

# Education and Training in Mental Development and Growth

Understanding and Managing  
on the Inside where we  
Consciously Exist and Act

# Education and Training in Mental Development and Growth

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- Rationale and Approach
- Focus and Concentration
- Details and Specifics
- Advantages and Benefits

# Education and Training in Mental Development and Growth

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- → Rationale and Approach

# Rationale and Approach

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- Rationale

- ◆ We are not self-sustaining natural organisms
- ◆ We individually have an active part to play in our existence and development
- ◆ Meeting our needs, dealing with, responding and adjusting to change and changing conditions, interacting with others, and dealing with the world around us
- ◆ We are not naturally, genetically preconditioned to act in necessary ways, at the appropriate time

# Rationale and Approach

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- ◆ We can make errors and mistakes, behave and act in counterproductive, harmful and destructive ways
- ◆ We have to make choices and decisions, define goals and objectives, and consider and manage behaviour and actions
- ◆ Consciously we exist and act in the mind, it is where our inner mental life takes place and where the mental self, we, the conscious and aware self, is active
- ◆ The mind is where we experience, become aware, and must consider the conditions of existence and the world around us, our role and responsibility in them, how to manage and deal with them

# Rationale and Approach

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- ◆ The mind is where by nature we are 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
- ◆ It is in the mind where we entertain thoughts and ideas, make choices and decisions, define goals and objectives, and where we must consider and manage our behaviour and actions
- ◆ What takes place and what we do in the mind, in the inner mental life defines and governs how we behave and act
- ◆ It defines and governs how we manage and conduct ourselves, how we relate and interact with others, and how we deal with the world around us

# Rationale and Approach

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- ◆ 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, and it is in the mind where the answers and solutions must start
- ◆ We exist and develop mentally and physically independent of each other and of any larger organic collective whole
- ◆ But we depend on and must interact with each other and the world around us to meet our basic needs
- ◆ Individually we are at different stages in our natural-biological unfolding and at different levels in our mental development and growth

# Rationale and Approach

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- ◆ Although we face and we have to deal in life with the same natural conditions, demands and challenges of existence and development
- ◆ Individually we face and have to deal with them at different times, under different circumstances
- ◆ The same conditions pose different demands and challenges, problems and difficulties for the individual, requiring different individual responses and actions
- ◆ In turn, they require individual, not collective, knowledge, understanding, choices and decisions, goals and objectives, behaviour and actions, work and effort



# Rationale and Approach

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- ◆ Failing to understand and manage individual existence and development, conditions, demands and challenges
- ◆ Understanding and managing them only in general, in the collective
- ◆ Will lead to problems and difficulties, for ourselves, for others, and the world around us
- ◆ It leads to looking beyond the self to others and the world around us for the causes, answers and solutions to personal problems and difficulties, limits and shortcomings, failures, errors and mistakes

# Rationale and Approach

- ◆ Understanding and managing existence and development in positive, constructive and beneficial ways, without causing unnecessary problems and difficulties for ourselves, for others or the world around us
- ◆ Requires understanding and managing existence and development, demands and challenges, problems and difficulties from the ground up and from the inside out
- ◆ Understanding and managing them at the level of the natural conditions of existence, which in the first instance define and govern existence and development
- ◆ The natural conditions that lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust

# Rationale and Approach

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- ◆ The natural conditions of existence that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every human being
- ◆ Understanding and managing existence and development beginning with the mind, the inner mental life and the mental self
- ◆ Understanding and managing the mind, the inner mental life and the mental self, as reflected in our experience of them, our role and responsibility in them, how to manage and deal with them

# Rationale and Approach

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- ◆ It requires education and training in mental development and growth
- ◆ Developing the knowledge, understanding and mental faculties to deal with the mind, the inner mental life and the mental self
- ◆ And to deal in the mind with the conditions, demands and challenges of existence and the world around us

