

Future Scenario

Understanding and Managing
Existence and Development
from the Ground Up and
from the Inside Out

Future Scenario

- Introduction
- Understanding and Managing Existence and Development from the Ground Up and from the Inside Out
- Future Potential and Possibilities
 - ◆ Individual

Future Scenario

- ◆ Society
 - ★ Social Institutions, Organizations, Processes, Procedures and Practices
 - ★ Public Education and Training
 - ★ Public Health Care
 - ★ Legal System, Law Enforcement, Courts and Penal System
- ◆ Economy

Future Scenario

- ◆ Science and Technology
- ◆ Environment

Future Scenario

- → Introduction

Introduction

- ◆ The presentation is not a discussion of predictions or forecasts about future conditions and developments
- ◆ It is a discussion only about future possibilities
- ◆ Existing in and as part of a constantly unfolding, changing and transforming world we cannot today know or predict the conditions of existence, human understanding, behaviour and actions, relations and interactions of tomorrow

Introduction

- ◆ How human beings tomorrow and in the future will understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions
- ◆ How they will behave and act, relate and interact, with the self, with each other, with the world around them, with nature and the natural environment
- ◆ We cannot know or predict today how future generations will make sense of their experiences, understand the conditions of existence that lie behind them, and how they will deal with them

Introduction

- ◆ The knowledge and understanding, the powers and abilities, the skills and practices they will develop, how they will develop and use them
- ◆ We cannot today know or predict the socio-cultural, political, economic-material, scientific-technological or environmental conditions they will create
- ◆ However, we can consider and understand the direction future generations need to take in their conceptual and mental development

Introduction

- ◆ To deal with persisting and growing problems - cultural, religious, political, social, economic-financial, environmental, interpersonal and individual problems, difficulties and crises
- ◆ Competition, conflict, confrontation and violence we face locally and globally around the world today
- ◆ To understand and manage existence and development in sustainable, equitable, secure and peaceful ways
- ◆ Within the natural parameters, the boundaries and limits of existence set by nature

Introduction

- ◆ We can consider how, understanding and managing existence and development in a different way, social, political, economic, scientific, technological and environmental conditions and developments may differ from those of today
- ◆ How human behaviour and actions, relations and interactions, with the individual self, with others, with the world around them, with nature and the natural environment may differ
- ◆ What is presented here are not inevitable developments
- ◆ Neither are they utopian fantasies or wishful thinking

Introduction

- ◆ What is presented are the potential and possibilities of understanding and managing existence and development, from the ground up and from the inside out
- ◆ Understanding and managing existence and development 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
- ◆ Understanding and managing them in their essence, in depth and detail, in a comprehensive and holistic way, a differentiated, but integrated, connected and related way

Introduction

- ◆ The potential and possibilities, which, to be realized, we will have to take a different path and direction in conceptual and mental development and growth
- ◆ Moving beyond different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices
- ◆ We will have to understand and manage the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ Not trying to manage the role of nature that lies beyond human control, as traditionally has been the case

Future Scenario

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

Understanding and Managing 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 in life we face and we must deal with, from the ground up and from the inside out
- ◆ Understanding and managing them in their essence, in depth and detail, in a comprehensive and holistic way, in a differentiated, but integrated, connected and related way
- ◆ Understanding and managing existence and development at the level of the natural conditions of existence, beginning with the individual, starting with the mind and mental existence, the inner mental life and the mental self

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Understanding and managing the mind as the place where we consciously exist and act, where the inner mental life takes place, and where the mental self is active
- ◆ Where we experience, become aware, and where we must consider the conditions of existence, our role and responsibility in them, how to manage and deal with them
- ◆ The place where by nature we are individually in charge and in control, where we must actively be engaged, and where we must take responsibility for what we do and we engage in, individual behaviour and actions

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Understanding the mind as the place where we entertain thoughts, ideas and notions, make choices and decisions, where we define aims, goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions
- ◆ Understanding and managing existence and development at the level of the natural conditions, which in the first instance define and govern our existence and development, that lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ The natural conditions of existence that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every individual human being
- ◆ Not, as traditionally is the case, understanding and managing existence and development from the top down and from the outside in, in an externalized, fragmented, generalized and disconnected way in the abstract
- ◆ Understanding and managing them from the human-created socio-cultural level, different, competing and conflicting beliefs, views, values, conventions and practices, down to the level of the natural conditions of existence

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Understanding and managing existence and development from the socio-cultural, religious, political, economic, scientific and technological level down to the level of the individual
- ◆ Understanding and managing external conditions and the world around us to understand and manage ourselves, the mind, 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

