

# Inside the Mind

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Understanding and Managing  
on the Inside Where We  
Consciously Exist and Act

# Inside the Mind

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- Mind and Mental Existence
- Human Understanding
- Understanding and Managing the Mind and Mental Existence
- Failing to Understand and Manage the Mind and Mental Existence

# Inside the Mind

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- → Mind and Mental Existence

# Mind and Mental Existence

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- ◆ Mind, Inner Mental Life and Mental Self
- ◆ Experiences, Perceptions, Sensations and Feelings
- ◆ Mental Conditions and States of the Mental Self
- ◆ Mental Images, Pictures and Conceptual Structures
- ◆ Memory and Recollection

# Mind and Mental Existence

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- ◆ Mental Needs
- ◆ Mental Powers and Abilities, Mental Skills and Practices
- ◆ Mental Behaviour and Actions, Mental Work and Effort
- ◆ Mental Development and Growth
- ◆ Mental Problems and Difficulties

# Mind and Mental Existence

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- ◆ → Mind, Inner Mental Life and Mental Self

# Mind, Inner Mental Life and Mental Self

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- ◆ The mind is where we consciously exist and act, where our inner mental life takes place, and where the 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
- ◆ Our role and responsibility in them, and how to deal with them
- ◆ The mind is where individually we are in charge and in control, where we must actively be engaged, and take responsibility for the mental self, what we do and we engage in, individual behaviour and actions

# Mind, Inner Mental Life and Mental Self

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- ◆ The mind is where we entertain thoughts and ideas, make choices and decisions, define goals and objectives, and where we must consider, plan, organize and manage individual behaviour and actions
- ◆ What takes place and what we do in the mind defines and governs how we understand and manage existence and development
- ◆ It defines and governs how we understand and conduct ourselves individually, how we relate and interact with others, and how we deal with the world around us
- ◆ Personal problems and difficulties, limits and shortcomings, failures, errors and mistakes in what we do and we engage in have their roots and beginnings in the mind



# Mind, Inner Mental Life and Mental Self

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- ◆ And it is in the mind where the answers and solutions must start
- ◆ The inner mental life is what takes place and what we do in the mind
- ◆ It includes the experiences, perceptions, sensations and feelings that enter the mind and awareness, and how we deal with them
- ◆ The thoughts, ideas, notions and recollections we entertain, and the images, pictures and conceptual structures we create in the mind
- ◆ It includes our mental faculties, our natural mental powers and abilities, how we develop and use them

# Mind, Inner Mental Life and Mental Self

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- ◆ The mental skills and practices into which we translate them, the mental behaviour and actions and the mental work and effort in which we engage
- ◆ The mental self is the aware and acting self
- ◆ It consists of our conscious awareness and what we do in the mind, reacting, responding and dealing with what takes place in the mind, in our inner mental life
- ◆ Responding and dealing with the experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections that enter the mind and awareness, and the conditions that lie behind them

# Mind, Inner Mental Life and Mental Self

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- ◆ Making choices and decisions, defining goals and objectives, considering, planning, organizing and managing behaviour and actions
- ◆ Developing and using our mental faculties, our natural mental powers and abilities, translating them into mental skills and practices, and engaging in mental work and effort

# Mind and Mental Existence

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- ◆ Mind, Inner Mental Life and Mental Self
- ◆ → Experiences, Perceptions, Sensations and Feelings

# Experiences, Perceptions, Sensations and Feelings

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- ◆ We experience the conditions of existence and the world around us as perceptions, sensations and feelings
- ◆ We do not experience the actual reality, but neurological signals or impulses - perceptions, sensations and feelings
- ◆ Experiences are our only access, the only connection of the conscious mental self to the conditions of existence and the world around us
- ◆ Our experiences and awareness of reality and the conditions of existence is indirect only

# Experiences, Perceptions, Sensations and Feelings

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- ◆ We experience and become aware of them only indirectly through our sense organs and internal sensors
- ◆ Perceptions are information we receive via the sense organs about external conditions and the world around us
- ◆ Sensations are information we receive via internal sensors about the state and condition of our physical existence
- ◆ Feelings are indicators about the conditions of the mind, our inner mental life and the mental self

# Experiences, Perceptions, Sensations and Feelings

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- ◆ Sensations such as pain, hunger, thirst, freezing and perspiring reflect states, conditions or needs of our physical existence
- ◆ Feelings of disorder, instability, doubt, confusion, uncertainty and insecurity, fear, stress, anxiety, frustration or depression, or a sense of order and stability, clarity of mind and understanding, certainty, security, confidence, contentment and accomplishment reflect conditions of our mental existence
- ◆ We are not in charge or in control of our experiences, we do not control our sense organs or internal sensors, we can direct our sense organs but we do not control them

# Experiences, Perceptions, Sensations and Feelings

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- ◆ We cannot turn them on or off, increase or decrease their sensitivity or intensity
- ◆ We also are not able to increase or decrease the neurological impulses sent via the nervous system
- ◆ They are natural attributes of our existence, natural processes that lie beyond our control
- ◆ We are in charge and in control of the sense we make and the knowledge and understanding we derive from our experiences



