

# Necessary Internal Mental Conditions

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Establishing and Maintaining  
the Necessary Internal  
Mental Conditions

# Establish the Necessary Internal Mental Conditions

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- Need to Establish the Necessary Internal Mental Conditions
- Establish the Necessary Internal Mental Conditions
- Failing to Establish the Necessary Internal Mental Conditions

# Establish the Necessary Internal Mental Conditions

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- → Need to Establish the Necessary  
Internal Mental Conditions

# Need to Establish the Necessary Internal Mental Conditions

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- ◆ We exist in and as part of a constantly unfolding, changing and transforming world, both natural and human-created world
- ◆ Consciously we exist and act in the mind and mental existence, where we experience, become aware and must consider the conditions of existence and the world around us
- ◆ Our only access, the only access of the mind and awareness to external conditions and the world around us are our experience, perceptions, sensations and feelings
- ◆ However, we do not experience all of reality, or the world around us

# Need to Establish the Necessary Internal Mental Conditions

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- ◆ Moreover, our experience fragment, divide and separate an integrated, connected and related world and conditions of existence
- ◆ In addition, our experience, perceptions, sensations and feelings do not impress themselves fully in all their details and specifics on our awareness
- ◆ Our experience also do not on their own order or arrange themselves in the mind in meaningful ways

# Need to Establish the Necessary Internal Mental Conditions

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- ◆ They do not form clear and detailed images in the mind about the conditions that lie behind and that are reflected in them
- ◆ As a result, our initial mental conditions and state of mind are disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ What comes to mind, what enters the mind and awareness first appears as vague notions, lacking in clarity, details and specifics

# Need to Establish the Necessary Internal Mental Conditions

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- ◆ It is our role and responsibility individually to make sense of our experience, the conditions that lie behind them, and how to deal with them
- ◆ Through individual mental work and effort we must establish the necessary internal mental conditions
- ◆ Establish in the mind and mental existence a sense of order and stability, clarity and coherence, certainty, security and confidence
- ◆ Managing existence and development in changing conditions requires clarity of mind and understanding about the conditions of existence, the world around us, and how to deal with them

# Need to Establish the Necessary Internal Mental Conditions

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- ◆ It requires establishing the necessary internal mental conditions and state of mind, before engaging and dealing with external conditions, with others and the world around us
- ◆ Our behaviour, actions and practices are defined, guided and directed by what takes place and what we do in the mind and mental existence
- ◆ How we deal with the self, relate and interact with others and the world around us is defined and governed by what we do and what we establish in the mind and mental existence



# Need to Establish the Necessary Internal Mental Conditions

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- ◆ Failing to establish and maintain the necessary internal mental conditions and state of mind leads to problems and difficulties
- ◆ It leads to problematic behaviour and actions, problems in how we understand and manage ourselves individually, how we connect, communicate and interact with each other, and how we relate and interact with the world around us, nature and the natural environment
- ◆ In turn, which leads to individual, social and environmental problems and difficulties, problems and difficulties for the individual, for others, society, future generations, the human species, nature and the natural environment

# Establish the Necessary Internal Mental Conditions

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- Need to Establish the Necessary Internal Mental Conditions
- → Establish the Necessary Internal Mental Conditions

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of Self, a Sense of Order and Stability, Clarity of Mind and Understanding, a Sense of Certainty, Security and Confidence
- Develop our Mental Faculties, Natural Mental Powers and Abilities, and Necessary Mental Skills and Practices
- Engage in a Process of Continuous, Life-long Conceptual and Mental Self-development and Growth

# Establish the Necessary Internal Mental Conditions

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- → Establish a Sense of Self, a Sense of Order and Stability, Clarity of Mind and Understanding, a Sense of Certainty, Security and Confidence

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of the Individual Human Self
- Establish a Sense of Order and Stability
- Establish Clarity of Mind and Understanding
- Establish a Sense of Certainty, Security and Confidence

# Establish the Necessary Internal Mental Conditions

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- → Establish a Sense of the Individual Human Self

# Establish a Sense of the Individual Human Self

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- ◆ Establishing a sense of the human self, not the cultural, social, professional or occupational self
- ◆ The human self consists of our individual mental and physical nature and constitution
- ◆ In addition, it consist of what takes place and what we do, establish, develop and maintain in the mind and mental existence
- ◆ Individual experience, perceptions, sensations and feelings, how we deal with, respond and adjust to them

# Establish a Sense of the Individual Human Self

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- ◆ 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



# Establish a Sense of the Individual Human Self

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

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of the Individual Human Self
- → Establish a Sense of Order and Stability

