

Making the 21st Century the Century of the Mind, Mental Existence and Mental Development

**Creating the Necessary Conditions
for a Sustainable, Equitable, Secure
and Peaceful Future**

The Century of Mental Existence and Mental Development

- Approach
- Rationale
- Natural Conditions of Existence
- The Mind, Mental Existence and Mental Development in History
- Direction of the Answers and Solutions

The Century of Mental Existence and Mental Development

- → Approach

Approach

- Development, Change and Transformation From the Ground up and From the Inside Out
 - ◆ Understanding and managing existence and development, problems and difficulties, change and changing conditions from the ground up and from the inside out
 - ◆ At the level of the natural conditions of existence that in the first instance define and govern human existence and development
 - ◆ That lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust

Approach

- ◆ The natural conditions of existence that are common to all human beings
- ◆ That lie behind human experience, the experience of every individual human being
- ◆ Starting with the individual, beginning with the mind and mental existence, the inner mental life and the mental self
- ◆ Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions
- ◆ Everything in life we do, we face and we have to deal with

Approach

- ◆ At the level and within the context of the natural conditions of existence, within the natural parameters, the boundaries and limits of existence set by nature
- ◆ From within the mind and mental existence, as reflected in individual experience
- ◆ Establishing the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us
- Not As Traditionally Is the Case
 - ◆ Understanding and managing existence and development, from the top down and from the outside in

Approach

- ◆ In a fragmented, externalized, general, dissociated and disconnected way, in the abstract
- ◆ Understanding and managing existence and development from the human-created socio-cultural level, of beliefs, views, values, conventions and practices down to the level of the natural conditions of existence
- ◆ From the social, political, economic, scientific and technological level down to the level of the individual
- ◆ From understanding and managing external conditions and the world around us, to understanding and managing internal mental conditions, the mind, the inner mental life and the mental self

Approach

- ◆ Dividing and separating the conditions, demands and challenges of 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 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

Approach

- ◆ In contrast to considering and making sense of human experience and the conditions that lie behind them
- ◆ Collectively creating the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Not establishing individually the necessary internal mental conditions, before engaging and dealing with external conditions and the world around us
- ◆ Establishing 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

Approach

- ◆ Understanding and managing existence and development through understanding and managing external conditions and the world around us
- ◆ Not understanding and managing our existence and development within existing and changing external conditions

The Century of Mental Existence and Mental Development

- Approach
- → Rationale

Rationale

- Why Making the 21st Century the Century of the Mind, Mental Existence and Mental Development?
 - ◆ How does it create the necessary conditions for a sustainable future?
 - ◆ Persisting and growing human individual, social and environmental problems and difficulties
 - ◆ We face, we create and we must deal with, individually, as society and as a species, locally and globally around the world today

Rationale

- ◆ In their essence are the results and consequences of failing to understand and manage, in the first instance, the mind, mental existence and mental development
- ◆ Establishing and maintaining the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- As a Result We Act Out of Mental Disorder and Instability, Doubt and Confusion, Uncertainty and Insecurity
 - ◆ Understanding, choices and decisions, goals and objectives, behaviour and actions are governed by the need to compensate for unmet mental needs

Rationale

- ◆ And to protect fragile, unstable and insecure minds and mental conditions
- ◆ Understanding, choices and decisions, goals and objectives, behaviour and actions are not informed and governed, and they are not constrained by the natural conditions of existence
- ◆ They are governed by the problematic results and consequences of failing to understand and manage the mind and mental existence
- ◆ Failing to understand the conditions, demands and challenges of existence that lie behind and that are reflected in individual human experience

Rationale

- ◆ Understanding and managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ Where we are in charge and in control, individually in the mind and mental existence
- ◆ Instead, understanding and managing existence and development in an externalized, fragmented, general, dissociated and disconnected way, in the abstract
- ◆ Understanding and managing them in ways that contradict, conflict with and fall short of the natural conditions of existence

Rationale

- ◆ Trying to establish externally in the world around us, in the collective, what we fail to do and establish individually in the mind and mental existence
- ◆ Establishing a sense of self, an identity, a sense of order and stability, clarity and coherence, certainty, security and confidence externally, beyond the mind and mental existence, in socio-cultural and physical-material terms
- ◆ The consequences are persisting and growing individual, social and environmental problems and difficulties

Rationale

- Problems and Difficulties Dealing With the Individual Self, Particularly Understanding and Managing Individual Mental Existence and Mental Development
 - ◆ Persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration, problematic mental behaviour and actions
 - ◆ Lacking a conceptual foundation and framework of understanding
 - ◆ Lacking clarity of mind and understanding about the conditions of existence, individual mental and physical existence and development and the world around us