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Understanding and managing existence and development 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
- ◆ Not understanding them through considering and making sense of our experience of them, and the conditions that lie behind them
- ◆ Establishing externally in the collective what by nature we must establish and maintain individually in the mind and our inner mental life

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Establishing a sense of self, a sense of order and stability, clarity and coherence, certainty and security externally, in socio-cultural and physical-material terms
- ◆ Understanding and managing existence and development through understanding and managing external conditions and the world around us, not understanding and managing them within existing and changing external conditions
- ◆ Collectively creating the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world around us, of easy material abundance

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Instead of establishing individually 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
- ◆ Establishing and maintaining a sense of self, the human and the mental self, mental 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 and our inner mental life
- ◆ Dealing in the mind with demands and challenges, problems and difficulties, change and changing conditions when only a minimum in mental work, effort and adjustment are required

Understanding and Managing From the Ground Up and From the Inside Out

- ◆ Before they develop into larger problems, difficulties and crises in the mind, which we can no longer deal with alone
- ◆ Developing our mental faculties, our natural mental powers and abilities, translating them into the 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 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

Understanding and Managing 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 thoughts, ideas and notions we entertain, and how we choose them, choices and decisions we make, and how we make them, the aims, goals and objectives we pursue, and how we define them, the mental behaviour and actions in which we engage, and how we consider, plan, organize and manage them

Future Scenario

- Introduction
- Understanding and Managing Existence and Development From the Ground Up and From the Inside Out
- → Future Potential and Possibilities

Future Potential and Possibilities

- Individual
- Society
- Economy
- Science and Technology
- Environment

Future Potential and Possibilities

- → Individual

Individual

- Understanding and Managing Individual Existence and Development
- Relating and Interacting With Others

Understanding and Managing Individual Existence and Development

- Understanding and Managing Individual Existence and Development
 - ◆ Understanding and managing individual existence and development will be less problematic and difficult
 - ◆ Existence and development, demands and challenges, problems and difficulties will be understood and managed from the ground up and from the inside out
 - ◆ In a comprehensive and holistic way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way

Understanding and Managing Individual Existence and Development

- ◆ From the ground up, at the level of the natural conditions of existence and development
- ◆ Which in the first instance define and govern human existence and development, which lie beyond our control, but which we must deal with and accommodate, and to which we must respond and adjust
- ◆ The natural conditions that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every individual human being
- ◆ Existence and development will be understood and managed from the inside out, beginning with the mind, the inner mental life and the mental self

Understanding and Managing Individual Existence and Development

- ◆ The individual will understand and manage existence and development 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
- ◆ Understanding and managing the mind, the inner mental life and the mental self as reflected in individual experience
- ◆ Considering and making sense of individual experience, the perceptions, sensations and feelings that enter the mind and awareness, the conditions that lie behind them, and how to deal with them

Understanding and Managing Individual Existence and Development

- ◆ Visualizing, and creating clear and detailed images, pictures and conceptual structures in the mind, the inner mental life, about the conditions of existence, individual mental and physical existence and development and the world around us, and how to deal with them
- ◆ Dealing in the mind with mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness and depression through considering and dealing with the conditions that lie behind them
- ◆ Dealing with demands and challenges, problems and difficulties, change and changing conditions when only a minimum in mental work, effort and adjustment are required

Understanding and Managing Individual Existence and Development

- ◆ Before they develop into larger problems, difficulties and crises in the mind, which we can no longer deal with alone
- ◆ Developing individually an understanding about the fundamentals and essentials of existence, the natural conditions, demands and challenges of existence and development
- ◆ Particularly, about the mind, where we consciously exist and act, where the inner mental life takes place and where the mental self is active
- ◆ Where we experience, become aware, and where we must consider the conditions of existence, our role and responsibility in them, and how to deal with them

Understanding and Managing Individual Existence and Development

- ◆ Developing the natural mental potential, individual natural mental powers and abilities, translating them into 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 self-development and growth
- ◆ Continuously, in light of change and changing conditions, reconsider, update, correct, expand and improve individual understanding, mental powers and abilities, mental skills and practices

Understanding and Managing Individual Existence and Development

- ◆ Reconsider, update, correct, expand and improve, whenever necessary and required, the understanding, mental powers and abilities, mental skills and practices we develop, mental work and effort on which we rely, how we develop and use them
- ◆ The choices and decisions we make and how we make them, the aims, goals and objectives we pursue and how we define them, the mental behaviour and actions in which we engage and how we plan, organize and manage them
- ◆ Establishing and maintaining the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us