# Establish a Sense of Order and Stability

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- ◆ Establishing a sense of order and stability in the mind and mental existence involves recognizing and acknowledging what enters the mind and awareness, experience, perceptions, sensations and feelings, thoughts, ideas and recollections
- ◆ Ordering and arranging them in meaningful, constructive and beneficial ways
- ◆ Considering and making sense of them, the conditions that lie behind them, and how to deal with them
- ◆ It involves mentally processing whatever comes to mind and enters our awareness

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of the Individual Human Self
- Establish a Sense of Order and Stability
- → Establish Clarity of Mind and Understanding

# Establish Clarity of Mind and Understanding

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- ◆ Establishing clarity of mind and understanding, about existence and development, demands and challenges, problems and difficulties, jobs, tasks, projects, plans, goals and objectives
- ◆ Establish clarity of mind and understanding about whatever we are confronted with, we have to deal with and we are engaged in
- ◆ It requires considering issues, conditions, plans, jobs and tasks at a fundamental level, in their essence, in depth and detail, in a comprehensive, a differentiated, but integrated, connected and related way

# Establish Clarity of Mind and Understanding

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- ◆ Breaking them down into their parts, details and specifics
- ◆ Considering the parts, details and specifics separately, at some length, in depth and detail, how they are connected, related and interact
- ◆ Pursuing and considering whatever questions, doubt or uncertainty, however fleeting, that come to mind regarding an issue, condition, job or task
- ◆ Visualizing and forming a clear image and picture in the mind about them

# Establish Clarity of Mind and Understanding

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- ◆ Focusing and concentrating the mind and attention on the issue, job and task at hand
- ◆ When losing focus and direction going back to where clarity has been lost before continuing
- ◆ Not pursuing what ever comes to mind, heading off on unrelated tangents and jumping to conclusions

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of the Individual Human Self
- Establish a Sense of Order and Stability
- Establish Clarity of Mind and Understanding
- → Establish a Sense of Certainty, Security and Confidence



# Establish a Sense of Certainty, Security and Confidence

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- ◆ Establishing a sense of certainty, security and confidence, about individual powers and abilities, skills and practices, how to develop and use them
- ◆ Powers and abilities, skills and practices to understand and manage existence and development in changing conditions
- ◆ It involves taking serious whatever comes to mind in experience, perceptions, sensations and feelings, recollections, thoughts, ideas and notions

# Establish a Sense of Certainty, Security and Confidence

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

# Establish a Sense of Certainty, Security and Confidence

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

# Establish a Sense of Certainty, Security and Confidence

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- ◆ Considering, planning and organizing ahead one's actions
- ◆ Considering, planning and organizing ahead jobs, tasks, plans, goals and objectives, as well as one's time, days, weeks and months
- ◆ Setting out clear plans of action, with detailed steps
- ◆ Following the plans of action and steps, one step at a time
- ◆ Keeping the mind and attention on what one does in everything one does and one engages in

# Establish a Sense of Certainty, Security and Confidence

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- ◆ Keeping track, by keeping notes of jobs, tasks, plans and projects one is working on, engaged in or pursuing
- ◆ When losing focus and direction of what one is doing or is engaged in, re-establish clarity of mind and understanding before continuing
- ◆ Looking ahead, anticipating and preparing for what lies ahead and what may be coming up

# Establish a Sense of Certainty, Security and Confidence

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- ◆ Establish 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
- ◆ To ensure that at the end of the day, while not having succeeded in everything, one accomplished something of what one set out to do

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of Self, a Sense of Order and Stability, Clarity of Mind and Understanding, a Sense of Certainty, Security and Confidence
- → Develop our Mental Faculties, Natural Mental Powers and Abilities, and Necessary Mental Skills and Practices

# Develop our Mental Faculties, Natural Mental Powers and Abilities, Necessary Mental Skills and Practices

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- → Natural Mental Powers and Abilities



# Natural Mental Powers and Abilities

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- To be Mentally Alert, Active and Engaged
- Direct, Focus and Concentrate the Mind and Attention
- Exercise Mental Discipline and Mental Flexibility
- Visualize and Create Pictures in the Mind
- Reason
- Recall and Recollect from Memory

# Natural Mental Powers and Abilities

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- To Be Mentally Alert, Active and Engaged
  - ◆ Paying attention, recognizing, acknowledging and considering what enters, what takes place and what we do in the mind and mental existence
  - ◆ Paying attention, recognizing, acknowledging and considering the perceptions, sensations and feelings that enter the mind and awareness, 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

