

# **Inside the Mind**

**Understanding and Managing on the Inside  
Where we Consciously Exist and Act**

Manuscript

Axel Dorscht  
Institute for Human Conceptual and Mental Development  
(IHCMD)  
<http://www.ihcmd.org>  
[a.dorscht@ihcmd.org](mailto:a.dorscht@ihcmd.org)

## **Table of Contents**

### **Introduction**

- Rationale/Problem
- Aim/Objective
- Approach and Method
- Organizational Structure

### **The Mind in History**

- Religion
- Metaphysics/Philosophy
- Science
- Limits, Shortcomings, Contradictions, Results and Consequences
- Contemporary Efforts to Address Limits, Shortcomings, Contradictions

### **Natural Conditions of Existence**

- Existing in and as Part of a Constantly Unfolding, Changing and Transforming Natural World
- Biological Organisms Whose Existence and Development is Defined and Governed in First Instance by Nature
- Not Self-Sustaining Biological Organisms, Having Active Role to Play
- Not Naturally, Genetically or Neurologically Preconditioned to Behave and Act in Necessary Ways
- Having to Make Choices and Decisions, Define Goals and Objectives, Consider, Plan, Organize and Manage Behaviour and Actions
- Existing Individually Independent of Others and of any Larger Organic Social-Collective Whole, but Depending on and Having to Interact with Others and World Around Us
- Consisting of Body and Mind, Physical and Mental Existence
- Possessing Natural Mental and Physical Faculties, Powers and Abilities
- Consciously Existing and Acting in the Mind
- Mind, Brain and Body

### **Mind and Mental Existence - Nature, Elements and Processes**

#### **- Mind, Inner Mental Life and Mental Self**

- Experiences, Perceptions, Sensations and Feelings
- Nature of Experiences, Perceptions, Sensations and Feelings
- Primary and Secondary Experiences, Feelings and Emotions

- Role of Experiences, Perceptions, Sensations and Feelings
- **Mental Conditions, State of Inner Mental Life and State of Mental Self**
  - Consciousness, Unconsciousness and Subconscious
  - States of the Inner Mental Life
  - States of the Mental Self
- **Mental Images, Pictures and Conceptual Structures**
  - Mental Images, Pictures, Conceptual Structures
  - Dreams, Thoughts, Ideas, Notions
  - Role of Mental Images, Pictures and Conceptual Structures
- **Memory and Recollection**
  - Memory
  - Mental Process, Actions and Steps of Recollection
- **Mental Needs**
  - Sense of Human and Mental Self
  - Mental Order and Stability
  - Clarity of Mind and Understanding
  - Sense of Certainty, Security and Confidence
  - Recognition and Relevance
  - Interacting, Mentally and Physically with Others
- **Mental Powers and Abilities, Mental Skills and Practices**
  - **Mental Powers and Abilities**
    - Be Mentally Alert, Active and Engaged
    - Direct, Focus, Concentrate the Mind and Attention
    - Exercise Mental Discipline and Mental Flexibility
    - Visualize, See, and Create Images, Pictures, Conceptual Structures in the Mind
    - Consider, Study and Conclude
    - Recall and Recollect from Memory
  - **Mental Skills and Practices**
    - Establish and Maintain Necessary Internal Mental Conditions
    - Order and Arrange what Enters Mind and Awareness

- Consider and Make Sense what Enters Mind and Awareness, Conditions Behind It, and How to Deal with It
- Create Images, Pictures and Conceptual Structures in the Mind
- Meet Mental Needs in Non-Material Ways in the Mind
- Deal with Mental Disorder, Instability, Doubt, Confusion, Uncertainty and Insecurity
- Deal with Secondary Experiences and Feelings of Fear, Stress, Anxiety, Frustration and Depression
- Deal with, Respond and Adjust in the Mind to Change and Changing Conditions
- Make Choices and Decisions, Define Goals and Objectives, Consider, Plan, Organize and Manage Behaviour and Actions
- Deal with in Mind with Problems and Difficulties, Limits and Shortcomings, Failings, Errors and Mistakes
- Develop, Exercise and Practice Mental Faculties, Natural Powers and Abilities, Translate them into Mental Skills and Practices
- Engage in a Process of Continuous, Life-Long Mental Self-Development and Growth

### **- Mental Behaviour and Actions, Mental Work and Effort**

- Mental Behaviour and Actions
- Mental Work and Effort

### **- Mental Development**

- Conceptual Development
- Mental Development

### **- Mental Problems and Difficulties**

- Problems and Difficulties Understanding and Managing Conditions, Demands and Challenges of Mind and Mental Existence
- Failing to Understand and Manage Mind, Inner Mental Life and Mental Self, Problematic Results and Consequences
- Chronic Mental Problems, Result of Problematic Mental Habits, Routines and Practices

## **Human Understanding**

- Experience, Information, Awareness, Knowing and Understanding
- Nature of Understanding
- Role of Understanding
- Establish Understanding, Mental Process, Actions and Steps, Work and Effort
- Different Historical Approaches to Understanding

## **Understanding and Managing Mind and Mental Existence**

### **- Understanding Mind, Inner Mental Life and Mental Self**

- What to Understand
- How to Understand, Mental Process, Actions and Steps, Work and Effort

### **- Managing Mind and Mental Existence**

- What to Manage
- How to Manage, Mental Process, Actions and Steps, Work and Effort

### **- Managing Mental Development**

- Conceptual Development
- Mental Development

## **Failing to Understand and Manage Mind and Mental Existence, Results and Consequences**

- Chronic Negative Mental Conditions, States of the Inner Mental Life and the Mental Self
- Physiological Results and Consequences, Physical Problems and Difficulties
- Problematic, Reactive and Defensive Mental and Physical Behaviour and Actions
- Problems and Difficulties Relating and Interacting with Others
- Problems and Difficulties Dealing with the World Around Us

## **References**