

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

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

Education and Training in Mental Development and Growth

- → Rationale and Approach

Rationale and Approach

- 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

- ◆ We can make errors and mistakes, behave and act in counterproductive, harmful and destructive ways
- ◆ We have to make choices and decisions, define necessary goals and objectives, and consider, plan, organize and manage required 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 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, and how to deal with them

Rationale and Approach

- ◆ 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 everything 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, plan, organize 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 individually, how we relate and interact with others, and how we deal with the world around us

Rationale and Approach

- ◆ 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 social whole
- ◆ Although 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

- ◆ Although we face and we have to deal in our 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 adjustments
- ◆ In turn, they require individual, not collective, knowledge, understanding, choices and decisions, goals and objectives, behaviour and actions, work and effort

Rationale and Approach

- ◆ 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 the individual self, for others, and the world around us
- ◆ It leads, among other things, to looking for the causes, answers and solutions to personal problems and difficulties, limits and shortcomings, failures, errors and mistakes beyond the self, to others and the world around us

Rationale and Approach

- ◆ Understanding and managing existence and development in positive, constructive and beneficial ways, without causing unnecessary problems and difficulties for the self, 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

- ◆ 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 individual 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

- ◆ It requires education and training in mental development and growth
- ◆ Developing the knowledge, the understanding and the 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

- Approach
 - ◆ The approach of 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
- ◆ Involving 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

- ◆ With knowledge and understanding of the human self, individual mental and physical existence, and individual 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 the mental faculties, 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

Rationale and Approach

- ◆ 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 individual human being

Rationale and Approach

- ◆ 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, our inner mental life and the mental self, as reflected in individual experience
- ◆ Developing the knowledge, the understanding and the mental faculties to establish and maintain the necessary internal mental conditions, in everything we do and we engage in

Rationale and Approach

- ◆ 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
- ◆ 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

- ◆ 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

- Rationale and Approach
- → Focus and Concentration

Focus and Concentration

- 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

- 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
 - ◆ 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

- ◆ 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

- ◆ 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

- 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

- ◆ Define necessary goals and objectives, and within which to consider, plan, organize 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 positive, constructive and beneficial 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

- ◆ 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 individual 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

- ◆ 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 and which are reflected in individual human experience, the experience of every individual 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

- ◆ 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

- 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 in the individual a process of continuous, life-long mental self-development and growth
 - ◆ Constantly, in light of change and changing conditions, reconsidering, updating, correcting, expanding and improving the knowledge, the understanding and the 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, plan, organize 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

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

Details and Specifics

- 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

- → 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, which lie behind human experience, the experience of every individual 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 individually 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 individual mental work and effort

Develop Knowledge and Understanding of the Fundamentals and Essentials

- ◆ 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 individual physical existence and development, the world around us, nature and the natural environment
 - ◆ Individual 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 individual 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

- ◆ 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 the individual, society, future generations, the human species, nature and the natural environment

Details and Specifics

- 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

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

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 and respond to them
 - ◆ Paying attention, recognizing, acknowledging and dealing with change and changing conditions, in our own individual mental and physical existence and development 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 and being preoccupied with disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety and frustration

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, experience, perceptions, sensations and feelings, at length, in depth and detail
 - ◆ Planning, organizing and managing individual 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

- 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, on demand, 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
 - ◆ And forming clear and detailed images and pictures in the mind, that reflect the reality and conditions of existence that lie behind and that are reflected in individual 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

- ◆ 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 individual experience

Developing Individual Natural Mental Powers and Abilities

- ◆ 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 to create for us clear and detailed images and pictures in our mind

Developing Individual Natural Mental Powers and Abilities

- Reason, Consider and Conclude
 - ◆ To consider issues systematically, step-by-step, consistently, in the same way, at some length, in depth and detail, in their essence, in a differentiated, but integrated, connected and related way
 - ◆ Consider how the details and specifics connect, relate and interact
 - ◆ Consider issues in a way where each step arises from the previous step, and leads to the next step
 - ◆ Always, at every point, to be able to trace back one's steps to the beginning

