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Institute for Human Conceptual and Mental Development

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Towards a Sustainable, Equitable, Secure and Peaceful Development and Future

Changing how Traditionally and Today we Understand
and Manage the Fundamentals and Essentials
of Human Existence and Development

Discussion Paper

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Table of Contents

Table of Contents.....	i
Introduction.....	2
How Traditionally and Today we Understand and Manage Human Existence and Development.....	2
Understanding/Managing from Top Down and Outside In.....	2
Understanding/Managing in Externalized, Fragmented, Generalized and Disconnected Way in the Abstract.....	2
Understanding, Organizing and Managing in the Collective.....	2
Considering and Understanding in the Abstract.....	2
Establishing Identity, Order and Stability Externally, in the Collective.....	2
Understanding and Managing World around Us.....	2
Contradicting, Conflicting with, Falling Short of the Natural Conditions.....	2
Understanding/Managing from Top Down and Outside In.....	2
Understanding/Managing in Externalized, Fragmented, Generalized, Disconnected Way in the Abstract.....	2
Understanding, Organizing and Managing in the Collective.....	2
Considering and Understanding in the Abstract.....	2
Establishing Identity, Order and Stability Externally, in the Collective.....	2
Understanding and Managing World Around Us.....	2
Human, Social and Environmental Results and Consequences.....	2
Understanding, Organizing and Managing in the Collective.....	2
Considering and Understanding in the Abstract.....	2
Establishing Identity, Order and Stability Externally, in the Collective.....	2
Understanding and Managing the World Around Us.....	2
Human Problems.....	2
Social Problems.....	2
Environmental Problems.....	2
Today’s Conditions, Developments and Changes Exaggerate Problems.....	2
Direction of the Answers and Solutions.....	2
Education and Training in Mental Development and Growth.....	2
Traditional Education and Training.....	2
Education and Training in Mental Development and Growth.....	2
Providing Conceptual Foundation and Framework of Understanding.....	2
Addressing the Pressing Problems of Today.....	2
Introduction.....	2
Persisting and Growing Mental Health Problems.....	2
Electronic Devices Addiction.....	2
Rising Public Health Care and Social Services Costs.....	2
Integration of Refugees, Racism, Anti-Semitism, Hostility towards Foreigners.....	2
Calls for Cultural and Value Conformity.....	2
Growing Complexity, Rapid and Dramatic Social and Technological Change and Transformation.....	2

Democratic Deficit, Disconnect between Public and Elected Officials, Rise of
Populism and Neo-Nationalism.....2
Lack of Political Will.....2
Fake News, being Influenced by False Information.....2
Bureaucratic Inefficiency and Ineffectiveness.....2
Obstacles, Constraints, Opposition and Resistance to Change and Transformation.....2
Education and Training for the 21st Century and the Gig/Digital Economy.....2
Climate Change, Global Warming, and Environmental Problems.....2
Background.....2

Introduction

Today we face a multitude of crises locally and globally, of persisting and growing human, social and environmental problems. The human problems consist primarily and in the first instance of persisting and growing mental health problems - mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration and depression, and resulting substance use, abuse, addiction, overdose and suicide. They affect everything in life we do and we engage in, in all areas of human activity, in all sectors and at all levels of society, in private and in public life, in government, business, social services, health care, education and training, family and community.

The social problems are problems and difficulties relating and interacting with each other; competition, conflict and confrontation, greed, corruption, exploitation, domination, marginalization, poverty and starvation, racism, injustice and inequality, a growing gap between rich and poor, social disorder and instability.

The environmental problems are problems of how we deal with the world around us, with nature and the natural environment. They include climate change and global warming, pollution of air, soil and water - rivers, lakes and oceans, the introduction of millions of synthetic compounds into the natural environment, the loss of biodiversity, the destruction of ecosystems, and the exploitation of renewable and non-renewable natural resources beyond nature's regenerative capacity. In the long-term they will lead to changes in nature that will render the natural environment of the Earth uninhabitable for the human species.

