

Inside the Mind

Understanding and Managing
the Mind and Mental Existence
from the Inside

Inside the Mind

- Introduction
- Mind and Mental Existence
- Mental Development
- Human Understanding

Inside the Mind

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

Inside the Mind

■ → Introduction

Introduction

- ◆ Understanding and managing the mind and mental existence from the inside and from the ground up
- ◆ From within the mind and mental existence, at the level of the natural conditions of the mind and mental existence, reflected in individual experience
- ◆ Considering and understanding what takes place, 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
- ◆ The mind and mental existence is where we consciously exist and act

Introduction

- ◆ It is where we experience, become aware and consider the conditions of existence and the world around us
- ◆ We are individually in charge and in control, we must be actively engaged and take responsibility for what takes place and what we do in the and mental existence
- ◆ It is where we make choices and decisions, where we define aims, goals and objectives, and where we must plan, organize and manage our behaviour and actions
- ◆ Mental development is what we establish, develop and maintain in the mind and mental existence

Introduction

- ◆ Traditionally, in religion the mind and mental existence are understood as the human soul or spirit, our connection to a supernatural-spiritual reality
- ◆ In science, the mind and mental existence are understood in natural-material terms, in terms of the neurological structure and workings of the human brain
- ◆ The mind and mental existence are not understood as the place where we consciously we exist and act, where we experience, become aware and must consider the conditions of existence, the world around us and how to deal with them

Introduction

- ◆ Where individually we are in charge and in control, where we must actively be engaged and take responsibility for what takes place and what we do
- ◆ Mental development, in turn, is not understood as something we must actively engage in
- ◆ This is not a discussion of traditional beliefs, views and assumptions about the mind, mental existence and mental development
- ◆ It is not a religious or scientific discussion of the mind and mental existence

Introduction

- ◆ It is not a discussion about the human soul or spirit, or about the human brain
- ◆ It is not a discussion about the spiritual or physical-material roots of the mind and mental existence
- ◆ The mind and mental existence are not considered, discussed and understood in the abstract, but as lived experience
- ◆ They are understood from the inside and from the ground up, from within the mind and mental existence, at the level of the natural conditions of the mind and mental existence, reflected in individual experience

Introduction

- ◆ The purpose is to demystify the mind and mental existence and to de-stigmatize mental problems
- ◆ It is to establish clarity of mind and understanding, a clear, detailed and integrated picture of the mind and mental existence as reflected in our experience
- ◆ Understanding and managing them from the inside and from the ground up, from inside the mind and mental existence, at the level of the natural conditions of the mind and mental existence, reflected in individual experience

Inside the Mind

- Introduction
- → Mind and Mental Existence

Mind and Mental Existence

- ◆ Experience, Perceptions, Sensations and Feelings
- ◆ Mental Images, Pictures and Conceptual Structures
- ◆ Memory and Recollections
- ◆ Mental Conditions and States of Mind

Mind and Mental Existence

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

Experience, Perceptions, Sensations and Feelings

- Experience, Perceptions, Sensations and Feelings
 - ◆ We experience the conditions of existence as perceptions, sensations and feelings
 - ◆ We do not experience actual reality, but neurological signals or impulses -- perceptions, sensations and feelings
 - ◆ Perceptions, sensations and feelings are our only access, they are the only access of the mind and awareness to external conditions, the conditions of existence and the world around us

Experience, Perceptions, Sensations and Feelings

- ◆ Our experience and awareness of reality, the conditions of existence is only indirect
- ◆ We experience and become aware of them only indirectly, via the nervous system, through our senses and internal sense organs
- ◆ Perceptions are information we receive via the sense organs about external conditions and the world around us
- ◆ Sensations are information we receive via internal sensors about the state and conditions of our physical existence

