

Necessary Internal Mental Conditions

Establishing and
Maintaining the Necessary
Internal Mental Conditions

Necessary Internal Mental Condition

- Rationale
- Process and Steps
- Failing or Falling Short

Necessary Internal Mental Condition

- → Rationale

Rationale

- ◆ We exist in and as part of a constantly unfolding, changing and transforming world, both natural and human-created world
- ◆ We consciously exist and act in the mind
- ◆ The mind is where the conscious inner mental life takes place and where the conscious mental self is active
- ◆ It is where we experience, become aware, and where we must consider the conditions of existence and the world around us and how to deal with them
- ◆ The only access of the mind and awareness to the conditions of existence and the world around us are our experiences, perceptions, sensations and feelings

Rationale

- ◆ We do not experience all of reality, we do not experience processes and developments, for example, we only experience changes in existing conditions
- ◆ Experiences fragment, divide and separate an integrated, connected and interacting world and conditions of existence
- ◆ Experiences, perceptions, sensations and feelings that enter the mind do not impress themselves fully, in all their details on our awareness
- ◆ Experiences do not on their own order and arrange themselves in the mind and awareness in meaningful ways

Rationale

- ◆ They do not form clear and detailed images in the mind, about the conditions that lie behind and that are reflected in them
- ◆ The initial mental conditions are disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ What enters the mind and awareness first appears as vague notions, lacking in clarity, details and depth
- ◆ We must establish and maintain the necessary internal mental conditions through individual mental work and effort

Rationale

- ◆ It involves establishing and maintaining in the mind a sense of self, the human and the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence
- ◆ Managing existence and development in changing conditions requires clarity of mind and understanding about them
- ◆ It requires establishing the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us
- ◆ Our overt physical behaviour and actions are defined, guided and directed by what takes place and what we do in the mind

Rationale

- ◆ What takes place and what we do in the mind defines and governs how we manage and conduct ourselves individually, how we relate and interact with others, and how we deal with the world around us
- ◆ Failing to establish and maintain the necessary internal mental conditions will lead to problems and difficulties
- ◆ It will lead to personal, social and environmental problems and difficulties
- ◆ Problems and difficulties for the individual, for others, society, future generations, the human species, nature and the natural environment

Necessary Internal Mental Condition

- Rationale
- → Process and Steps

Process and Steps

- Establishing the Necessary Internal Mental Conditions
- Developing Mental Faculties
- Engaging in a Process of Continuous Mental Self-Development and Growth

Process and Steps

- → Establishing the Necessary Internal Mental Conditions

Establishing the Necessary Internal Mental Conditions

- Establishing a Sense of Self, the Human and the Mental Self
- Establishing Mental Order and Stability
- Establishing Clarity of Mind and Understanding
- Establishing a Sense of Certainty, Security and Confidence

Establishing the Necessary Internal Mental Conditions

- → Establishing a Sense of Self, the Human and the Mental Self

Establishing a Sense of Self, the Human and the Mental Self

- ◆ Establishing a sense of self, the human and the mental self, not the cultural, social, professional or occupational conditioned self
- ◆ The human self consists of our individual natural mental and physical constitution or make up
- ◆ In addition, it consists of what takes place and what individually we do, establish, develop and maintain in the mind
- ◆ Individual experience, perceptions, sensations and feelings that enter the mind and awareness, how we deal with, respond and adjust to them

Establishing a Sense of Self, the Human and the Mental Self

- ◆ The knowledge, the understanding and the mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them
- ◆ It includes the choices and decisions we make, and how we make them
- ◆ The aims, goals and objectives we pursue, and how we define them
- ◆ The behaviour and actions in which we engage, and how we consider, plan, organize and manage them

Establishing a Sense of Self. the Human and the Mental Self

- ◆ How we understand and manage our individual existence and development
- ◆ How we understand and meet our needs, both our mental and physical needs
- ◆ How we deal with, respond and adjust to change and changing conditions, in our own mental and physical existence and development and in the world around us
- ◆ Having a sense of self, the human and the mental self is to be aware and have a clear picture and detailed understanding of them

Establishing the Necessary Internal Mental Conditions

- Establishing a Sense of Self, the Human and the Mental Self
- → Establishing Mental Order and Stability