# Experiences, Perceptions, Sensations and Feelings

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- ◆ We are in charge and in control of the attention we pay and the sense we make of our experiences, the perceptions, sensations and feelings that enter the mind and awareness
- ◆ What we deduce and conclude from them about the conditions of existence that lie behind and that are reflected in our experiences, and how to deal with them

# Mind and Mental Existence

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- ◆ Mind, Inner Mental Life and Mental Self
- ◆ Experiences, Perceptions, Sensations and Feelings
- ◆ → Mental Conditions and States of the Mental Self

# Mental Conditions and States of the Mental Self

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- ◆ Mental conditions, conditions of the mind, the inner mental life and the mental self are levels or degrees of mental order and stability, clarity and coherence, certainty, security and confidence
- ◆ Or states of doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration or depression
- ◆ The initial mental conditions are disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ What enters the mind and awareness first appear as vague and ambiguous notions, lacking in clarity, details and depth

# Mental Conditions and States of the Mental Self

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- ◆ Experiences, perceptions, sensations and feelings that enter the mind do not on their own fully impress themselves with clarity, in all their details on our awareness
- ◆ They do not order and arrange themselves in the mind and awareness according to their nature and origins, their relevance and importance, or the order in which they need to be addressed
- ◆ They also do not form clear and detailed pictures in the mind about the conditions that lie behind them and how to deal with them

# Mental Conditions and States of the Mental Self

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- ◆ The consequences are the initial conditions of the mind are mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ It is individually our role and responsibility to establish and maintain a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence in the mind and our inner mental life
- ◆ Consider and make sense of the experiences, perceptions, sensations and feelings, thoughts, ideas, notions and recollections that enter the mind and awareness, establish a clear picture about them, the conditions that lie behind them and how to deal with them

# Mind and Mental Existence

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- ◆ Mind, Inner Mental Life and Mental Self
- ◆ Experiences, Perceptions, Sensations and Feelings
- ◆ Mental Conditions and States of the Mental Self
- ◆ → Mental Images, Pictures and Conceptual Structures

# Mental Images, Pictures and Conceptual Structures

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- ◆ Mental images and pictures are images and pictures we create and hold in the mind
- ◆ Which we create in the mind from our experiences, the perceptions, sensations and feelings that enter the mind and awareness
- ◆ Constructed either by the unaided mind, or through our own conscious and deliberate mental work and effort
- ◆ The unaided mind creates images out of our experiences, perceptions, sensations and feelings, even when we are asleep, when our conscious awareness is suspended, they are our dreams

# Mental Images, Pictures and Conceptual Structures

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- ◆ The unaided mind however does not create images that reflect the conditions of existence and the world around us that lie behind and that are reflected in our experiences
- ◆ We possess the mental faculties, the mental powers and abilities to form clear and detailed images and pictures in the mind
- ◆ Images and pictures that reflect the conditions of existence and the world around us, which lie behind and which are reflected in our experiences



# Mental Images, Pictures and Conceptual Structures

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- ◆ Conceptual structures are larger structures in the mind which we create by combining different mental images and pictures about the conditions of existence and the world around us
- ◆ The role of mental images, pictures and conceptual structures is to guide and direct our choices and decisions, our goals and objectives, and our behaviour and actions, managing existence and development in a constantly changing and transforming world

# Mind and Mental Existence

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- ◆ Mind, Inner Mental Life and Mental Self
- ◆ Experiences, Perceptions, Sensations and Feelings
- ◆ Mental Conditions and States of the Mental Self
- ◆ Mental Images, Pictures and Conceptual Structures
- ◆ → Memory and Recollection

# Memory and Recollection

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- ◆ Everything that enters, takes place and what we do in the mind is stored, and can be recalled from memory
- ◆ Experiences, perceptions, sensations and feelings, knowledge and understanding, mental images, mental conditions and states of mind, beliefs, views and notions we develop and embrace
- ◆ Choices and decisions we make, aims, goals and objectives we consider, behaviour, actions and practices in which we engage are stored, and can be recalled from memory

# Memory and Recollection

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- ◆ Experiences, perceptions, sensations and feelings are stored in memory regardless whether they have impressed themselves on our awareness or we have acknowledged, considered and mentally processed them
- ◆ However, the more forcefully they have impressed themselves on our awareness and the more attention we have paid to them
- ◆ The greater the degree to which we have considered and made sense of them, we have translated them into clear and detailed pictures in the mind, the easier they can be recalled from memory

# Memory and Recollection

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- ◆ The ease with which we can recall anything from memory also depends on the extent to which we have developed, exercise and practice our natural mental powers and abilities, translated them into the necessary mental skills and practices, and engage in the required mental work and effort

# Mind and Mental Existence

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- ◆ → Mental Needs

# Mental Needs

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- ◆ Mental Needs
  - ★ Sense of the Individual Self
  - ★ Sense of Order and Stability
  - ★ Clarity of Mind and Understanding
  - ★ Sense of Certainty, Security and Confidence
  - ★ Recognition and Relevance

# Mental Needs

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- ★ Relate and Interact with Others