Dealing with these problems and crises, as is becoming increasingly more obvious and is demanded on the streets by the younger generations requires societal change and transformation. It requires not just change within society, but change of society. Society in its essence is how we understand and managing human existence and development; how we understand and conduct ourselves individually, how we relate and interact with each other, and how we deal with the world around us, with nature and the natural environment. Society is defined and governed by how we understand and manage the fundamentals and essentials of human existence and development. Technological, structural and regulatory changes and innovations alone are not enough to bring about the necessary change and transformation. It requires changing ourselves. That is, we must change ourselves to change society, not change society to change ourselves.

Changing ourselves involves changing how traditionally and today we understand and manage human existence and development. More specifically, it means changing how we understand and manage the fundamentals and essentials of existence and development. Changing them to understand and manage human existence and development in an environmentally sustainable, socially equitable and individually secure and peaceful way, within the natural parameters, the boundaries and limits of existence, and our role and responsibility in them that are set by nature.

It means dealing with the human, social and environmental problems not separately, but together, at the same time. They must be addressed at the same time, because they are related and connected. They need to be understood and addressed at the level where they are connected. They must be understood and addressed at the level of that lie behind all of them. The deeper-rooted problems, causes and developments are how traditionally and today we understand and manage the fundamentals and essentials of human existence and development.

It involves going beyond daily politics of instant relief and short and medium-term measures addressing primarily symptoms and consequences. They need to be dealt with within the context of long-term development change and transformation, to make sure they contribute and do not detract from moving towards sustainable, equitable, secure and peaceful development and future. We must go beyond technological, structural and regulatory answers and solutions. Considering and understanding the fundamentals and essentials of human existence and development, and how traditionally and today we understand and manage them. It requires considering and understanding where, how and in what way we contradict, conflict with and fall short of the natural conditions of existence, and the human, social and environmental results and consequences. The natural conditions of existence that in the first instance define and govern human existence and development, which lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust. The natural conditions of existence, which are common to all human beings, which lie behind human experience, the experience of every individual human being.

Moreover, we must consider and understand the direction of the answers and solutions; what, where, how and in what direction we must change how we understand and manage the fundamentals and essentials of human existence and development, to understand and manage them in an environmentally sustainable, socially equitable, and individually secure and peaceful way. It involves, while preoccupied with instant relief, as is the case of dealing with the Covid-19 virus, and dealing with the symptoms and consequences of human, social and environmental problems, we must start the process of the longer-term societal change and transformation. To understand and manage human existence and development in an environmentally sustainable, socially equitable, and individually secure and peaceful way, within the natural parameters, the boundaries and limits of existence and our role and responsibility in them set by nature.

How Traditionally and Today we Understand and Manage Human Existence and Development

Understanding/Managing from Top Down and Outside In

Traditionally and today we understand and manage human existence and development from the top down and from the outside in. We understand and manage them from the human-created socio-cultural beliefs, views, values, conventions and practices down to

the level of the natural conditions of existence. We understand and manage existence and development from the collective down to the individual. And we understand and manage human existence and development through understanding and managing the world around us.

Understanding/Managing in Externalized, Fragmented, Generalized and Disconnected Way in the Abstract

Moreover, we understand and manage existence and development in an externalized, fragmented, generalized and disconnected way in the abstract.

The focus and concentration are external conditions and the world around us. We are preoccupied with external reality beyond the mind and the inner mental life and existence. The concern primarily is with the external physical-material world, physical behaviour and actions, understanding and managing external conditions and the world around us. We look externally for guides to behaviour and actions — externally defined knowledge, institutions, values, conventions and practices, rules and regulations.

We conceptually fragment, divide and separate different elements and aspects of an integrated, connected and interacting world and reality. We divide and separate an integrated, connected and interacting world into different issues, subject matters, disciplines, fields of study, and different areas of human activity, specialization and expertise, each defined and governed by different, competing and conflicting assumptions, objectives, approaches and practices. Understanding and managing existence and development is divided into different and separate activities, such as public and private, personal and professional-occupational, mental and physical work and effort, pursuing, at times, conflicting aims, goals and objectives in public and private, personal and professional-occupational life. We deal with different but connected, related and interacting elements and aspects of existence separately, in disconnected ways, treating them as separate and disconnected issues, demands and challenges, problems and difficulties. Considering, understanding and dealing with them in different ways, from within different frameworks, using different approaches.