Establishing Mental Order and Stability

- ◆ Establishing a sense of mental order and stability
- ◆ It involves taking note, considering and making sense of what enters the mind and awareness in experiences, perceptions, sensations, feelings and recollections, thoughts, ideas and notions
- ◆ Mentally processing what enters the mind and awareness
- ◆ Ordering and arranging them in meaningful, constructive and beneficial ways
- ◆ Ordering and arranging them according to their nature or origins, their relevance and importance, and the order in which they need to be dealt with

Establishing the Necessary Internal Mental Conditions

- Establishing a Sense of Self, the Human and the Mental Self
- Establishing Mental Order and Stability
- → Establishing Clarity of Mind and Understanding

Establishing Clarity of Mind and Understanding

- ◆ Establishing clarity of mind and understanding, about existence and development, conditions, demands and challenges, problems and difficulties, jobs, tasks, projects, plans, goals and objectives
- ◆ Establishing clarity of mind and understanding about what we face and have to deal with, what we do and we are engaged in
- ◆ It requires considering issues, conditions, demands and challenges, plans, jobs and tasks in their essence, in depth and detail, in a differentiated, but an integrated, connected and related way

Establishing Clarity of Mind and Understanding

- ◆ Breaking them down into their parts, details and specifics
- ◆ Considering the parts, details and specifics separately, at some length, in depth and detail, as well as how they are related, connected and interact
- ◆ Visualizing and forming clear images and pictures in the mind about them and how to deal with them
- ◆ Pursuing and considering whatever questions, doubt, confusion or uncertainty they generate in the mind, at the outer margins of our awareness

Establishing Clarity of Mind and Understanding

- ◆ It involves focusing and concentrating the mind and attention on the issue, condition, demand or challenge, job or task at hand
- ◆ Not pursuing and considering everything that comes to mind, heading off on unrelated tangents and jumping to conclusions
- ◆ When losing focus, clarity of mind and understanding, going back to where clarity has been lost before continuing

Establish the Necessary Internal Mental Conditions

- Establishing a Sense of Self, the Human and the Mental Self
- Establishing Mental Order and Stability
- Establishing Clarity of Mind and Understanding
- → Establishing a Sense of Certainty, Security and Confidence

Establishing a Sense of Certainty, Security and Confidence

- ◆ Establishing a sense of certainty, security and confidence about the individual self, one's ability to deal with conditions, demands and challenges, change and changing conditions of existence, whatever they may be
- ◆ Certainty, security and confidence about one's mental powers and abilities, how to develop and use them, translate them into the necessary mental skills and practices, and engage in the required mental work and effort
- ◆ The mental powers and abilities, mental skills and practices, mental work and effort to understand and manage existence and development in changing conditions

Establishing a Sense of Certainty, Security and Confidence

- ◆ Establishing a sense of certainty, security and confidence involves taking serious whatever comes to mind, experience, perceptions, sensations and feelings, recollections, thoughts, ideas and notions that enter the mind and awareness
- ◆ Not engaging in idle speculation
- ◆ It requires being in charge, in control and taking responsibility for what takes place and what we do, what we establish, develop and maintain in the mind
- ◆ Dealing with doubt, confusion, uncertainty and insecurity, and addressing the conditions that lie behind them

Establishing a Sense of Certainty, Security and Confidence

- ◆ It requires taking note, considering and dealing with individual problems and difficulties, limits and shortcomings, errors and mistakes
- ◆ Considering and discussing problems and difficulties only within the context of addressing them and the conditions that lie behind them
- ◆ It involves making demands on oneself, not on others and the world around us, looking for causes, answers and solutions in the first instance within oneself
- ◆ It involves making informed and considered choices and decisions

Establishing a Sense of Certainty, Security and Confidence

- ◆ Define necessary and appropriate aims, goals and objectives
- ◆ Consider, plan, organize and manage required behaviour and actions
- ◆ It requires considering, planning and organizing ahead, jobs, tasks, plans, goals and objectives, as well as one's time, days, weeks and months
- ◆ Setting out clear plans of action, with detailed steps
- ◆ Following one's plan of action and steps, one step at a time

