

# Managing and Improving the Self

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Considering, Planning and  
Organizing Ahead

# Managing and Improving the Self

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- Approach
- Rationale
- Process and Steps

# Managing and Improving the Self

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- → Approach

# Approach

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- ◆ Considering, planning, organizing and managing the self from the ground up and from the inside out
- ◆ Considering, planning, organizing and managing individual existence and development, behaviour and actions, work and effort, what we do and we engage in from the ground up and from the inside out
- ◆ Understanding and managing them in their essence, in depth and detail, in a comprehensive, a differentiated, but integrated, connected and related way
- ◆ Understanding and managing, planning and organizing existence and development from the ground up, at the level of the natural conditions of existence

# Approach

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- ◆ The natural conditions of existence that in the first instance define and govern existence and development, which lie behind and which are reflected in individual human experience
- ◆ Moreover, understanding and managing, planning and organizing the self, individual existence and development, behaviour and actions, what we do and we engage in from the inside, beginning with the mind and mental existence
- ◆ Establishing first, in every thing we do and we engage in, the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us

# Approach

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- ◆ It involves changing how traditionally we understand and manage existence and development, plan, organize and manage the self, individual behaviour and actions
- ◆ Understanding, managing, planning and organizing existence and development from the top down and from the outside in, in an externalized, fragmented, generalized, dissociated and disconnected way in the abstract
- ◆ Understanding and managing the self, individual existence and development, behaviour and actions from the socio-cultural level down to the level of the individual and the natural conditions of existence

# Approach

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- ◆ Understanding and managing existence and development from the social-collective, political, economic, scientific and technological level down to the level of the individual and the natural conditions of existence
- ◆ Understanding and managing external conditions and the world around us to understand and manage the self, the mind and mental existence
- ◆ Dividing and separating an integrated, connected and interacting reality into different issues, subject matters, disciplines, fields of study and areas of human activity, specialization and expertise

# Approach

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- ◆ 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
- ◆ Collectively trying to establish externally, in socio-cultural and physical-material terms what by nature we must establish individually in the mind and mental existence - a sense of self, a sense of order and stability, clarity and coherence, certainty, security and confidence



# Approach

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- ◆ Trying to create the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Understanding and managing external conditions and the world around us, in contrast to understanding and managing ourselves, individual existence and development within existing and changing external conditions
- ◆ Instead, we need to deal with everything, the self, issues, conditions, demands and challenges, problems and difficulties, change and changing conditions, plans and projects, goals and objectives, jobs and tasks from the ground up and from the inside out

# Approach

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- ◆ Understanding and managing them at a fundamental level, in their essence, in depth and detail, in a comprehensive, a differentiated, but integrated, connected and related way
- ◆ From inside the mind, beginning with the mind, the inner mental life and mental self, mental development and growth
- ◆ It involves considering, planning and organizing ahead, everything we do and we engage in
- ◆ Establishing the necessary internal mental conditions, clarity of mind and understanding, before acting, before engaging and dealing with external conditions, with others and the world around us

# Approach

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- ◆ It requires developing, exercising and practicing all our mental faculties, natural mental powers and abilities, necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges when only a minimum in mental work, effort and adjustment are required and before they develop into larger problems and difficulties
- ◆ It requires recognizing, acknowledging and dealing with personal problems, difficulties, limits, shortcomings, failures, errors and mistakes, in what we do and how we go about things

# Approach

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- ◆ Recognizing, acknowledging and dealing with them, when we experience, become aware and we are confronted with them
- ◆ It requires engaging in a process of continuous conceptual and mental self-development and growth
- ◆ Constantly, in light of change and changing conditions, reconsider, change, correct, improve or expand individual knowledge and understanding, mental powers and abilities, mental skills and practices, mental work and effort

# Managing and Improving the Self

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- Approach
- → Rationale

# Rationale

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- ◆ We consciously exist and act, we experience, become aware and must consider the conditions of existence and the world around us and how to deal with them in the mind
- ◆ The mind is where the inner mental life takes place and where the mental self is active
- ◆ It is where individually we are in charge and in control, where we must actively be engaged and take responsibility for what we do and we engage in, individual behaviour and actions
- ◆ It is in the mind where we make choices and decisions, define aims, goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions

# Rationale

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- ◆ What takes place and what we do in the mind defines and governs how we understand, manage and conduct ourselves individually
- ◆ It defines and governs how we relate and interact, communicate and cooperate with each other, and how we deal with the world around us
- ◆ What takes place and what we do in the mind defines and governs the understanding we establish, the choices and decisions we make, the aims, goals and objectives we pursue, and the behaviour and actions in which we engage

# Rationale

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- ◆ Problems and difficulties, limits and shortcomings, failures, errors and mistakes in what we do and how we do things have their roots and beginnings in the mind and mental existence, and it is where answers and solutions must start
- ◆ Understanding and managing the self, connecting, communicating and interacting with each other and the world around us in positive, constructive and beneficial ways requires establishing and maintaining the necessary internal mental conditions
- ◆ It involves establishing 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 individually in the mind and mental existence



# Rationale

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- ◆ Our role and responsibility in our own existence and development, our natural mental faculties, natural mental powers and abilities, mental skills and practices, how to manage, develop and use them
- ◆ What we face and have to deal with in experience, issues, conditions, jobs and tasks, and how we deal with them
- ◆ Establishing the necessary internal mental conditions requires developing, exercising and practicing all our mental faculties, our natural mental powers and abilities, necessary mental skills and practices, and engage in the required mental work and effort

# Rationale

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- ◆ It involves 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 knowledge, understanding, mental powers and abilities, mental skills and practices, mental work and effort
- ◆ Failing to establish the necessary internal mental conditions leads to problems and difficulties in what we do and we engage in, problematic choices and decisions, aims, goals and objectives, behaviour and actions

# Rationale

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- ◆ It leads to problems and difficulties managing ourselves individually, relating and interacting, communicating and cooperating with others, and dealing with the world around us
- ◆ It leads to problems and difficulties dealing with issues, conditions, demands and challenges, jobs, tasks, goals, objectives, plans and projects
- ◆ Problems and difficulties managing, planning, organizing and directing them

# Managing and Improving the Self

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- Approach
- Rationale
- → Process and Steps

# Process and Steps

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- Establish and Maintain the Necessary Internal Mental Conditions
- Develop, Exercise and Practise Natural Mental Powers and Abilities
- Develop, Exercise and Practise Necessary Mental Skills and Practices
- Engage in a Process of Continuous, Life-Long Conceptual and Mental Self-Development and Growth

# Process and Steps

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- → Establish and Maintain the Necessary Internal Mental Conditions

# Establish and Maintain the Necessary Internal Mental Conditions

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

# Establish and Maintain the Necessary Internal Mental Conditions

- Establish a Sense of Self, the Human and the Mental Self
  - ◆ Establishing a sense of the human self, not one's cultural, social, professional or occupational identity
  - ◆ The human self consists of our individual physical and mental nature and make up
  - ◆ In addition, the individual human self is defined by what takes place and what we do, establish and develop in the mind and mental existence, the inner mental life



# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ The experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections that enter the mind and awareness, the sense we make of them, how we deal with, respond and adjust to them
- ◆ The knowledge, understanding, mental powers and abilities, mental skills and practices on which we rely, how we develop and use them
- ◆ How we understand and manage our existence and development, and how we understand and meet our needs

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ 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
- ◆ How we deal with, respond and adjust to change, changing conditions, demands and challenges
- ◆ Having a sense of the human self is to be aware, have a clear and detailed picture and understanding of all of it, of what enters, what takes place, and what we do in the mind and our mental existence

# Establish and Maintain the Necessary Internal Mental Conditions

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- Establish a Sense of Mental Order and Stability
  - ◆ It involves mentally processing, considering, ordering and arranging everything that enters the mind and awareness
  - ◆ Recognizing, considering and making sense of the experience,s perceptions, sensations, feelings and recollections that enter the mind and awareness
  - ◆ Thoughts, ideas and notions, situations and conditions, choices and decisions, plans and projects, goals and objectives, jobs and tasks

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Order and arrange them in the mind in meaningful, constructive and beneficial ways
- ◆ Deal with and consider questions, uncertainties, doubt, confusion and insecurity, fear, stress, anxiety and frustration they raise in the mind and awareness
- ◆ Consider what they tell us about the conditions of our inner mental life and the state of the mental self, and address the conditions, demands and challenges that lie behind them