Developing Individual Natural Mental Powers and Abilities

- ◆ Consider the given, the self-evident and obvious, to uncover the hidden, the less than obvious and self-evident, without losing the given
- ◆ Create mental images, pictures and conceptual structures, systematically and consistently, step-by-step, in the same way
- ◆ Making sure the elements, details and specifics are connected and related, systematically and consistently, in obvious and self-evident ways
- ◆ Understand, create images, pictures and conceptual structures in the mind that allow for positive and constructive actions

Developing Individual Natural Mental Powers and Abilities

- ◆ Deal with issues, conditions, demands and challenges, problems and difficulties, respond and adjust to change and changing conditions in positive, constructive and beneficial ways
- ◆ To reason 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

- ◆ 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

- 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, planned, organized and managed them
- ◆ Aims, 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 just on what comes to mind readily and easily, without much mental work and effort

Details and Specifics

- 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 human 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

- ◆ Understand, distinguish and differentiate between the natural and the 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 positive, constructive and beneficial ways

Developing Necessary Mental Skills and Practices

- 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 individual mental needs, and how to meet them, in the mind, through mental work and effort
 - ◆ Understand the natural mental powers and abilities, how to develop and use them
 - ◆ 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 and the less self-evident and obvious
 - ◆ Recognize patterns and changes in them, order and arrange them in meaningful, constructive and beneficial ways, according to their origins, our own mental or physical existence and well-being or the world around us, and the order in which they need to be dealt with

Developing Necessary Mental Skills and Practices

- ◆ 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 individual 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, needs, demands and challenges
 - ◆ Change and changing conditions, in our own 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, plan, organize 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

- ◆ Recognize, acknowledge, correct and address individual limits and shortcomings, problems and difficulties, failures, errors and mistakes, and not 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, update, correct, expand and improve 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

- ◆ Reconsider, update, correct, expand and improve, whenever necessary and required, 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, organize and manage them

Education and Training in Mental Development and Growth

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

Advantages and Benefits

- Education and training in mental development and growth provides 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

- ◆ 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

- ◆ 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, a sense of certainty, security and confidence, where individually we are in charge and in control, in the mind and mental existence

Advantages and Benefits

- ◆ 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 mental existence

Advantages and Benefits

- ◆ 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, developments, changes and transformation
- ◆ Assess and evaluate their relevance and importance to the individual, to understand and manage individual existence and development

Advantages and Benefits

- 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 individual human being

Advantages and Benefits

- ◆ Established different, competing socio-cultural conditions, beliefs, views, values, conventions and practices are considered and understood at the level and within the context of understanding the natural conditions of existence
- ◆ They are considered and understood at the level and within the context of understanding and managing the 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

- ◆ At the level of the natural conditions of existence that lie behind and that are reflected in the experience of every individual 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, across cultural, racial, ethnic, gender and generational differences

Advantages and Benefits

- ◆ 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

- ◆ 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 on the same conceptual foundation and within the same 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 mind, the inner mental life and the mental self

Advantages and Benefits

- ◆ 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

- ◆ 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

- ◆ 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

- Education and training in mental development and growth is less abstract, alienating and far 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, abstractions of different disciplines and fields of study
- ◆ Subject matters far removed, not related or connected directly, in self-evident and obvious ways to the conditions and the experiences of individual existence and development
- ◆ 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

- ◆ 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 down to the individual

Advantages and Benefits

- ◆ Considering and understanding external conditions and the world around us to understand internal mental conditions, the inner 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 experiences, and the reality and conditions of individual existence and development
- Education and training in mental development and growth provides greater possibilities, 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
- ◆ Developing and engaging in a process of continuous, life-long mental self-development and growth it will be easy to deal with, respond and adjust to change and changing conditions, demands and challenges in career, profession, job or employment
- ◆ Not being educated, trained, conceptually and mentally rooted in a particular professional-occupational field, the individual is not conceptually tied or limited to a given job, employment, career or profession

Advantages and Benefits

- ◆ The individual easily can switch jobs, employment, career or profession, when necessary and required
- ◆ Career, profession, job or employment will not define and govern 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

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