Establishing a Sense of Certainty, Security and Confidence

- ◆ Keeping the mind and attention on what one does and is engaged in, in everything one does
- ◆ Keeping track by keeping notes, of jobs, tasks, plans and projects one is working on, engaged in and pursuing
- ◆ When losing focus and direction, clarity of mind and understanding of what one is doing or is engaged in, re-establishing clarity of mind and understanding before continuing
- ◆ Looking ahead, anticipating and preparing for what lies ahead and what may be coming up

Establishing a Sense of Certainty, Security and Confidence

- ◆ Establishing a sense of certainty, security and confidence requires establishing the conditions necessary for a sense of accomplishment and contentment
- ◆ Each day, establishing the conditions for a sense of accomplishment and contentment at the end of the day
- ◆ Each day, working on a number of small steps of several different jobs, tasks and projects, steps that can be completed in a day

Process and Steps

- Establishing and Maintaining the Necessary Internal Mental Conditions
- → Developing Mental Faculties

Developing Mental Faculties

- Natural Mental Powers and Abilities
- Necessary Mental Skills and Practices

Developing Mental Faculties

- → Natural Mental Powers and Abilities

Natural Mental Powers and Abilities

- ◆ Be Mentally Alert, Active and Engaged
- ◆ Direct, Focus and Concentrate the Mind and Attention
- ◆ Exercise Mental Discipline and Mental Flexibility

Mental Powers and Abilities

- ◆ Establishing and maintaining the necessary internal mental conditions requires developing and using our natural mental powers and abilities
- ◆ The mental powers and abilities to:
 - Be Mentally Alert, Active and Engaged
 - ◆ Being aware, recognizing, acknowledging and taking note of what takes place, what enters and what we do in the mind and awareness
 - ◆ Experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections, how we react, respond and deal with them

Mental Powers and Abilities

- ◆ Being mentally alert, active and engaged contrasts with being absent minded and not mentally engaged
- ◆ Not paying attention, ignoring what takes place, what enters and what we do in the mind and awareness
- ◆ Being preoccupied with doubt, confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration or depression, idle speculations, fantasies or abstractions
- Direct, Focus and Concentrate the Mind and Attention
 - ◆ Directing, focusing and concentrating the mind and attention on conditions and issues, what takes place, what we do and we are engage in

Mental Powers and Abilities

- ◆ To consider them at length, in depth and detail, establish clarity of mind and understanding about them
- ◆ Consider and pay attention to what we face and have to deal with, what we do and we engage in
- ◆ Directing, focusing and concentrating the mind and attention differs from not paying attention about what is taking place, what we face, what we do and we engage in
- ◆ Aimlessly drifting through the mind, without focus, purpose or direction, following whatever comes to mind, jumping from issue to issue, getting ahead of oneself, getting ahead of the clarity of one's mind and understanding, and jumping to conclusions

Mental Powers and Abilities

- **Mental Discipline and Mental Flexibility**
 - ◆ Mental discipline to keep the mind and attention, focus and concentration on a given experience, issue, job or task, for a given time, without losing focus and direction
 - ◆ Mental flexibility to change focus and concentration on demand, when necessary and required
 - ◆ Mental discipline and mental flexibility contrast with not being able to keep the mind and attention, focus and concentration on a given issue, job or task for any length of time

Mental Powers and Abilities

- ◆ Not being able to redirect the mind and attention, focus and concentration when necessary and required
- Visualize, or See, and Create Images and Pictures in the Mind
 - ◆ Visualize, or see, and form images in the mind from our experiences, about the conditions of existence and the world around us that lie behind them
 - ◆ Putting together and connecting the elements, details and specifics of our experiences, perceptions, sensations and feelings and the conclusions we draw from them, to form clear and detailed images and pictures in the mind

Mental Powers and Abilities

- ◆ Connecting mental images and pictures to form larger conceptual structures in the mind about the conditions of existence and the world around us
- ◆ Visualizing, or seeing, and creating images, pictures and conceptual structures in the mind differs from expecting what enters the mind in experiences, perceptions, sensations and feelings to create on their own clear and detailed images and pictures in the mind
- ◆ It differs from memorizing information details and specifics and language constructs, expecting them to engage us and to form clear images and pictures in the mind

