

Development, Change and Transformation

From the Ground Up and
From the Inside Out

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Approach and Context
- How Traditionally We Understand and Manage Existence and Development
- Limits and Shortcomings, Results and Consequences
- Natural Conditions, Demands and Challenges of Existence

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Understanding and Managing Existence and Development From the Ground Up and From the Inside Out
- Addressing Limits and Shortcomings, Results and Consequences
- Summary

Development, Change and Transformation, From the Ground Up and From the Inside Out

- → Approach and Context

Approach and Context

- Approach
- Context

Approach and Context

- → Approach

Approach

- ◆ Development, change and transformation from the ground up and from the inside out is a different approach, focus and direction in development, how we understand and manage existence and development
- ◆ Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions, everything we do and we engage in, from the ground up and from the inside out
- ◆ From the ground up, at the level of the natural conditions of existence, which are common to all human beings, and which in the first instance define and govern human existence and development

Approach

- ◆ The natural conditions of existence that lie behind and that are reflected in human experience, the experience of every human being
- ◆ From the inside out, beginning with understanding and managing the mind, mental existence and mental development
- ◆ Understanding and managing existence and development in a holistic way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way

Approach

- ◆ Not, as traditionally is the case, understanding and managing existence and development from the top down and from the outside in
- ◆ In a fragmented, general, 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

Approach

- ◆ From the collective down to the individual
- ◆ Understanding and managing external conditions and the world around us to understand and manage inner mental conditions, the mind, the inner mental life and the mental self
- ◆ Dividing and separating an integrated, connected and interacting world and reality into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise

Approach

- ◆ Defined and governed by different assumptions, objectives, approaches and practices
- ◆ The different approach involves individually establishing the necessary internal mental conditions, not collectively creating the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world around us
- ◆ Individually establishing the necessary internal mental conditions in everything we do and we engage in, before engaging and dealing with external conditions, others and the world around us

Approach

- ◆ Establishing a sense of self, the human self, order and stability, clarity of mind and understanding, certainty, security and confidence in the mind and inner mental life, not externally in socio-cultural and physical-material terms
- ◆ Understanding and managing existence and development at the level and within the context of understanding and managing, in the first instance, the mind and mental existence
- ◆ From within the mind, as reflected in individual experience

Approach and Context

- Approach
- → Context

Context

- ◆ The context is the human condition
- ◆ Persisting and growing human, social and environmental problems and difficulties
- ◆ Problems and difficulties 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 understanding and managing the human self, particularly the mind, the inner mental life and the mental self, our role and responsibility

Context

- ◆ Problems and difficulties relating and interacting, communicating and cooperating with each other
- ◆ Problems and difficulties relating and interacting with nature and the natural environment
- ◆ 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, the conscious and aware self, how we understand and manage them

Context

- ◆ 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, in our inner mental life we deal with, respond and adjust to demands and challenges, 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

Context

- ◆ 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

Context

- ◆ 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 equitable 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

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Approach and Context
- → How Traditionally We Understand and Manage Existence and Development

How Traditionally We Understand and Manage Existence and Development

- ◆ Traditionally we understand and manage existence and development from the top down and from the outside in
- ◆ We understand and manage everything in life, demands and challenges, problems and difficulties, change and changing conditions in a fragmented, general, and disconnected way in the abstract
- ◆ We understand and manage them from the human-created socio-cultural level down to the level of the natural conditions of existence

How Traditionally We Understand and Manage Existence and Development

- ◆ From the collective down to the individual
- ◆ We consider, understand and manage external conditions and the world around us to understand and deal with inner mental conditions, the mind, the inner mental life and the mental self
- ◆ We divide and separate existence and development, an integrated, connected and interacting world and reality into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise

How Traditionally We Understand and Manage Existence and Development

- ◆ Defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices
- ◆ The focus and concentration are collectively creating the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world of material ease and comfort
- ◆ We understand, organize and manage existence and development in the collective, not individually, in cooperation with each other

How Traditionally We Understand and Manage Existence and Development

- ◆ We conceptualize and understand the conditions of existence in the abstract, beyond our experience of them
- ◆ We try to create externally in the world around us what by nature we must establish individually in the mind and mental existence
- ◆ Trying to establish a sense of self, order and stability, clarity and coherence, certainty, security and confidence externally in the world around us, not internally in the mind and mental existence
- ◆ We understand and manage existence and development through understanding and managing external conditions and the world around us, instead of understanding and managing them within existing and changing conditions