Experience, Perceptions, Sensations and Feelings

- ◆ Feelings are indicators about the conditions of our mental existence and states of mind
- ◆ Sensations such as pain, hunger, thirst, freezing and sweating reflect states, conditions or needs of our physical existence
- ◆ Feelings of disorder and instability, doubt, confusion, uncertainty and insecurity, fear, stress, anxiety and frustration, clarity of mind and understanding, certainty, security, confidence, contentment and elation reflect states, conditions or needs of our mental existence

Experience, Perceptions, Sensations and Feelings

- ◆ We are not in charge or in control of our experience, we do not control our sense organs or internal sensors, our perceptions, sensations and feelings
- ◆ We cannot turn them on or off, increase or decrease their sensitivity or intensity
- ◆ We are not able to increase or decrease the neurological impulses sent via the nervous system
- ◆ They are natural attributes of our existence, natural processes that lie beyond our control

Experience, Perceptions, Sensations and Feelings

- ◆ We are in charge and in control of the sense we make and the knowledge and understanding we derive from our experience
- ◆ We are in charge and in control of the attention we pay and the sense we make of our experience, the perceptions, sensations and feelings that enter the mind and awareness
- ◆ And what we deduce and conclude from them about the conditions of existence that lie behind and that are reflected in our experience

Mental Images, Pictures and Conceptual Structures

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

Mental Images, Pictures and Conceptual Structures

- ◆ The unaided mind however, does not create images that resemble the conditions of existence and the world around us that lie behind and that are reflected in our experience
- ◆ We possess the mental potential, the mental powers and abilities to form deliberate and intentional images and pictures in the mind
- ◆ Images and pictures that reflect the conditions of existence and the world around us that lie behind our experience

Mental Images, Pictures and Conceptual Structures

- ◆ Conceptual structures are larger composite pictures about the conditions of existence and the world around us
- ◆ Their function is to guide and direct our choices and decisions, aims, goals and objectives, behaviour and actions managing our existence and development in a constantly unfolding, changing and transforming world

Memory and Recollections

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

Memory and Recollections

- ◆ They are stored in memory regardless the degree to which they have impressed themselves on our awareness or the extent to which they have been acknowledged, considered or mentally processed
- ◆ The more forcefully they have impressed themselves on our awareness, the more attention we have paid to them
- ◆ The greater the degree to which we have considered and made sense of them, have translated our experience into clear and detailed mental images the easier they are recalled from memory

Memory and Recollections

- ◆ The ease with which we can recall from memory, moreover depends on the extent to which we have developed, exercise and practice, our natural mental powers and abilities, necessary and appropriate mental skills and practices

Mental Conditions and States of Mind

- Mental Conditions and States of Mind
 - ◆ Mental conditions and states of mind are levels or degrees of mental order and stability, clarity and coherence, certainty, security, confidence and contentment
 - ◆ Or states of doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration or depression
 - ◆ The initial conditions of mental existence, or states of mind, are disorder and instability, doubt and confusion, uncertainty and insecurity

Mental Conditions and States of Mind

- ◆ Everything that enters the mind and awareness first appears as vague and ambiguous notions, lacking in clarity, details and depth
- ◆ Experience, perceptions, sensations and feelings do not on their own impress themselves fully and with clarity, in all their details on our awareness
- ◆ They do not arrange or order themselves in meaningful ways in the mind and awareness
- ◆ And they do not form clear pictures of images in the mind about the conditions that lie behind them

Mental Conditions and States of Mind

- ◆ The results are states of mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ It is our role and responsibility individually to establish a sense of order and stability, clarity and coherence, certainty, security and confidence in the mind and mental existence
- ◆ Consider and make sense of our experience, perceptions, sensations and feelings, the conditions that lie behind them and establish clear pictures and images in the mind about them

Mental Problems and Difficulties

- Mental Problems and Difficulties
 - ◆ Mental problems and difficulties are problems and difficulties understanding and managing the mind and mental existence
 - ◆ Understanding and managing what takes place, what we face and have to deal with, what we do and need to do, what we must establish, develop and maintain individually in the mind and mental existence