Understanding and Managing Individual Existence and Development

- ◆ Establishing and maintaining a sense of self, the human and the mental self, mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, individually in the mind and mental existence, in everything we do and we engage in
- ◆ Meeting non-material mental needs in the mind, through individual mental work and effort, not meeting them in material ways, through the accumulation and consumption of material resources, goods and values
- ◆ The individual will be familiar with, feel at home and find its way around in the mind and the inner mental life, and understand the mental self

Understanding and Managing Individual Existence and Development

- ◆ Be aware of its experiences, thoughts and feelings, views and understanding, its choices and decisions, behaviour and actions
- ◆ Be aware, consider and understand what takes place, what we face and have to deal with, be in charge and in control, be actively engaged and take responsibility for what individually we do, establish, develop and maintain in the mind and inner mental life
- ◆ The individual will be confronted less with mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness or depression

Understanding and Managing Individual Existence and Development

- ◆ Knowing how to deal with them, through individual mental work and effort
- ◆ The individual will have clarity of mind and understanding about the human self, other human beings, the nature and conditions, demands and challenges of existence
- ◆ Understand its natural mental powers and abilities, as well as their limits, how to develop and use them
- ◆ The individual will understand its basic natural needs, both mental and physical needs, and how to meet them
- ◆ The individual will understand its dependence on, and the need to interact with other human beings, with nature and the natural environment to meet its basic needs

Understanding and Managing Individual Existence and Development

- ◆ Understand the role and responsibility in existence and development that by nature are individually ours to understand and manage
- ◆ The individual will develop the conceptual foundation and framework of understanding required to make informed and considered choices and decisions, define necessary aims, goals and objectives, and consider, plan, organize and manage required behaviour and actions
- ◆ The individual is less likely to engage in irrational, unpredictable, counterproductive, harmful, violent or destructive behaviour and actions

Understanding and Managing Individual Existence and Development

- ◆ The individual is not likely to engage in escapism, escaping from persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity,
- ◆ Persisting and growing feelings of fear, stress, anxiety, frustration, helplessness or depression
- ◆ Escapism into abstractions, idle speculation, wishful thinking or fantasies
- ◆ Escapism into and addiction to drugs, alcohol, tobacco, sex, compulsive shopping and consumption, extreme exercise, travel, adventure, etc.

Understanding and Managing Individual Existence and Development

- ◆ The individual will make fewer errors and mistakes, and is less likely to repeat the same errors and mistakes, in understanding, choices and decisions, behaviour and actions
- ◆ Causing fewer problems and difficulties for the individual self, for others, for nature and the natural environment
- ◆ The individual will recognize, acknowledge and address personal problems and difficulties, limits and shortcomings, failures, errors and mistakes individually in the mind and mental existence, through individual mental work and effort
- ◆ Integrating mental and physical behaviour and actions, learning and practice, work and effort into an interactive process

Understanding and Managing Individual Existence and Development

- ◆ Considering, planning and organizing ahead, establishing the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us
- ◆ Individual overt physical behaviour and action, work and effort will be preceded, defined, guided and directed by individual mental work and effort
- ◆ The individual will behave and act less in mindless, mechanical ways, behaving and acting only as a small part of a larger social organism, mechanism or system

Understanding and Managing Individual Existence and Development

- ◆ Behaving and acting as if governed, guided and directed by preconceived and externally defined, socio-cultural beliefs, views, values, conventions, practices or instructions
- ◆ Acting out knowledge, understanding, choices and decisions, goals and objectives defined elsewhere, by others
- ◆ Instead, the individual will behave and act as an individually independent and individually responsible human being
- ◆ Make informed and considered choices and decisions, define necessary aims, goals and objectives, consider, plan, organize and manage required behaviour and actions, and take responsibility for them

Understanding and Managing Individual Existence and Development

- ◆ Relying and depending less on others, the social-collective, public authority, experts or specialists, to understand and manage individual existence and development, individual behaviour and actions
- ◆ Making fewer demands on others, the world around them, nature and the natural environment

Relating and Interacting With Others

- Relating and Interacting With Others
 - ◆ Relating and interacting, connecting, communicating and cooperating with others will be less problematic, competitive, conflicting and confrontational, less dominating, controlling or exploitative
 - ◆ The conditions, demands and challenges of existence and development of the individual self and those of others are understood at the level of the natural conditions of existence that are common to all human beings
 - ◆ Particularly, the conditions, needs, demands and challenges of the mind, the inner mental life and the mental self