How Traditionally We Understand and Manage Existence and Development

- ◆ We consider, understand and manage existence and development, primarily and in the first instance, in socio-cultural terms, at the level of human-created socio-cultural conditions and reality
- ◆ We try to create the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world around us
- ◆ Instead of understanding and managing existence and development within existing and changing conditions

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Approach and Context
- How Traditionally We Understand and Manage Existence and Development
- → Limits and Shortcomings, Results and Consequences

Limits and Shortcomings, Results and Consequences

- Limits and Shortcomings
- Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques
- Results and Consequences

Limits and Shortcomings, Results and Consequences

- → Limits and Shortcomings

Limits and Shortcomings

- ◆ We fail to understand and manage existence and development at the level of the natural conditions, which in the first instance define and govern human existence and development
- ◆ We contradict, conflict with and fall short of the natural conditions, demands and challenges of existence
- ◆ We fail to understand and manage the role and responsibility in our existence and development that by nature are individually ours to understand and manage

Limits and Shortcomings

- ◆ Instead, we try to understand and manage the role of nature in our existence and development, which lies beyond human control
- ◆ We engage and deal with external conditions, others and the world around us without establishing first the necessary internal mental conditions
- ◆ We try to establish order and stability, clarity and coherence, certainty and security externally in the world around us, beyond the mind and mental existence

Limits and Shortcomings

- ◆ We try to create the ideal external conditions through managing, controlling and directing the world around us, others, nature and the natural environment
- ◆ We act out, and act out of doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration, not from clarity of mind and understanding
- ◆ We fail to understand and manage existence and development within the natural parameters, the boundaries and limits of existence set by nature

Limits and Shortcomings, Results and Consequences

- Limits and Shortcomings
- → Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ We develop the understanding, powers and abilities, skills and practices, tools, methods and techniques to understand and manage existence and development from the top down and from the outside in
- ◆ In a fragmented, general, and disconnected way in the abstract
- ◆ Understand and manage them from the human-created socio-cultural level down to the level of the natural conditions of existence
- ◆ From the social-collective down to the individual

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ Understand and manage external conditions and the world around us to understand and manage the self, the mind, mental existence, the inner mental life and mental self
- ◆ We develop the understanding, tools, methods and techniques to divide and separate existence and development into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise
- ◆ Defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ We develop the understanding, powers and abilities, skills and practices collectively to create the ideal external, socio-cultural and physical-material conditions
- ◆ The understanding, skills, practices, tools and methods to understand, organize and manage existence and development in the collective, not individually, in cooperation with each other
- ◆ To conceptualize and understand the conditions of existence and the world around us in the abstract, beyond a detailed and in-depth understanding of our experience of them

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ We develop the understanding, powers and abilities, skills and practices to establish a sense of self, a sense of order and stability, clarity and coherence, certainty and security externally, beyond the mind and mental existence, in socio-cultural and physical-material terms
- ◆ Understand and manage existence and development through understanding and managing external conditions and the world around us, not understanding and managing existence and development within existing and changing conditions

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ We develop the understanding, powers and abilities, skills and practices, the tools, methods and techniques to understand and manage existence and development through creating the ideal external conditions of an ordered, stable, secure and predictable world around us
- ◆ Understand and manage existence and development, primarily and in the first instance, at the level and within the context of human-created socio-cultural conditions and reality

Understanding, Powers and Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ The understanding, powers and abilities, skills and practices, tools, methods and techniques we develop, use and rely on, in turn, lead to problematic results and consequences
- ◆ They lead to persisting and growing human, social and environmental problems and difficulties
- ◆ They lead to developments that, in the long term, are taking the human species in the direction of its premature demise at its own hands

Limits and Shortcomings, Results and Consequences

- Limits and Shortcomings
- Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques
- → Results and Consequences

Results and Consequences

- Human Problems and Difficulties
- Social Problems and Difficulties
- Environmental Problems and Difficulties

Results and Consequences

- → Human Problems and Difficulties

Human Problems and Difficulties

- ◆ Individually lacking a firm conceptual foundation and framework of understanding
- ◆ Lacking clarity of mind and understanding about the conditions of existence, mental and physical existence and development and the world around us
- ◆ Being lost in the mind and mental existence, in mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Acting out of disorder and instability, doubt and confusion, uncertainty and insecurity

Human Problems and Difficulties

- ◆ Acting out of fear, stress, anxiety, frustration and depression
- ◆ Poverty of understanding, a sense of ignorance, helplessness, incompetence and hopelessness
- ◆ Problems and difficulties making sense of individual experience, perceptions, sensations and feelings, and the conditions of existence that lie behind and that are reflected in them
- ◆ Problems and difficulties understanding, distinguishing and differentiating between the role of nature, and our own role and responsibility in our existence and development