Mental Problems and Difficulties

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

Mental Problems and Difficulties

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

Mental Problems and Difficulties

- ◆ Constantly reconsidering, updating, expanding and improving individual understanding, mental powers and abilities, mental skills and practices, in light of change and changing conditions
- ◆ They are difficulties recognizing, acknowledging and addressing limits and shortcomings, errors and mistakes in understanding, choices and decisions, goals and objectives, behaviour and actions, work and effort

Mental Needs

◆ Mental Needs

- ★ Sense of the Human Self
- ★ Sense of Order and Stability
- ★ Clarity of Mind and Understanding
- ★ A Sense of Certainty, Security and Confidence
- ★ Recognition and Relevance

Mental Needs

- ★ Connect, Communicate and Cooperate with Others

Sense of the Human Self

- Sense of the Human Self
 - ◆ A sense of the human self, beyond our cultural, social, professional or occupational identity
 - ◆ Individually we consist of our physical and mental existence
 - ◆ Our mental existence consists of what takes place and what we do, establish and develop in the mind and mental existence
 - ◆ Individual experience, perceptions, sensations and feelings, how we deal with, respond and adjust to them

Sense of the Human Self

- ◆ The understanding, mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them
- ◆ The choices and decisions we make, and how we make them
- ◆ The aims, goals and objectives we pursue, and how we define them
- ◆ The behaviour and actions in which we engage, and how we plan, organize and manage them

Sense of the Human Self

- ◆ How we understand and manage our mind, mental existence and mental development
- ◆ How we understand and meet our needs
- ◆ How we deal with, respond and adjust to change and changing conditions
- ◆ Having a sense of the human self is to be aware, have a clear and detailed picture and understanding of all of the above

Sense of Order and Stability

- Sense of Order and Stability
 - ◆ A sense of order and stability in the mind and mental existence
 - ◆ It involves considering and making sense of everything that enters the mind and awareness, experience, perceptions, sensations, feelings, recollections, thoughts, ideas and notions
 - ◆ Ordering and arranging them in reasonable, sensible, meaningful, constructive and beneficial ways
 - ◆ Mentally processing whatever comes to mind and enters our awareness

Clarity of Mind and Understanding

- Clarity of mind and understanding
 - ◆ Clarity of mind and understanding, about existence and development, demands and challenges, problems and difficulties, experience, perceptions, sensations and feelings, thoughts and ideas, the conditions that lie behind them and how to deal with them
 - ◆ Clarity of mind and understanding about what we face and have to deal with, what we do and we engage in
 - ◆ It requires considering issues, conditions, demands and challenges at a fundamental level, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way

Clarity of Mind and Understanding

- ◆ Breaking down issues, conditions, demands and challenges, problems and difficulties, change and changing conditions into their parts, details and specifics
- ◆ Considering the parts, details and specifics separately, at some length, in depth and detail, but in an integrated, connected and related way
- ◆ It requires pursuing and considering every question, doubt or uncertainty, however small or marginal, that are raised in the mind by conditions, demands and challenges, experience, perceptions, sensations and feelings
- ◆ Visualizing and forming clear images and pictures about them in the mind

Clarity of Mind and Understanding

- ◆ Establishing clarity of mind and detailed understanding about issues, conditions, demands and challenges we face and have to deal with
- ◆ When losing focus and direction, going back to where clarity has been lost before continuing
- ◆ Focusing and concentrating the mind and attention on the issue, condition, demands or challenge at hand
- ◆ Not heading off on unrelated tangents, considering and pursuing whatever comes to mind, and jumping to conclusions

Sense of Certainty, Security and Confidence

- Sense of Certainty, Security and Confidence
 - ◆ A sense of certainty, security and confidence, about individual powers and abilities, skills and practices, how to develop and use them, to deal with what we face and we are confronted with
 - ◆ The powers and abilities, skills and practices to understand and manage existence and development, existing in and as part of a constantly changing world
 - ◆ It involves taking serious, everything that comes to mind, experience, perceptions, sensations and feelings, recollections, thoughts, ideas and notions