Rationale

- ◆ Being lost, not feeling at home, and not finding one's way around in the mind and mental existence
- ◆ Acting out of, and acting out mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration
- ◆ Poverty of understanding, a sense of ignorance, incompetence, helplessness and hopelessness
- ◆ Inability to make sense of individual experience, the conditions of existence, and the world around us
- ◆ Difficulties making choices and decisions, defining aims, goals and objectives, considering, planning, organizing and managing behaviour and actions

Rationale

- ◆ Difficulties behaving and acting, relating and interacting, communicating and cooperating in meaningful, constructive and beneficial ways
- ◆ 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
- ◆ Answers and solutions we take to lie beyond the self, with others and in the world around us
- ◆ Looking for, expecting and demanding the ideal external conditions of an ordered, stable, secure and predictable world of ease and comfort

Rationale

- ◆ Escapism from constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Escapism into fantasy, abstractions, idle speculation and wishful thinking
- ◆ Escapism into and addiction to drugs, alcohol, tobacco, sex, obesity, extreme exercise, travel, adventure, etc.
- ◆ Escapism into accumulation, possession, control and consumption of material resources, goods and values, beyond actual human material needs

Rationale

- ◆ Irrational, unpredictable, counterproductive, harmful, violent and destructive behaviour and actions
- ◆ Abrogating, to others and higher authorities, the role and responsibility for the individual self, individual behaviour and actions, choices and decisions, goals and objectives
- ◆ Looking to others, and holding them responsible, for personal problems and difficulties, limits and shortcomings, failings, errors and mistakes, answers and solutions
- ◆ Dependence and reliance on and resentment of others, external conditions and the world around us for what is individual our role and responsibility

Rationale

- Problems and Difficulties Relating and Interacting, Communicating and Cooperating With Others
 - ◆ Competition, conflict, confrontation, war, killing and destruction, meeting respective needs and managing shared existence and development
 - ◆ Competition, conflict and confrontation over shared natural resources
 - ◆ About different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices, different ways of understanding and managing existence and development

Rationale

- ◆ Ethnic, racial, gender and generational discrimination, conflict, confrontation and killing
- ◆ Injustice and inequality, domination, exploitation, deprivation and marginalization, poverty and starvation
- ◆ Failing to meet respective needs for which we depend on and must interact with each other
- ◆ Problematic social institutions, organizations, structures, processes and practices
- ◆ Not defined by or in support of the natural conditions, demands and challenges of existence

Rationale

- ◆ Designed instead to create and maintain the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Not designed to understand and manage, in the first instance, the mind, the inner mental life and the mental self within existing and changing conditions
- ◆ Establish individually the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- ◆ Relating and interacting, communicating and cooperating in meaningful, constructive and beneficial ways

Rationale

- ◆ Managing shared existence and development and meeting respective needs for which we depend on and must interact with each other
- ◆ Social institutions, organizations, structures, processes and practices are managed by unstable, confused and insecure minds
- ◆ To protect social and professional positions, roles, functions, power, status and privilege
- ◆ To cover up and compensate for individual problems and difficulties, limits and shortcomings, failings, errors and mistakes, doubt, confusion, uncertainty and insecurity

Rationale

- ◆ The results and consequences include the exploitation and consumption of natural material resources beyond actual human material needs
- ◆ Greed, corruption, exploitation, deprivation and marginalization, in the name of the larger collective whole
- ◆ Secrecy, lack of accountability, openness and responsibility, mismanagement, poor planning and organizing
- Problems and Difficulties Dealing With Nature and the Natural Environment
 - ◆ Contradicting, conflicting with, and falling short of the natural conditions, demands and challenges of existence

Rationale

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

The Century of Mental Existence and Mental Development

- Approach
- Rationale
- → Natural Conditions of Existence

Natural Conditions of Existence

- We Exist in and As Part of a Constantly Unfolding, Changing and Transforming Natural Universe
 - ◆ We are natural-biological organisms, whose existence and development is defined and governed, in the first instance, by natural forces and processes
 - ◆ We are composed and made up of both body and mind, physical and mental existence
 - ◆ Body and mind, physical and mental existence both have basic needs that must be met to maintain physical and mental order, stability and well-being

Natural Conditions of Existence

- ◆ Our physical needs are of a material nature, and must be met in material ways
- ◆ Our mental needs, in contrast, are of a non-material nature, and must be met in non-material ways, in the mind, through individual mental work and effort
- We Exist Mentally and Physically Independent of Each Other and of Any Larger Organic Social-collective Whole
 - ◆ However, we depend on and must interact with each other and with the world around us to meet our basic needs
 - ◆ We develop, mentally and physically, independent of each other