Human Problems and Difficulties

- ◆ Problems and difficulties understanding, distinguishing and differentiating between natural and human-created socio-cultural conditions and development, demands and challenges
- ◆ Understanding, distinguishing and differentiating between social-collective and individual conditions, needs and development
- ◆ Between collective and individual knowledge and understanding, powers and abilities, skills and practices

Human Problems and Difficulties

- ◆ Problems and difficulties understanding, distinguishing and differentiating between natural mental powers and abilities, skills and practices, and human-created tools, methods and techniques
- ◆ Developing individual understanding, mental powers and abilities, mental skills and practices, and acquiring knowledge about and the skills to use human-created tools, methods and techniques
- ◆ Problems and difficulties making choices and decisions, defining aims, goals and objectives, planning, organizing and managing individual behaviour and actions

Human Problems and Difficulties

- ◆ Problems and difficulties dealing with the self, relating and interacting with others and the world around us, in meaningful, constructive and beneficial ways
- ◆ Creating problems and difficulties of which we are unaware, we fail to recognize, we deny and reject, and for which we hold others responsible
- ◆ Answers and solutions we take to lie beyond the self, with others, society or higher authority
- ◆ Expecting and demanding the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world around us

Human Problems and Difficulties

- ◆ Escapism from constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression
- ◆ Escapism, into abstractions, fantasies, idle speculation and wishful thinking
- ◆ Escapism and addiction to different experience, drugs, alcohol, tobacco, sex, excessive consumption, travel, adventure, extreme exercise and sport
- ◆ Irrational, unpredictable, counterproductive, violent, harmful and destructive behaviour and actions

Human Problems and Difficulties

- ◆ Depression, mental paralysis, paranoia, insanity and suicide
- ◆ Premature aging from mentally related physiological wear and tear
- ◆ Abrogating responsibility for the individual self to others, society and higher authority, looking to them, and holding them responsible for individual mental and physical existence and development, order, stability and well being
- ◆ Dependence and reliance on, and resentment of others, external conditions and the world around us

Results and Consequences

- Human Problems and Difficulties
- → Social Problems and Difficulties

Social Problems and Difficulties

- ◆ Competition, conflict and confrontation, war, killing and destruction
- ◆ Competition, conflict and confrontation relating and interacting with each other
- ◆ Conflict and confrontation meeting respective needs and cooperating managing shared existence and development
- ◆ Competition, conflict and confrontation over shared natural spaces and resources

Social Problems and Difficulties

- ◆ Conflict and confrontation about different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices
- ◆ Different ways of understanding and managing existence and development
- ◆ Domination, exploitation, deprivation and marginalization, poverty and starvation
- ◆ Greed, corruption, injustice and inequality
- ◆ Failing to meet respective needs, for which we depend on and must interact with each other

Results and Consequences

- Human Problems and Difficulties
- Social Problems and Difficulties
- → Environmental Problems and Difficulties

Environmental Problems and Difficulties

- ◆ Contradicting, conflicting with, and falling short of the natural conditions, demands and challenges of existence
- ◆ Exploiting natural material resources, beyond human material needs, meeting non-material mental needs in material ways
- ◆ Degrading the natural environment, and interfering in nature, natural processes, development and change, beyond what is necessary and required
- ◆ Trying to create the ideal external conditions through managing, controlling and directing nature, the natural environment, natural forces, processes and developments

Environmental Problems and Difficulties

- ◆ Leading to changes in natural development that in the long term will render the natural environment of the Earth uninhabitable for the human species

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Approach and Larger Context
- How Traditionally We Understand and Manage Existence and Development
- Limits, Shortcomings and Contradictions, Results and Consequences
- → Natural Conditions, Demands and Challenges of Existence

Natural Conditions, Demands and Challenges of Existence

- ◆ We exist in and as part of a constantly unfolding, changing and transforming natural world
- ◆ We are unfolding, changing and transforming biological organisms, defined and governed by natural forces, processes, development and change
- ◆ We are not genetically preconditioned to behave and act in necessary and appropriate, constructive and beneficial ways, meeting our needs at the right time, in necessary ways

Natural Conditions, Demands and Challenges of Existence

- ◆ We must individually take an active part in our existence and development
- ◆ We must make choices and decisions, define aims, goals and objectives, plan, organize and manage our behaviour and actions
- ◆ We consist of body and mind, mental and physical existence
- ◆ We exist, mentally and physically independent of each other and of any larger organic collective whole
- ◆ But we depend on and must interact with each other, to meet some of our basic needs, particularly mental needs

