

Education and Training in Conceptual and Mental Development

Education and Training
for a Sustainable, Secure and
Peaceful Future

Education and Training in Conceptual and Mental Development

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

Education and Training in Conceptual and Mental Development

- → Larger Context

Larger Context

- Making the 21st Century, the Century of the mind, mental existence and mental development
 - ◆ Establishing the necessary mental conditions for a sustainable, secure and peaceful future
 - ◆ Development, change and transformation, from the ground up and from the inside out, in a comprehensive way
 - ◆ From the ground up, at the level of the natural conditions of existence, common to all human beings, which in the first instance define and govern existence and development, that lie behind human experience
 - ◆ From the inside out, beginning with the mind and mental existence

Larger Context

- ◆ Understanding and managing existence and development, demands and challenges, problems and difficulties, change and changing conditions, everything in life we do, we face and we have to deal with
- ◆ At the level and within the context of understanding and managing, in the first instance, the mind, mental existence and mental development
- ◆ From within the mind and mental existence, as reflected in individual experience
- ◆ Establishing the necessary internal mental conditions, before engaging and dealing with external conditions, others and the world around us

Larger Context

- Not as traditionally is the case, understanding and managing existence and development from the top down and from the outside in
 - ◆ In a fragmented, generalized, dissociated and disconnected way, in the abstract
 - ◆ Understanding and managing existence and development from the human-created socio-cultural level, different, competing and conflicting, beliefs, views, values, conventions and practices down to the level of the natural conditions of existence

Larger Context

- ◆ From the socio-cultural, religious, political, economic, scientific and technological level down to the level of the individual
- ◆ Understanding and managing external conditions and the world around us to understand and manage ourselves, the mind and mental existence
- ◆ Dividing and separating the conditions, demands and challenges of existence and development into different issues, subject matters, 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

Larger Context

- ◆ Understanding and managing existence and development in the collective, not individually, in cooperation with each other
- ◆ Conceptualizing and understanding the conditions of existence in the abstract, beyond our experience of them
- ◆ Collectively trying to create externally in the world around us what by nature we must establish individually in the mind and mental existence
- ◆ Establishing a sense of self, a sense of order and stability, clarity and coherence, certainty and security externally, beyond the mind and mental existence, in socio-cultural and physical-material terms

Larger Context

- ◆ Understanding and managing existence and development through understanding and managing external conditions and the world around us, not within existing and changing external conditions
- ◆ Collectively trying to create the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world of easy material abundance
- ◆ Instead of establishing individually the necessary internal mental conditions, before engaging and dealing with external conditions, others and the world around us in everything we do and we engage in

Larger Context

- The focus and concentration are the human condition
 - ◆ Persisting and growing cultural, religious, political, social, economic-financial, environmental, interpersonal and individual problems, difficulties and crises, competition, conflicts, confrontations and violence
 - ◆ Problems and difficulties we face, we create and we have to deal with, individually, as societies and as a species, locally and globally around the world today
 - ◆ Problems and difficulties dealing with the individual self, particularly understanding and managing the mind, mental existence and mental development

Larger Context

- ◆ Mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression, problematic mental behaviour and actions
- ◆ Problems and difficulties relating and interacting, connecting, communicating and cooperating with each other
- ◆ Competition, confrontation, conflict and violence over shared resources and about different, competing and conflicting beliefs, views, values, conventions and practices
- ◆ Greed, corruption, injustice and inequality, domination, exploitation, deprivation and marginalization, poverty and starvation

Larger Context

- ◆ Problems and difficulties relating and interacting with nature and the natural environment
- ◆ Exploiting natural material resources beyond actual human material needs
- ◆ Degrading the natural environment and interfering in nature, natural forces, processes and development, beyond what is necessary and required to manage and sustain human existence
- ◆ Bringing about changes in nature and natural developments, which in the long term will render the natural environment of the earth uninhabitable for the human species

Larger Context

- More fundamentally, the focus and concentration are the common human causes and what lies behind them
 - ◆ What lies behind problematic human behaviour, actions and practices
 - ◆ The mind, mental existence and mental development, internal mental conditions, how we understand and manage them
 - ◆ How we understand and manage 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

Larger Context

- ◆ How in the mind and mental existence we deal with demands and challenges, and how we respond and adjust to change and changing conditions
- ◆ The understanding, mental powers and abilities, mental skills and practices, the mental work and effort 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 mental behaviour and actions in which we engage, how we plan, organize and manage them