# Establish and Maintain the Necessary Internal Mental Conditions

- Establish Clarity of Mind and Understanding
  - ◆ Clarity of mind and understanding about what we face and have to deal with, what we do and we engage in
  - ◆ Clarity of mind and understanding about existence and development, demands and challenges, problems and difficulties, plans and projects, goals and objectives, jobs and tasks
  - ◆ Consider them systematically and consistently, step-by-step
  - ◆ In their essence, in depth and detail, in a comprehensive, a differentiated, but integrated, connected and related way

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Break down issues, conditions, plans and projects, jobs and tasks into their parts, details and specifics
- ◆ Consider the parts, details and specifics individually, at some length, in depth and detail, but in an integrated, connected and related way
- ◆ Consider how they are connected, relate and interact
- ◆ Pursue and consider whatever question, doubt, confusion and uncertainty that comes to mind about the issue, job or task at hand

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Visualize and form a clear and detailed image and picture in the mind about them
- ◆ Establish clarity of mind and detailed understanding about the issue, plan, project, job or task at hand, the requirements and necessary steps
- ◆ Consider and set out clearly, the goal and purpose, what is to be accomplished, the approach, focus and direction
- ◆ Set out a detailed plan of action, based on and firmly rooted in a clear picture and detailed understanding of the purpose and objectives, what is to be accomplished, the approach, focus and direction

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Define and set out clear steps and the order in which they are to be taken
- ◆ With each step arising from the previous step, and leading to and defining the next step
- ◆ At the end of each step, review and reconsider the plan of action and next step
- ◆ When losing focus and direction, going back to where clarity has been lost, and reestablish clarity of mind and understanding before continuing



# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Establishing clarity of mind and understanding requires exercising mental discipline and mental flexibility, focusing and concentrating the mind and attention on the issue, job or task, details and specifics at hand
- ◆ Not pursuing whatever comes to mind, heading off on unrelated tangents and jumping to conclusions
- ◆ To clear the mind and attention noting down on paper what comes to mind in different thoughts, ideas and notions for later consideration
- ◆ Investing the necessary and required time, mental work and effort

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Consider, plan and organize ahead, systematically and consistently
- ◆ Always keeping in mind and considering the larger context, what has taken place and what lies ahead
- Establish a Sense of Certainty, Security and Confidence
  - ◆ Certainty, security and confidence about individual powers and abilities, skills and practices, how to develop and use them
  - ◆ To understand and manage existence and development in changing conditions

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Certainty, security and confidence to deal with whatever we face and have to deal with, in conditions, demands and challenges, without knowing before hand what they will be
- ◆ It involves taking serious whatever enters the mind and awareness -- experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections
- ◆ Recognizing, acknowledging and considering them, not ignoring, dismissing or rejecting them
- ◆ It requires being in charge, in control and taking responsibility for what takes place and what we do, establish, develop and maintain in the mind and mental existence

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Dealing with doubt, confusion, uncertainty and insecurity through understanding and addressing the conditions that lie behind them
- ◆ Recognizing, acknowledging, considering and addressing problems and difficulties, limits and shortcomings, failings, errors and mistakes in what we do and how we do things, in behaviour and actions
- ◆ Learning from them, and not repeating them
- ◆ Considering and discussing problems and difficulties only within the context of dealing with them, considering and addressing the conditions that lie behind them

# Establish and Maintain the Necessary Internal Mental Conditions

- ◆ Not engaging in idle speculation, commiserating about them and seeking the sympathy of others
- ◆ Making demands first on oneself, looking for answers and solutions within oneself, not looking for them to others and the world around us
- ◆ Making informed and considered choices and decisions, defining necessary aims, goals and objectives, considering, planning, organizing and managing necessary and required behaviour and actions
- ◆ Planning and organizing ahead, jobs and tasks, plans, projects, goals and objectives, planning and organizing ahead one's time, days, weeks and months

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Setting out clear agendas, detailed plans of action and specific steps
- ◆ Following one's agenda, plan of action and steps, one step at a time
- ◆ Keeping the mind and attention on what one does and one is engaged in, in everything one does
- ◆ At the end of each step, reviewing and reconsidering the agenda, plan of action and next step
- ◆ At the end of each day, week, month, reviewing, assessing and evaluating the daily, weekly, monthly agenda, plan of action and steps

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Keeping track by keeping notes of jobs, tasks, plans or projects on which one is working, engaged in and pursuing
- ◆ At the end of the day, or when turning to a different job, task or project, noting down what has been done and what needs to be done next
- ◆ When resuming the job, task or project, first reviewing the notes and setting the mind
- ◆ When losing focus and direction about what one does, is engaged in, is pursuing, always going back to where clarity of mind and understanding has been lost and re-establish them before continuing

# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Never just muddling through, operating in the dark, getting ahead and acting beyond the clarity of one's mind and understanding, making things up as one goes along
- ◆ Always looking ahead, anticipating, considering, preparing, planning and organizing for what lies ahead and what may be coming up
- ◆ Moreover, establishing the conditions necessary for a sense of accomplishment
- ◆ Dividing and separating plans, projects, tasks and jobs into manageable steps or parts that can be accomplished in a day



# Establish and Maintain the Necessary Internal Mental Conditions

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- ◆ Every day, working on steps that can be completed within a day, to arrive at the end of the day at a sense of accomplishment and contentment

# Process and Steps

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- Establish and Maintain the Necessary Internal Mental Conditions
- → Develop, Exercise and Practise Natural Mental Powers and Abilities

# Natural Mental Powers and Abilities

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- Being Mentally Alert, Active and Engaged
- Direct, Focus and Concentrate the Mind and Attention
- Exercise Mental Discipline and Mental Flexibility
- Visualize, or See, and Create Images, Pictures and Conceptual Structures in the Mind
- Reason, Consider and Conclude
- Recall and Recollect From Memory

# Natural Mental Powers and Abilities

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- Being Mentally Alert, Active and Engaged
  - ◆ Being aware, recognizing, acknowledging and taking note of what is taking place, what enters and what we do in the mind and awareness
  - ◆ Not ignoring, rejecting, denying or blocking out what is taking place within and around us
  - ◆ Keeping an open mind, being aware, recognizing, acknowledging and taking note of reality without prejudice, without prejudging
  - ◆ Not superimposing on reality, on what enters the mind and awareness preconceived notions, beliefs, views and values

# Natural Mental Powers and Abilities

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- ◆ Not viewing or interpreting everything through established socio-cultural beliefs, views and values, established socio-cultural interpretations of human experience, the conditions of existence and the world around us
- ◆ Being aware, recognizing, acknowledging and taking note of what takes place and what we do in the mind and in the world around us
- ◆ Individual experiences, perceptions, sensations and feelings that enter the mind and awareness, the conditions that lie behind them, how we deal with and respond to them
- ◆ Change and changing conditions, in our own individual mental and physical existence and development, and in the world beyond, and how we respond and adjust to them

# Natural Mental Powers and Abilities

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- ◆ Being mentally alert, active and engaged contrasts with being absent minded and mentally passive, not paying attention, ignoring, rejecting, denying and blocking out what enters, what takes place, and what we do in the mind and awareness
- ◆ Being preoccupied with doubt, confusion, uncertainty and insecurity, abstractions, fantasies, idle speculation and wishful thinking
- ◆ Heading off to where what enters the mind and awareness, experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections take us

# Natural Mental Powers and Abilities

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- Direct, Focus and Concentrate the Mind and Attention
  - ◆ On issues, experiences, perceptions, sensations and feelings, conditions, plans, projects, jobs or tasks
  - ◆ To consider them at length, in depth and detail and establish clarity of mind and understanding about them
  - ◆ Direct, focus and concentrate the mind and attention making choices and decisions, defining goals and objectives
  - ◆ Planning, organizing and managing individual behaviour and actions, work and effort, what we do and what we need to do, what we must establish, develop and maintain in the mind and mental existence

# Natural Mental Powers and Abilities

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- ◆ Direct, focus and concentrate the mind and attention on what we do, what we are confronted with and what we are engaged in
- ◆ Issues, conditions, jobs, tasks, plans and projects at hand and under consideration
- ◆ Directing, focusing and concentrating the mind and attention differs from not paying attention, aimlessly drifting through the mind, following whatever comes to mind, losing focus and direction
- ◆ Jumping from issue to issue, from experience to experience, getting ahead of oneself, ahead of the clarity of one's mind and understanding, and jumping to conclusions



# Natural Mental Powers and Abilities

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- Exercise Mental Discipline and Mental Flexibility
  - ◆ Mental discipline to keep the mind and attention, focus and concentration on given experiences, issues, jobs, tasks, plans, projects or objectives
  - ◆ Mental flexibility to change focus and concentration, on demand, when necessary and required
  - ◆ Direct, focus and concentrate the mind and attention on different issues, experiences, jobs, tasks, plans or projects
  - ◆ Mental discipline and mental flexibility contrast with not being able to keep the mind and attention, focus and concentration on a given issue for any length of time