Natural Conditions, Demands and Challenges of Existence

- ◆ Consciously we exist and act in the mind and mental existence
- ◆ We experience and become aware of the conditions of existence and the world around us through perceptions, sensations and feelings
- ◆ Our experience, perceptions, sensations and feelings are the only access of the mind and awareness to the conditions of existence and the world around us
- ◆ However, we do not experience all of reality
- ◆ Moreover, our experience fragment, divide and separate an integrated, connected and interacting world and reality

Natural Conditions, Demands and Challenges of Existence

- ◆ Experiences, perceptions, sensations and feelings do not on their own impress themselves fully, in all their details, on our awareness
- ◆ They do not order and arrange themselves in the mind and awareness in meaningful, constructive and beneficial ways
- ◆ They do not form clear and detailed pictures in the mind about the conditions that lie behind them
- ◆ The results are mental disorder and instability, doubt and confusion, uncertainty and insecurity, as the initial mental conditions and state of mind

Natural Conditions, Demands and Challenges of Existence

- ◆ Whatever comes to mind and we become aware of first appear as vague notions, lacking in clarity, details and depth
- ◆ Understanding and managing existence and development in changing conditions requires clarity of mind and understanding about the conditions of existence and the world around us
- ◆ It requires considering and making sense of experience, the conditions behind and how to deal with them
- ◆ Establishing the necessary internal mental conditions, before engaging and dealing with external conditions, others, and the world around us

Natural Conditions, Demands and Challenges of Existence

- ◆ Establishing and maintaining a sense of self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in everything we do and we engage in
- ◆ Dealing with disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration, through addressing the mental conditions that lie behind them

Natural Conditions, Demands and Challenges of Existence

- ◆ Understanding and managing existence and development requires establishing the necessary understanding, natural mental powers and abilities, necessary and appropriate mental skills and practices
- ◆ It requires engaging in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ Constantly, in light of change and changing conditions, reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, mental skills and practices

Natural Conditions, Demands and Challenges of Existence

- ◆ Our behaviour, actions and practices are defined and governed, guided and directed by what takes place and what we do in the mind and mental existence
- ◆ Failing to establish the necessary internal mental conditions before engaging and dealing with external conditions, others and the world around us leads to problems and difficulties

Development, Change and Transformation, From the Ground Up and From the Inside Out

- → Understanding and Managing Existence and Development From the Ground Up and From the Inside Out

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions, everything we do and we engage in, from the ground up and from the inside out
- ◆ From the ground up, at the level of the natural conditions of existence, which are common to all human beings and which in the first instance define and govern human existence and development
- ◆ From the inside out, beginning with the individual, the mind, mental existence and mental development

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Understanding and managing existence and development in a comprehensive way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way
- ◆ Understanding and managing existence and development beyond human-created socio-cultural, political, economic, scientific and technological conditions and developments
- ◆ Understanding and managing them without dividing and separating them into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Understanding and managing existence and development, within the same conceptual framework, in an integrated, connected and related way
- ◆ Establishing individually the necessary internal mental conditions, before engaging and dealing with external conditions, others and the world around us
- ◆ Establishing the necessary internal mental conditions, not expecting or demanding the ideal external socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Considering and making sense of experience, perceptions, sensations and feelings, the conditions of existence that lie behind and that are reflected in them, and how to deal with them
- ◆ Establishing and maintaining in the mind a sense of self, order and stability, clarity of mind and understanding, certainty, security and confidence
- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges when only a minimum in mental work, effort and adjustment are required before they develop into larger problems, difficulties and crises

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Developing, exercising and practicing our mental faculties, the natural mental potential, natural mental powers and abilities, necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ Engaging in a process of continuous, life-long conceptual and mental development and growth
- ◆ Constantly, in light of change and changing conditions, reconsidering, updating, correcting, expanding and improving our knowledge, understanding, mental powers and abilities, mental skills and practices

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Reconsidering, updating, correcting, expanding and improving, whenever necessary and required, 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 plan, organize and manage them
- ◆ Dealing with the self, relating and interacting with external conditions, others and the world around us, from mental order and stability, clarity of mind and understanding, certainty, security and confidence

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Not from disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration or depression
- ◆ Considering and understanding human-created socio-cultural, political, economic, scientific and technological reality, conditions and developments at the level of the natural conditions of existence
- ◆ Within the context of understanding and managing the mind and mental existence, the inner mental life and the mental self from within the mind as reflected in individual experience

Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out

- ◆ Considering, understanding and managing demands and challenges, problems and difficulties, change and changing conditions, in the first instance in the mind and inner mental life
- ◆ Considering, understanding and managing them first as demands and challenges, problems and difficulties, change and changing conditions of the mind and mental existence
- ◆ Understanding and managing 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 individually in the mind and mental existence, in an integrated, connected and related way, in their essence, in depth and detail

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Understanding and Managing Existence and Development, From the Ground Up and From the Inside Out
- → Addressing Limits and Shortcomings, Results and Consequences

Addressing Limits and Shortcomings, Results and Consequences

- Addressing Limits and Shortcomings
- Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques
- Addressing Results and Consequences

Addressing Limits and Shortcomings, Results and Consequences

- → Addressing Limits and Shortcomings

Addressing with Limits and Shortcomings

- ◆ Understand and manage existence and development, not from the top down and from the outside in, but from the ground up and from the inside out
- ◆ From inside the mind and mental existence, beginning with the individual, mental existence and mental development
- ◆ Understand and manage them not in the collective from the socio-cultural level down to the individual and understanding and managing the world around us to understand and manage the self and our mental existence

Addressing with Limits and Shortcomings

- ◆ Understand and manage existence and development not in a fragmented, generalized, disconnected and dissociated way in the abstract
- ◆ But in an integrated, connected and related way, in their essence, in depth and detail
- ◆ Understand and manage them not from the human-created socio-cultural level down to the level of the natural conditions of existence
- ◆ But at the level of the natural conditions of existence, common to all human beings, that lie behind and that are reflected in human experience

Addressing with Limits and Shortcomings

- ◆ Not divide and separate existence and development into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise
- ◆ Instead understand and manage them within the same conceptual framework, in a differentiated, but integrated, connected and related way
- ◆ The focus and concentration is not collectively creating the ideal external socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world

Addressing with Limits and Shortcomings

- ◆ Establishing individually the necessary internal mental conditions before engaging and dealing with external conditions, others and the world around us
- ◆ Establishing and maintaining a sense of self, mental order and stability, clarity of mind and understanding, certainty, security and confidence, in everything we do and we engage in
- ◆ Understand, organize and manage existence and development not in the collective, but individually, in cooperation with each other

Addressing with Limits and Shortcomings

- ◆ Consider and understand the conditions of existence not in the abstract, but through considering and making sense of our experience of them
- ◆ Establish a sense of self, order and stability, clarity and coherence, certainty and security not externally in the world around us, but in the mind and mental existence through mental work and effort
- ◆ Understand and manage existence and development not through understanding and managing external conditions and the world around us

Addressing with Limits and Shortcomings

- ◆ But through understanding and managing existence and development within existing and changing external conditions
- ◆ Acting not out of mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration
- ◆ But from mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence

Addressing with Limits and Shortcomings

- ◆ Not managing the role of nature, but understand and manage the role and responsibility in our existence and development that by nature are ours to understand and manage
- ◆ Understand and manage existence and development not only in socio-cultural terms, at the level and within the context of the human-created socio-cultural conditions and reality

Addressing with Limits and Shortcomings

- ◆ Instead, understand and manage existence and development beyond human-created socio-cultural conditions and development at the level of the natural conditions of existence
- ◆ Human-created socio-cultural, political, economic-material and scientific-technological conditions and development are considered and understood at the level and within the context of the natural conditions of existence

Dealing with Limits and Shortcomings, Results and Consequences

- Addressing Limits and Shortcomings
- → Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ Develop the understanding, powers and abilities, skills and practices not to understand and manage existence and development from the top down and from the outside in
- ◆ But understanding and managing them from the ground up and from the inside
- ◆ Develop the tools, methods and techniques not to understand and manage existence and development in a fragmented, generalized and disconnected way in the abstract

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ But to understand and manage them in a comprehensive way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way
- ◆ Develop the understanding, powers and abilities, skills and practices not to understand and manage existence and development from the socio-cultural collective down to the individual
- ◆ But to understand and manage them, from the ground up and from the inside out, beginning with the individual, the mind, mental existence and mental development

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ Not to understand and manage existence and development from the human-created socio-cultural level down to the level of the natural conditions of existence
- ◆ But to understand and manage them at the level and within the context of the natural conditions of existence that in the first instance define and govern human existence and development
- ◆ Develop the knowledge, tools, methods and techniques not to understand and manage internal mental conditions through understanding and managing external conditions and the world around us