Larger Context

- The direction of the answers and solutions
 - ◆ The direction we need to take in conceptual and mental development, individually, as society and as a species
 - ◆ The understanding, mental powers and abilities, mental skills and practices, mental work and effort we need to develop, how to develop and use them
 - ◆ To understand and manage existence and development, existing in and as part of a constantly unfolding, changing and transforming world
 - ◆ Sustain an expanding global human population in equitable ways, on the limited and finite natural material resources base of the Earth

Larger Context

- ◆ And not contribute further to the premature demise, in the long term, of the human species at its own hands

Education and Training in Conceptual and Mental Development

- Larger Context
- → Approach and Rationale

Approach and Rationale

■ Approach

- ◆ The approach of education and training in conceptual and mental development is developing, exercising and practicing the fundamentals and essentials
- ◆ The fundamentals and essentials in individual understanding and mental faculties, our natural mental potential, natural mental powers and abilities, necessary mental skills and practices, required mental work and effort
- ◆ The fundamentals and essentials we require for everything in life we face and we have to deal with, we do and we engage in

Approach and Rationale

- ◆ Not, as is the case with traditional education, socialization and training in established socio-cultural beliefs, views, values, conventions and practices
- ◆ Understanding and managing existence and development from the top down and from the inside out, in an externalized, fragmented, generalized and dissociated way in the abstract
- ◆ Dividing and separating everything into different subject matters, disciplines, fields of study and areas of human activity, specialization and expertise
- ◆ With individual understanding, mental powers and abilities, mental skills and practices, being developed only indirectly

Approach and Rationale

- ◆ Instead, developing individually the necessary understanding and mental faculties, conceptual foundation and mental capacity
- ◆ The conceptual foundation and framework of understanding of the fundamentals and essentials of the natural conditions, demands and challenges of existence
- ◆ The mental faculties, our natural mental potential, natural mental powers and abilities, necessary mental skills and practices, and required mental work and effort

Approach and Rationale

- ◆ To understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions from the ground up and from the inside out
- ◆ Understand and manage everything in life we face and we have to deal with, we do and we engage in from the ground up, at the level of the natural conditions of existence
- ◆ From the inside out, beginning with the mind, mental existence and mental development
- ◆ Understand and manage existence and development at the level and within the context of understanding and managing, in the first instance, the mind, mental existence and mental development

Approach and Rationale

- ◆ From within the mind and mental existence, as reflected in individual experience
- ◆ Establish the necessary internal mental conditions, before engaging and dealing with external conditions, others and the world around us
- ◆ Establish and maintain a sense of the human self, a sense of order and stability, clarity and coherence, certainty, security and confidence, individually in the mind and mental existence, in everything we do and we engage in

Approach and Rationale

- ◆ Understand and deal with external conditions, others and the world around us, from the inside out and from the ground up
- ◆ Through understanding and managing, in the first instance, the individual self, the mind and mental existence

Approach and Rationale

■ Rationale

- ◆ We are not self-sustaining natural organisms
- ◆ We must individually take an active part in our existence and development
- ◆ Meeting our needs, responding and adjusting to constant change, changing conditions, demands and challenges, interacting with each other and the world around us, with nature and the natural environment
- ◆ We are not naturally-genetically preconditioned to act in necessary ways, at the appropriate time

Approach and Rationale

- ◆ We are able and we do make errors and mistakes, behaving and acting in counterproductive, harmful and destructive ways
- ◆ We have to make choices and decisions, define aims, goals and objectives, consider, plan, organize and manage, control and direct our behaviour and actions
- ◆ We consciously exist and act, we experience, become aware and must consider the conditions of existence, our own individual mental and physical existence and development and the world around us and how to deal with them, in the mind and mental existence

Approach and Rationale

- ◆ It is 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
- ◆ It is where we make choices and decisions, where we define goals and objectives, where we must consider, plan, organize and manage our behaviour and actions
- ◆ We exist and develop, mentally and physically, independent of each other, and of any larger organic social whole
- ◆ But, we depend on and must interact with each other and the world around us, nature and the natural environment to meet our needs

Approach and Rationale

- ◆ Individually, we are at different stages in our natural-biological unfolding and at different levels in our conceptual and mental self-development and growth
- ◆ We face and we have to deal with the same natural conditions, demands and challenges of existence and development, at different times, under different circumstances
- ◆ Similar conditions posed different demands and challenges, problems and difficulties for the individual, requiring different answers and solutions, responses and adjustments

