience, and the conditions of individual existence that lie behind them
- The conceptual foundation and mental framework within which to make choices and decisions, define aims, goals and objectives, guide and direct individual behaviour and actions

- More importantly, they do not provide knowledge and understanding about the mind and mental existence, the inner mental life and the mental self, our role and responsibility in them, how to manage and deal with them
- Where consciously we exist and act, where we experience, become aware, and where we must consider the conditions of existence, and how to deal with them
- Where by nature we are in charge and in control, where we must actively be engaged, and where we must take responsibility for everything we do and we engage in, individual behaviour and actions

- Religion, philosophy and science fail to provide or aid in establishing and maintaining the necessary internal mental conditions before we engage and deal with external conditions, with others and the world around us
- They do not aid in establishing and maintaining a sense of self, the human and the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence
- Where individually we are in charge and in control, in the mind, our inner mental life and existence

- They do not lead or contribute to developing individually the required knowledge, understanding and mental faculties, individual natural mental powers and abilities, and necessary mental skills and practices
- Engage in a process of continuous, life-long conceptual and mental self-development and growth
- Constantly reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, skills and practices, whenever necessary and required, in light of change and changing conditions
- Instead, they provide fixed, general beliefs, views and knowledge, in the case of religion and science, and mental aids, tools, methods and techniques, in the case of philosophy

- Results and Consequences
 - Religion, philosophy and science lead to the development of problematic, inappropriate and insufficient understanding, mental powers and abilities, mental skills and practices
 - The results and consequences include persisting and growing human individual, social and environmental problems and difficulties
 - Problems and difficulties dealing with the individual self, understanding and managing the mind, the inner mental life and the mental self, and our role and responsibility in them

- Establishing and maintaining the necessary internal mental conditions, and developing individual natural mental powers and abilities, necessary mental skills and practices
- Persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression
- Problems and difficulties relating and interacting, communicating and cooperating with each other
- Competition, conflict and confrontation, over shared resources and different, competing and conflicting beliefs, views, values, conventions and practices

- Problems and difficulties dealing with nature and the natural environment
- Exploiting natural material resources beyond actual human material needs
- Degrading the natural environment, and interfering in nature, natural forces and processes beyond what is necessary and required
- Bringing about changes in natural development and the natural environment, which in the long-term will render the natural environment of the Earth uninhabitable for the human species

- Limits and Shortcomings, Results and Consequences of Religion, Philosophy and Science
- → Beyond Religion, Philosophy and Science

- Understanding and managing existence and development, from the ground up and from the inside out
- At the level of the natural conditions of existence, beginning with the individual, starting with the mind, the inner mental life and the mental self
- Changing the approach, focus and direction in conceptual and mental development and growth

- Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions in a differentiated, but integrated, connected and related way, in their essence, in depth and detail
- At the level of the natural conditions of existence, common to all human beings, that lie behind and that are reflected in human experience
- Understanding and managing them beyond the collective beliefs and guides of religion, the speculative reasoning of philosophy, and the objective knowledge of science

- Beyond speculating, abstracting and extrapolating from first impressions and instant awareness, the self-evident, obvious and apparent in human experience
- Considering and understanding the conditions of existence through making sense of experience, and the conditions that lie behind and that are reflected in them
- Establishing the necessary internal mental conditions, not collectively creating the ideal external conditions of an ordered, stable, secure and predictable world around us

- Establishing the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- Considering and making sense of experience and considering the conditions that lie behind them at length, in depth and detail
- Establishing and maintaining a sense of self, the human and the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence in the mind, where individually we are in charge and in control

- Establishing clear and detailed mages and conceptual structures in the mind, a conceptual foundation and framework of understanding, about the conditions of existence and development and the world around us
- Developing the necessary knowledge, understanding and mental faculties, natural mental powers and abilities, and required mental skills and practices
- Engage in a process of continuous, life-long conceptual and mental self-development and growth

- Constantly, in light of change and changing conditions, reconsider the knowledge, understanding, mental powers and abilities, mental skills and practices on which we rely and how we develop and use them
- Whenever necessary and required, in light of problems and difficulties, errors and mistakes in what we do and engage in, reconsider the choices and decisions we make and how we make them
- Reconsider the goals and objectives we pursue, and how we define them, the behaviour and actions in which we engage and how we consider and manage them