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ But to understand and manage the mind, mental existence and mental development from within the mind, at the level of the natural conditions, that lie behind and that are reflected in human experience
- ◆ Develop the understanding, powers and abilities, skills and practices not to divide and separate existence and development into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ But to understand and manage them within the same conceptual framework, in a comprehensive way, a differentiated, but integrated, connected and related way
- ◆ Develop the understanding, powers and abilities, skills and practices not to understand and manage existence and development in the collective, but individually, in cooperation with each other
- ◆ Not collectively to create the ideal external conditions of an ordered, stable, secure and predictable world around us

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ But to establish individually the necessary internal mental conditions before engaging and dealing with external conditions, with each other and the world around us
- ◆ Develop the tools, methods and techniques, not to consider and understand the conditions of existence in the abstract, but through considering and making sense of our experience of them
- ◆ Not to establish a sense of self, a sense of order and stability, clarity and coherence, certainty and security externally in the world around us, but to establish them individually in the mind and our mental existence

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ Develop the understanding, powers and abilities, skills and practices, tools, methods and techniques not to understand and manage existence and development through understanding and managing external conditions and the world around us
- ◆ But to understand and manage existence and development within existing and changing external conditions
- ◆ Not to understand and manage existence and development only at the level and within the context of human-created socio-cultural conditions and developments

Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques

- ◆ But to understand and manage human-created socio-cultural, political, economic-material and scientific-technological reality, conditions and development at the level of the natural conditions of existence
- ◆ Understand and manage them within the context of understanding and managing, in the first instance, the mind, mental existence and mental development, at the level of the natural conditions of existence, that lie behind and that are reflected in human experience

Addressing Limits and Shortcomings, Results and Consequences

- Addressing Limits and Shortcomings
- Addressing Problematic Understanding, Powers, Abilities, Skills and Practices, Tools, Methods and Techniques
- → Addressing Results and Consequences

Addressing Results and Consequences

- Addressing Individual Problems and Difficulties
- Addressing Social Problems and Difficulties
- Addressing Environmental Problems and Difficulties

Addressing Results and Consequences

- → Addressing Human Problems and Difficulties

Addressing Human Problems and Difficulties

- ◆ Establishing the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us in everything we do and we engage in
- ◆ Considering and making sense of our experience, the conditions of existence that lie behind them, and how to deal with them
- ◆ Dealing with mental disorder, instability, doubt, confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression through considering and dealing with the mental conditions that lie behind them

Addressing Human Problems and Difficulties

- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges, in our own mental and physical existence and in the world around us, when only a minimum in mental work, effort and adjustment are required before they develop into larger problems, difficulties and crises
- ◆ Developing the necessary knowledge, understanding, and mental faculties, the mental potential, natural mental powers and abilities, mental skills and practices, and engaging in the required mental work and effort
- ◆ Engaging in a process of continuous, life-long conceptual and mental development and growth

Addressing Human Problems and Difficulties

- ◆ Constantly reconsidering, changing and correcting the knowledge, understanding and mental powers and abilities, mental skills and practices in light of change and changing conditions
- ◆ Reconsidering, changing and correcting, whenever necessary and required, 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

Addressing Human Problems and Difficulties

- ◆ In doing so we establish the necessary conceptual foundation and framework of understanding about the conditions of our existence and the world around us
- ◆ We will not lack clarity of mind and understanding about the conditions of existence, our own mental and physical existence and development and the world around us
- ◆ The individual will not be lost in the mind and mental existence, in mental disorder and instability, doubt and confusion, uncertainty or insecurity

Addressing Human Problems and Difficulties

- ◆ Instead, we establish and maintain order and stability, clarity and coherence, certainty and security in the mind and mental existence
- ◆ We will not act out of doubt and confusion, uncertainty and insecurity, fear, stress, anxiety or frustration
- ◆ Instead, we will deal with them through considering and addressing the mental conditions that lie behind them

Addressing Human Problems and Difficulties

- ◆ The individual will not suffer from poverty of understanding, ignorance, incompetence, helplessness or hopelessness
- ◆ But consider and make sense, establish clarity of mind and understanding of individual experience, the conditions of existence that lie behind them, and how to deal with them
- ◆ Individually, we will be able and in a position to make informed and considered choices and decisions, define appropriate goals and objectives, behave and act in necessary ways

Addressing Human Problems and Difficulties

- ◆ Individually we will be able to deal with, understand and manage the self, connect, communicate and interact with each other, relate and interact with the world around us, with nature and the natural environment in meaningful, constructive and beneficial ways
- ◆ We are less likely to cause problems and difficulties of which we are unaware, which we fail to recognize or address, which we deny or reject, or for which we hold others responsible
- ◆ We are less likely to look for answers and solutions, in the first instance, beyond the self, to others, society or higher authority