Mental Powers and Abilities

- Reason, Consider and Conclude
 - ◆ Reason, considering and concluding from the given, from what we experience, about the conditions that lie behind them and what lies beyond human experience
 - ◆ Considering and concluding about underlying causes, forces, processes and developments
 - ◆ It involves considering experiences and conditions at length, in depth and detail
 - ◆ Considering them systematically, step-by-step, with each step arising from the previous step and leading to the next step

Mental Powers and Abilities

- ◆ Being able at each point to trace back the steps to the beginning
- ◆ Considering issues and conditions starting with the self-evident and obvious, to uncover the hidden, the less than obvious and self-evident
- ◆ Considering them at length, in depth and detail until a picture emerges in the mind
- ◆ Then, forming clear and detailed mental images and pictures, with the elements, details and specifics connected and related in obvious and self-evident ways

Mental Powers and Abilities

- ◆ To reason contrasts with jumping from issue to issue, from experience to experience, connecting and relating elements, details and specifics in random and arbitrary ways, in ways not supported by the experiential evidence
- ◆ Getting ahead of oneself, ahead of the clarity of one's mind and understanding, and jumping to conclusions
- ◆ Creating vague, ambiguous and internally inconsistent mental images and pictures, which do not allow for positive and constructive actions
- Recall and Recollect from Memory
 - ◆ The power and ability to recall and recollect from memory what entered and took place in the mind

Mental Powers and Abilities

- ◆ Recall past experiences, perceptions, sensations and feelings, thoughts, ideas and notions, mental images and pictures
- ◆ Past issues, conditions, demands and challenges, past understanding, choices and decisions, behaviour and actions, work and effort, problems and difficulties, errors and mistakes
- ◆ Being able to recall from memory begins with mentally processing what enters and takes place in the mind before it disappears into memory

Mental Powers and Abilities

- ◆ Recalling and recollecting from memory, focusing and concentrating systematically, step-by-step on past issues differs from just relying on what readily and easily comes to mind without much mental work or effort

Developing Mental Faculties

- Natural Mental Powers and Abilities
- → Necessary Mental Skills and Practices

Mental Skills and Practices

- ◆ We must translate our natural mental powers and abilities into necessary mental skills and practices
- ◆ The mental skills and practices to establish and maintain the necessary internal mental conditions
- ◆ A sense of self, the human and the mental self
- ◆ A sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in everything we do and we engage in
- ◆ The mental skills and practices to recognize, consider and make sense of what enters the mind and awareness, experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections

Mental Skills and Practices

- ◆ Consider and understand the conditions that lie behind and that are reflected in them, and how to deal with them
- ◆ Create clear, coherent and detailed images, pictures and conceptual structures in the mind about the conditions, demands and challenges of existence
- ◆ The mental skills and practices to deal with, respond and adjust to change and changing conditions when only a minimum in mental work, effort and adjustment are required, and before they develop into larger mental problems and difficulties
- ◆ Make informed and considered choices and decisions, define necessary aims, goals and objectives, and consider, plan, organize and manage required behaviour and actions

Mental Skills and Practices

- ◆ The mental skills and practices to recognize, acknowledge and deal with individual problems and difficulties, limits and shortcomings, failures, errors and mistakes
- ◆ Relate and interact with others and the world around us in positive, constructive and beneficial ways
- ◆ The mental skills and practices to engage in a process of continuous, life-long conceptual and mental self-development and growth

Process and Steps

- 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
- Developing Mental Faculties, Natural Mental Powers and Abilities, Necessary Mental Skills and Practices
- → Engaging in a Process of Continuous Mental Self-Development and Growth

Process of Continuous Mental Self-Development and Growth

- ◆ Constantly, in light of change and changing conditions, reconsider, update, correct, expand and improve individual knowledge, understanding, mental powers and abilities, mental skills and practices
- ◆ Reconsider, update, correct, expand and improve, whenever necessary and required, the knowledge, understanding, the mental powers and abilities, mental skills and practices on which we rely, how we develop and use them
- ◆ Reconsider, update, correct, expand and improve the choices and decisions we make, and how we make them

Process of Continuous Mental Self-Development and Growth

- ◆ The aims, goals and objectives we pursue, and how we define them
- ◆ The behaviour and actions in which we engage, and how we consider, plan, organize and manage them