Natural Conditions of Existence

- ◆ Individually we always are at different stages in our natural-biological unfolding, and at different levels in our mental development and growth
- ◆ We are confronted and we have to deal with the same natural conditions, demands and challenges of existence, but at different times and under different circumstances
- ◆ Similar situations and conditions pose different demands and challenges, problems and difficulties for the individual, requiring different actions, responses and adjustments
- ◆ Requiring different understanding, skills and practices, choices and decisions, behaviour and actions, work and effort

Natural Conditions of Existence

- We Are Not Self-sustaining Natural Organisms
 - ◆ We must individually take an active part in our existence and development
 - ◆ Meeting our needs, dealing with others and the world around us, responding and adjusting to constant change, changing conditions, demands and challenges
 - ◆ We are not naturally-genetically preconditioned to behave and act in necessary and appropriate ways
 - ◆ We are able and we do make errors and mistakes, behave and act in counterproductive, harmful and destructive ways

Natural Conditions of Existence

- ◆ We need to make choices and decisions, define aims, goals and objectives, and consider, plan, organize and manage, guide and direct our behaviour and actions
- **Managing Existence and Development Requires Clarity of Mind and Understanding, About the Conditions, Demands and Challenges of Existence**
 - ◆ To make informed and considered choices and decisions, define necessary aims, goals and objectives, and to consider, plan, organize and manage required behaviour and actions
 - ◆ Define, guide and direct what we do, internally in the mind and mental existence, and externally in the world around us

Natural Conditions of Existence

- ◆ In order to manage existence and development, meet our needs, deal with, respond and adjust to change and changing conditions, within the natural parameters, the boundaries and limits of existence set by nature
- ◆ And not to contradict, conflict with or fall short of the natural conditions of existence that lie beyond our human control
- It is in the Mind where we Consciously Exist and Act
 - ◆ It is where the inner mental life takes place and where the mental self is active

Natural Conditions of Existence

- ◆ It is where by nature we are individually in charge and in control, where we must actively be engaged, and where we must take responsibility for everything we do and we engage in, individual behaviour and actions
- ◆ It is in the mind where we experience, become aware, and must consider the conditions of existence and the world around us, and how to deal with them
- ◆ It is where we make choices and decisions, where we define aims, goals and objectives, and where we must plan, organize and manage our behaviour and actions

Natural Conditions of Existence

- ◆ What takes place and what we do in the mind defines and governs how we interact and deal with external conditions, with others and the world around us
- ◆ Problems and difficulties, limits and shortcomings, errors and mistakes, in understanding, choices and decisions, goals and objectives, behaviour and actions, have their roots and beginnings in the mind and mental existence
- ◆ It is in the mind and mental existence where answers and solutions must start
- ◆ Beginning with understanding and managing what takes place and what we do, more importantly what we need to do, what we must establish, develop and maintain **individually in the mind and our inner mental life**

Natural Conditions of Existence

- We Experience and Become Aware of the Conditions of Existence and the World Around Us Through Our Experiences, Perceptions, Sensations and Feelings
 - ◆ They are the only access of the mind and awareness to external conditions and the world beyond
 - ◆ However, we do not experience all of reality, some elements and aspects of reality and the world around us lie beyond human perceptions, sensations and feelings

Natural Conditions of Existence

- ◆ Our experiences fragment, divide and separate an integrated, connected, related and interacting world
- ◆ Our experiences, perceptions, sensations and feelings also do not on their own fully impress themselves in all their details and specifics on our awareness
- ◆ They do not order and arrange themselves in the mind in the order of their origins or in the order in which they need to be dealt with
- ◆ Experiences, perceptions, sensations and feelings also do not form clear and detailed images in the mind about the conditions that lie behind them

Natural Conditions of Existence

- The Initial Mental Conditions and State of Mind Are Disorder and Instability, Doubt and Confusion, Uncertainty and Insecurity
 - ◆ What comes to mind and we become aware of first appears as vague notions, lacking in clarity, depth and detail
 - ◆ It is the most fundamental and overarching demand and challenge of existence to deal with the initial mental conditions and state of mind
 - ◆ They impact on everything we do, the choices and decisions we make, the aims, goals and objectives we pursue, and the behaviour and actions in which we engage

Natural Conditions of Existence

- ◆ How we deal with the self, how we relate and interact with others and how we deal with the world around us, with nature and the natural environment
- ◆ It lies behind all of human history and human development
- Managing Existence and Development Existing in and As Part of a Constantly Unfolding, Changing and Transforming World Requires Clarity of Mind and Understanding
- ◆ It requires establishing and maintaining the necessary internal mental conditions

