

Natural Conditions of Existence

The Natural Conditions
of Existence, our Role and
Responsibility in Them

Natural Conditions of Existence

- The natural conditions of existence are what in the first instance defines and governs human existence and development, human behaviour and actions
- They lie beyond our control, but we must deal with them and accommodate them, and we must respond and adjust to them
- This is In contrast to the human-created socio-cultural conditions of existence, which are build upon the natural conditions of existence

Natural Conditions of Existence

- Consisting of different and competing socio-cultural beliefs, views, values and conventions, rules and regulations, socio-cultural institutions, organizations, and structures of social relations and interactions
- The natural conditions of existence are common to all human beings
- They lie behind and they are reflected in human experience, the experience of every individual human being

Natural Conditions of Existence

- The natural conditions of existence include:
 1. We exist in and as part of a constantly unfolding, changing and transforming natural world
- Everything within and around us is constantly unfolding, changing and transforming
- The only constant in our life is change itself
- 2. We are natural-biological organisms, whose existence and development is defined and governed, in the first instance by nature, natural forces and processes
- Although, we are not self-sustaining natural-biological organisms

Natural Conditions of Existence

- We must individually take an active part in our existence and development
- Meet our needs, deal with others and the world around us, and respond and adjust to constant change, changing conditions, demands and challenges
- We are not naturally, genetically or neurologically preconditioned to behave and act in necessary and appropriate ways
- We are able and we do make errors and mistakes, behave and act in counterproductive, harmful and destructive ways

Natural Conditions of Existence

- We have to make choices and decisions, define goals and objectives, and consider, plan, organize and manage our behaviour and actions, what we do and we engage in
- 3. We exist mentally and physically independent of each other, and of any larger organic social-collective whole
- But, we depend on and must interact with each other and with the world around us to meet our basic needs
- Individually we develop and act mentally and physically independent of each other

Natural Conditions of Existence

- Individually we are always at a different stage from others in our natural-biological unfolding, and at a different level in our mental development and growth
- We individually face and have to deal with the same natural conditions, demands and challenges of existence, but at different times and under different circumstances
- Similar situations and conditions pose different demands and challenges, problems and difficulties for the individual, requiring different actions, responses and adjustments

Natural Conditions of Existence

- Requiring individual, not collective, understanding, skills and practices, choices and decisions, behaviour and actions, work and effort
- 4. We are composed, made up of body and mind, physical and mental existence
- Body and mind, physical and mental existence have basic needs, which we must meet to sustain our physical and mental existence, physical and mental order, stability and well-being
- Our physical needs are of a material nature and need to be met in material ways

Natural Conditions of Existence

- Our mental needs are of a non-material nature and must be met in non-material ways, in the mind, through individual mental work and effort
- We have mental and physical faculties, powers and abilities, which we must develop and use, to manage and sustain our physical and mental existence, maintain physical and mental well-being, order and stability
- The brain is the material, physical-biological foundation of the mind and mental existence, our inner mental life and the mental self

Natural Conditions of Existence

- The brain transmits our experiences, signals from the sense organs and internal sensors, to the mind and awareness
- Our mental faculties, natural mental powers and abilities, have their roots in the neurological structure of the brain
- The brain translates into physical conditions, behaviour and actions what takes place and what we do in the mind, the choices and decisions we make, the goals and objectives we define, and the behaviour and actions we consider and plan
- Our memory too is located in the neurological structure of the brain

Natural Conditions of Existence

- 5. The mind is where we consciously exist and act
- It is where the inner mental life takes place and where the mental self is active
- The mind 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, how to manage and deal with them
- It is where by nature we are individually in charge and in control, where we must actively be engaged, and where we must take responsibility for what we do and we engage in, individual behaviour and actions

Natural Conditions of Existence

- It is in the mind where we make choices and decisions, define goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions
- What takes place and what we do in the mind, in our inner mental life, 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

Natural Conditions of Existence

- Individual problems and difficulties, limits and shortcomings, failures, errors and mistakes in what we do and we engage in
- In our views and understanding, choices and decisions, goals and objectives, in behaviour and actions have their roots and beginnings in the mind
- And it is in the mind where the answers and solutions must start
- Managing existence and development, existing in and as part of a constantly unfolding, changing and transforming world, requires understanding

Natural Conditions of Existence

- Understanding the conditions, needs, demands and challenges of existence, our role and responsibility in them, how to manage and deal with them
- To make informed and considered choices and decisions, define necessary goals and objectives, and consider, plan, organize and manage the required behaviour and actions
- To guide and direct what we do, internally in the mind and our inner mental life, and externally in the world around us

Natural Conditions of Existence

- To meet our needs and deal with change and changing conditions within the natural parameters, the boundaries and limits of existence set by nature
- And not contradict, conflict with or fall short of the natural conditions of existence that lie beyond our control
- Understanding and managing existence and development must begin with the mind and mental existence, our inner mental life and the mental self
- It is where we consciously exist and act

Natural Conditions of Existence

- Where we experience, become aware, and where we must consider and understand the conditions of existence and the world around us, and how to deal with them
- It is where individually we are in charge and in control, and where we must actively be engaged
- Where we must take responsibility for the individual self, what we do and we engage in, individual behaviour and actions

Natural Conditions of Existence

- Understanding the natural conditions, needs, demands and challenges of the mind, our inner mental life, and the mental self, our role and responsibility in them, how to manage and deal with them
- Understanding and managing what enters and takes place in the mind
- What we do and what we need to do, what we must establish, develop and maintain in the mind

Natural Conditions of Existence

- We need to establish the necessary internal mental conditions before engaging and dealing with external conditions, with others and the world around us
- Establish and maintain a sense of self, the human and the mental self, a sense of order and stability, clarity of mind and understanding, and a sense of certainty, security and confidence
- Failing to understand and manage the mind and mental existence, we fail to understand the natural conditions of existence, our role and responsibility in them, how to manage and deal with them

Natural Conditions of Existence

- And we are likely to contradict, conflict with and fall short of the natural conditions of existence
- Causing problems and difficulties, for the individual self, for others and the world around us, for nature and the natural environment
- Understanding and managing the mind, the inner mental life and the mental self are the most fundamental and essential demands and challenges of human existence and development