# Rationale and Approach

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- Approach
  - ◆ Education and training in mental development and growth is developing in the individual the fundamentals and essentials
  - ◆ The fundamentals and essentials in knowledge, understanding and mental faculties, natural mental powers and abilities, and necessary mental skills and practices
  - ◆ The fundamentals and essentials in knowledge, understanding and mental faculties we require for everything in life we do and we engage in, we face and we have to deal with

# Rationale and Approach

- ◆ Education and training in mental development and growth differs from traditional education and training
- ◆ Socialization and training in established socio-cultural conditions, beliefs, views, values and conventions, professional-occupational knowledge, skills and practices
- ◆ Dividing and separating the related and interacting conditions of existence and world around us into different subject matter, disciplines, fields of study, and areas of human activity, specialization and expertise
- ◆ Each defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices

# Rationale and Approach

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- ◆ With knowledge and understanding of the human self, individual mental and physical existence, and mental faculties being developed only indirectly, by default
- ◆ In contrast, education and training in mental development and growth involves developing knowledge and understanding of the human individual, developing individual mental faculties, natural mental powers and abilities, and necessary mental skills and practices
- ◆ The knowledge, understanding and mental faculties to understand and manage existence and development existing in and as part of a constantly unfolding, changing and transforming world

# Rationale and Approach

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- ◆ Understanding and managing existence and development beyond human-created socio-cultural conditions, beliefs, views, values and conventions
- ◆ At the level of the natural conditions of existence, which lie beyond our control, but which in the first instance define and govern human existence and development
- ◆ Which we must deal with and accommodate, to which we must respond and adjust
- ◆ The natural conditions that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every human being



# Rationale and Approach

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- ◆ That is, understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions from the ground up and from the inside out
- ◆ Understanding and managing them at the level of the natural conditions of existence, beginning with the mind, the inner mental life and the mental self, as reflected in individual experience
- ◆ Developing the knowledge, understanding and mental faculties to establish and maintain the necessary internal mental conditions, in everything we do and we engage in

# Rationale and Approach

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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, certainty, security and confidence
- ◆ Consider and make sense of what enters the mind and awareness, the conditions that lie behind it, and how to deal with it
- ◆ Deal in the mind with change, 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 in the mind, which we are no longer able to deal with alone

# Rationale and Approach

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- ◆ Developing individual natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ Developing and setting in motion in the individual a process of continuous, life-long mental self-development and growth

# Education and Training in Mental Development and Growth

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- Rationale and Approach
- → Focus and Concentration

# Focus and Concentration

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- Individual Self
- Individual Experiences
- Knowledge and Understanding of Individual Existence and Development
- Individual Mental Faculties
- Fundamentals and Essentials
- Learning How to Learn

# Focus and Concentration

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- Individual Self
  - ◆ The focus and concentration is the individual, understanding and managing individual existence and development
  - ◆ Considering, understanding and managing what lies within, not what lies outside of us
  - ◆ Beginning with the mind and mental existence, the inner mental life and the mental self
  - ◆ What lies outside, external conditions, others and the world around us are considered and understood within the context of understanding and managing the individual self

# Focus and Concentration

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- ◆ This differs from the focus and concentration of traditional education and training, external conditions, the larger social-collective whole, society, and the world around us
- ◆ Understanding the individual self, the mind, the inner mental life and the mental self through understanding external conditions and the world around us
- Individual Experience
  - ◆ The focus and concentration are individual experience, of the conditions of existence, individual mental and physical existence and development and the world around us

# Focus and Concentration

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- ◆ The focus is not, as is the case with traditional schooling, established socio-cultural conditions, beliefs, views, values and conventions
- ◆ Understanding existence and development in general, in the collective, beyond individual experience
- ◆ Instead, the focus is understanding the conditions, needs, demands and challenges of existence and development that lie behind and that are reflected in individual experience, our role and responsibility in them, how to manage and deal with them



# Focus and Concentration

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- Knowledge and Understanding of Individual Existence and Development
  - ◆ The focus and concentration are developing knowledge and understanding of the individual
  - ◆ The conditions, needs, demands and challenges of individual mental and physical existence and development, which lie behind and which are reflected in the experience of the individual
  - ◆ Developing the conceptual foundation and framework of understanding within which to make informed and considered choices and decisions