Existence and development are understood and managed in the general, in the aggregate, not individually, in depth and detail. Individual human existence, development and well-being are understood and defined within the context of the existence, development and well-being of the larger collective social whole, society. The primary focus is the existence and development of society. The individual, its existence and development is considered and understood within the context of the existence and development of the larger collective social whole. Individual well-being, mental and physical order and stability is considered within the context and as a function of the well-being, order and stability of the larger social collective whole.

We understand and manage existence and development in a way disconnected from human experience, and the conditions of existence that lie behind and that are reflected in

our experience. By focusing on external conditions, the world around us, and the larger social-collective whole we ignore individual experience, and the conditions of individual existence that lie behind our experience. Disconnected from our experience, we understand and manage our existence and development in the abstract. We understand and manage individual human existence and development within the context of the human-created socio-cultural conditions, beliefs, views, values and conventions. We understand and manage existence and development at the level and within the context of the human-created socio-cultural conditions and reality, not at the level of the natural conditions of existence, which in the first instance define and govern human existence and development, that lie behind and that are reflected in human experience, the experience of every individual human being.

Understanding, Organizing and Managing in the Collective

More specifically, we understand, organize and manage existence and development in the collective, as if we were just a small part or element of a larger organic social-collective whole.

Considering and Understanding in the Abstract

We consider and understand the conditions of existence in the abstract, beyond our experience of them. We do not consider our experience at length, in depth and detail, the conditions that lie behind them, and how to deal with them. Instead, we extrapolate and abstract from the self-evident and the obvious, from the experience that impresses itself on our awareness.

Establishing Identity, Order and Stability Externally, in the Collective

We establish a sense of self, an identity, a sense of order and stability, clarity and coherence, certainty, security and confidence externally, in the collective, in the world around us. Trying to create the ideal external conditions of an ordered, stable, secure and predictable world around us.

Understanding and Managing World around Us

Moreover, we try to understand and manage human existence and development through understanding and managing the world around us.

Contradicting, Conflicting with, Falling Short of the Natural Conditions

How traditionally and today we understand and manage human existence and development contradicts, conflicts with and falls short of the natural conditions of human existence. It contradicts, conflicts with and falls short of the natural conditions, which in the first instance define and govern human existence and development, which lie beyond our human control, but which we must deal with and accommodate, and to which we must respond and adjust.

Understanding/Managing from Top Down and Outside In

Understanding and managing existence and development from the top down, from the human-created socio-cultural level down to the level of the natural conditions contradicts and conflicts with the fact it is the natural conditions, not human-created socio-cultural conditions that in the first instance define and govern human existence and development.

Understanding and managing human existence and development from the collective down to the individual contradicts the fact we exist and develop, mentally and physically independent of each other and of any larger organic social whole. Although we depend on and must interact with each other and the natural environment to meet our basic needs.

Understanding and managing existence and development from the outside in, understanding and managing the human self, the mind, the inner mental life and the mental self through understanding and managing the world around us contradicts and conflicts with the fact we consciously exist and act in the mind. It is in the mind, in our inner mental life where we experience, become aware and where we must consider and understand the conditions of existence, our own individual mental existence and development and the world around us, our role and responsibility in them, how to manage and deal with them.

Understanding/Managing in Externalized, Fragmented, Generalized, Disconnected Way in the Abstract

Understanding and managing existence in an externalized way contradicts the fact we consciously exist and act in the mind. It is in the mind where we experience, become aware and where we must consider the conditions of existence and the world around us, and how to deal with them.

Understanding and managing existence and development in a fragmented way contradicts the fact we exist in and as part of an integrated, connected and interacting world and reality.