Natural Conditions of Existence

- ◆ Before engaging and dealing with external conditions, with others and the world around us
- ◆ It requires considering and making sense of individual experience, and the conditions of existence that lie behind and that are reflected in them
- ◆ 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, individually in the mind and mental existence
- ◆ Dealing with mental disorder and instability, doubt and confusion, uncertainty and insecurity, and addressing the conditions that lie behind them

Natural Conditions of Existence

- ◆ It requires developing, exercising and practicing individually the necessary knowledge, understanding and mental faculties, natural mental powers and abilities and necessary mental skills and practices
- ◆ Engaging in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ Constantly, in light of change and changing conditions, reconsider, update, correct, expand or improve individual knowledge, understanding and mental faculties, how we develop and use them
- ◆ Reconsider, update, correct, expand or improve, whenever necessary and required, in light of problems and difficulties, failures, errors or mistakes, the choices and decisions we make, and how we make them

Natural Conditions of Existence

- ◆ The aims, goals and objectives we pursue, and how we define them, and the behaviour and actions in which we engage, and how we consider, plan, organize and manage them
- It Requires individually Being in Charge, in Control and Taking Responsibility for Individual Mental Existence and Mental Development
 - ◆ Our internal mental conditions, how we understand and manage them
 - ◆ How we understand and manage what takes place, what we face and have to deal with, what we do and need to do, what we must establish, develop and maintain in the mind

Natural Conditions of Existence

- ◆ How in the mind, in our inner mental life and existence we deal with, respond and adjust to changing conditions, demands and challenges
- ◆ It requires being in charge, in control and taking responsibility for 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, how we consider, plan, organize and manage them

Natural Conditions of Existence

- Failing to Understand and Manage the Mind, the Inner Mental Life and the Mental Self
 - ◆ Leads to problems and difficulties, for the individual self, for others and the world around us
 - ◆ It leads to looking for the causes, and the answers and solutions, of individual problems and difficulties, limits and shortcomings, failures, errors and mistakes externally, beyond the self, to others and the world around us
 - ◆ The results and consequences are problematic, counterproductive, harmful and destructive understanding, choices and decisions, aims, goals and objectives, behaviour and actions

The Century of Mental Existence and Mental Development

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- Natural Conditions of Existence
- → The Mind, Mental Existence and Mental Development in History

The Mind, Mental Existence and Mental Development in History

- In Animist and Theist Culture, in Religion the Mind and Mental Existence Are Understood in Terms of the Human Spirit or Soul
 - ◆ Taken to be an animating force and spiritual essence, existing beyond and separate from the human body
 - ◆ The mind and mental existence are seen as the human connection to a larger supernatural-spiritual universe
 - ◆ They are thought to be controlled or inhabited by spirits, gods, divine inspiration, demons or the devil

The Mind, Mental Existence and Mental Development in History

- ◆ What takes place and what we do in the mind and our inner mental life are thought to be controlled, governed, guided and directed by spirits and supernatural forces
- ◆ Experiences, perceptions, sensations, feelings, thoughts, ideas and notions, that enter the mind and awareness and our response to them, are taken to be controlled by hidden spirits and supernatural forces
- ◆ Human choices and decisions, behaviour and actions are seen to be governed, guided and directed by the same spirits and supernatural forces

The Mind, Mental Existence and Mental Development in History

- ◆ The mind and mental existence are managed through managing or influencing external conditions, in this case the supernatural-spiritual world
- ◆ Through spiritual rituals and practices, appeals and offerings to supernatural forces, spirits and gods
- ◆ That is, mental needs are met in spiritual ways, through spiritual practices and rituals
- ◆ A sense of self, mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, as well as guides to behaviour and actions are sought externally, beyond the mind and mental existence

The Mind, Mental Existence and Mental Development in History

- ◆ They are sought in the supernatural-spiritual world, with spirits and supernatural forces, in religious stories, texts and scripts
- In Scientific Culture the Mind and Mental Existence Are Viewed As a Phenomenon or Entity in Nature, to Be Understood Scientifically
 - ◆ Through observation, differentiation, naming, listing, categorizing, hypothesizing, theorizing and experimental testing
 - ◆ Today, the mind, mental existence and mental development tend to be equated with the human brain, the neurological and biochemical structure and workings of the brain

The Mind, Mental Existence and Mental Development in History

- ◆ Mental behaviour and actions, what we do in the mind and mental existence are seen to be governed by natural evolutionary developments, genetic make-up, the neurological and biochemical structure and workings of the brain, and external environmental conditions
- ◆ The mind, mental existence and mental development are the subject matter of different scientific disciplines and fields of study
- ◆ Each dealing with different aspects and elements of the mind and mental existence, mental behaviour, actions and practices