# Focus and Concentration

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- ◆ Define necessary goals and objectives, and within which to consider and manage required behaviour and actions
- ◆ Establish the necessary internal mental conditions to engage and deal with external conditions, with others and the world around us in necessary and constructive ways
- ◆ To deal in the mind with change and changing conditions, in our own mental and physical existence and in the world around us
- ◆ Dealing with them when only a minimum in mental work, effort and adjustment are required

# Focus and Concentration

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- ◆ Before they develop into larger problems, difficulties and crises in the mind, which the individual no longer can deal with alone
- Individual Mental Faculties
  - ◆ The focus and concentration are developing mental faculties, mental powers and abilities, mental skills and practices
  - ◆ Required to consider and make sense of individual experiences, the conditions of existence that lie behind and that are reflected in them, and how to deal with them

# Focus and Concentration

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- ◆ Developing individual natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort
- ◆ To understand and manage existence and development at the level of the natural conditions, which in the first instance define and govern human existence and development
- ◆ Which lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust
- ◆ The natural conditions of existence that are common to all human beings, which lie behind human experience, the experience of every human being

# Focus and Concentration

## ■ Fundamentals and Essentials

- ◆ The focus and concentration are developing the fundamentals and essentials, in knowledge, understanding, mental powers and abilities, mental skills and practices, mental work and effort
- ◆ The fundamentals and essentials we require for everything we do and we engage in, everything in life we face and we have to deal with
- ◆ To understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way

# Focus and Concentration

- ◆ Within the same conceptual framework, at the level of the natural conditions of existence, within the natural parameters, the boundaries and limits of existence set by nature
- ◆ This differs from the focus and concentration of traditional education, socialization and training in established socio-cultural conditions, beliefs, views, values and conventions, and professional-occupational knowledge, skills and practices
- ◆ To understand and manage existence and development in the collective, at the level and within the context of established socio-cultural reality and conditions

# Focus and Concentration

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- ◆ To maintain and continue socio-cultural traditions, the established way of understanding and managing existence and development, relating and interacting with each other, and dealing with the world around us
- ◆ Dividing and separating a connected and interactive reality, existence and development into different issues, subject matter, disciplines, fields of study, and areas of human activity, specialization and expertise
- ◆ Each defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices

# Focus and Concentration

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- Learning How to Learn
  - ◆ The focus and concentration of education and training in mental development and growth is learning how to learn
  - ◆ Developing and setting in motion a process of continuous, life-long mental self-development and growth
  - ◆ Constantly, in light of change and changing conditions, reconsidering, correcting, expanding and improving the knowledge, understanding and mental faculties on which we rely, how we develop and use them



# Focus and Concentration

- ◆ Reconsidering, changing, correcting and improving, whenever necessary and required, in light of problems, difficulties, failures, errors and mistakes, the choices and decisions we make and how we make them
- ◆ The goals and objectives we pursue and how we define them, and the behaviour and actions in which we engage and how we consider and manage them
- ◆ This contrasts with traditional schooling of memorizing established socio-cultural beliefs, views, values and conventions, and professional-occupational knowledge, skills and practices

# Education and Training in Mental Development and Growth

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- Rationale and Approach
- Focus and Concentration
- → Details and Specifics

# Details and Specifics

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- Develop Knowledge and Understanding of the Fundamentals and Essentials of Existence and Development
- Develop Natural Mental Powers and Abilities
- Develop Necessary Mental Skills and Practices

# Details and Specifics

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- → Develop Knowledge and Understanding of the Fundamentals and Essentials of Existence and Development

# Develop Knowledge and Understanding of the Fundamentals and Essentials

- ◆ Knowledge and understanding of the natural conditions, demands and challenges of existence, particularly of the mind and mental existence, the inner mental life and the mental self, how to manage and deal with them
- ◆ The natural conditions of existence that in the first instance define and govern human existence and development, which lie beyond human control
- ◆ But which we must deal with and accommodate and to which we must respond and adjust
- ◆ The natural conditions of existence that are common to all human beings, that lie behind human experience, the experience of every human being