Relating and Interacting With Others

- ◆ Understanding the role and responsibility of the individual in the life of others, their dependence on and need to interact with us, and our dependence on and need to interact with them to meet our respective human needs
- ◆ Establishing individually the necessary internal mental conditions, before engaging and dealing with others, the individual will have fewer problems and difficulties, and rely and depend less and make fewer demands on others
- ◆ Not looking to others for a sense of self, order and stability, clarity and coherence, certainty, security and confidence

Relating and Interacting With Others

- ◆ Not looking to others for the causes, answers and solutions to personal problems and difficulties, limits and shortcomings, failings, errors or mistakes
- ◆ Having a sense, a clear picture and understanding of the individual self, the human and the mental self, the individual is not likely to compete and conflict with others over different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices
- ◆ Different ways of understanding and managing existence and development
- ◆ Over social-collective or professional-occupational positions, roles and functions, power, status and influence

Relating and Interacting With Others

- ◆ The individual is less likely to compete for the possession, control, accumulation and consumption of shared material resources, goods and values beyond actual human material needs
- ◆ Instead, the individual will relate and interact, connect and communicate in cooperative ways with others
- ◆ To meet respective needs, for which we depend on and must interact with each other, and to manage individual and shared existence and development

Relating and Interacting With Others

- ◆ With a sense of the self, mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence the individual will not easily be influenced, challenged, threatened, dominated, controlled or exploited by others
- ◆ In turn, the individual will feel no need to control, influence, dominate or exploit others
- ◆ We will relate and interact, connect, communicate and cooperate with each other as human beings, not as socio-cultural or professional-occupational agents, positions, roles and functions

Relating and Interacting With Others

- ◆ We will relate and interact, connect, communicate and cooperate, beyond different, competing and conflicting human-created socio-cultural beliefs, views, values, conventions and practices, at the level of the natural conditions of existence that are common to all human beings
- ◆ Which lie behind and which are reflected in human experience, the experience of every individual human being
- ◆ We will relate and interact not as dependent parts of larger collective wholes, such as, family, community, society, country or nation, ethnic, racial, social, religious or gender group

Relating and Interacting With Others

- ◆ Instead, we will relate and interact, communicate and cooperate as mentally and physically independently existing, and individually responsible human beings
- ◆ Who by nature depend on and must interact with each other to meet some of their basic needs
- ◆ We will not view the needs of others, the needs of those we interact with, for which we depend on and must interact with others, to lie beyond our role and responsibility
- ◆ To lie with others, the larger social-collective whole, society, public authority, experts or specialists

Relating and Interacting With Others

- ◆ We will not relate and interact with others for them to do for us what individually we are not prepared to do for ourselves
- ◆ We will not recriminate or resent those we interact with for failing to deliver unrealistic demands and expectations, demands and expectations we make on them which they cannot meet
- ◆ We will not hold those we relate and interact with responsible for our own individual problems and difficulties, limits and shortcomings, failings, errors and mistakes
- ◆ We will not expect or demand of others to do for us, what by nature is our own individual role and responsibility

Relating and Interacting With Others

- ◆ Instead, we will relate and interact, connect and communicate with others in cooperative ways, to meet our respective needs and to manage individual and shared existence and development

Future Potential and Possibilities

- ◆ Individual
- ◆ → Society

Society

- Social Institutions, Organizations, Processes, Procedures and Practices
- Public Education and Training
- Public Health Care
- Legal System, Law Enforcement, Courts and Penal System

Social Institutions, Organizations, Processes, Procedures and Practices

- Social Institutions, Organizations, Processes, Procedures and Practices
 - ◆ Social institutions, structures, processes, procedures and practices will be less extensive, complex, invasive and costly
 - ◆ Understanding and managing existence and development, not in the collective, from the top down and from the outside in, in a fragmented and generalized way
 - ◆ But understanding and managing them individually, in cooperation with each other, from the ground up and from the inside out

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ Beginning with the individual, the mind, the inner mental life and the mental self
- ◆ The role and function of social institutions, structures, processes, procedures and practices will no longer be to manage, control and direct the social-collective, the existence and development of the larger collective whole
- ◆ Their role will no longer be to institutionalize, legitimize, enforce and maintain established socio-cultural beliefs, views, values, conventions and practices, established ways of understanding and managing existence and development

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ They no longer will serve as external structures of collective identity, order and stability, clarity and coherence, certainty, security and confidence
- ◆ Identity, a sense of self, order and stability, certainty, security and confidence will be established and maintained individually in the mind, the inner mental life, through individual mental work and effort
- ◆ Social institutions and structures will no longer institutionalize, legitimize and maintain dividing and separating existence and development into different social-collective roles, positions and functions