Sense of Certainty, Security and Confidence

- ◆ Not engaging in idle speculation
- ◆ Being in charge, in control and taking responsibility for what takes place and what we do, establish, develop and maintain in the mind and mental existence
- ◆ Dealing with doubt, confusion, uncertainty and insecurity, and addressing the conditions that lie behind them
- ◆ Recognizing, acknowledging, considering and addressing individual problems and difficulties, limits and shortcomings, errors and mistakes

Sense of Certainty, Security and Confidence

- ◆ Considering and discussing problems and difficulties only within the context of addressing them and the conditions that lie behind them
- ◆ Making demands on oneself, not on others and the world around us
- ◆ Making informed and considered choices and decisions
- ◆ Defining necessary and appropriate aims, goals and objectives

Sense of Certainty, Security and Confidence

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

Sense of Certainty, Security and Confidence

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

Sense of Certainty, Security and Confidence

- ◆ Establishing the conditions necessary for a sense of accomplishment and contentment
- ◆ Each day, establishing the conditions for a sense of accomplishment and contentment at the end of the day
- ◆ Each day, working on a number of small steps of several different jobs, tasks or projects, that can be completed in a day

Recognition and Relevance

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

Connect, Communicate and Cooperate with Others

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

Connect, Communicate and Cooperate with Others

- ◆ We need to connect, communicate and cooperate mentally and physically to manage individual and shared existence and development
- ◆ Identify common ground, shared understanding, choices and decisions, goals and objectives, and coordinate behaviour and actions

Mind and Mental Existence

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

Natural Mental Powers and Abilities

- Mental Powers and Abilities
 - ◆ Be Mentally Alert, Active and Engaged
 - ◆ Direct, Focus and Concentrate the Mind and Attention
 - ◆ Exercise Mental Discipline and Mental Flexibility
 - ◆ Visualize and Create Images, Pictures and Conceptual Structures in the Mind
 - ◆ Reason
 - ◆ Recall and Recollect From Memory

Mental Powers and Abilities

- Mental Powers and Abilities
 - ◆ We possess natural mental endowments, potential mental powers and abilities, which we must develop before we can use them, they include the power and ability:
- To Be Mentally Alert, Active and Engaged
 - ◆ Being aware, recognizing, acknowledging and taking note of what is taking place, what enters the mind and awareness
 - ◆ Experience, perceptions, sensations and feelings that enter the mind and awareness, how we deal with and respond to them

Mental Powers and Abilities

- ◆ Being mentally alert, active and engaged contrasts with being absent minded and mentally passive, not paying attention, ignoring, rejecting, denying and blocking out what takes place, what enters the mind and awareness
- ◆ Being preoccupied with doubt, confusion, uncertainty and insecurity, abstractions, fantasies, idle speculation and wishful thinking
- Direct, Focus and Concentrate the Mind and Attention
 - ◆ Directing, focusing and concentrating the mind and attention on conditions and issues we face, what we do and what we are engaged in

Mental Powers and Abilities

- ◆ To consider them at length, in depth and detail, establish clarity of mind and understanding about them
- ◆ Consider and pay attention to what we face and have to deal with, what we do and what we engage in
- ◆ Directing, focusing and concentrating the mind and attention differs from not paying attention to what we face and have to deal with, what we do and engage in
- ◆ Aimlessly drifting through the mind without focus or direction, following whatever comes to mind, jumping from issue to issue, getting ahead of oneself, getting ahead of the clarity of one's mind and understanding, and jumping to conclusions

Mental Powers and Abilities

- Mental Discipline and Mental Flexibility
 - ◆ The mental discipline to keep the mind and attention on a given experience, issue, job or task for some time without losing focus and concentration
 - ◆ The mental flexibility to change focus and concentration on demand, when necessary and required
 - ◆ Mental discipline and mental flexibility contrast with not being able to keep the mind and attention, focus and concentration on a given issue, job or task for any length of time