# Sense of the Individual Self

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- **Sense of the Individual Self, Human and Mental Self**
  - ◆ We have a need for a sense of self, the human and the mental self, beyond our cultural, social, professional or occupational identity
  - ◆ We consist of our physical and mental existence
  - ◆ Our mental existence consists of what takes place and what we do in the mind, how we react, respond and deal with what enters the mind and our awareness, and what we establish and develop in the mind

# Sense of the Individual Self

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- ◆ Experiences, perceptions, sensations and feelings, thoughts, ideas and notions, how we deal with, respond and adjust to them
- ◆ The understanding, the images, pictures and conceptual structures we create in the mind, and how we create them
- ◆ The 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

# Sense of the Individual Self

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- ◆ The 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 understand and manage our mind and mental existence, our inner mental life and the mental self
- ◆ How we understand and meet our mental needs
- ◆ How we deal with, respond and adjust to change and changing conditions

# Sense of the Individual Self

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- ◆ Having a sense of the individual self, the human and the mental self, is to be aware, have a clear and detailed picture and understanding of all of the above

# Sense of Order and Stability

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- **Sense of Order and Stability**

- ◆ We have a need for a sense of order and stability in the mind and mental existence
- ◆ It involves considering and making sense of what enters the mind and awareness - experiences, perceptions, sensations, feelings, thoughts, ideas, notions and recollections
- ◆ Ordering and arranging them according to their nature and origins – perceptions about the world around us, sensations about the conditions of our physical existence, and feelings about the conditions of the mind and mental existence

# Sense of Order and Stability

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- ◆ Ordering and arranging them also according to their relevance and importance, and the order in which they need to be addressed
- ◆ It requires mentally processing whatever comes to mind and enters our awareness

# Clarity of Mind and Understanding

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## ■ Clarity of Mind and Understanding

- ◆ We have a need for clarity of mind and understanding, about what enters the mind and awareness - experiences, perceptions, sensations and feelings, thoughts, ideas and notions, the conditions that lie behind them, and how to deal with them
- ◆ Clarity of mind and understanding about the conditions of existence, our own mental and physical existence and development and the world around us, which lie behind and which are reflected in our experiences
- ◆ Our role and responsibility in them, how to manage and deal with them

# Clarity of Mind and Understanding

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- ◆ Clarity of mind and understanding about what we face and have to deal with, what we do and we engage in
- ◆ It involves considering issues, conditions, demands and challenges at some length, in depth and detail, in a differentiated, but integrated, connected and related way
- ◆ Breaking down issues, conditions, demands and challenges, problems and difficulties into their parts, details and specifics
- ◆ Considering the parts, details and specifics separately, at some length, in depth and detail, but in a connected and related way



# Clarity of Mind and Understanding

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- ◆ Considering them at length, in depth and detail until a clear picture emerges in the mind
- ◆ It requires pursuing and considering whatever questions, doubt or uncertainty, however small or marginal, that are raised in the mind by conditions, demands and challenges, experiences, perceptions, sensations and feelings
- ◆ It involves focusing and concentrating the mind and attention on the issue, condition, demand or challenge at hand
- ◆ Not heading off on unrelated tangents, considering and pursuing whatever comes to mind, or jumping to conclusions

# Sense of Certainty, Security and Confidence

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- **Sense of Certainty, Security and Confidence**
  - ◆ We have need for a sense of certainty, security and confidence, about our individual powers and abilities, skills and practices, how to develop and use them
  - ◆ To be able to deal with what we face and we are confronted with, understanding and managing existence and development existing in and as part of a constantly changing world
  - ◆ It requires taking serious what enters the mind and awareness - experiences, perceptions, sensations and feelings, recollections, thoughts, ideas and notions

# Sense of Certainty, Security and Confidence

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- ◆ Not engaging in idle speculation
- ◆ Being in charge, in control, and taking responsibility for what takes place, what we do, and what we must establish, develop and maintain in the mind and mental existence
- ◆ Dealing with doubt, confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression, through considering and dealing with the conditions that lie behind them
- ◆ Recognizing, acknowledging, considering and dealing with personal problems and difficulties, limits and shortcomings, failures, errors and mistakes

# Sense of Certainty, Security and Confidence

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- ◆ In what we do and we engage in, in views and understanding, choices and decisions, goals and objectives, in behaviour and actions
- ◆ Considering and discussing problems and difficulties only within the context of addressing them, and the conditions that lie behind them
- ◆ Making demands on oneself, not on others and the world around us
- ◆ Making informed and considered choices and decisions
- ◆ Defining necessary and appropriate goals and objectives

# Sense of Certainty, Security and Confidence

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- ◆ Considering, planning and organizing ahead required behaviour and actions
- ◆ Considering, planning and organizing ahead, jobs, tasks, projects, goals and objectives, as well as one's time, days, weeks and months
- ◆ Setting out clear and detailed agendas and plans of action, with specific steps
- ◆ Following one's agenda, plan of action and steps, one step at a time

# Sense of Certainty, Security and Confidence

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

# Sense of Certainty, Security and Confidence

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- ◆ 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 a number of different jobs, tasks or projects, that can be completed in a day