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ They will no longer serve to deal in the collective with the conditions, needs, demands and challenges that by nature are individually ours to understand and manage
- ◆ Social institutions, structures, rules and regulations no longer will have to govern, control and mediate between different, competing and conflicting socio-cultural groups and interests, beliefs, views, values, conventions and practices
- ◆ Between different ways of understanding and managing existence and development

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ Social institutions, structures, processes, procedures and practices will facilitate and reflect understanding and managing existence and development, not from the top down, at the level of human-created socio-cultural conditions, but from the ground up, at the level of the natural conditions of existence
- ◆ They will be the result of understanding and managing existence and development, not in the collective, from the top down and from the outside in, but individually, in cooperation with each other, from the ground up and from the inside out

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ From inside the mind, beginning with the individual, the mind, the inner mental life and the mental self
- ◆ Establishing individually the necessary internal mental conditions, not collectively creating the ideal external conditions, of an ordered, stable, secure and predictable world around us
- ◆ Establishing individually the necessary internal mental conditions in everything we do and we engage in before engaging and dealing with external conditions, with others and the world around us

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ Understanding and managing existence and development 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 as reflected in individual experience
- ◆ Social institutions, structures and processes will reflect the natural conditions of existence, common to all human beings, which in the first instance define and govern existence and development, that lie behind human experience

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ They will not be defined by arbitrary and abstractly defined socio-cultural beliefs, views, values, conventions and practices of an idealized world and reality
- ◆ Social institutions, structures, processes and practices will be less rigid, inflexible and entrenched
- ◆ They will be more easily changed and adjusted to change and changing conditions
- ◆ Individual identity, order and stability, clarity and coherence, certainty, security and confidence will no longer be defined and tied up in them

Social Institutions, Organizations, Processes, Procedures and Practices

- ◆ Those inside social institutions and structures will not resist or oppose necessary institutional and organizational change and transformation
- ◆ Social institutions, structures, processes, procedures and practices as a result will be less extensive and complex, requiring less in material-financial resources and surplus production
- ◆ Making fewer demands on human beings, nature and the natural environment

Public Education and Training

- Public Education and Training
 - ◆ Public education and training will be different from today, it will be less extensive, time consuming and costly, less abstract and alienating
 - ◆ The focus and concentration will not be socio-cultural socialization, academic studies, and professional-occupational training
 - ◆ Committing to memory established socio-cultural, scientific-technological and professional-occupational beliefs, views, values, knowledge, conventions, skills and practices, to be recalled and applied later

Public Education and Training

- ◆ Developing only indirectly, if at all, an understanding of the individual self, the natural conditions, demands and challenges of individual existence and development,
- ◆ The mind, the inner mental life and the mental self, the natural mental potential, individual natural mental powers and abilities, how to develop and use them
- ◆ Alienating the individual from the human self, from individual experience and the conditions, demands and challenges of individual existence and development, which lie behind and which are reflected in individual experience
- ◆ The focus and concentration instead will be individual conceptual and mental development and growth

Public Education and Training

- ◆ Developing in the individual the necessary knowledge, understanding and mental faculties
- ◆ Developing a conceptual foundation and framework of understanding about the fundamentals and essentials, the natural conditions of existence, individual mental and physical existence and development and the world around us, and how to deal with them
- ◆ Developing the natural mental potential, individual natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort

Public Education and Training

- ◆ Engaging in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ 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 and difficulties
- ◆ Constantly reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, mental skills and practices, in light of change and changing conditions

Public Education and Training

- ◆ Reconsidering, updating, correcting, expanding or 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 aims, goals and objectives we pursue, and how we define them, the mental behaviour and actions in which we engage, and how we plan, organize and manage them
- ◆ Developing the understanding, mental powers and abilities, mental skills and practices, mental work and effort required to understand and manage existence and development existing in and as part of a constantly changing world

Public Education and Training

- ◆ The fundamentals and essentials that are required for everything in life we face and we have to deal with, we do and we engage in
- ◆ Individual conceptual and mental self-development and growth will become an integral part of understanding and managing daily existence, throughout the life of the individual, and not be limited to a period of formal education in early life
- ◆ Knowledge and understanding of existing socio-cultural conditions, beliefs, views, values, conventions and practices will take place within the context of education and training in mental development and growth

Public Education and Training

- ◆ Professional-occupational training will take place on demand, when necessary and required, not in the abstract, ahead of time

Public Health Care

- Public Health Care
 - ◆ Public health care will be less extensive, complex and costly
 - ◆ There are several factors accounting for the growing complexity and rising costs of public health care today
 - ◆ Factors that will be addressed by understanding and managing existence and development from the ground up and from the inside out
 - ◆ At the level of the natural conditions of existence that lie behind and that are reflected in individual human experience