The Mind, Mental Existence and Mental Development in History

- Psychology Views Mental Behaviour and Actions, What We Do in the Mind and Mental Existence, in Terms of Archetypes of Human Personalities
 - ◆ With unique and characteristic patterns of behaviour and actions
 - ◆ Mental disorder and instability, problematic behaviour and actions, are viewed as deviations from the norm, from a natural state of mind and patterns of behaviour
 - ◆ The approach and method of psychology is observing and concluding from human physical behaviour and actions about personality types, mental disorders and syndromes

The Mind, Mental Existence and Mental Development in History

- ◆ Treatment of mental disorders and syndromes is taken to involve the recovery of repressed memories and desires, and behaviour modification to correct inappropriate or flawed early childhood conditioning
- ◆ Alternatively, it involves invasive chemical drug treatment to correct perceived chemical imbalances or deficiencies in the human brain
- ◆ Psychoanalysis, the analysis of the unconscious, is to uncover repressed memories and desires that are thought to account for problematic behaviour and actions
- ◆ Psychiatry deals with the diagnosis and medical treatment of perceived mental and emotional disorders and instabilities

The Mind, Mental Existence and Mental Development in History

- ◆ Behavioral analysis and behaviour modification focus and concentrate on the study and modification of problematic behaviour and actions
- Cognitive Science Views the Mind As a Cognitive or Information Processing Mechanism
 - ◆ Seen to reside and operate above the material brain
 - ◆ Cognitive science views the mind much like a computer, an information or language processing unit or mechanism

The Mind, Mental Existence and Mental Development in History

- ◆ The objective is to understand the information processing function and workings of the mind
- ◆ Through observing and comparing information or language input and resulting human behaviour and actions, or information and language output
- ◆ Mental order and stability, the proper cognitive working of the mind, is seen as a function of the neurological and biochemical structure and workings of the brain
- ◆ A detailed understanding of the genetic makeup, the neurological structure and workings of the brain, the linkages between the brain and the mind, and the cognitive workings of the mind

The Mind, Mental Existence and Mental Development in History

- ◆ The assumption is, will make possible genetic and environmental conditioning and reconditioning, and improve mental performance, the information processing of the mind
- ◆ It will make possible to develop and realize fully the cybernetic or information processing capacity of the mind
- ◆ Providing greater mental efficiency and effectiveness, processing and responding to information or language input, and communication and action out put

The Mind, Mental Existence and Mental Development in History

- Brain Research and Neuroscience Study the Neurological and Biochemical Structure and Workings of the Brain, the Material-biological Roots and Foundation of the Mind and Mental Existence
 - ◆ The mind, mental existence and mental development are equated with the neurological development, structure and workings of the brain
 - ◆ Mental order and stability are taken to be a function of the order and stability of the neurological and biochemical structure and workings of the brain

The Mind, Mental Existence and Mental Development in History

- ◆ Mental development, that is the neurological development of the brain, is viewed as a function of the genetic make-up and environmental conditioning
- ◆ Taking place at conception and in the formative years of the human individual
- ◆ The objective is to identify in the brain the material-biological roots and location of human experiences, perceptions, sensations and feelings, consciousness, memory, mental processes and actions
- ◆ And by implication, the roots and location in the brain of mental disorder and instability

The Mind, Mental Existence and Mental Development in History

- ◆ Detailed and in-depth knowledge and understanding of the development, structure and workings of the neurological brain are to lead to effective neurological measures and interventions
- ◆ Managing the mind and mental existence, dealing with mental disorder and instability, problematic behaviour, actions and practices
- Genetic Research Finally, Is to Identify the Genetic Roots of Mental Behaviour and Actions
 - ◆ Identify the roots of human choices and decisions, goals and objectives, behaviour and actions in the human genome, the human genetic make up

The Mind, Mental Existence and Mental Development in History

- ◆ Genetic engineering, or genetic modification, in turn, is to correct genetic flaws and create the ideal genetic conditions of existence
- At No Point in Human History Is the Mind and Mental Existence Considered, Understood and Treated As the Place Where We Consciously Exist and Act
 - ◆ Where the inner mental life takes place and where the mental self is active
 - ◆ 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

The Mind, Mental Existence and Mental Development in History

- ◆ Where we must establish and maintain the necessary internal mental conditions
- ◆ Before engaging and dealing with external conditions, with others and the world around us
- ◆ Where we experience, become aware and where we must consider the conditions of existence and how to deal with them
- ◆ The place where we must establish a sense of self, a sense of order and stability, clarity and coherence, certainty, security and confidence