# Recognition and Relevance

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## ■ Recognition and Relevance

- ◆ We have a need for recognition by others, to confirm for us we are a member of a species, we do not exist alone, individually by ourselves
- ◆ Moreover, to confirm for us our understanding of the conditions of existence and the world around us
- ◆ We also have a need for relevance, to give meaning to our life and existence beyond the individual self
- ◆ To be relevant and contribute to the existence and life of others, meeting their needs for which by nature we depend on and must interact with each other



# Relate and Interact with Others

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- **Relate and Interact With Others**

- ◆ We have a need to relate and interact with others, to meet the needs for which we depend on and must interact with each other, such as for example, the need for recognition and relevance
- ◆ We need to connect mentally with others to confirm for us our sense and understanding of the individual self, the conditions of existence and the world around us
- ◆ Physically we need to connect to confirm our physical existence and reality, and insure we do not exist alone

# Relate and Interact with Others

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- ◆ We must relate and interact, connect, communicate and cooperate mentally and physically with others to manage individual and shared existence and development
- ◆ Identify common ground, shared understanding, choices and decisions, goals and objectives, and coordinate cooperation and interaction

# Mind and Mental Existence

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- ◆ Mental Needs
- ◆ → Mental Powers and Abilities, Mental Skills and Practices

# Natural Mental Powers and Abilities

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- **Mental Powers and Abilities**
  - ◆ Be 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
  - ◆ Consider, Reason, Deduce and Conclude
  - ◆ Recall and Recollect From Memory

# Mental Powers and Abilities

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- ◆ We possess natural mental endowments, natural mental powers and abilities, which we must develop to use them
- ◆ Our natural mental powers and abilities include:
  - **Be Mentally Alert, Active and Engaged**
    - ◆ To be aware, recognize, acknowledge and take note of what takes place and what enters the mind and awareness
    - ◆ Experiences, perceptions, sensations and feelings, thoughts, ideas and notions, how we react, respond and deal with them

# Mental Powers and Abilities

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- ◆ To be mentally alert, active and engaged contrasts with being absent minded and mentally not 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 and 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 what we are engaged in

# Mental Powers and Abilities

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- ◆ To consider them at length, in depth and detail, and 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

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- **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 concentration
- ◆ 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

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

# Mental Powers and Abilities

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- ◆ 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, experiences, perceptions, sensation and feelings to create on their own clear and detailed pictures and images in the mind
- ◆ It also differs from memorizing information details and specifics and language constructs, expecting them to engage us, and to create clear images and pictures for us in the mind

# Mental Powers and Abilities

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- **Consider, Reason, Deduce and Conclude**
  - ◆ Consider, reason, deduce and conclude from the given, from what we experience, about the conditions that lie behind them, and what lies beyond human experience
  - ◆ Deduce and conclude about underlying causes, forces, processes and developments
  - ◆ It involves considering experiences, issues and conditions step-by-step, systematically and consistently, in a way where each step arises from the previous step, and leads to the next step
  - ◆ Being able at each point to trace back the steps of consideration to the beginning

# Mental Powers and Abilities

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- ◆ Starting with the self-evident and obvious, to uncover the hidden, the less than obvious and self-evident
- ◆ To reason moreover is to create mental images and pictures, systematically and consistently, with the elements, details and specifics connected and related in obvious and self-evident ways
- ◆ To consider, reason, deduce and conclude 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 that is not supported by the evidence

# Mental Powers and Abilities

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- ◆ Getting ahead of oneself, acting beyond 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, past experiences, perceptions, sensations and feelings, thoughts, ideas and notions, mental images and pictures, what took place and what we did in the mind

# Mental Powers and Abilities

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- ◆ 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 and recollect from memory begins with mentally processing what enters and takes place in the mind before it disappears into memory
- ◆ Recalling and recollecting from memory, systematically, step-by-step, focusing and concentrating on past issues, differs from relying just on what readily and easily comes to mind without much mental work and effort

# Mental Skills and Practices

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- **Mental Skills and Practices**

- ◆ Our mental powers and abilities we must translate into necessary mental skills and practices
- ◆ Mental skills and practices to understand and manage existence and development in a constantly unfolding, changing and transforming world
- ◆ Differentiate between and understand the role of nature in our existence and development, and the role and responsibility that by nature are individually ours to understand and manage
- ◆ Consider and make sense of experiences, perceptions, sensations and feelings that enter the mind and awareness

# Mental Skills and Practices

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- ◆ Consider and understand the conditions that lie behind and that are reflected in them, and how to deal with them
- ◆ The mental skills and practices to create clear and detailed pictures in the mind, about the conditions, demands and challenges of existence, our own mental and physical existence and development and the world around us, our role and responsibility in them, how to manage and deal with them
- ◆ Deal in the mind with change and changing conditions, when only a minimum in mental work, effort and adjustment are required, before they develop into larger problems, difficulties and crises in the mind