Necessary Internal Mental Condition

- Rationale
- Process and Steps
- → Failing or Falling Short

Failing or Falling Short

- Individual Problems
- Social Problems
- Environmental Problems

Failing or Falling Short

- → Individual Problems

Individual Problems

- ◆ Failing to establish and maintain the necessary internal mental condition
- ◆ 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
- ◆ Leads to individual mental, physical and social problems and difficulties, problematic mental and physical conditions, behaviour, actions and practices
- ◆ The results and consequences include persisting and growing mental disorder and instability, doubt, confusion, uncertainty and insecurity

Individual Problems

- ◆ Feelings of fear, stress, anxiety, frustration, helplessness and depression
- ◆ Being lost in the mind, in mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Lacking clarity of mind and understanding about what enters and what takes place in the mind and inner mental life
- ◆ Experiences, perceptions, sensations and feelings, the conditions that lie behind them, and how to deal with them

Individual Problems

- ◆ Lacking clarity of mind and understanding about the conditions of existence, individual mental and physical existence and development and the world around us, that lie behind and that are reflected in our experience, our role and responsibility in them, how to manage and deal with them
- ◆ Leading to acting out and acting out of mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Acting out and acting out of feelings of fear, stress, anxiety, frustration and depression
- ◆ Instead of acting out and acting out of clarity of mind and understanding

Individual Problems

- ◆ It leads to difficulties making sense of what enters the mind and awareness, experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections, and how to deal with them
- ◆ Difficulties making choices and decisions, defining aims, goals and objectives, and considering, planning, organizing and managing individual behaviour and actions
- ◆ Difficulties behaving and acting, relating and interacting in positive, constructive and beneficial ways
- ◆ Lacking a conceptual foundation and framework of understanding within which to make choices and decisions, define aims, goals and objectives, consider, plan, organize and manage individual behavior and actions

Individual Problems

- ◆ Causing problems and difficulties of which we are unaware, which we fail to recognize, which we deny and reject, and for which we hold others and the world around us responsible
- ◆ The answers and solutions we take to lie beyond the self, with others or the world around us
- ◆ Looking to them, and holding them responsible for personal problems and difficulties, limits and shortcomings, failures, errors and mistakes
- ◆ Abrogating the role and responsibility for the individual self to others or higher authority

Individual Problems

- ◆ Expecting and demanding the ideal external conditions, of an ordered, stable, secure and predictable world around us
- ◆ Depending and relying on others, external conditions and the world around us
- ◆ Failing to understand and manage the necessary internal mental condition leads to escapism from constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness or depression
- ◆ Escapism into fantasies, abstractions, idle speculation and wishful thinking

Individual Problems

- ◆ Escapism into different experiences and addictions, to drugs, alcohol, tobacco, sex, gluttony, extreme exercise, travel, adventure, etc.
- ◆ Leading to the development of problematic or negative mental habits, routines and practices
- ◆ In turn, resulting in problematic or negative overt behaviour, actions and practices, managing and conducting oneself, relating and interacting with others, and dealing with the world around us
- ◆ Irrational, unpredictable, counterproductive, harmful and destructive behaviour and actions

Individual Problems

- ◆ Physiologically failing to establish and maintain the necessary internal mental conditions will lead to premature aging due to physiological stress, wear and tear

Failing or Falling Short

- Individual Problems
- → Social Problems

Social Problems

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

Social Problems

- ◆ Conflict and confrontation over different, competing and conflicting socio-cultural beliefs, views, values and conventions
- ◆ Domination, exploitation, deprivation and marginalization
- ◆ Injustice and inequality, poverty and starvation
- ◆ Failing to meet the basic needs for which by nature we depend on and must interact with each other

Failing or Falling Short

- Individual Problems
- Social Problems
- → Environmental Problems

Environmental Problems

- ◆ Contradicting, conflicting with, and falling short of the natural conditions, demands and challenges of existence
- ◆ Exploiting natural material resources beyond actual human material needs
- ◆ Degrading the natural environment and interfering in nature, natural processes, developments and changes, beyond what is necessary and required
- ◆ Bringing about changes in nature and natural developments, which in the long-term will render the natural environment of the earth uninhabitable to the human species