# Natural Mental Powers and Abilities

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- ◆ Being mentally alert, active and engaged contrasts 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
- ◆ Focusing and concentrating on and being preoccupied with disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration
- ◆ Heading off to wherever perceptions, sensations, feelings, thoughts and ideas take us

# Natural Mental Powers and Abilities

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- 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 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 engage in

# Natural Mental Powers and Abilities

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- ◆ 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, without aim, focus or direction
- ◆ Jumping from issue to issue, from experience to experience, getting ahead of oneself, ahead of the clarity of one's mind and understanding, and jumping to conclusions

# Natural Mental Powers and Abilities

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- Exercise Mental Discipline and Mental Flexibility
  - ◆ Mental discipline to keep the mind and attention, focus and concentration on a given experience, issue, job, task, plan, project or objective
  - ◆ 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

# Natural Mental Powers and Abilities

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- ◆ 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
- ◆ Easily losing focus, direction and concentration, jumping to conclusions, losing track, heading off on unrelated tangents, getting lost in the mind, in fantasies, speculations and abstractions

# Natural Mental Powers and Abilities

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



# Natural Mental Powers and Abilities

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- ◆ Connecting mental images and pictures to form larger conceptual structures, a conceptual framework, about the nature and conditions of existence and the world around us
- ◆ It contrasts with constructing abstract mental images, putting together and connecting the details and specifics of our experience 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

# Natural Mental Powers and Abilities

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

# >>Natural Mental Powers and Abilities

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## ■ Reason

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

# Natural Mental Powers and Abilities

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- ◆ Starting with the self-evident and the 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 for 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, arbitrary and non-sensible ways

# Natural Mental Powers and Abilities

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- ◆ Getting ahead of oneself, acting beyond the clarity of one's mind and understanding, and jumping to conclusions
- ◆ Creating vague, ambiguous and internally inconsistent mental images, pictures and conceptual structures
- ◆ With little concern for details and specifics, connections and relations between them
- ◆ Images, pictures and conceptual structures that do not allow for meaningful, constructive or beneficial behaviour and actions

# Natural Mental Powers and Abilities

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- Recall and Recollect From Memory
  - ◆ Recalling and recollecting from memory, systematically, step-by-step, through focusing and concentrating on past experience, perceptions, sensations and feelings, mental images and pictures
  - ◆ Recalling and recollecting 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

# Natural Mental Powers and Abilities

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- ◆ Past behaviour and actions, in which we have engaged, how we 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 made them
- ◆ Problems and difficulties, limits and shortcomings, errors and mistakes we have faced and we have made in the past, and how we have dealt with them
- ◆ Recalling and recollecting from memory, systematically and consistently, differs from just relying on what comes to mind readily and easily, without much mental work and effort

# Develop our Mental Faculties, Natural Mental Powers and Abilities, Necessary Mental Skills and Practices

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- Natural Mental Powers and Abilities
- → Necessary Mental Skills and Practices



# Necessary Mental Skills and Practices

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- ◆ The mental skills and practices to understand and manage the mind, mental existence and mental development
- ◆ Understand, distinguish and differentiate between the role of nature and our own role and responsibility in our mind and mental existence
- ◆ Establish the necessary internal mental conditions before engaging and dealing with external conditions, with each other and the world around us
- ◆ Recognize, acknowledge and make sense of individual experience, the perceptions, sensations and feelings, thoughts and ideas that enter the mind and awareness

# Necessary Mental Skills and Practices

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- ◆ The mental skills and practices to consider and understand the conditions of existence that lie behind and that are reflected in our experience, and how to deal with them
- ◆ Create clear, coherent and detailed images, pictures and conceptual structures 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
- ◆ Make informed and considered choices and decisions, define necessary aims, goals and objectives, plan, organize and manage required behaviour and actions

# Necessary Mental Skills and Practices

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- ◆ The mental skills and practices to recognize, acknowledge, consider and deal with individual problems and difficulties, limits and shortcomings, errors and mistakes
- ◆ Relate and interact with others and the world around us in meaningful, constructive and beneficial ways
- ◆ Engage in a process of continuous, life-long conceptual and mental self-development and growth

# Establish the Necessary Internal Mental Conditions

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- Establish a Sense of Self, a Sense of Order and Stability, Clarity of Mind and Understanding, a Sense of Certainty, Security and Confidence
- Develop our Mental Faculties, Natural Powers and Abilities, and Necessary Mental Skills and Practices
- → Engage in a Process of Continuous, Life-long Conceptual and Mental Self-development and Growth