# Mental Skills and Practices

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- ◆ The mental skills and practices 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
- ◆ Recognize, consider and deal with problems and difficulties, limits and shortcomings, errors and mistakes in what we do and we engage in
- ◆ In views and understanding, in choices and decisions, in goals and objectives, in behaviour and actions
- ◆ The mental skills and practices to establish the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us

# Mental Skills and Practices

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- ◆ Establish and maintain 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
- ◆ The mental skills and practices to engage in a process of continuous, life-long mental self-development and growth
- ◆ Continuously, in light of change and changing conditions, reconsider, change, correct or improve the understanding, the mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them

# Mental Skills and Practices

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- ◆ Reconsider, change, correct or improve, whenever necessary and required, in light of problems, difficulties, errors, mistakes or failures, 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, work and effort in which we engage, and how we consider, plan, organize and manage them

# Mind and Mental Existence

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- ◆ Mental Needs
- ◆ Mental Powers and Abilities, Mental Skills and Practices
- ◆ → Mental Behaviour and Actions, Mental Work and Effort

# Mental Behaviour and Actions

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- **Mental Behaviour and Actions**

- ◆ Mental behaviour and actions are what we do in the mind and our inner mental life
- ◆ How we respond and deal with what enters and takes place in the mind, what we face and have to deal with, what we do, what we establish, develop and maintain in the mind and inner mental life
- ◆ We need to distinguish and differentiate here between natural mental processes and developments, what takes place in the mind that lies beyond our control, and what we do in the mind, individual mental behaviour and actions

# Mental Behaviour and Actions

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- ◆ What in the mind we do and we engage in, regardless whether we pay attention to it
- ◆ Natural mental processes and developments include experiences, perceptions, sensations and feelings entering the mind, impressing themselves on our awareness, and being stored in memory
- ◆ It includes mental images and pictures the unaided mind creates out of our experiences, perceptions, sensations and feelings, our dreams

# Mental Behaviour and Actions

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- ◆ Natural mental processes and developments are processes and developments taking place in the mind and inner mental life of which we can be aware, but which lie beyond our control
- ◆ They are not the results of mental behaviour and actions in which we engage, on which we decide or which we control
- ◆ Mental behaviour and actions are what we do, how we respond and deal with what enters the mind, experiences, perceptions, sensations, feelings and recollections, thoughts, ideas and notions

# Mental Behaviour and Actions

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- ◆ How we respond and deal with mental disorder and instability, doubt and confusion, uncertainty and insecurity, feeling of fear, stress, anxiety, frustration or depression
- ◆ How in the mind we respond and deal with change and changing conditions of existence and the world around us
- ◆ How we establish and maintain the necessary internal mental conditions - a sense of the individual self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence



# Mental Behaviour and Actions

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- ◆ Mental behaviour and actions are how in the mind we meet our mental needs, the need for relevance and recognition for example
- ◆ The choices and decisions we make, and how we make them, the goals and objectives we pursue, and how we define them, the behaviour and actions in which we engage, and how we consider and plan them
- ◆ Mental behaviour and actions are how we develop our mental faculties, our natural mental powers and abilities, translate them into necessary mental skills and practices, and how we use them

# Mental Work and Effort

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- **Mental Work and Effort**

- ◆ Mental work and effort are the labour and the energy we invest in what we do in the mind
- ◆ The labour and energy we invest dealing with what takes place, what we face and we have to deal with in the mind and our inner mental life
- ◆ Considering and making sense of the experiences, perceptions, sensations and feelings that enter the mind and awareness, the conditions which lie behind them, and how to deal with them

# Mental Work and Effort

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- ◆ The labour and energy we invest managing and directing the mental self
- ◆ Establishing clarity of mind and understanding, clear and detailed images and pictures in the mind about what we face and we have to deal with
- ◆ Considering the conditions, demands and challenges of existence we face, and how to deal with, respond and adjust to them
- ◆ The labour and energy we invest developing our mental faculties, our natural mental powers and abilities, and translating them into necessary mental skills and practices

# Mental Work and Effort

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- ◆ The labour and energy we invest making choices and decisions, defining goals and objectives, considering, planning, organizing and managing our behaviour and action
- ◆ Dealing with, responding and adjusting in the mind to change and changing conditions of existence and the world around us
- ◆ The labour and energy we invest in engaging in a process of continuous mental self-development and growth

# Mind and Mental Existence

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- ◆ Mental Needs
- ◆ Mental Powers and Abilities, Mental Skills and Practices
- ◆ Mental Behaviour and Actions, Mental Work and Effort
- ◆ →Mental Development and Growth

# Mental Development and Growth

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- **Mental Development and Growth**

- ◆ Mental development is what we establish, develop and maintain in the mind and mental existence
- ◆ The understanding, the images, pictures and conceptual structures we establish or create in the mind, more properly is to be referred to as conceptual development
- ◆ Mental development proper is the development of our mental faculties, our natural mental powers and abilities
- ◆ And translating them into necessary mental skills and practices

# Mind and Mental Existence

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- ◆ Mental Needs
- ◆ Mental Powers and Abilities, Mental Skills and Practices
- ◆ Mental Behaviour and Actions, Mental Work and Effort
- ◆ Mental Development and Growth
- ◆ → Mental Problems and Difficulties