Addressing Human Problems and Difficulties

- ◆ We will not look for, expect or demand the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world around us
- ◆ There will be no need to escape from constant mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ No need, urge or desire to escape into abstractions, fantasies, idle speculation or wishful thinking

Addressing Human Problems and Difficulties

- ◆ There will be no need, urge or desire to escape into, or become addicted to, drugs, alcohol, tobacco, sex, compulsive consumption, travel, adventure, extreme sport or exercise
- ◆ The individual is less likely to behave and act in irrational, unpredictable, counterproductive, violent, harmful or destructive ways
- ◆ Individually, we will suffer less from depression, mental paralysis, paranoia and insanity, and there will be less cause for suicide

Addressing Human Problems and Difficulties

- ◆ The individual is less likely to abrogate responsibility for the self, for individual mental and physical existence and development, to others, society or higher authority
- ◆ Not look to others, society or higher authority and hold them responsible for individual existence and development
- ◆ The individual is less likely to depend and rely on, blame or resent others, society, external conditions or the world around us for individual problems and difficulties

Addressing Results and Consequences

- Addressing Human Problems and Difficulties
- → Addressing Social Problems and Difficulties

Addressing Social Problems and Difficulties

- ◆ Understanding and managing existence and development, not collectively from the top down and from the outside in, but individually, from the ground up and from the inside out, in cooperation with each other, there will be less competition, conflict and confrontation, war, killing and destruction
- ◆ Establishing individually the necessary internal mental conditions before engaging and dealing with external conditions and with others, there will be less conflict and confrontation relating and interacting with each other

Addressing Social Problems and Difficulties

- ◆ There will be less conflict and confrontation meeting respective needs, for which we depend on and must interact with each other, and cooperating in managing shared existence and development
- ◆ Understanding and managing existence and development, beyond human-created socio-cultural conditions at the level of the natural conditions of existence common to all human beings, there will be less conflict and confrontation over different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices

Addressing Social Problems and Difficulties

- ◆ Establishing a sense of self, order and stability, clarity and coherence, certainty, security and confidence, not externally in the world around us, but individually in the mind and mental our existence
- ◆ There will be less competition, conflict and confrontation over shared natural spaces and resources
- ◆ Meeting individual mental needs, not in material ways, but individually in the mind and mental existence, through mental work and effort

Addressing Social Problems and Difficulties

- ◆ There will be less domination, exploitation, deprivation and marginalization, poverty and starvation
- ◆ There will be less greed and corruption, injustice and inequality

Addressing Results and Consequences

- Addressing Human Problems and Difficulties
- Addressing Social Problems and Difficulties
- → Addressing Environmental Problems and Difficulties

Addressing Environmental Problems and Difficulties

- ◆ Understanding and managing existence and development at the level and within the context of the natural conditions, that lie behind and that are reflected in individual experience
- ◆ We are less likely to contradict, conflict with or fall short of the natural conditions, demands and challenges of existence
- ◆ Understanding and managing non-material mental needs, not in material ways, but in the mind and mental existence, through mental work and effort

Addressing Environmental Problems and Difficulties

- ◆ We are less likely to exploit natural material resources beyond human material needs
- ◆ Establishing individually the necessary internal mental conditions, not collectively creating the ideal external conditions of an ordered, stable, secure and predictable world around us
- ◆ We will interfere less in nature, natural forces, processes and developments, and we are less likely to degrade the natural environment

Addressing Environmental Problems and Difficulties

- ◆ Understanding and managing existence and development within the natural parameters, the boundaries and limits of existence set by nature
- ◆ We are less likely to bring about changes in nature and natural developments that in the long-term will render the natural environment of the Earth uninhabitable to human beings

Development, Change and Transformation, From the Ground Up and From the Inside Out

- Understanding and Managing Existence and Development From the Ground Up and From the Inside Out
- Addressing Limits and Shortcomings, Results and Consequences
- → Summary

Summary

- ◆ Human life and existence are not a socio-cultural, economic-material or scientific-technological development project
- ◆ Human life and existence consists of and are defined and governed by natural forces and processes, naturally unfolding, changing and transforming organic processes
- ◆ Socio-cultural, economic-material and scientific-technological reality, conditions and developments are human creations and constructs

Summary

- ◆ Understanding and managing human existence and development is not a matter of creating or constructing the right or ideal external socio-cultural or physical-material conditions
- ◆ It is a matter of understanding and managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ It requires understanding and managing existence and development at the level of the natural conditions, within the natural parameters, the boundaries and limits of existence set by nature