Dividing and separating the conditions, demands and challenges of existence into different issues, subject matter, disciplines, fields of study, and areas of human activity, specialization and expertise contradicts the interconnected, related and interacting reality of our existence and the world around us. Dividing, separating, and hierarchically arranging understanding and action, thought and practice, mental and physical work and effort contradicts the interrelated nature of understanding and action, thought and practice, mental and physical work and effort. It contradicts the fact that our physical behaviour and action are defined and governed by what takes place and what we do in the mind. Physical behaviour and action must always be preceded, guided and directed by mental work and effort, to avoid problems, difficulties, errors, mistakes, and negative results and consequences.

Understanding and managing existence and development in a generalized way, in the aggregate, falls short of understanding and dealing with the fundamentals and essentials of existence and development. But, we must understand and manage existence and development at the level of the fundamentals and essentials.

Understanding and managing existence and development in a disconnected way in the abstract, disconnected from individual experience, we fail to understand and deal with the natural conditions, needs, demands and challenges of existence, our own mental and physical existence and development and the world around us, that lie behind and that are reflected in human experience.

Understanding, Organizing and Managing in the Collective

Understanding, organizing and managing human existence and development in the collective contradicts and conflicts with the natural conditions, of existing individually in our existence and development, mentally and physically independent of each other and of any larger organic social-collective whole, while depending on and having to interact with each other and the natural environment to meet our natural needs.

Considering and Understanding in the Abstract

Considering and understanding the conditions of existence in the abstract beyond our experience of them contradicts and conflicts with the natural conditions, of our experience being the only connection of the mind and the mental self to the world beyond. Our experiences are the foundation of all human knowledge and understanding.

Establishing Identity, Order and Stability Externally, in the Collective

Establishing an identity, order and stability externally, in the collective, contradicts, conflicts with and falls short of the role and responsibility in our existence and

development that by nature are individually ours to understand and manage. It contradicts, conflicts with and falls short of the fact it is in the mind, in our inner mental life where individually we are in charge and in control, where we must actively be engaged, and where individually we must take responsibility for everything we do and we engage in. We must establish and maintain a sense of self, the human self, the physical and the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence where individually we are in charge and in control, in the mind and our inner mental life, not in the world around us, which lies largely beyond our individual control.

Trying to create externally in the world around us, in socio-cultural and physical-material terms, what by nature we must individually establish and maintain in the mind and inner mental life, contradicts the natural conditions of consciously existing and acting, being in charge and in control individually in the mind and mental existence.

Failing to understand and manage the mind and mental existence contradicts the fact that we consciously exist and act, and we must actively be engaged and take responsibility for what takes place and what we do in the mind and inner mental life. It contradicts the fact that we experience, become aware and must consider the conditions of existence in the mind and inner mental life. It is in the mind and inner mental life where we make choices and decisions, where we define goals and objectives, where we must consider, plan, organize and manage our behaviour and actions. Failing to understand and manage the mind and mental existence contradicts the fact that our physical behaviour and actions are governed, defined, guided and directed by what takes place and what we do in the mind. We must establish the necessary internal mental conditions and engage in the necessary mental work and effort before engaging and dealing with external conditions, with others and the world around us.

Understanding and Managing World Around Us

Understanding and managing human existence and development through understanding and managing external conditions and the world around us contradicts, conflicts with and falls short of the fact we exist in and as part of a constantly unfolding and changing natural world, which lies beyond our control, which we must deal with and accommodate and to which we must respond and adjust. It contradicts, conflicts with and falls short of understanding and managing the role and responsibility in our existence and development that by nature are individually ours to understand and manage, within existing and changing external conditions.

Human, Social and Environmental Results and Consequences

Contradicting, conflicting with and falling short of the natural conditions of existence leads to persisting and growing human individual, social and environmental problems, difficulties and crises.