# Mental Problems and Difficulties

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- **Mental Problems and Difficulties**

- ◆ Mental problems and difficulties are problems and difficulties understanding and managing the mind and mental existence, our inner mental life and the mental self
- ◆ In contrast to mental disabilities, the consequences in the mind of neurological or biochemical problems of the brain
- ◆ Mental problems are difficulties understanding and managing what takes place, what we do and what we need to do, what we must establish, develop and maintain in the mind



# Mental Problems and Difficulties

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- ◆ They are difficulties dealing with mental disorder, instability, doubt, confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration and depression, and the conditions that lie behind them
- ◆ Difficulties considering and making sense of the experiences, perceptions, sensations and feelings that enter the mind and awareness, and the conditions of existence and the world around us that lie behind them
- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges before they develop into larger problems and difficulties

# Mental Problems and Difficulties

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- ◆ They are difficulties making choices and decisions, defining goals and objectives, considering, planning, organizing and managing behaviour and actions, work and effort
- ◆ Meeting mental needs, and developing our mental faculties, our natural mental powers and abilities, translating them into necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ Mental problems are difficulties engaging in a process of continuous mental self-development and growth

# Mental Problems and Difficulties

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- ◆ Reconsidering, changing, correcting or updating , in light of change and changing conditions, the understanding, mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them
- ◆ Mental problems are difficulties recognizing, acknowledging and dealing with limits and shortcomings, errors and mistakes, in understanding, choices and decisions, goals and objectives, behaviour and actions, work and effort

# Inside the Mind

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- Mind and Mental Existence
- → Human Understanding

# Human Understanding

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- ◆ Experience, Awareness, Information, Knowing and Understanding
- ◆ Nature and Purpose of Understanding
- ◆ Establishing Understanding, Process and Steps

# Experience, Awareness, Information Knowing and Understanding

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- **Experience, Awareness, Information, Knowing and Understanding**
  - ◆ Experiences are perceptions, sensations and feelings that enter the mind and impress themselves on our awareness
  - ◆ Awareness is to be conscious of what enters the mind and impresses itself on our awareness
  - ◆ Information is a collection of facts or data, details and specifics, for example about the conditions of existence and the world around us

# Experience, Awareness, Information Knowing and Understanding

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- ◆ Our experiences contain information, experiential facts or data, details and specifics about the conditions that lie behind them
- ◆ Knowing, or knowledge, is the conscious recognition of the details and specifics of the experiences, perceptions, sensations and feelings that enter the mind and awareness
- ◆ Understanding, in contrast, consists of pictures, images and conceptual structures we create in the mind, from our experiences, the experiential facts, details and specifics

# Nature and Purpose of Understanding

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- **Nature and Purpose of Understanding**

- ◆ Understanding exists only in the human mind
- ◆ It does not exist externally beyond the mind, in objects or external conditions
- ◆ Understanding consists of images, pictures and conceptual structures we create in the mind
- ◆ It is not to be equated with knowing, knowledge, or information details and specifics stored in memory
- ◆ Understanding is selective, subjective, limited and purpose-driven



# Nature and Purpose of Understanding

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- ◆ It is selective because it is defined and governed by human experiences and our interpretation of them
- ◆ Understanding is subjective because it is derived from subjective human experiences, perceptions, sensations and feelings
- ◆ It is limited and incomplete because of the limits of human experience, and constant change, the constantly changing conditions of existence and the world around us
- ◆ Understanding is purpose-driven because its role is to define, guide and direct our choices and decisions, goals and objectives, our behaviour and actions, understanding and managing existence and development

# Establishing Understanding, Process and Steps

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- **Establishing Understanding, Process and Steps**
  - ◆ Establishing understanding involves connecting the dots, information details and specifics to form clear and detailed images, pictures and conceptual structures in the mind
  - ◆ Establishing understanding is not a matter of collecting and storing in memory large amounts of information details and specifics
  - ◆ It requires connecting the details and specifics into clear pictures in the mind

# Establishing Understanding, Process and Steps

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- ◆ The process and steps of establishing understanding include:
- ◆ Establishing, bringing into full awareness the necessary experiential information details and specifics
- ◆ Going beyond instant awareness and first impressions
- ◆ Considering and making sense of the experiences, perceptions, sensations and feelings that enter the mind and awareness
- ◆ Starting with the self-evident and obvious, that which impresses itself on our awareness, to uncover the hidden, the less self-evident and obvious, that which does not impress itself on our awareness

# Establishing Understanding, Process and Steps

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- ◆ Considering the conditions that lie behind and that are reflected in our experience
- ◆ Connecting the details and specifics of our experiential information to form clear and detailed images, pictures and larger conceptual structures in the mind, about the conditions of existence and the world around us
- ◆ Establishing understanding requires mental work and effort, conscious and deliberate, focused and directed mental work and effort
- ◆ Understanding is not established merely by increasing one's knowledge and awareness, by studying literature or texts, or by memorizing facts, details and specifics