# Process of Continuous Conceptual and Mental Self-development and Growth

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- ◆ Engage in a process of continuous conceptual and mental self-development and growth
- ◆ Constantly reconsider, update, correct, expand and improve individual understanding, mental powers and abilities, mental skills and practices, in light of change and changing conditions
- ◆ Reconsider, update, correct, expand and improve, 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

# Process of Continuous Conceptual and Mental Self-development and Growth

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

# Establish the Necessary Internal Mental Conditions

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- Need to Establish and Maintain the Necessary Internal Mental Conditions
- Establish the Necessary Internal Mental Conditions
- → Failing to Establish the Necessary Internal Mental Conditions

# Failing to Establish the Necessary Internal Mental Conditions

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



# Failing to Establish the Necessary Internal Mental Conditions

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- → Individual Problems and Difficulties

# Individual Problems and Difficulties

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- ◆ Lacking a conceptual foundation and framework of understanding within which to make choices and decisions, define aims, goals and objectives, plan, organize and manage behavior and actions
- ◆ Lack of clarity of mind and understanding about the conditions of existence, individual mental and physical existence and development 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

# Individual Problems and Difficulties

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- ◆ Acting out, and acting out of, fear, stress, anxiety, frustration and depression
- ◆ Poverty of understanding, a sense of ignorance, incompetence, helplessness and hopelessness
- ◆ Inability to make sense of individual experience, the conditions of existence, and the world around us
- ◆ Difficulties making choices and decisions, defining aims, goals and objectives, planning, organizing and managing behaviour and actions

# Individual Problems and Difficulties

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- ◆ Difficulties behaving and acting, relating and interacting in meaningful, constructive and beneficial ways
- ◆ Causing problems and difficulties, of which we are unaware and we fail to recognize, we deny of causing, and for which we hold others responsible
- ◆ Answers and solutions we take to lie beyond the self, with others and the world around us
- ◆ Looking for, expecting and demanding ordered, stable, secure and predictable conditions in the world around us

# Individual Problems and Difficulties

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- ◆ Escapism from constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity
- ◆ Internal escapism into fantasies, abstractions, idle speculation and wishful thinking
- ◆ Escapism into different experience, and addiction to drugs, alcohol, tobacco, sex, obesity, extreme exercise, travel and adventure

# Individual Problems and Difficulties

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- ◆ Irrational, unpredictable, counterproductive, harmful, violent and destructive behaviour and actions
- ◆ Anxiety, depression, mental paralysis, paranoia, insanity and suicide
- ◆ Premature aging, physiological wear and tear
- ◆ Problems and difficulties relating, interacting, communicating and cooperating with others

# Individual Problems and Difficulties

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- ◆ Difficulties communicating and cooperating in meaningful, constructive and mutually beneficial ways
- ◆ Abrogating the role and responsibility for the individual self to others or higher authorities
- ◆ Looking to others and higher authorities for answers and solutions to individual problems and difficulties, failings, errors and mistakes
- ◆ Dependence and reliance on, and resentment of others, external conditions and the world around us

# Failing to Establish the Necessary Internal Mental Conditions

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- Individual Problems and Difficulties
- → Social Problems and Difficulties



# Social Problems and Difficulties

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- ◆ Competition, conflict and confrontation, war, killing and destruction
- ◆ Competition, conflict and confrontation relating and interacting with each other
- ◆ Conflict and confrontation meeting respective needs, interacting and cooperating managing shared existence and development
- ◆ Competition, conflict and confrontation over common grounds and shared natural resources

# Social Problems and Difficulties

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

# Failing to Establish the Necessary Internal Mental Conditions

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- Individual Problems and Difficulties
- Social Problems and Difficulties
- → Environmental Problems and Difficulties

# Environmental Problems and Difficulties

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- ◆ Contradicting, conflicting with, and falling short of the natural conditions, demands and challenges of existence
- ◆ Exploiting natural material resources beyond actual human material needs, meeting non-material mental needs in material ways
- ◆ Degrading the natural environment and interfering in nature, natural processes, development and change beyond what is required to manage and sustain human existence
- ◆ Trying to establish a sense of self, a sense of order and stability, clarity and coherence, certainty and security externally in socio-cultural and physical-material terms

# Environmental Problems and Difficulties

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- ◆ Trying to create the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world around us of easy material abundance, through rearranging, controlling and directing nature and the natural environment, natural forces, processes and developments
- ◆ Leading to changes in natural development that in the long-term will render the natural environment of the Earth uninhabitable for the human species