The Mind, Mental Existence and Mental Development in History

- ◆ Where we make choices and decisions, define aims, goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions
- ◆ Where problems and difficulties have their roots and beginnings, and where answers and solutions must start
- ◆ Mental development, in turn, is not understood as something we must individually engage in and manage
- ◆ The mind, mental existence and mental development are not considered, understood and managed on the inside
- ◆ Inside the mind and mental existence, as reflected in individual experience

The Mind, Mental Existence and Mental Development in History

- ◆ Understanding and managing the mind, mental existence and mental development are not understood as the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ Instead, they are taken to lie beyond our control
- ◆ To deal with mental problems and difficulties we try to manage the role of nature that lies beyond our control
- ◆ Psychology, cognitive science, neuroscience and genetic research take the mental software, the instructions for individual behaviour and actions to be written by nature

The Mind, Mental Existence and Mental Development in History

- ◆ To be imbedded in our genes, the neurological wiring of the human brain and external environmental conditioning
- ◆ In reality, we individually write our own mental software and instructions
- ◆ Regardless whether we do so consciously and deliberately, or blindly by default

The Century of Mental Existence and Mental Development

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- Rationale
- Natural Conditions of Existence
- The Mind, Mental Existence and Mental Development in History
- → Direction of the Answers and Solutions

Direction of the Answers and Solutions

- The Direction of the Answers and Solutions Lies in Development, Change and Transformation From the Ground Up and from the Inside Out
 - ◆ At the level of the natural conditions of existence, beginning with the individual, starting with the mind, the inner mental life and the mental self
 - ◆ Not understanding and managing existence and development from the top down and from the outside in
 - ◆ From the socio-cultural, political, economic, scientific and technological level down to the level of the individual and the natural conditions of existence

Direction of the Answers and Solutions

- ◆ Understanding and managing external conditions and the world around us to understand and manage internal mental conditions, individual mental existence and mental development
- ◆ The answers and solutions do not lie in collectively creating the ideal external, socio-cultural and physical-material conditions, of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Managing, controlling and directing the world around us, nature, the natural environment, natural forces, processes, development and change

Direction of the Answers and Solutions

- ◆ The answers and solutions require changing the approach, focus and direction of development
- ◆ Changing how we understand and manage existence and development, demands and challenges, problems and difficulties
- ◆ Starting at the level of the natural conditions of existence, beginning with the individual, the mind, the inner mental life and the mental self
- ◆ Changing how we understand and manage the mind, mental existence and mental development

Direction of the Answers and Solutions

- Sustainable Development Requires Establishing the Necessary Internal Mental Conditions Before Engaging and Dealing With External Conditions and the World Around Us
 - ◆ Understanding and managing existence and development, everything in life we face, we do and we have to deal with
 - ◆ At the level and within the context of understanding and managing, in the first instance, the mind and mental existence, the inner mental life and the mental self
 - ◆ From within the mind and mental existence, as reflected in individual experience

Direction of the Answers and Solutions

- ◆ Not understanding and managing existence and development in general, in the abstract, at the human-created socio-cultural level
- ◆ Dividing and separating everything 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
- ◆ A sustainable future requires understanding and managing existence and development in a holistic and comprehensive way, a differentiated, but integrated, connected and related way

Direction of the Answers and Solutions

- ◆ At the level of the natural conditions of existence, which in the first instance define and govern human existence and development, that lie beyond human control, but which we must deal with and accommodate, to which we must respond and adjust
- ◆ The natural conditions that are common to all human beings, that lie behind and that are reflected in individual human experience
- ◆ It requires understanding and managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ Where we are in charge and in control, individually in the mind and mental existence

Direction of the Answers and Solutions

- ◆ Not trying to understand and manage the role of nature that lies beyond our human control
- ◆ Understanding and managing existence and development within the natural parameters, the boundaries and limits of existence set by nature
- ◆ Not contradicting, conflicting with or falling short of the natural conditions of existence
- ◆ A sustainable future requires understanding and managing existence and development existing in and as part of a constantly unfolding, changing and transforming world

Direction of the Answers and Solutions

- ◆ Sustaining an expanding global human population in equitable ways, on the limited and finite natural material resources base of the earth
- ◆ And not contribute further to the premature demise in the long term of the human species at its own hands
- The Answers and Solutions Do Not Lie in Traditional Analysis and Practices
 - ◆ They do not lie in advances in science and technology, economic growth and wealth creation, global governance and global democracy, or a return to religion, or combination of them