# Inside the Mind

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- Mind and Mental Existence
- Human Understanding
- → Understanding and Managing the Mind and Mental Existence

# Understanding and Managing the Mind and Mental Existence

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- ◆ Understanding the Mind and Mental Existence
- ◆ Managing the Mind and Mental Existence
- ◆ Managing Mental Development and Growth

# Understanding and Managing the Mind and Mental Existence

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- **Understanding the Mind and Mental Existence**
  - ◆ Understanding the mind and mental existence, our inner mental life and the mental self is to have a clear and detailed picture in the mind about them
  - ◆ A clear and detailed picture about the fundamentals and essentials
  - ◆ The nature, elements and processes, the conditions, needs, demands and challenges of the mind and mental existence, our inner mental life and the mental self
  - ◆ The role and responsibility in them that by nature are individually ours to understand and manage, how to manage and deal with them

# Understanding and Managing the Mind and Mental Existence

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- ◆ The natural conditions that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every individual human being
- ◆ Moreover, having a clear and detailed picture about the particular conditions of our own individual mind, inner mental life, the mental self, and level of mental development
- ◆ A clear and detailed picture of what takes place, what we face and have to deal with, what we do and what we need to do, what individually we must establish, develop and maintain in the mind and our inner mental life



# Understanding and Managing the Mind and Mental Existence

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- ◆ Experiences, perceptions, sensations and feelings that enter the mind and awareness, and the conditions of existence, our own mental and physical existence and the world around us, that lie behind them
- ◆ How in the mind we deal with, respond and adjust to what enters the mind and our awareness, our experiences, the conditions of existence, the world around us, change and changing conditions
- ◆ Having a clear picture of the level of our understanding, and the level of development of our mental faculties, our natural mental powers and abilities, mental skills and practices

# Understanding and Managing the Mind and Mental Existence

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- ◆ Moreover, having a sense of limits and shortcomings, problems and difficulties, errors and mistakes in our understanding, our mental behaviour and actions, mental work and effort
- ◆ A clear picture of what we must do, establish, develop and maintain in the mind and mental existence

# Managing the Mind and Mental Existence

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- **Managing the Mind and Mental Existence**
  - ◆ Managing the mind and mental existence, our inner mental life and the mental self involves managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage
  - ◆ Managing what takes place, what we face and have to deal with, what we do and what we need to do, what we must establish, develop and maintain individually in the mind and mental existence

# Managing the Mind and Mental Existence

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- ◆ Within the context of a clear and detailed picture about the fundamentals and essentials, the natural conditions, nature, elements and processes, conditions, needs, demands and challenges of the mind and mental existence
- ◆ Managing the mind and mental existence involves establishing the necessary internal mental conditions
- ◆ A sense of self, the human and the mental self, a sense of mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence
- ◆ In everything we do and we engage in, before engaging and dealing with external conditions, with others and the world around us

# Managing the Mind and Mental Existence

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- ◆ It involves considering and making sense of what enters the mind and awareness
- ◆ Experiences, perceptions, sensations and feelings, thoughts, ideas and notions, and the conditions that lie behind and that are reflected in them
- ◆ Dealing with mental disorder and instability, doubt, confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration or depression through considering and addressing the conditions that lie behind them
- ◆ Meeting our mental needs, in non-material ways, in the mind, through individual mental work and effort

# Managing the Mind and Mental Existence

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- ◆ Dealing with, responding and adjusting to change and changing conditions, demands and challenges
- ◆ When only a minimum in mental work, effort and adjustment are required, before they develop into larger problems, difficulties and crises, which we can no longer deal with alone
- ◆ Managing the mind and mental existence requires being mentally actively engaged, in charge and in control, and taking responsibility for what takes place and what we do in the mind, our inner mental life and the mental self
- ◆ It requires considering, planning and organizing ahead, managing what we do in the mind, our mental behaviour and actions, mental work and effort

# Managing the Mind and Mental Existence

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- ◆ Considering 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 plan, organize and manage them

# Managing Mental Development and Growth

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- **Managing Mental Development and Growth**
  - ◆ Managing mental development and growth involves establishing understanding, clear and detailed images and pictures in the mind
  - ◆ Developing our mental faculties, our natural mental powers and abilities, and translating them into the necessary mental skills and practices
  - ◆ Establishing clear and detailed images, pictures and larger conceptual structures in the mind, about the conditions of existence, our own mental and physical existence and development and the world around us



# Managing Mental Development and Growth

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- ◆ Developing, exercising and practicing our mental faculties, our natural mental potential, natural mental powers and abilities, and necessary mental skills and practices
- ◆ Developing fully our natural mental potential, not just relying on what we are good at and what comes easy
- ◆ Translating our natural mental powers and abilities into the necessary mental skills and practices, not relying on mental aids, tools, methods and techniques
- ◆ Managing mental development and growth requires engaging in a process of continuous, life-long mental self-development and growth

# Managing Mental Development and Growth

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- ◆ Continuously, in light of change and changing conditions, reconsidering, changing, correcting or improving our understanding, mental powers and abilities, mental skills and practices
- ◆ Reconsidering, changing, correcting or improving, whenever necessary and required, in light of problems, difficulties, failures, errors or mistakes, the understanding, the 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