Approach and Rationale

- ◆ Requiring different understanding, choices and decisions, goals and objectives, behaviour and actions, work and effort
- ◆ Failing to understand and manage existence and development individually, understanding and managing them only in general, in the collective, leads to problems and difficulties for the individual self, for others, and for the world around us
- ◆ It leads to looking for the causes, answers and solutions to individual problems and difficulties, limits and shortcomings, failings, errors and mistakes externally, beyond the self, to others and the world around us

Approach and Rationale

- ◆ The results and consequences are problematic individual choices and decisions, aims, goals and objectives, behaviour and actions
- ◆ Understanding and managing existence and development in constructive and beneficial ways, without causing unnecessary problems and difficulties for the self, for others or the world around us
- ◆ Understanding and managing them within the natural parameters, the boundaries and limits of existence set by nature

Approach and Rationale

- ◆ Requires understanding and managing existence and development at the level of the natural conditions of existence, that lie behind and that are reflected in individual experience
- ◆ It requires understanding and managing existence and development from the ground up and from the inside out
- ◆ At the level of the natural conditions of existence, from inside the mind and mental existence, beginning with individual mental existence and mental development
- ◆ Understanding and managing existence and development at the level and within the context of understanding and managing, in the first instance, individual mental existence and mental development

Approach and Rationale

- ◆ From within the mind and mental existence, as reflected in individual experience
- ◆ It requires education and training in conceptual and mental development
- ◆ Developing, exercising and practicing individual understanding, of the fundamentals and essentials of existence, individual natural mental powers and abilities, necessary and appropriate mental skills and practices, required mental work and effort
- ◆ And learning how to learn, engaging in a process of continuous, life-long conceptual and mental self-development and growth

Education and Training in Conceptual and Mental Development

- Larger Context
- Approach and Rationale
- → Focus and Concentration

Focus and Concentration

- The Individual, Individual Existence and Development
- Individual Experience, of the Conditions of Existence and World Around Us
- Developing Conceptual Foundation and Framework of Understanding
- Developing Mental Capacity

Focus and Concentration

- Developing, Exercising and Practicing Fundamentals and Essentials
- Learning How to Learn

Focus and Concentration

- The Individual, Individual Existence and Development
 - ◆ The focus and concentration are the individual, understanding and managing individual existence and development
 - ◆ Considering, understanding and managing what lies within, not what lies outside
 - ◆ Beginning with understanding and managing the mind, mental existence and mental development
 - ◆ What lies outside, external conditions, others and the world around us, are considered and understood through understanding and managing the individual self

Focus and Concentration

- ◆ This differs from the focus and concentration of traditional education and training, external conditions and the world around us
- ◆ Understanding the individual self, the mind and mental existence, through understanding external conditions and the world around us
- Individual Experience, of the Conditions of Existence and World Around Us
 - ◆ Not established socio-cultural beliefs and views of them, socio-cultural interpretations of individual experience

Focus and Concentration

- ◆ Not understanding existence and development in general, objectively, in the collective, as traditionally is the case
- ◆ But, understanding the conditions, demands and challenges of individual existence and development, that lie behind and that are reflected in individual experience, and how to manage them
- Developing Conceptual Foundation and Framework of Understanding
 - ◆ About the conditions, demands and challenges of existence and development

Focus and Concentration

- ◆ The conceptual foundation and framework of understanding within which to make informed and considered choices and decisions, define necessary goals and objectives, consider, plan, organize and manage behaviour and actions
- ◆ Deal with the individual self, understand and manage individual mental and physical existence and development
- ◆ The necessary internal mental conditions to engage and deal with external conditions, others, the world around us, nature and the natural environment, in meaningful, constructive and beneficial ways

Focus and Concentration

- Developing Mental Capacity
 - ◆ The natural mental potential, natural mental powers and abilities, necessary mental skills and practices, required mental work and effort, to consider and make sense of individual experience, the conditions of existence that lie behind and that are reflected in them, and how to deal with them
 - ◆ To understand and manage existence and development at the level of the natural conditions of existence, that are common to all human beings, that lie behind and that are reflected in individual human experience

Focus and Concentration

- ◆ The natural conditions of existence within which existence and development take place, which in the first instance, define and govern, and
- Developing, Exercising and Practicing Fundamentals and Essentials
 - ◆ The fundamentals and essentials in individual understanding, the natural mental potential, natural mental powers and abilities, necessary mental skills and practices, required mental work and effort
 - ◆ To understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions

Focus and Concentration

- ◆ In a comprehensive way, in their essence, in depth and detail, in a differentiated, but integrated, connected and related way
- ◆ 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
- ◆ It differs from the focus and concentration of traditional education, socialization and training in established socio-cultural beliefs, views, values and conventions, and professional-occupational assumptions, objectives, approaches and practices

Focus and Concentration

- ◆ To understand and manage existence and development in the collective, at the level and within the context of established socio-cultural reality and conditions
- ◆ Maintain and continue socio-cultural traditions, established ways of understanding and managing existence and development, ways of relating and interacting with each other, the world around us, nature and the natural environment
- ◆ Dividing and separating existence and development, understanding and managing them, into different issues, subject matters, disciplines, fields of study, and areas of human activity, specialization and expertise

Focus and Concentration

- ◆ Each defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices
- Learning How to Learn
 - ◆ Developing and engaging 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, mental behaviour and actions, in light of change, changing conditions, demands and challenges

Education and Training in Conceptual and Mental Development

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

Details and Specifics

- Establishing Individual Understanding
- Developing Natural Mental Potential, Natural Mental Powers and Abilities
- Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

Details and Specifics

- → Establishing Individual Understanding

Establishing Individual Understanding

- Understanding the fundamentals and essentials of the natural conditions, demands and challenges of existence, particularly of the mind, mental existence and mental development, and how to manage them
 - ◆ 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
 - ◆ Experience, perceptions, sensations and feelings, and how to deal with them, mental needs, and how to meet them

Establishing Individual Understanding

- ◆ The natural mental potential, natural mental powers and abilities, necessary mental skills and practices, required mental work and effort, how to develop and use them
- Understanding the conditions, demands and challenges of our 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, developments and change, that lie beyond our human control

Establishing Individual Understanding

- ◆ 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
- Understanding human-created socio-cultural conditions and developments, demands and challenges
 - ◆ Different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices, ways of understanding and managing existence and development
 - ◆ Their origins, beginnings and development through the ages

Establishing Individual Understanding

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

Details and Specifics

- Establish Individual Understanding
- → Develop Natural Mental Potential, Natural Mental Powers and Abilities

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- To 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

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- To be Mentally Alert, Active and Engaged
 - ◆ Paying attention, recognizing, acknowledging and considering what takes place and what we do in the mind and mental existence, and in the world around us
 - ◆ Paying attention, recognizing, acknowledging and considering experience, 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 existence and development, and in the world around us

Developing Natural Mental Potential, 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
- ◆ Focusing and concentrating on and being preoccupied with disorder and instability, doubt and confusions, uncertainty and insecurity, fear, stress, anxiety, frustration and depression
- ◆ Heading off to wherever perceptions, sensations, feelings, thoughts and ideas take us

Developing Natural Mental Potential, 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 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

Developing Natural Mental Potential, 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, getting ahead of oneself, ahead of the clarity of one's mind and understanding, and jumping to conclusions

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- Exercise Mental Discipline and Mental Flexibility
 - ◆ Mental discipline to keep the mind and attention, focus and concentration on given issues, experience, jobs, tasks, plans, projects or objectives
 - ◆ Mental flexibility to change focus and concentration, on demand, when necessary and required
 - ◆ Direct, focus and concentrate the mind and attention to different issues, experience, jobs, tasks, plans or projects

Developing Natural Mental Potential, 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 given issues, for any length of time
- ◆ And 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, speculation and abstractions

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- Visualize and Create Images, Pictures and Conceptual Structures in the Mind
 - ◆ Visualize, or see in the mind the reality reflected in our experience or what is described or communicated to us
 - ◆ And form 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 conclusions we draw from them to form images and pictures in the mind

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- ◆ Connecting mental images and pictures to form larger conceptual structures, a conceptual foundation and framework of understanding in the mind, 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

Developing Natural Mental Potential, 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 create on their own clear and detailed images and pictures in the mind

Developing Natural Mental Potential, Natural Mental Powers and Abilities

■ Reason

- ◆ To consider issues systematically and consistently, step-by-step, 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 that each step arise from the previous step and leads to and defines the next step
- ◆ At each point to be able to trace back one's steps to the beginning

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- ◆ Deduce and conclude from the given to uncover the hidden, the less than obvious and self-evident, suggested by the evidence, individual experience, details and specifics
- ◆ Create mental images, pictures and conceptual structures, systematically and consistently, step-by-step, in the same way
- ◆ Making sure elements, details and specifics are connected, linked and related, systematically and consistently, in obvious and self-evident ways
- ◆ Consider issues in ways, and create images, pictures and conceptual structures that allow for positive and constructive actions