Mental Powers and Abilities

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

Mental Powers and Abilities

- ◆ Connecting mental images and pictures to form larger conceptual structures in the mind about the nature and conditions of existence and the world around us
- ◆ Visualizing, or seeing, and creating images, pictures and conceptual structures in the mind differs from focusing and concentrating on texts, books and language constructs.
- ◆ Memorizing information details, specifics and language constructs, expecting them to engage us, and to create on their own clear images and pictures in the mind

Mental Powers and Abilities

■ Reason

- ◆ Deducing and concluding from the given, from what we experience, about the hidden, that which lies beyond human experience, deducing and concluding about underlying causes and effects, forces, processes and developments
- ◆ Considering experiences, issues and conditions step-by-step, systematically and consistently, in a way that each step arises from the previous step, leads to and defines the next step, being able at each point to trace back one's steps to the beginning

Mental Powers and Abilities

- ◆ Starting with the self-evident and obvious to uncover the hidden, the less than obvious and self-evident
- ◆ To reason is to create mental images and pictures, systematically and consistently, with all elements, details and specifics connected and related in obvious and self-evident ways, that allow positive and constructive actions
- ◆ To reason contrasts with jumping from issue to issue, experience to experience, connecting and relating elements, details and specifics in random and arbitrary ways, in ways that is not supported by the evidence

Mental Powers and Abilities

- ◆ Getting ahead of oneself, acting beyond the clarity of one's mind and understanding and jumping to conclusions
- ◆ Creating vague, ambiguous and internally inconsistent mental images and pictures that do not allow for positive and constructive behaviour and actions
- Recall and Recollect from Memory
 - ◆ Recall and recollect from memory past experience, perceptions, sensations and feelings, mental images and pictures, everything that takes place, that enters and that we do in the mind

Mental Powers and Abilities

- ◆ Past issues, conditions, demands and challenges, understanding, choices and decisions, behaviour and actions, work and effort, problems and difficulties, errors and mistakes
- ◆ Recalling and recollecting from memory in effective and efficient ways begins with mentally processing everything that enters the mind and awareness, before it disappears into memory
- ◆ Recalling and recollecting from memory, systematically, step-by-step, focusing and concentrating on past issues, differs from relying on what comes to mind readily and easily, without much mental work and effort

Mental Skills and Practices

- Mental Skills and Practices
 - ◆ Mental powers and abilities we must translate into necessary and appropriate mental skills and practices
 - ◆ Mental skills and practices to understand and manage individual mental and physical existence and development in a changing world
 - ◆ Understand, distinguish and differentiate between the role of nature, and the role and responsibility that by nature are individually ours to understand and manage
 - ◆ Recognize, acknowledge and make sense of individual experience, perceptions, sensations and feelings

Mental Skills and Practices

- ◆ The mental skills and practices to consider and understand the conditions of existence that lie behind and that are reflected in individual experience, and how to deal with them
- ◆ Create clear and detailed images and pictures in the mind about the conditions, demands and challenges of existence
- ◆ Deal with, respond and adjust to change and changing conditions before they develop into larger problems and difficulties

Mental Skills and Practices

- ◆ The mental skills and practices to make informed and considered choices and decisions, define necessary aims, goals and objectives, plan, organize and manage required behaviour and actions
- ◆ Recognize, acknowledge, consider and deal with problems and difficulties, limits and shortcomings, errors and mistakes
- ◆ Establish the necessary internal mental conditions before engaging and dealing with external conditions, others and the world around us

Mental Skills and Practices

- ◆ The mental skills and practices to engage in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ Constantly reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, mental skills and practices in light of change and changing conditions
- ◆ Reconsidering, updating, correcting, expanding and improving whenever necessary and required the understanding, mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them