# Develop Knowledge and Understanding of the Fundamentals and Essentials

- ◆ Develop knowledge and understanding about the mind, the inner mental life and the mental self, nature, elements and processes, conditions, needs, demands and challenges
- ◆ The role and responsibility in them that by nature are individually ours to understand and manage, how to manage and deal with them
- ◆ What takes place, what we do, more importantly what we need to do, what we must establish, develop and maintain in the mind and mental existence
- ◆ Knowledge and understanding of our mental needs and how to meet them, in the mind, in non-material ways, through mental work and effort

# Develop Knowledge and Understanding of the Fundamentals and Essentials

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- ◆ Knowledge and understanding of our natural mental powers and abilities, how to develop and use them
- Knowledge and understanding of the conditions, needs, demands and challenges of our physical existence and development, the world around us, nature and the natural environment
- ◆ Our physical existence and development and how to manage them, physical needs and how to meet them
- ◆ Nature, the natural environment, natural forces, processes, development and change, that lie beyond our human control

# Develop Knowledge and Understanding of the Fundamentals and Essentials

- ◆ Changing conditions, demands and challenges, in our existence and development and in the world around us, how to deal with, respond and adjust to them
- Knowledge and understanding of human-created socio-cultural conditions and developments, demands and challenges
  - ◆ Different, competing and conflicting socio-cultural conditions, beliefs, views, values, conventions and practices, different ways of understanding and managing existence and development
  - ◆ Their origins, beginnings and development through the ages



# Develop Knowledge and Understanding of the Fundamentals and Essentials

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- ◆ How today we understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions
- ◆ Limits and shortcomings, where, how and why they contradict, conflict with or fall short of the natural conditions of existence
- ◆ Leading to problems and difficulties for ourselves, others, society, future generations, the human species, nature and the natural environment

# Details and Specifics

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- Develop Knowledge and Understanding of the Fundamentals and Essentials of Existence and Development
- → Develop Natural Mental Powers and Abilities

# Developing Individual 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
- Consider and Study, Reason and Conclude
- Recall and Recollect from Memory

# Developing Individual Natural Mental Powers and Abilities

- Being Mentally Alert, Active and Engaged
  - ◆ Paying attention, recognizing, acknowledging and considering what takes place and what we do in the mind and our inner mental life
  - ◆ Paying attention, recognizing, acknowledging and considering experiences, perceptions, sensations and feelings that enter the mind and awareness, the conditions that lie behind them and how we deal with them
  - ◆ Paying attention, recognizing, acknowledging and dealing with change and changing conditions, in our mental and physical existence and in the world around us

# Developing Individual Natural Mental Powers and Abilities

- ◆ Being mentally alert, active and engaged contrast with being absent-minded, mentally passive and reactive
- ◆ Passively and aimlessly drifting through the mind, focusing and concentrating on abstractions, fantasies, idle speculations and wishful thinking
- ◆ Heading off to wherever perceptions, sensations, feelings, thoughts and ideas that enter the mind and awareness take us
- ◆ Focusing, concentrating on and being preoccupied with disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration and depression

# Developing Individual Natural Mental Powers and Abilities

- Direct, Focus and Concentrate the Mind and Attention
  - ◆ Direct, focus and concentrate the mind and attention considering issues, experiences, perceptions, sensations and feelings, at length in depth and detail
  - ◆ Planning, organizing and managing mental behaviour and actions, mental work and effort, what we do and we need to do, what we must establish, develop and maintain in the mind and mental existence
  - ◆ Direct, focus and concentrate the mind and attention on what we face and have to deal with, what we do and we are engaged in

# Developing Individual Natural Mental Powers and Abilities

- ◆ Conditions, demands and challenges, plans and projects, jobs and tasks 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, from idea to idea, getting ahead of oneself, ahead of the clarity of one's mind and understanding and jumping to conclusions