Public Health Care

- ◆ Beginning with the individual, the mind, the inner mental life and the mental self
- ◆ Understanding and managing them in their essence, in depth and detail, in a comprehensive and holistic way, a differentiated, but integrated, connected and related way
- ◆ The factors behind growing complexity and rising costs of public health care include individual ignorance and neglect, the results of a lack in mental education and training
- ◆ Well over 50%, by very conservative estimates, of the demand on public health care services, including mental health care, is the result of failing to understand and manage individual existence and development

Public Health Care

- ◆ Particularly understanding and managing, in the first instance, the mind, the inner mental life and the mental self
- ◆ The factors moreover include unrealistic demands and expectations, arising from a lack of understanding the natural conditions, demands and challenges of human existence and development
- ◆ And the role and responsibility in them that by nature are individually ours to understand and manage
- ◆ Understanding and managing existence and development through managing external conditions that lie beyond human control

Public Health Care

- ◆ Instead of managing the role and responsibility in our existence and development, which by nature are individually ours to understand and manage, within the natural parameters
- ◆ Trying to create the ideal external conditions, of a undemanding and non-challenging, ordered, stable, secure and predictable world around us, of easy material abundance
- ◆ In contrast to 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 and difficulties

Public Health Care

- ◆ Viewing the natural conditions, demands and challenges, the natural limits of existence, as imperfections which we should not have to deal with and which we should correct, change and overcome
- ◆ The results are rising demands and expectations on public health care to address and correct natural human mental and physical limits, and reverse natural wear and tear of aging, of progression through our natural biological unfolding
- ◆ The consequences are an expanding, increasingly more complex and costly health care system
- ◆ Without necessarily adding to long-term individual mental or physical health, order, stability and well being

Legal System, Law Enforcement, Courts and Penal System

- Legal System, Law Enforcement, Courts and Penal System
 - ◆ The legal system, laws, rules and regulations, law enforcement, courts and penal system will be less extensive, complex and costly
 - ◆ Laws, rules and regulations no longer will have to define and govern arbitrary social relations and interactions
 - ◆ Establishing externally in the collective what by nature we must establish and maintain individually in the mind and inner mental life

Legal System, Law Enforcement, Courts and Penal System

- ◆ A sense of self, the human and the mental self, a sense of order and stability, clarity and coherence, certainty, security and confidence
- ◆ Laws, rules and regulations no longer will have to mediate between different, competing and conflicting beliefs, views, values, conventions, practices, concerns and interests, different ways of understanding and managing existence and development
- ◆ They no longer will have to govern, regulate and control competition, conflict and confrontation about possession, accumulation and consumption of shared material resources and values

Legal System, Law Enforcement, Courts and Penal System

- ◆ Or define, control and regulate social-collective roles, positions and functions, power, status and influence
- ◆ Laws, rules and regulations will be less extensive and complex, due to fewer individual problems and difficulties, limits and shortcomings, failings, errors and mistakes
- ◆ Fewer problems and difficulties, conflicts and confrontations interacting, connecting, communicating and cooperating with each other
- ◆ The result of understanding and managing existence and development from the ground up and from the inside out

Legal System, Law Enforcement, Courts and Penal System

- ◆ At the level of the natural conditions of existence common to all human beings, beginning with the individual, the mind, the inner mental life and the mental self
- ◆ Law enforcement, courts and penal system will be less extensive, complex and costly, because of fewer social-collective laws, rules and regulations and fewer transgressions of them
- ◆ Fewer laws, rules and regulations that contradict, conflict with or fall short of the natural conditions of existence, leading to persisting and growing problems

Legal System, Law Enforcement, Courts and Penal System

- ◆ The focus and concentration of the legal system, law enforcement, courts and penal system will no longer be primarily to enforce public laws, rules and regulations, or to maintain social-collective order and stability
- ◆ Instead, the primary focus will be to aid and assist, guide and direct the individual to understand and manage existence and development from the ground up and from the inside out
- ◆ Beginning with the mind, the inner mental life and mental self

Legal System, Law Enforcement, Courts and Penal System

- ◆ Establish and maintain the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- ◆ Dealing with, respond and adjust in the mind to change and changing conditions, demands and challenges when only a minimum in mental work, effort and adjustment are required, before they develop into larger problems and difficulties that we can no longer deal with alone
- ◆ The order and stability of the larger social-collective whole will be secured and maintained through individually understanding and managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage

Legal System, Law Enforcement, Courts and Penal System

- ◆ Establishing and maintaining individually a sense of 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 and our inner mental life
- ◆ Establishing individually the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- ◆ Operating individually from within mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence

Legal System, Law Enforcement, Courts and Penal System

- ◆ Not acting out and acting out of mental disorder and instability, doubt, confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness or depression

Future Potential and Possibilities

- ◆ Individual
- ◆ Society
- ◆ → Economy

Economy

- ◆ The economy, economic activity and economic development will be less extensive, exploitative, costly, harmful and destructive, for human beings, nature and the natural environment
- ◆ The purpose of extracting natural material resources and the production of material goods and services will be to meet actual human material needs
- ◆ Not to generate expanding material-financial surplus and wealth, substituting and compensating for misunderstood and unmet non-material mental needs

Economy

- ◆ The focus and concentration of economic-material development will no longer be to provide the means to create the ideal external conditions of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Establishing order and stability, clarity and coherence, certainty, security and confidence in the collective, externally in the world around us
- ◆ They are established and maintained individually in the mind and mental existence, through individual mental work and effort

Economy

- ◆ The purpose of economic activity will no longer be to provide the means to manage external conditions, rearrange the natural environment, control and direct natural forces, processes, development and change
- ◆ To overcome and move beyond natural limits, natural demands and challenges of existence, which lie beyond human control, which we must deal with, accept and accommodate, and to which we must respond and adjust
- ◆ Understanding and managing the mind, the inner mental life and the mental self will reduce material demands and expectations

Economy

- ◆ Meeting non-material mental needs, not in material ways, but in the mind through individual mental work and effort, will reduce the demand on natural material resources and the production and consumption of material goods and values
- ◆ Economic-material development no longer will be the central, or primary focus in human existence and development
- ◆ Progress and improvement in existence and development no longer will be understood and measured primarily or in the first instance in economic-material-financial terms

Economy

- ◆ Jobs, employment and careers in the economy will only be to meet actual material needs, not to meet non-material mental needs of identity, stability, certainty and security, recognition and relevance, externally in material terms
- ◆ Material differences between individuals, communities and countries will be less important, meaningful and relevant
- ◆ The individual will be less susceptible to the lures of materialism and material abundance
- ◆ There will be less economic migration to countries of higher material surplus and abundance

Future Potential and Possibilities

- ◆ Individual
- ◆ Society
- ◆ Economy
- ◆ → Science and Technology

Science and Technology

- ◆ The focus, purpose and direction of scientific and technological development will differ from today
- ◆ Understanding and managing existence and development from the ground up and from the inside out, in their essence, in depth and detail, in a comprehensive and holistic way, within the natural parameters requires different knowledge and understanding, tools and methods
- ◆ Different from the knowledge, tools and methods of understanding and managing existence and development from the top down and from the outside in, in an externalized, fragmented, generalized and disconnected way in the abstract

Science and Technology

- ◆ Trying to manage, control and direct the world around us, nature and the natural environment
- ◆ It does not require a general and objective understanding of nature, the natural universe, natural forces, processes, developments and changes
- ◆ Instead, it requires knowledge and understanding of the natural conditions, demands and challenges of human existence and development
- ◆ The conditions, demands and challenges of existence and development that lie behind human experience, the experience of every individual human being

Science and Technology

- ◆ It requires understanding existence and development from the ground up and from the inside out, beginning with the mind, the inner mental life and the mental self
- ◆ Considering and making sense of individual experience, the conditions that lie behind them, and how to deal with them
- ◆ Understanding the nature and conditions of existence through considering and making sense of individual experience and the conditions that lie behind them, not separate from them, in the abstract

Science and Technology

- ◆ Scientific and technological development will be less speculative, abstract and arbitrary, less extensive, costly and harmful
- ◆ Scientific and technological development will no longer be defined and governed by or in support of the traditional way of understanding and managing existence and development
- ◆ Understanding and managing them from the top down and from the outside in, in an externalized, fragmented, generalized and disconnected way in the abstract

Science and Technology

- ◆ The focus and purpose will no longer be to develop the knowledge, tools and methods to understand and manage existence and development in the collective
- ◆ Conceptualize and understand the nature and conditions of existence in the abstract, beyond our experience of them
- ◆ Define a sense of the human self, a sense of order and stability, clarity and coherence, certainty, security and confidence in the collective, externally, beyond the mind and mental existence, in socio-cultural and physical-material terms
- ◆ Or to manage existence and development through managing, controlling and directing external conditions, nature, natural forces, processes, development and change