Mental Skills and Practices

- ◆ The choices and decisions we make and how we make them, the aims, goals and objectives we pursue and how we define them
- ◆ Reconsidering, updating, correcting, expanding and improving the mental behaviour and actions, mental work and effort in which we engage and how we plan, organize and manage them

Mind and Mental Existence

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

Mental Behaviour and Actions

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

Mental Behaviour and Actions

- ◆ Mental behaviour and actions in which we engage, regardless whether we do so consciously and deliberately
- ◆ Natural mental processes and developments include perceptions, sensations and feelings entering the mind, impressing themselves on our awareness, and disappearing into memory
- ◆ As well the unaided mind creating mental images and pictures out of our perceptions, sensations and feelings, our dreams

Mental Behaviour and Actions

- ◆ Natural mental processes and developments are processes and developments taking place in the mind and mental existence of which we can be aware, but which lie beyond our control
- ◆ They are not mental powers and abilities that are at our disposal, which we can develop and use
- ◆ Mental behaviour and actions include how we process, deal with and make sense of what enters the mind, experience, perceptions, sensations, feelings and recollections, thoughts, ideas and notions

Mental Behaviour and Actions

- ◆ How we deal with mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration and the conditions that lie behind them
- ◆ How in the mind and mental existence we deal with, respond and adjust to change, changing conditions, demands and challenges
- ◆ How we understand and meet our mental needs, establish a sense of the human self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence

Mental Behaviour and Actions

- ◆ Mental behaviour and actions are how we meet our need for relevance and recognition, and the need to connect, communicate and cooperate, mentally and physically with others and with the world around us
- ◆ The choices and decisions we make and how we make them, the aims, goals and objectives we define and how we define them, how we plan, organize and manage our behaviour and actions
- ◆ How we develop our natural mental faculties, our natural mental potential, natural mental powers and abilities, necessary and appropriate mental skills and practices, and how we use them

Mental Work and Effort

- Mental Work and Effort
 - ◆ Mental work and effort, in their essence, are the activity in which we engage and the energy we invest dealing with what takes place, what we face and have to deal with in the mind and mental existence
 - ◆ Considering experience, perceptions, sensations and feelings that enter the mind and awareness, and the conditions of existence, our own individual mental and physical existence and development and the world around us, that lie behind and that are reflected in our experience

Mental Work and Effort

- ◆ The understanding, mental powers and abilities, mental skills and practices we develop, exercise and practice
- ◆ Mental work and effort is making choices and decisions, defining aims, goals and objectives, and considering, planning, organizing and managing behaviour and actions
- ◆ Considering the conditions, demands and challenges of existence we face, and how to deal with, respond and adjust to them

Mental Work and Effort

- ◆ Considering how to deal with, respond and adjust to change and changing conditions, so they do not develop into larger problems and difficulties, for the individual self, for others, the world around us, nature or the natural environment
- ◆ Considering how to arrange, organize and connect the details and specifics of our experience and considerations, forming clear and detailed pictures, images and larger conceptual structures in the mind, to guide our actions engaging with the world around us and with each other

Inside the Mind

- Introduction
- Conceptual Context
- Mind and Mental Existence
- → Mental Development

Mental Development

- ◆ Mental development is what we develop, establish and maintain in the mind and mental existence
- ◆ The understanding, pictures, images and conceptual structures we establish and create in the mind and mental existence
- ◆ Developing our mental faculties, our natural mental potential, natural mental powers and abilities we develop
- ◆ Developing mental skills and practices, mental habits and routines we establish and develop

Inside the Mind

- Introduction
- Conceptual Context
- Mind and Mental Existence
- Mental Development
- → Human Understanding