Direction of the Answers and Solutions

- ◆ They do not just lie in focusing and concentrating on the most obvious and self-evident symptoms and consequences, problems and difficulties in the world
- ◆ Poverty, starvation, conflict, confrontation, war and killings in the developing world
- ◆ The answers and solutions do not lie in bringing the rest of humanity to the level of development, the way of understanding and managing existence and development of the developed world
- ◆ This addresses only symptoms and consequences, the problematic results and consequences of failing to understand and manage mental existence and mental development

Direction of the Answers and Solutions

- ◆ Traditional and conventional views and practices do not touch on and deal with deeper-rooted problems, causes and developments
- ◆ They do not address the human causes, problematic behaviour and actions, and what lies behind them
- ◆ Failing to understand and manage the mind, the inner mental life and the mental self
- ◆ Establishing and maintaining the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us

Direction of the Answers and Solutions

- ◆ Understanding and managing the role and responsibility that by nature are individually ours to understand and manage
- ◆ Where we are in charge and in control, individually in the mind and mental existence
- ◆ Contemporary efforts of instant relief and addressing symptoms and consequences need to take place within the context of long-term change and transformation
- ◆ Addressing deeper-rooted problems, causes and developments

Direction of the Answers and Solutions

- ◆ They need to take place at the level and within the context, of understanding and managing, in the first instance, mental existence and mental development
- ◆ From within the mind and mental existence as reflected in individual experience
- Traditionally, Advances in Science and Technology Are to Create the Ideal External Conditions
 - ◆ They are to provide the knowledge and tools to understand, manage, control and direct nature, natural forces, processes, development and change

Direction of the Answers and Solutions

- ◆ Which today we try to manage, control and direct at the cosmic, sub-atomic and genetic level
- ◆ Attempting to establish externally in the world around us what we must establish and maintain individually in the mind and mental existence
- ◆ Trying to create the ideal external physical-material conditions of an ordered, stable, secure and predictable world of material ease and comfort
- ◆ A world where the natural demands and challenges and the problems and difficulties we face today no longer occur

Direction of the Answers and Solutions

- ◆ Science and technology do not address problematic human behaviour, actions and practices, how we understand and manage existence and development, and what lies behind them
- ◆ The focus and concentration is not understanding and managing the mind, mental existence and mental development
- ◆ Individually, from within the mind and mental existence, as reflected in individual experience
- ◆ Establishing and maintaining first the necessary internal mental conditions, before engaging and dealing with external conditions and the world around us

Direction of the Answers and Solutions

- ◆ Science and technology do not provide the necessary understanding, mental powers and abilities, mental skills and practices
- Economic Growth and Wealth Creation Are to Provide the Conditions of Easy Material Abundance
 - ◆ They do not address the problem, results and consequences of meeting non-material mental needs in material ways
 - ◆ Economic growth and wealth creation do not address the problem and consequences of using natural-material resources beyond actual human material needs

Direction of the Answers and Solutions

- Global Governance, Understanding and Managing Existence and Development in the Collective at the Global Level
 - ◆ Governed, guided and directed by global institutions, organizations, structures, rules and regulations
 - ◆ With local participation and input in the selection of the global management team, or global government
 - ◆ It does not address the problematic results and consequence of understanding and managing existence and development in the collective, from the top down and from the outside in

Direction of the Answers and Solutions

- ◆ Failing to understand and manage the mind, mental existence and mental development, from the inside out and from the bottom up
- ◆ Establishing individually the necessary internal mental conditions before engaging and dealing with external conditions, others and the world around us
- ◆ Failing to understand and manage existence and development at the level and within the context of understanding and managing, in the first instance, mental existence and mental development

Direction of the Answers and Solutions

- ◆ Failing to understand and manage the role and responsibility in our existence and development that by nature are individually ours to understand and manage
- ◆ Where we are in charge and in control, individually in the mind and mental existence
- ◆ Cross-cultural cooperation creating the ideal external social-collective global conditions
- ◆ It does not address conflict and confrontation over different socio-cultural beliefs, views, values, conventions and practices, different ways of understanding and managing existence and development

Direction of the Answers and Solutions

- ◆ It does not address competition, conflict and confrontation over shared natural resources
- ◆ Not to mention the material-financial costs of global institutions, and the increased demand on natural material resources and the natural environment
- **Returning to Religion**
 - ◆ Addressing the results and consequences of failing to understand and manage the mind and mental existence
 - ◆ Establishing internal mental, and external social-collective order and stability through following traditional religious guidelines

Direction of the Answers and Solutions

- ◆ It does not address the problem of failing to establish the necessary conditions
- ◆ Where we are in charge and in control, and where we need to take responsibility, individually in the mind and mental existence
- ◆ It does not address the need for constant individual mental work and effort, existing in and as part of a constantly unfolding, changing and transforming world
- ◆ The need to deal with, respond and adjust to constant change, constantly changing conditions, demands and challenges, individually in the mind and mental existence