Summary

- ◆ Human existence is not the product of human-created socio-cultural development, we are not our own creations or products
- ◆ Human existence is the product of nature, natural forces, processes, development, change and transformation
- ◆ Human-created socio-cultural conditions and developments take place and need to be considered and understood at the level and within the natural conditions of existence, the natural parameters, boundaries and limits of existence defined by nature

Summary

- ◆ Problems and difficulties we face and we have to deal with are not in the first instance social, political, organizational, economic-material or scientific-technological problems and difficulties
- ◆ They are human problems and difficulties, we are the problem and difficulty
- ◆ They are primarily and in the first instance, problems and difficulties of the mind, mental existence and mental development, understanding and managing where we consciously exist and act

Summary

- ◆ Where we experience, become aware and must consider the conditions of existence, our mental and physical existence and development and the world around us, and how to deal with them
- ◆ Problems and difficulties understanding and managing where individually we are in charge and in control, where we must actively be engaged and take responsibility for what takes place and what we do
- ◆ Where we make choices and decisions, define goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions

Summary

- ◆ They are problems and difficulties establishing the necessary internal mental conditions before engaging and dealing with external conditions, others, and the world around us
- ◆ They are problems and difficulties considering and making sense of our experience, the conditions of existence that lie behind them, and how to deal with them
- ◆ Problems and difficulties of establishing and maintaining a sense of self, order and stability, clarity and coherence, certainty, security and confidence individually in the mind and our mental existence

Summary

- ◆ They are problems and difficulties developing, exercising and practicing our mental faculties, our natural mental potential, natural mental powers and abilities, necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ Improving the conditions of existence and dealing with the social problems we face is not a matter of wealth creation, of expanding and increasing the possession, accumulation and consumption of natural material resources

Summary

- ◆ Neither is it a matter of redistributing accumulated financial-material wealth and resources, which will not be possible without major social conflict and confrontation
- ◆ Improving the conditions of existence is not a matter of creating the ideal external socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world of easy material abundance
- ◆ It requires, in the first instance, improving the internal mental conditions, understanding and managing the mind, mental existence and mental development

Summary

- ◆ Individually establishing the necessary internal mental conditions, not collectively creating the ideal external, socio-cultural and physical-material conditions
- ◆ Establishing the internal mental conditions necessary to understand and manage existence and development within existing and changing conditions, in constructive and beneficial ways, whatever the conditions
- ◆ Establishing the necessary internal mental conditions in everything we do and we engage in, before engaging and dealing with external conditions, others and the world around us

Summary

- ◆ Establishing and maintaining a sense of self, order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, where we are in charge and in control, in the mind and our mental existence
- ◆ Dealing with, responding and adjusting in the mind and mental existence to change, changing conditions, demands and challenges, in our mental and physical existence and development and in the world around us
- ◆ When only a minimum in mental work, effort and adjustment are required, before they develop into larger problems, difficulties and crises

Summary

- ◆ Developing, exercising and practicing the required understanding, natural mental powers and abilities, necessary mental skills and practices
- ◆ Improving the conditions of existence involves engaging in a process of continuous, life-long conceptual and mental development and growth
- ◆ Constantly, in light of change and changing conditions, reconsidering, correcting and improving individual understanding, mental powers and abilities, mental skills and practices

Summary

- ◆ Reconsidering, correcting and improving, whenever necessary and required, 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 plan, organize and manage them
- ◆ The answers and solutions to the problems and difficulties we face and we have to deal with lie in addressing the deeper-rooted causes and developments

Summary

- ◆ They do not lie in instant relief, short and medium-term measures addressing only symptoms and consequences
- ◆ The answers and solutions do not lie in advances in human-created socio-cultural, political-organizational, economic-material and scientific-technological development
- ◆ They lie in understanding and managing human existence and development from the ground up and from the inside out
- ◆ Understanding and managing existence and development in a comprehensive way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way

Summary

- ◆ At the level of the natural conditions of existence, common to all human beings, that lie behind and that are reflected in human experience, the experience of every human being, which in the first instance define and govern our existence and development
- ◆ Understanding and managing existence and development from inside the mind and mental existence, beginning with mental existence and mental development
- ◆ Problems and difficulties have their roots and beginnings in the mind and mental existence, and it is through understanding and managing the mind and mental existence that the answers and solutions must start

Summary

- ◆ The answers and solutions require long-term development, change and transformation in conceptual and mental development and growth, from the inside out and from the ground up, beginning with the individual