Human Understanding

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

Experience, Awareness, Knowing and Understanding

- Experience, Awareness, Knowing and Understanding
 - ◆ Experience are perceptions, sensations and feelings that enter the mind and awareness
 - ◆ Awareness is to be conscious of what enters the mind and impresses itself on our awareness
 - ◆ Knowing, or knowledge is the conscious recognition of the details and specifics of experience, the perceptions, sensations and feelings that enter the mind and awareness
 - ◆ Understanding consists of pictures, images and conceptual structures we create in the mind from our experience, perceptions, sensations and feelings

Nature and Purpose of Understanding

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

Nature and Purpose of Understanding

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

Establishing Understanding, Process and Steps

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

Establishing Understanding, Process and Steps

- ◆ The process and steps of establishing understanding include
- ◆ First, establishing the necessary experiential information details and specifics, going beyond instant awareness and first impressions
- ◆ Considering and making sense of individual experience, perceptions, sensations and feelings that enter the mind and awareness
- ◆ Deducing and concluding from them about the conditions that lie behind and that are reflected in our experience

Establishing Understanding, Process and Steps

- ◆ Then, connecting the details and specifics of our experiential information and forming clear, coherent and detailed images, pictures and larger conceptual structures in the mind about the conditions of existence and the world around us
- ◆ Establishing understanding requires mental work and effort, conscious and deliberate, focused and directed mental work and effort
- ◆ Understanding is not established just through increasing one's knowledge and awareness, studying literature and texts, memorizing facts, details and specifics

Inside the Mind

- → Understanding and Managing the Mind and Mental Existence

Understanding and Managing the Mind and Mental Existence

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

Understanding and Managing the Mind and Mental Existence

- Understanding the Mind and Mental Existence
 - ◆ Understanding the mind and mental existence is to establish and have a clear and detailed mental picture about them
 - ◆ A clear and detailed picture about the fundamentals and essential about the natural conditions, structure and workings, demands and challenges of the mind, mental existence and mental development
 - ◆ 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

Understanding and Managing the Mind and Mental Existence

- ◆ In addition, having a clear and detailed picture about the particular conditions of our own individual mind, mental existence and mental development
- ◆ A clear and detailed picture of what takes place, what we face and have to deal with, what we do and what we need to do, what we must establish, develop and maintain in the mind and mental existence
- ◆ Experience, perceptions, sensations and feelings that enter the mind and awareness, and the conditions of existence, our own mental and physical existence and the world around us that lie behind them

Understanding and Managing the Mind and Mental Existence

- ◆ How in the mind we deal with, respond and adjust to our experience, the conditions of existence, the world around us, change and changing conditions
- ◆ Having a clear picture of the level of development of our understanding and our mental faculties, natural mental powers and abilities, necessary and appropriate mental skills and practices
- ◆ Limits and shortcomings, problems and difficulties, errors and mistakes in our understanding, our mental behaviour and actions, mental work and effort
- ◆ A clear picture of what we must establish, develop and maintain in the mind and mental existence

Managing the Mind and Mental Existence

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

Managing the Mind and Mental Existence

- ◆ Doing so within the context of a clear and detailed picture about the fundamentals and essentials of the natural conditions, structure and workings, demands and challenges of the mind and mental existence
- ◆ Managing the mind and mental existence involves establishing the necessary internal mental conditions before engaging and dealing with external conditions, others and the world around us
- ◆ Considering and making sense of individual experience
- ◆ The perceptions, sensations and feelings that enter the mind and awareness, and the conditions of existence that lie behind and that are reflected in them

Managing the Mind and Mental Existence

- ◆ Establishing and maintaining a sense of the human self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence in the mind and mental existence
- ◆ Dealing with mental disorder and instability, doubt, confusion, uncertainty and insecurity, fear, stress, anxiety and frustration through addressing the conditions that lie behind them
- ◆ Meeting individual mental needs, in non-material ways, inside the mind and mental existence, through individual mental work and effort