# Developing Individual Natural Mental Powers and Abilities

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- Exercise Mental Discipline and Mental Flexibility
  - ◆ The mental discipline, to keep the mind and attention, focus and concentration on a given experience, issue, job, task, plan, project or objective
  - ◆ The mental flexibility to change focus and concentration when necessary and required
  - ◆ Direct, focus and concentrate the mind and attention on different issues, experience, jobs, tasks, plans or projects



# Developing Individual Natural Mental Powers and Abilities

- ◆ 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
- ◆ Not being able to redirect the mind and attention, focus and concentration when necessary and required
- ◆ Easy losing focus, direction and concentration, losing track, heading off on unrelated tangents, getting lost in the mind, in fantasies, speculations and abstractions, jumping to conclusions

# Developing Individual Natural Mental Powers and Abilities

- Visualize, or See, and Create Images, Pictures and Conceptual Structures in the Mind
  - ◆ Visualizing, or seeing in the mind the reality reflected in our experiences or described by what is communicated to us
  - ◆ Forming clear and detailed images and pictures in the mind, that reflect the reality and conditions of existence that lie behind our experiences
  - ◆ Connecting the elements, details and specifics of experiences and conclusions we draw from them to form images and pictures in the mind

# Developing Individual Natural Mental Powers and Abilities

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- ◆ Connecting mental images and pictures to form larger conceptual structures, a conceptual framework, about the nature and 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 experiences in random and arbitrary ways
- ◆ In ways that do not reflect the reality and conditions of existence that lie behind and that are reflected in our experience

# Developing Individual Natural Mental Powers and Abilities

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- ◆ Visualizing and forming images, pictures and conceptual structures in the mind, differs from focusing, concentrating on, and memorizing texts, language constructs, information details and specifics
- ◆ Expecting them to engage us and form clear and detailed images and pictures in our mind

# Developing Individual Natural Mental Powers and Abilities

- Consider and Study, Reason and Conclude
  - ◆ Consider and study issues, conditions, demands and challenges at length, in depth and detail, in their essence, in a differentiated, but integrated, connected and related way
  - ◆ Starting with the given, the self-evident and obvious, to uncover the hidden, the less obvious and self-evident, without losing the given
  - ◆ Consider and study issues systematically, step-by-step, consistently, in the same way, in a way where each step arises from the previous step and leads to the next step

# Developing Individual Natural Mental Powers and Abilities

- ◆ Always, at every point, to be able to trace back one's steps to the beginning
- ◆ Consider and study differs from limiting one's view and understanding to the apparent, the self-evident and obvious
- ◆ Reason and conclude how the elements, details and specifics connect, relate and interact
- ◆ Create mental images, pictures and conceptual structures from the elements, details and specific about the conditions, demands and challenges of existence
- ◆ Making sure the elements are connected and related, systematically and consistently, in obvious and self-evident ways

# Developing Individual Natural Mental Powers and Abilities

- ◆ Create mental images, pictures and conceptual structures that allow for positive and constructive actions
- ◆ Deal with issues, conditions, demands and challenges, problems and difficulties, respond and adjust to change and changing conditions in necessary and constructive ways
- ◆ To reason differs from 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

# Developing Individual Natural Mental Powers and Abilities

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- ◆ Creating vague, ambiguous and internally inconsistent images, pictures and conceptual structures in the mind
- ◆ With little concern for details and specifics, clear and obvious connections and relations between them
- ◆ Images, pictures and conceptual structures that do not allow for positive action



# Developing Individual Natural Mental Powers and Abilities

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- Recall and Recollect from Memory
  - ◆ Recall and recollect from memory, systematically, step-by-step, consistently, in the same way, through focusing and concentrating on past experiences, perceptions, sensations and feelings, mental images and pictures
  - ◆ Recall and recollect past issues, conditions, demands and challenges, problems and difficulties
  - ◆ Past understanding, mental powers and abilities, skills and practices we have developed, on which we relied, how we developed and used them