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- ◆ Deal with issues, conditions, demands and challenges, problems and difficulties, respond and adjust to change and changing conditions in meaningful, 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 Natural Mental Potential, Natural Mental Powers and Abilities

- ◆ Creating vague, ambiguous, speculative and internally inconsistent mental images, pictures and conceptual structures
- ◆ With little concern for details and specifics, clear or obvious connections and relations between them
- ◆ Images, pictures and conceptual structures that do not encourage or allow for meaningful, constructive or beneficial behaviour and actions

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- Recall and Recollect from Memory
 - ◆ Recall and recollect from memory, systematically and consistently, step-by-step, through focusing and concentrating on past experience, perceptions, sensations and feelings, past 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 developed, on which we relied, how we developed and used them

Developing Natural Mental Potential, Natural Mental Powers and Abilities

- ◆ 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
- ◆ 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
- ◆ 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

Details and Specifics

- Establishing Individual Understanding
- Developing Natural Mental Potential, Natural Mental Powers and Abilities
- → Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- The mental skills and practices, mental work and effort 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
 - ◆ Understand, distinguish and differentiate between 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, Required Mental Work and Effort

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

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- The mental skills and practices, mental work and effort to understand and manage, in the first instance, the mind, mental existence and mental development
 - ◆ From within the mind and mental existence, as reflected in individual experience
 - ◆ Understand individual mental needs, and how to meet them, natural mental powers and abilities, and 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 addressing the mental conditions that lie behind them

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- The mental skills and practices, mental work and effort to consider and make sense of individual experience, perceptions, sensations and feelings that enter the mind and awareness
 - ◆ Consider them at some length, in depth and detail, beginning with the self-evident and obvious, to uncover the hidden, the less self-evident and obvious
 - ◆ Recognize patterns and changes in them, order and arrange them in meaningful, constructive and beneficial ways

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- ◆ Deduce and conclude from individual experience, 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 experience and what we deduce and conclude from them, about the conditions of existence

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- The mental skills and practices, mental work and effort to deal with, respond and adjust to change, changing conditions, demands and challenges
 - ◆ Change and changing conditions, in our own mental and physical existence and development and in the world around us
 - ◆ When only a minimum in mental work, effort and adjustment are required
 - ◆ And before they develop into larger problems, difficulties or crises, conflict, confrontation or violence

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- The mental skills and practices, mental work and effort to make informed and considered choices and decisions
 - ◆ Define appropriate aims, goals and objectives, consider, plan, organize and manage necessary 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, Required Mental Work and Effort

- ◆ Recognize, acknowledge, address and correct individual problems and difficulties, limits and shortcomings, failings, errors and mistakes, and not repeat them
- The mental skills and practices, mental work and effort to engage in a process of continuous, life-long conceptual and mental self-development and growth
- ◆ Constantly reconsider, update, correct, expand and improve individual understanding, mental powers and abilities, mental skills and practices, mental work and effort, in light of change and changing conditions

Developing Necessary Mental Skills and Practices, Required Mental Work and Effort

- ◆ Reconsider, update, correct, expand and improve, whenever necessary and required, the understanding, mental powers and abilities, mental skills and practices, mental work and effort 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 consider, plan, organize and manage them

Education and Training in Conceptual and Mental Development

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

Advantages and Benefits

- Education and training in conceptual and mental development provides the fundamentals and essentials required for everything in life we do and we engage in
 - ◆ The fundamentals and essentials in individual understanding, individual natural mental powers and abilities, necessary mental skills and practices, and required mental work and effort
 - ◆ Learning how to learn, developing and engaging in a process of continuous, life-long conceptual and 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 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, mental work and effort 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, others and the world around us
- ◆ Establish and maintain a sense of the individual human 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

- ◆ Providing the conceptual foundation, framework of understanding and the mental capacity too make informed and considered choices and decisions, define appropriate aims, goals and objectives, and consider, plan, organize and manage required behaviour and actions
- ◆ To deal with, respond and adjust to change, changing conditions, demands and challenges, when only a minimum in mental work, effort and adjustment are required, and before they develop into larger problems and difficulties
- ◆ Recognize, acknowledge, consider and address individual problems and difficulties, limits and shortcomings, failings, 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, frustration and depression, through addressing the mental conditions that lie behind them
- ◆ Consider, deal with, respond and adjust to socio-cultural, political, economic, scientific and technological conditions, developments, change and transformation
- ◆ Assess and evaluate their relevance and importance to the individual, to understanding and managing individual existence and development