Understanding, Organizing and Managing in the Collective

The results and consequences of understanding, organizing and managing existence in the collective include rigid and inflexible social institutions, structures, positions, roles and functions, rules and regulations. They include competition, conflict and confrontation within and between social collectives. It leads to conflict and confrontation within the collective over individual needs and collective demands, individual independence and collective authority, individual experience and collective beliefs, views and values. It leads to competition, conflict and confrontation between individuals within the collective over shared resources, social positions, roles and functions, power and status. Between collectives it leads to competition and confrontation over territory and resources, and about different, competing and conflicting beliefs, views, values and practices, different ways of understanding and managing human existence and development. The results and consequences are competition, conflict and confrontation, domination, exploitation and deprivation, injustice and inequality, the denial of individual rights and independence, needs, freedom and autonomy in the name of the collective.

Understanding, organizing and managing existence in the collective, dividing the demands and challenges of human existence and development into different social positions, roles and functions, moreover leads to specialization beyond actual human needs, and the development of inappropriate and insufficient individual understanding, skills and practices. It leads to the development of the knowledge, skills and practices necessary to understand and manage existence within, and to contribute to the larger collective whole. On the other hand, it leads to a failure to develop the knowledge and understanding, the skills and practices to understand and manage individual existence and development, the role and responsibility in them that by nature are individually ours to understand and manage, in cooperation with each other, within the natural parameters, the natural conditions of existence.

The consequences are ignorance and alienation from the human self, from individual experience and the conditions of individual existence and development that lie behind and that are reflected in our experience. Abrogating to others the role and responsibility in our existence and development that by nature are individually ours to understand and manage. Abrogating to others the responsibility to deal with the demands and challenges of individual existence and development that lie beyond our social position, role and function.

Moreover, with increasing diversity in human activity, understanding, organizing and managing existence and development in the collective leads to the development of increasingly more complex and costly social institutions, positions, roles and functions, making growing demands on natural resources and the natural environment beyond actual human material needs.

Considering and Understanding in the Abstract

The results and consequences of considering and understanding the conditions of existence in the abstract include failing to understand the conditions, demands and challenges of existence that lie behind and that are reflected in human experience. It leads to a disconnect between experience and understanding, and between understanding and the conditions of our existence.

The consequences include failing to understand the role of nature, which lies beyond our control, and the role and responsibility in our existence and development that by nature are individually ours to understand and manage. Behaviour and action, choices and decisions, goals and objectives are defined, guided and directed by abstractly defined beliefs, views, values and conventions. They are not defined and governed by the natural conditions, demands and challenges of existence and our role and responsibility in them. They are defined and governed by beliefs, views and values not substantiated by our experience and the conditions of existence that lie behind and that are reflected in them. Moreover, goals and objectives are not defined or limited by the natural conditions of existence, easily leading to conflict with the natural conditions of our existence, and interfering in nature and the natural environment beyond what is necessary.

The consequences include the development of different, competing and conflicting socio-cultural beliefs, views, values and practices, about existence and development, how to understand and manage them. Opening the door to competition, conflict and confrontation over different, competing and conflicting beliefs, views, values, conventions and practices, different ways of understanding and managing existence and development. The 9/11 attack on the World Trade Centre, the war on terrorism, ethnic, racial and cultural conflicts, confrontation and discrimination around the world today are the most obvious examples of this.

Establishing Identity, Order and Stability Externally, in the Collective

Establishing an identity, order and stability externally in the collective leads to competition, conflict and confrontation about the structure of external order and stability, about social positions, roles and functions, social status and power, and about possession and control of material-financial resources, surplus, goods and values.

The approach leads to the development of structures of dependence, control, domination and exploitation, resistance to change and dealing with, responding and adjusting to changing conditions, demands and challenges only when they develop into larger problems and difficulties that can no longer be ignored.

The consequences include individually failing to establish the necessary internal mental conditions before acting, before engaging and dealing with external conditions, with others and the world around us. The results are persisting and growing individual mental

disorder and instability, doubt, confusion, uncertainty and insecurity, and feelings of fear, stress, anxiety, frustration, helplessness and depression. It leads to acting out, and acting out of doubt and confusion, mental disorder and instability, uncertainty and insecurity. Choices and decisions, goals and objectives, behaviour and action are defined and governed by doubt and confusion, fear and insecurity. They are not defined and governed by clarity of mind and understanding, certainty, security and confidence.