# Developing Individual Natural Mental Powers and Abilities

- ◆ Problems and difficulties, limits and shortcomings, failures, errors and mistakes, we have 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 and managed them
- ◆ Goals and objectives we have pursued and how we defined them, choices and decisions we have made and how we have made them
- ◆ Recalling and recollecting from memory, systematically and consistently differs from relying on just what comes to mind readily and easily, without much mental work and effort

# Details and Specifics

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- Develop Knowledge and Understanding of the Fundamentals and Essentials of Existence and Development
- Develop Natural Mental Powers and Abilities
- → Develop Necessary Mental Skills and Practices

# Developing Necessary Mental Skills and Practices

- 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 of existence, within the natural parameters, the boundaries and limits of existence set by nature
  - ◆ Distinguish and differentiate between and understand the role of nature, which lies beyond our control, and the role and responsibility in our existence and development that by nature are individually ours to understand and manage

# Developing Necessary Mental Skills and Practices

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- ◆ Understand, distinguish and differentiate between the natural and human-created socio-cultural conditions, demands and challenges
- ◆ Understand, distinguish and differentiate between social-collective and individual existence and development, conditions, needs, demands and challenges
- ◆ Relate, interact and cooperate with others and the world around us in necessary and constructive ways

# Developing Necessary Mental Skills and Practices

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- The mental skills and practices to understand and manage in the first instance, the mind, the inner mental life and the mental self
  - ◆ From within the mind, as reflected in individual experience
  - ◆ Understand our mental needs and how to meet them in the mind through mental work and effort
  - ◆ Understand and deal with mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression through dealing with the conditions that lie behind them

# Developing Necessary Mental Skills and Practices

- The mental skills and practices to consider and make sense of experiences, perceptions, sensations and feelings that enter the mind and awareness
  - ◆ Consider them at length, in depth and detail, beginning with the self-evident and obvious, to uncover the hidden, less self-evident and obvious
  - ◆ Recognize changes in them, order and arrange them in meaningful, constructive and beneficial ways, according to their origins and the order in which we need to be dealt with them

# Developing Necessary Mental Skills and Practices

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- ◆ Deduce and conclude from experiences, perceptions, sensations and feelings about the nature and conditions of existence, our own mental and physical existence and development and the world around us, that lie behind and that are reflected in them
- ◆ Create clear and detailed images, pictures and conceptual structures in the mind from our experiences and what we deduce and conclude from them about the conditions of existence



# Developing Necessary Mental Skills and Practices

- The mental skills and practices to deal with, respond and adjust in the mind to change, changing conditions, demands and challenges
  - ◆ Deal change and changing conditions in our mental and physical existence and development and in the world around us
  - ◆ Deal with them when only a minimum in mental work, effort and adjustment are required
  - ◆ Before they develop into larger problems and difficulties in the mind that we can no longer deal with alone

# Developing Necessary Mental Skills and Practices

- The mental skills and practices to make informed and considered choices and decisions
  - ◆ Define necessary goals and objectives, and consider and manage required behaviour and actions
  - ◆ Be in charge, in control and take responsibility for what we do and fail to do, particularly in the mind and mental existence
  - ◆ 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 plan, organize and manage them

# Developing Necessary Mental Skills and Practices

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- ◆ Recognize, acknowledge and address personal limits and shortcomings, problems and difficulties, failures, errors and mistakes, and not to repeat them
- The mental skills and practices to engage in a process of continuous, life-long mental self-development and growth
- ◆ Constantly, in light of change and changing conditions, reconsider the knowledge, understanding, mental powers and abilities, mental skills and practices on which we rely, how we develop and use them

# Developing Necessary Mental Skills and Practices

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- ◆ Reconsider, whenever necessary and required, in light of problems, difficulties, failures, errors and mistakes in what we do and engage, 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, both mental and physical behaviour and actions, in which we engage and how we consider, plan and manage them

# Education and Training in Mental Development and Growth

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- Rationale and Approach
- Focus and Concentration
- Details and Specifics
- → Advantages and Benefits