# Natural Mental Powers and Abilities

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- ◆ Not being able to redirect the mind and attention, focus and concentration when necessary and required
- ◆ Quickly losing focus, direction and concentration, losing track, heading off on unrelated tangents and jumping to conclusions
- ◆ Getting lost in the mind, in fantasies, speculations and abstractions
- Visualize, or See, and Create Images, Pictures and Conceptual Structures in the Mind
  - ◆ Visualize, or see, and form images in the mind of given experience and the reality and conditions that lie behind them

# Natural Mental Powers and Abilities

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- ◆ Putting together and connecting the elements, details and specifics of experiences, perceptions, sensations and feelings and what we conclude from them about the conditions that lie behind them to form images and pictures about them in the mind
- ◆ Connecting mental images and pictures to form larger conceptual structures, a conceptual framework about the conditions of existence and the world around us
- ◆ It contrasts with constructing abstract mental images, putting together and connecting the details and specifics of our experience in random and arbitrary ways

# Natural Mental Powers and Abilities

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- ◆ In ways that do not reflect the reality and conditions of existence, that lie behind and that are reflected in individual experience
- ◆ Visualizing and creating images, pictures and conceptual structures in the mind differs from focusing and concentrating on texts, books and language constructs
- ◆ Memorizing information details and specifics and language constructs
- ◆ Expecting them to engage us and to create on their own clear and detailed images and pictures in the mind

# Natural Mental Powers and Abilities

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- Reason, Consider and Conclude
  - ◆ Considering and concluding from the given, from the self-evident and obvious to uncover the hidden, the less than obvious and self-evident, without losing contact with the given
  - ◆ Considering issues, experiences, sensations and feelings systematically and consistently, step-by-step, with each step arising from the previous step, leading to the next step
  - ◆ Considering them in ways always to be able, at each point, trace back the steps to the beginning

# Natural Mental Powers and Abilities

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- ◆ Considering issues and experiences at length, in depth and detail, in a comprehensive, a differentiated, but integrated, connected and related way
- ◆ Considering the details and specifics, how they connect, relate and interact
- ◆ Create mental images and pictures, systematically and consistently, step-by-step
- ◆ Making sure the elements, details and specifics of mental images and pictures are connected, linked and related, systematically and consistently, in obvious and self-evident ways

# Natural Mental Powers and Abilities

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- ◆ To reason is to consider issues and create mental images and conceptual structures that allow for positive actions
- ◆ To deal with issues, conditions, demands and challenges, problems and difficulties, respond and adjust to change and changing conditions in positive, constructive and beneficial ways
- ◆ To reason, consider and conclude contrasts with jumping from issue to issue, from experience to experience, connecting and relating elements, details and specifics in random, arbitrary and non-sensible ways
- ◆ Getting ahead of oneself, acting beyond the clarity of one's mind and understanding, and jumping to conclusions

# Natural Mental Powers and Abilities

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- ◆ Creating vague, ambiguous and internally inconsistent mental images and pictures
- ◆ With little concern for details and specifics, clear, obvious and self-evident connections and relations between them
- ◆ Mental images and pictures that do not allow for constructive actions
- Recall and Recollect From Memory
  - ◆ Recalling and recollecting from memory in effective and efficient ways begins with mentally processing what enters the mind and awareness before it disappears into memory



# Natural Mental Powers and Abilities

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- ◆ It requires being mentally alert, active and engaged
- ◆ Recognizing, acknowledging and taking note of what takes place and what enters the mind and awareness
- ◆ Not allowing what enters the mind and awareness to disappear mentally unprocessed into memory
- ◆ Not ignoring, rejecting, denying or blocking out what enters the mind and awareness
- ◆ Recalling and recollecting from memory involves focusing and concentrating, systematically, step-by-step, on past experiences, perceptions, sensations and feelings, mental images and pictures

# Natural Mental Powers and Abilities

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- ◆ Focusing and concentrating the mind and attention on past issues, conditions, demands and challenges
- ◆ Past understanding, mental powers and abilities, mental skills and practices we have developed, on which we relied, how we developed and used them
- ◆ Problems and difficulties, limits and shortcomings, errors and mistakes we faced and we have made in the past, and how we have dealt with them
- ◆ Past behaviour and actions in which we have engaged, how we considered, planned, organized and managed them