Direction of the Answers and Solutions

- ◆ Before they develop into larger problems and difficulties
- ◆ Returning to religion does not provide the means, it does not develop in the individual the necessary understanding, mental powers and abilities, mental skills and practices
- ◆ The approach of religion is to establish the necessary internal mental conditions indirectly, through external structures and institutions, of order and stability, clarity and coherence, certainty, security and confidence
- ◆ Religious interpretations of human experience, religious texts, stories, values, rules and guides to individual behaviour and actions

Direction of the Answers and Solutions

- Traditional Analysis and Responses at Best Are Short Term, Interim Measures, Addressing Mainly Symptoms And Consequences
 - ◆ Measures of buying time for a path and direction of development, ways of understanding and managing existence that are not sustainable
 - ◆ They are not long-term measures, answers and solutions to deeper-rooted problems, causes and developments
 - ◆ The focus and concentration is to sustain establish socio-cultural conditions and existence, how traditionally we understand and manage existence, and the historical path and direction of development

Direction of the Answers and Solutions

- ◆ Traditional views and responses will not sustain human existence in changing conditions and narrowing natural parameters, and avoid the premature demise in the long term of the human species at its own hands
- ◆ They do not provide the means, the development of the required knowledge, understanding and mental faculties, natural mental powers and abilities and necessary and appropriate mental skills and practices
- ◆ To understand and manage existence and development in changing conditions within the natural parameters

Direction of the Answers and Solutions

- ◆ At the level of the natural conditions of existence that lie behind and that are reflected in human experience, the experience of every human being
- ◆ Within the boundaries and limits of existence set by nature
- The Direction of the Answers and Solutions Lies in Enabling the Individual to Improve Its Own Existence, Within Existing and Changing External Conditions
- ◆ Understanding, managing and improving, in the first instance, the mind and mental existence, the inner mental life and the mental self

Direction of the Answers and Solutions

- ◆ Establishing the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- ◆ Not creating the ideal external, socio-cultural and physical-material conditions, where problems and difficulties no longer occur
- ◆ Understanding and managing individual existence and development without contradicting, conflicting with or falling short of the natural conditions of existence
- ◆ Enabling the individual to understand, distinguish and differentiate between the role of nature, and the role and responsibility in our existence and development that by nature are ours to understand and manage

Direction of the Answers and Solutions

- ◆ Understand, distinguish and differentiate between social-collective, and individual existence and development, conditions, needs, demands and challenges
- ◆ Enable the individual to judge, assess and evaluate what in socio-cultural conditions, development, change and transformation is relevant and important for the individual
- ◆ Understand and manage individual, not collective existence and development, needs, demands and challenges

Direction of the Answers and Solutions

- ◆ Understand and manage existence and development without causing problems and difficulties, for the self, for others, the world around us, nature or the natural environment
- ◆ Relate and interact, communicate and cooperate with others and the world around us in positive, constructive and beneficial ways
- ◆ Meeting respective needs for which we depend on and must interact with each other, and managing shared existence and development

Direction of the Answers and Solutions

- ◆ Sustainable development requires recognizing, acknowledging, dealing with, and learning from individual problems and difficulties, limits and shortcomings, failures, errors and mistakes, and not repeating them
- ◆ Addressing them at their roots, individually in the mind and mental existence
- ◆ Where individually we are in charge and in control, and where we must take responsibility
- ◆ Problems and difficulties, limits and shortcomings, errors and mistakes in understanding, choices and decisions, goals and objectives, behaviour and actions

Direction of the Answers and Solutions

- ◆ That lie behind the human individual, social and environmental problems and difficulties we face globally today
- The Answers and Solutions Require Conceptual and Mental Development and Growth
 - ◆ Not socialization, education and training in established, human-created socio-cultural knowledge, tools, methods and techniques, to understand, manage, control and direct external conditions and the world around us
 - ◆ Developing individually the necessary conceptual foundation and mental capacity

Direction of the Answers and Solutions

- ◆ Developing, exercising and practicing, the required knowledge, understanding and mental faculties, natural mental powers and abilities and necessary mental skills and practices
- ◆ Developing and engaging in a process of continuous mental work and effort
- ◆ Constantly processing what enters and takes place in the mind and mental existence
- ◆ Establishing and maintaining 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

Direction of the Answers and Solutions

- ◆ 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
- ◆ Developing and engaging in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ Challenging and questioning the self, not questioning external conditions, others and the world around us

Direction of the Answers and Solutions

- ◆ Constantly reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, mental skills and practices, in light of change and changing conditions
- ◆ 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 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