Advantages and Benefits

- Existence and development are considered and understood, beyond human-created socio-cultural conditions and developments, 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 in the first instance define and govern existence and development, that lie behind and that are reflected in the experience of every individual human being

Advantages and Benefits

- ◆ Socio-cultural conditions, different beliefs, views, values, conventions and practices, in turn, 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, in the first instance, the mind, mental existence and mental development
- ◆ The individual will be able to relate and interact, connect, 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, connect, communicate and cooperate beyond what divides and separates us, different, competing and conflicting socio-cultural 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 and beyond cultural, racial, ethnic, gender and generational differences

Advantages and Benefits

- ◆ The individual will be able to relate, interact, connect, communicate and cooperate in meaningful, constructive and beneficial ways across cultural differences
- Issues and conditions of existence and development are considered and understood in a comprehensive, a differentiated, but integrated, connected and related way
- ◆ They are not, as is the case traditionally, divided and separated into different subject matters, disciplines, fields of study, and areas of human activity, specialization and expertise
- ◆ Defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices

Advantages and Benefits

- ◆ Issues, conditions, demands and challenges, problems and difficulties, change and changing conditions are considered and understood within the same conceptual framework, context and objectives
- ◆ Existence and development are considered and understood from the ground up and from inside out, beginning with the mind and mental existence, individual mental existence and mental development
- ◆ Understood and managed at the level of the natural conditions of existence, within the natural parameters, the boundaries and limits of existence set by nature

Advantages and Benefits

- ◆ They are considered and understood in a comprehensive, 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, later to consider how to connect and integrate different, competing and conflicting views, knowledge and practices of different disciplines, fields of study, areas of human activity, specialization and expertise

Advantages and Benefits

- ◆ There will be less material to be considered and studied, making fewer demands on the time and energy of the individual
- ◆ Leaving more time and energy to consider the fundamentals and essentials at greater length, in more detail and depth
- Education and training in conceptual and mental development is less demanding, time consuming and costly
- ◆ 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 expanding volume of socio-cultural beliefs, views, values, conventions and practices, their background, history and development
- ◆ Socio-cultural and professional-occupational knowledge, skills and practices are developed later, on demand, when necessary and required
- ◆ Not learned in the abstract, ahead of time, to be retained in memory, and recalled and applied later
- ◆ They are acquired with greater ease, effectiveness and efficiency on the foundation of the fundamentals and essentials, and within a process of continuous conceptual and mental self-development and growth

Advantages and Benefits

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

Advantages and Benefits

- ◆ The focus and concentration is not, as is the case with traditional education, abstractions of different disciplines and fields of study
- ◆ Subject matters far removed, and not related or connected in self-evident and obvious ways to the conditions, demands, challenges and experience of the existence and development of the individual
- ◆ Existence and development are considered and understood at the level and within the context of considering and understanding, in the first instance, the individual mind, mental existence and mental development, 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 inside out and from the ground up
- ◆ They are not considered and understood, as traditionally is the case, 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, political, social, economic, scientific-technological level down to the individual

Advantages and Benefits

- ◆ Considering and understanding external conditions and the world around us to understand internal mental conditions, the individual mind, mental existence and mental development
- ◆ Education and training in conceptual and mental development connects, and keeps the individual in touch with the human self, individual experience, and the reality and conditions of individual existence and development
- Education and training in conceptual and mental development provides greater job, employment and career options and opportunities

Advantages and Benefits

- ◆ The individual develops the conceptual foundation and mental capacity, the fundamentals and essentials required for everything in life we do and we engage in, every job, employment, career or profession
- ◆ Developing and engaging in a process of continuous conceptual and mental self-development and growth will make it easy to deal with, respond and adjust to demands and challenges, developments and changes in any career, profession, job or employment
- ◆ Not being educated, trained, conceptually and mentally rooted in any particular area of human activity, specialization or expertise, professional-occupational field

Advantages and Benefits

- ◆ The individual is not tied or limited to any given job, employment, career or profession
- ◆ The individual easily can switch jobs, employment, career or profession, whenever necessary and required
- ◆ In turn, career, profession, job or employment will not define or 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 of, and take place within the context of understanding and managing individual existence and development
- ◆ Individual existence and development will not be threatened or called into question by the loss of job, career or employment