# Managing Mental Development and Growth

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- ◆ The mental behaviour and actions, the mental work and effort in which we engage, and how we consider, plan, organize and manage them

# Inside the Mind

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- Mind and Mental Existence
- Human Understanding
- Understanding and Managing the Mind and Mental Existence
- → Failing to Understand and Manage the Mind and Mental Existence

# Failing to Understand and Manage the Mind and Mental Existence

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- ◆ Failing to understand and manage the mind and mental existence, our inner mental life and the mental self leads to problematic mental conditions, states of the mental self, and problematic mental behaviour and actions
- ◆ It has negative physiological consequences, leading to physical problems and difficulties
- ◆ It leads to problematic, reactive and defensive behaviour and actions, creating further problems and difficulties
- ◆ It leads to problems and difficulties understanding and managing the self, relating and interacting, communicating and cooperating with others, and dealing with the world around us, with nature and the natural environment

# Failing to Understand and Manage the Mind and Mental Existence

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- ◆ It leads to understanding and managing ourselves, existence and development, in ways that contradict, conflict with or fall short of the natural conditions of existence
- ◆ Leading to problems and difficulties for the individual self, for others, society, future generations, nature and the natural environment

# Individual Problems and Difficulties

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## ■ Individual Problems and Difficulties

- ◆ Individual problems and difficulties include persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness and depression
- ◆ A lack of clarity of mind and understanding about the conditions of existence, our own individual mental and physical existence and the world around us
- ◆ Being lost in the mind, in mental disorder and instability, doubt and confusion, uncertainty and insecurity

# Individual Problems and Difficulties

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- ◆ Acting out and acting out of mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration, helplessness and depression
- ◆ The consequences include poverty of understanding, a sense of ignorance, helplessness, incompetence and hopelessness
- ◆ Unable to make sense of what enters the mind and awareness – experiences, perceptions, sensations and feelings, thoughts, ideas and notions
- ◆ Unable to make sense of the conditions of existence and the world around us, that lie behind and that are reflected in our experiences, and how to deal with them



# Individual Problems and Difficulties

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- ◆ Difficulties making choices and decisions, defining goals and objectives, considering, planning, organizing and managing individual behaviour and actions
- ◆ Difficulties understanding and conducting ourselves individually, relating and interacting with others, and dealing with the world around us in positive, constructive and beneficial ways
- ◆ Causing problems and difficulties of which we are unaware, we fail to recognize and understand, which we deny and reject and hold others and the world around us responsible

# Individual Problems and Difficulties

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- ◆ The answers and solutions we take to lie beyond the individual self, in the world around us, with others or higher authorities
- ◆ Looking for, expecting and demanding an ordered, stable, secure and predictable world around us
- ◆ Escapism from constant, persisting and growing mental disorder and instability, doubt, confusion, uncertainty and insecurity
- ◆ Internal escapism into abstractions, fantasies, idle speculations and wishful thinking

# Individual Problems and Difficulties

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- ◆ Escapism into and addiction to, different experience, such as drugs, alcohol, tobacco, sex, gluttony, travel, adventure, extreme exercise and sport, etc.
- ◆ Irrational, unpredictable, counterproductive, violent, harmful and destructive behaviour and actions
- ◆ Causing problems and difficulties for the individual self, for others and the world around us
- ◆ Anxiety, depression, mental paralysis, paranoia, insanity and suicide
- ◆ Problems and difficulties connecting, communicating and cooperating with others

# Individual Problems and Difficulties

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- ◆ Abrogating to others and higher authorities the role and responsibility for the individual self
- ◆ Looking to others and the world around us and holding them responsible for our own mental and physical existence, development and well being
- ◆ Relying and depending on others, external conditions and the world around us to provide what by nature we must establish and maintain individually in the mind and our inner mental life, and resenting them for failing to deliver on our expectations

# Social Problems and Difficulties

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## ■ Social Problems and Difficulties

- ◆ The social problems and difficulties of failing to understand and manage the mind and mental existence include competition, conflict and confrontation, war, killing and destruction
- ◆ Competition, conflict and confrontation relating and interacting with each other, meeting respective needs, communicating and cooperating managing shared existence and development
- ◆ Competition, conflict and confrontation over shared natural resources and spaces

# Social Problems and Difficulties

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- ◆ About different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices
- ◆ The results and consequences include domination, exploitation, greed, corruption, deprivation and marginalization
- ◆ Injustice, inequality, poverty and starvation
- ◆ Failing to meet respective needs for which we depend on and must interact with each other

# Environmental Problems and Difficulties

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- **Environmental Problems and Difficulties**
  - ◆ Environmental problems and difficulties include exploiting natural material resources beyond actual human material needs
  - ◆ Trying to meet non-material mental needs in material ways
  - ◆ In the process, degrading the natural environment and interfering in nature, natural forces, processes and developments beyond what is necessary to manage and sustain human existence
  - ◆ Bringing about changes in natural developments, which in the long term will render the natural environment of the Earth uninhabitable for the human species