# Natural Mental Powers and Abilities

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- ◆ Aims, goals and objectives we have pursued and how we defined them, choices and decisions we have made and how we made them
- ◆ Recalling and recollecting from memory, systematically, step-by-step, differs from just relying on what comes easy to mind, without much mental work and effort

# Process and Steps

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- Establish the Necessary Internal Mental Conditions
- Develop, Exercise and Practise Natural Mental Powers and Abilities
- → Develop, Exercise and Practise Necessary Mental Skills and Practices

# Necessary Mental Skills and Practices

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- ◆ The mental skills and practices to understand and manage existence and development, existing in and as part of a constantly unfolding, changing and transforming world
- ◆ Understand and manage existence and development at the level of the natural conditions, within the natural parameters, the boundaries and limits of existence set by nature
- ◆ Understand, distinguish and differentiate between the role of nature that lies beyond human control, and the role and responsibility in our existence and development that by nature are individually ours to understand and manage

# Necessary Mental Skills and Practices

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- ◆ Understand, distinguish and differentiate between the natural conditions of existence and human-created socio-cultural conditions
- ◆ Understand, distinguish and differentiate between social-collective and individual existence and development, needs, demands and challenges
- ◆ The mental skills and practices to relate, interact and cooperate with others and the world around us, in positive, constructive and beneficial ways
- ◆ To deal with, respond and adjust to change and changing conditions

# Necessary Mental Skills and Practices

- ◆ Changing conditions, demands and challenges in our own mental and physical existence and development and in the world around us
- ◆ When only a minimum in mental work, effort and adjustment are required
- ◆ And before they develop into larger problems and difficulties
- ◆ The mental skills and practices to understand and manage in the first instance the mind, the inner mental life and the mental self
- ◆ In the mind, as reflected in our experiences of them

# Necessary Mental Skills and Practices

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- ◆ Establish the necessary internal mental conditions, before engaging and dealing with external conditions, with others and the world around us
- ◆ Establish 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
- ◆ Understand individual mental needs and how to meet them, individual natural mental powers and abilities, how to develop and use them



# Necessary Mental Skills and Practices

- ◆ Deal with mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration through understanding and addressing the conditions that lie behind them
- ◆ The mental skills and practices to consider and make sense of individual experiences, the perceptions, sensations and feelings that enter the mind and awareness
- ◆ Consider them at some length, in depth and detail, order and arrange them in meaningful, constructive and beneficial ways

# Necessary Mental Skills and Practices

- ◆ Deduce and conclude from them about the nature and conditions of existence, our own mental and physical existence and the world around us, that lie behind and that are reflected in our experiences
- ◆ Create clear and detailed images, pictures and conceptual structures in the mind, from our experience and what we deduce and conclude from them, about the conditions of existence and the world around us, and how to deal with them
- ◆ The mental skills and practices to be in charge, in control and take responsibility for what we do and we engage in
- ◆ Make informed and considered choices and decisions

# Necessary Mental Skills and Practices

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- ◆ Define necessary aims, goals and objectives, and consider, plan, organize and manage required behaviour and actions
- ◆ Recognize, acknowledge and address problems and difficulties, limits and shortcomings, failures, errors and mistakes in individual understanding, behaviour and actions, learning from them and not repeating them
- ◆ The mental skills and practices to engage in a process of continuous, life-long conceptual and mental self-development and growth

# Process and Steps

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- Establish and Maintain the Necessary Internal Mental Conditions
- Develop, Exercise and Practice Natural Mental Powers and Abilities
- Develop, Exercise and Practice Necessary Mental Skills and Practices
- → Engage in a Process of Continuous Conceptual and Mental Self-Development and Growth

# Process of Continuous Conceptual and Mental Self-Development and Growth

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- ◆ Engage 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 and improve individual knowledge, understanding, mental powers and abilities, mental skills and practices
- ◆ Questioning and challenging oneself, not questioning external conditions, others or the world around us
- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges when only a minimum of mental work, effort and adjustment are required

# Process of Continuous Conceptual and Mental Self-Development and Growth

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- ◆ Before they develop into larger problems and difficulties
- ◆ Reconsider, update, correct, expand and improve, whenever necessary and required, the knowledge, understanding, mental powers and abilities, mental skills and practices 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 behaviour and actions in which we engage and how we consider, plan, organize and manage them