# Advantages and Benefits

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- Education and training in mental development and growth provide the foundation, the fundamentals and essentials required for everything in life we do and we engage in
  - ◆ The fundamentals and essentials in individual knowledge, understanding and mental faculties, natural mental powers and abilities, necessary mental skills and practices
  - ◆ Learning how to learn, developing and engaging in a process of continuous, life-long mental self-development and growth

# Advantages and Benefits

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- ◆ Required to understand and manage existence and development, at the level of the natural conditions of existence, within the natural parameters, the boundaries and limits of existence set by nature
- ◆ Not studying and memorizing established, human-created socio-cultural beliefs, views, values, conventions and practices, to act just as a small part of a larger social-collective whole
- ◆ The individual develops the necessary conceptual foundation and mental capacity, instead of memorizing established socio-cultural beliefs, views, conventions and practices, information details and specifics

# Advantages and Benefits

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- ◆ The understanding, mental powers and abilities, mental skills and practices to understand and manage existence and development existing in and as part of a constantly unfolding, changing and transforming world, within the natural parameters
- ◆ 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, certainty, security and confidence, where individually we are in charge and in control, in the mind and mental existence



# Advantages and Benefits

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- ◆ To make informed and considered choices and decisions, define necessary goals and objectives, and consider, plan, organize and manage required behaviour and actions
- ◆ Deal with, respond and adjust to change, changing conditions, demands and challenges when only a minimum in mental work, effort and adjustment are required
- ◆ Before they develop into larger problems, difficulties and crises in the mind, which the individual is no longer able to deal with alone
- ◆ To recognize, acknowledge, consider and address individual problems and difficulties, limits and shortcomings, failures, errors and mistakes, at their roots, in the mind and our mental existence

# Advantages and Benefits

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- ◆ The individual develops the conceptual foundation and mental capacity to deal with mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration and address the mental conditions that lie behind them
- ◆ Consider, deal with, respond and adjust to socio-cultural, political, economic, scientific and technological conditions, demands and challenges, changes and transformations
- ◆ Consider their relevance and importance for the individual to understand and manage individual existence and development

# Advantages and Benefits

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- Existence and development are considered and understood, beyond the level of human-created socio-cultural conditions, at the level of the natural conditions of existence
  - ◆ Existence and development are considered and understood beyond different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices
  - ◆ They are considered and understood at the level of the natural conditions of existence that are common to all human beings, which lie behind and which are reflected in human experience, the experience of every human being

# Advantages and Benefits

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- ◆ Established different, competing socio-cultural conditions, beliefs, views, values, conventions and practices are considered at the level and within the context of understanding the natural conditions of existence
- ◆ They are considered and understood moreover at the level and within the context of understanding and managing the human self, the mind, the inner mental life and the mental self
- ◆ The individual will be able to relate and interact, communicate and cooperate across socio-cultural differences, at the level of the natural conditions of existence that are common to all human beings

# Advantages and Benefits

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- ◆ At the level of the natural conditions of existence that lie behind and are reflected in the experience of every human being
- ◆ Relate and interact, communicate and cooperate beyond what divides and separates people, different, competing and conflicting socio-cultural conditions, beliefs, views, values, conventions and practices
- ◆ The individual will not feel threatened or challenged by cultural differences
- ◆ But understand what as human beings we share in common beyond cultural, racial, ethnic, gender and generational differences

# Advantages and Benefits

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- ◆ The individual will be able to relate, interact, communicate and cooperate in positive, constructive and beneficial ways across cultural differences
- Issues, conditions, demands and challenges are considered, understood and dealt with in their essence, in depth and detail, in a holistic way, a differentiated, but integrated, connected and related way
- ◆ They are not, as is the case traditionally, divided and separated into different subject matter, disciplines, fields of study, and areas of human activity, specialization and expertise

# Advantages and Benefits

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- ◆ Defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices
- ◆ Issues, conditions, demands and challenges, problems and difficulties, change and changing conditions are considered and understood within the same conceptual foundation and framework of understanding
- ◆ Existence and development are considered and understood from the ground up and from the inside out
- ◆ At the level of the natural conditions of existence, within the natural parameters, the boundaries and limits of existence set by nature, beginning with the individual, the mind, the inner mental life and the mental self