Managing the Mind and Mental Existence

- ◆ Dealing with, responding and adjusting to change, changing conditions, demands and challenges before they develop into larger problems and difficulties
- ◆ Individually being in charge, in control and taking responsibility, considering, planning and organizing ahead, what we do in the mind and mental existence, mental behaviour and actions, mental work and effort
- ◆ Articulating, putting into words, and communicating to others, those with whom we interact and cooperate, the clarity of our mind and the details of our understanding

Managing the Mind and Mental Existence

- ◆ The choices and decisions we make, and how we make them, the aims, goals and objectives we pursue, and how we define them, the behaviour and actions in which we engage, and how we plan, organize and manage them

Managing Mental Development

- Managing Mental Development
 - ◆ Managing mental development involves establishing understanding and developing mental faculties, the natural mental potential, natural mental powers and abilities, necessary and appropriate mental skills and practices
 - ◆ Establishing clear and detailed images, pictures and larger conceptual structures in the mind about the conditions of existence, our own mental and physical existence and development and the world around us, that lie behind individual experience

Managing Mental Development

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

Managing Mental Development

- ◆ Constantly, in light of change and changing conditions, reconsidering, updating, correcting, expanding and improving individual understanding, mental powers and abilities, mental skills and practices
- ◆ Reconsidering, updating, correcting, expanding and improving, whenever necessary and required, the understanding, mental powers and abilities, mental skills and practices we develop, on which we rely, how we develop and use them
- ◆ The choices and decisions we make and how we make them, the aims, goals and objectives we pursue and how we define them

Managing Mental Development

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

Inside the Mind

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

Failing to Understand and Manage the Mind and Mental Existence

- ◆ Individual Problems and Difficulties
- ◆ Social Problems and Difficulties
- ◆ Environmental Problems and Difficulties

>>Individual Problems and Difficulties

- Individual Problems and Difficulties
 - ◆ Lacking a clear conceptual foundation and mental framework within which to understand and manage existence and development
 - ◆ Within which to make informed and considered choices and decisions, define aims, goals and objectives, consider, plan, organize and manage, guide and direct individual behaviour and actions
 - ◆ Persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration

Individual Problems and Difficulties

- ◆ Lacking clarity of mind and understanding about the conditions of existence, our individual mental and physical existence and the world around us
- ◆ Being lost in the mind, in mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Acting out, and acting out of mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration
- ◆ Poverty of understanding, a sense of ignorance, helplessness, incompetence and hopelessness

Individual Problems and Difficulties

- ◆ Unable to make sense of individual experience and the conditions of existence and the world around us that lie behind them
- ◆ Difficulties making choices and decisions, defining aims, goals and objectives
- ◆ Difficulties behaving and acting, relating and interacting, with the self, with others and the world around us in meaningful, constructive and beneficial ways
- ◆ Causing problems and difficulties, of which we are unaware, we fail to recognize, we deny and reject, and for which we hold others responsible

Individual Problems and Difficulties

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

Individual Problems and Difficulties

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

Individual Problems and Difficulties

- ◆ Abrogating to others and higher authorities the role and responsibility for the individual self
- ◆ Looking to them and holding them responsible for individual mental and physical existence, development and well being
- ◆ Dependence and reliance on, and resentment of others, external conditions and the world around us

Social Problems and Difficulties

- Social Problems and Difficulties
 - ◆ Competition, conflict and confrontation, war, killing and destruction
 - ◆ Competition, conflict and confrontation relating and interacting with each other, meeting respective needs, communicating and cooperating managing shared existence and development
 - ◆ Competition, conflict and confrontation over shared natural resources

Social Problems and Difficulties

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

Environmental Problems and Difficulties

- Environmental Problems and Difficulties
 - ◆ Contradicting, conflicting with and falling short of the natural conditions, demands and challenges of existence
 - ◆ Exploiting natural material resources beyond actual human material needs
 - ◆ Degrading the natural environment and interfering in nature, natural forces, processes and developments beyond what is required to sustain human existence
 - ◆ Bringing about changes in natural developments, which in the long term will render the natural environment of the earth uninhabitable for the human species