Science and Technology

- ◆ The focus and purpose of science no longer will be general and objective knowledge and understanding of nature and the natural environment, considered in the abstract, beyond human experience of them
- ◆ Instead, it will be to understand the conditions, demands and challenges of existence and development through considering and making sense of individual human experience of them
- ◆ The focus and purpose of technological development will no longer be to develop the knowledge, tools and methods to manage, control and direct the world around us

Science and Technology

- ◆ But to understand and manage existence and development within existing and changing external conditions
- ◆ Scientific and technological development will no longer be defined and governed by abstract images or visions of the ideal external conditions of existence
- ◆ The demands and challenges of creating an ordered, stable, secure and predictable world around us of easy material abundance
- ◆ To improve, control and direct nature, overcome and move beyond the natural limits, conditions, demands and challenges of existence

Science and Technology

- ◆ The purpose of science and technology will no longer be to substitute and compensate for perceived limits and shortcomings in human natural mental powers and abilities, mental skills and practices
- ◆ Which in reality are a failure to understand and develop them
- ◆ Failing to understand and develop the human natural mental potential, natural mental powers and abilities, translating them into necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ A failure to be actively engaged where individually we are in charge and in control, in the mind and our inner mental life

Science and Technology

- ◆ Understand and manage what takes place, what we do and what we need to do, what we must establish, develop and maintain in the mind and inner mental life
- ◆ Scientific and technological development will be more focused, directed and relevant, less random, speculative, arbitrary and costly
- ◆ The purpose will be to aid and assist understanding and managing existence and development from the ground up and from the inside out, within the boundaries and limits of existence set by nature

Science and Technology

- ◆ There will be less need for scientific research and technological solutions to deal with problems and difficulties, limits and shortcomings, errors and mistakes understanding and managing the mind, the inner mental life and the mental self
- ◆ There will be less need for scientific experimentation, and technological tools and methods to test speculative and abstract assumptions and hypotheses
- ◆ Less need to legitimize and verify scientifically, realities and conditions reflected in human experience and awareness

Science and Technology

- ◆ There will be fewer technological aids, tools and methods to substitute for assumed limits in human mental powers and abilities, mental skills and practices
- ◆ Less data gathering and statistical analysis to measure the state of collective existence and development

Future Potential and Possibilities

- ◆ Individual
- ◆ Society
- ◆ Economy
- ◆ Science and Technology
- ◆ → Environment

Environment

- ◆ Understanding and managing existence and development from the ground up and from the inside out will contradict, conflict with and fall short less of the natural conditions, demands and challenges of existence
- ◆ Reducing human demand and impact on the natural environment, causing fewer environmental problems and difficulties
- ◆ Understanding and managing existence and development at the level of the natural conditions of existence that lie behind individual human experience will lead to understanding and managing them within the boundaries and limits of existence set by nature

Environment

- ◆ Understanding and managing in the first instance the mind, the inner mental life and the mental self, we no longer will try to establish externally, in physical-material terms, what by nature we must establish, develop and maintain individually in the mind and inner mental life
- ◆ Meeting non-material mental needs in the mind through individual mental work and effort not in material ways, there will be less demand on natural material resources
- ◆ There will be less exploitation and waste of natural resources and degradation of the natural environment through the production, accumulation and consumption of material goods and values beyond actual human material needs

Environment

- ◆ Establishing a sense of self, a sense of order and stability, clarity and coherence, certainty, security and confidence individually in the mind and inner mental life, not externally in socio-cultural and physical-material terms
- ◆ The central focus and concentration will no longer be to create the ideal external conditions of an ordered, stable, secure and predictable world around us, of easy material abundance
- ◆ The focus will no longer be to manage, rearrange, control and direct nature, the natural environment, natural forces, processes, development and change

Environment

- ◆ There will be less degradation and interference in nature and the natural environment, beyond what is necessary and required to manage and sustain human existence
- ◆ Human natural powers and abilities will appear less limited, and natural conditions, developments and changes will be less demanding, challenging, threatening or overwhelming
- ◆ The focus and concentration no longer will be to overcome and move beyond natural limits, natural demands and challenges through trying to manage, control and direct, what by nature lies beyond our human control

Environment

- ◆ Trying to overcome perceived human natural limits, shortcomings or imperfections, which in reality are limits and shortcomings, errors and mistakes, problems and difficulties of understanding and managing, particularly and in the first instance the mind, the inner mental life and the mental self
- ◆ Limits and shortcomings, errors and mistakes, problems and difficulties in individual understanding, in developing individual natural mental powers and abilities, translating them into necessary mental skills and practices, and engaging in the required mental work and effort