# Advantages and Benefits

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- ◆ They are considered and understood in a differentiated, but integrated, connected and related way
- ◆ Issues are not studied across different subject matters, disciplines and fields of study, within the context of different, competing and conflicting assumptions, objectives, approaches and practices
- ◆ There will be no need to consider how to connect and integrate different, competing and conflicting views, knowledge and practices of different disciplines and fields of study



# Advantages and Benefits

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- ◆ There will be less material to be considered and studied, making less demand on the time and energy of the individual
- ◆ Leaving more time and energy to consider the fundamentals and essentials at length, in depth and detail
- Education and training in mental development and growth is less demanding, costly and time consuming
- ◆ Developing the fundamentals and essentials, and learning how to learn requires less time, effort and resources

# Advantages and Benefits

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- ◆ Than studying and memorizing an ever growing body of socio-cultural beliefs, views, values, conventions and practices, background, history and development
- ◆ Socio-cultural and professional-occupational knowledge, skills and practices are developed later, on demand, when necessary and required
- ◆ Not in the abstract, ahead of time, to be retained in memory, to be recalled and applied later
- ◆ They are acquired with greater ease, effectiveness and efficiency on the foundation of the fundamentals and essentials, and within the context of a process of continuous mental self-development and growth

# Advantages and Benefits

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- Education and training in mental development and growth is less abstract, alienating and remove from the existence and experiences of the individual
  - ◆ Existence and development are considered and understood at the level of the individual, from the ground up and from the inside out, beginning with the individual, the mind, the inner mental life and the mental self
  - ◆ The focus and concentration is the individual, individual experience and the conditions that lie behind and that are reflected in them

# Advantages and Benefits

- ◆ The focus and concentration is not, as is the case with traditional education and training, speculations, theories and abstractions of different disciplines and fields of study
- ◆ Subject matters far removed, not related or connected directly, in self-evident and obvious ways the experiences of the conditions of individual existence and development
- ◆ Instead, existence and development are considered and understood at the level and within the context of considering and understanding, in the first instance, the mind and mental existence, the inner mental life and the mental self, as reflected in individual experience

# Advantages and Benefits

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- ◆ Existence and development, demands and challenges, problems and difficulties, change and changing conditions are considered and understood from the ground up and from the inside out
- ◆ Not, as traditionally is the case, considering and understanding them from the top down and from the outside in
- ◆ From the human-created socio-cultural level down to the level of the natural conditions of existence
- ◆ From the social-collective to the individual

# Advantages and Benefits

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- ◆ Considering and understanding external conditions and the world around us to understand internal mental life and the mental self
- ◆ Education and training in mental development and growth connects and keeps the individual in touch with the self, the human and the mental self, individual experience and the conditions of existence that lie behind them
- Education and training in mental development and growth provides greater potential, options and opportunities in jobs, career and employment

# Advantages and Benefits

- ◆ The individual develops the conceptual foundation and mental capacity, the fundamentals and essentials required for everything in life, every job, employment, career or profession
- ◆ Engaging in a process of continuous, life-long mental development and growth it will be easy to deal with, respond and adjust to change and changing conditions, demands and challenges in life, career, profession, job or employment
- ◆ Not being educated, trained, conceptually and mentally rooted in a given professional-occupational field, the individual is not conceptually tied or limited to a given job, employment, career or profession

# Advantages and Benefits

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- ◆ The individual can easily switch jobs, employment, career or profession when necessary and required
- ◆ Career, profession, job or employment will not define and govern the individual, individual existence and development, individual mental existence and mental development
- ◆ They will not define and govern what we face and have to deal with, what we do and need to do, what we must establish, develop and maintain in the mind and mental existence



# Advantages and Benefits

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- ◆ Career, profession, job and employment will only be a part, and will take place within the context of understanding and managing individual human existence and development
- ◆ Individual existence and development will not be threatened or called into question by the loss of job, career or employment