The approach leads to demands upon the natural environment, exploiting and consuming natural resources beyond actual human material needs, meeting non-material mental needs in material ways. Interfering in nature and degrading the natural environment beyond what is required to understand and manage human existence. Trying to establish externally in the world around us what by nature we must establish and maintain individually in the mind and inner mental life.

Understanding and Managing the World Around Us

The results and consequences of understanding and managing human existence and development through understanding and managing the world around us include trying to understand and manage the role of nature, which lies beyond our human control, while failing to understand and manage the role and responsibility that by nature are individually ours to understand and manage. Failing to understand and manage our existence and development where individually we are in charge and in control, in the mind and mental existence, within existing and changing external conditions.

In our attempt to manage the world around us, trying to create the ideal external conditions, we see ourselves as the creators of the conditions of our own existence, not existing in and as part of the natural conditions that lie beyond our control, which we must deal with and accommodate, to which we must respond and adjust. We try to overcome and move beyond the natural conditions, demands and challenges of existence, looking for ways to move beyond the natural demands and challenges of existence, our natural role and responsibility in our existence and development, and eliminate the mental and physical work and effort that by nature are required to understand, manage and improve our existence. We try, through science and technology, to overcome and move beyond the natural limits of human existence, and improve upon the nature of the human self and the conditions of our existence.

In the process we develop an abstractly-defined, artificial, socio-cultural, political, economic-material and scientific-technological superstructure which we try to superimpose on the natural conditions of existence. Through managing, rearranging, controlling and directing nature, natural forces, processes, development and change, we try to adjust and integrate nature and the natural environment into the socio-cultural superstructure. In the process we interfere in nature and degrade the natural environment beyond what is necessary to understand and manage human existence and development. Bringing about changes in nature that in the long term will render the natural environment of the Earth uninhabitable for the human species.

Human Problems

The human problems and difficulties arising from how traditionally and today we understand and manage human existence and development include persisting and growing mental disorder and instability, doubt, confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness, hopelessness and depression. They include a growing inability to deal with the normal, natural conditions, demands and challenges of human existence and development, and associated results and consequences of problematic, erratic and unpredictable behaviour and actions, escapism, substance use and abuse, addiction, overdose and suicide. Problems and difficulties establishing and maintaining mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in what we do and we engage in. They include problems and difficulties controlling and disciplining oneself, focusing and concentrating the mind and attention, paying attention and keeping track of what we do and what takes place around us. Problems and difficulties making choices and decisions, defining aims, goals and objectives, and considering, planning, organizing and managing necessary behaviour and actions.

The consequences for the human individual include problems and difficulties dealing with the individual human self, particularly understanding and managing individual mental existence and mental development. Facing constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety, frustration and depression. Lacking the necessary conceptual foundation and mental capacity, the basics, the fundamentals and essentials in understanding, mental powers and abilities, mental skills and practices to understand and manage the role and responsibility in our existence and development that by nature are individually ours to understand and manage. Understand and manage, be in charge, in control and take responsibility for 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. The results and consequences are lack of clarity of mind and understanding about the conditions of existence, our individual mental and physical existence and development and the world around us. Understanding the role of nature that lies beyond our control, which we must accept and accommodate and to which we must respond and adjust. And understanding the role and responsibility in our existence and development that by nature are ours to understand and manage, where individually we are in charge and in control.

Individual problems and difficulties include poverty of understanding, a sense of ignorance, incompetence, helplessness and hopelessness. Being lost, not feeling at home, and not finding the way around in one's mind and inner mental life. Acting out and acting out of mental disorder and instability, doubt and confusion, uncertainty and insecurity, fear, stress, anxiety and frustration. Being 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, planning, organizing

and managing individual behaviour and action. Difficulties behaving and acting, relating and interacting, communicating and cooperating with others in meaningful, constructive and beneficial ways. Expecting and demanding the ideal external conditions of an ordered, stable, secure and predictable world around us, of ease and comfort. Making errors and mistakes and causing problems and difficulties, of which we are unaware, which we fail to recognize, which we deny and reject, and for which we hold others and the world around us responsible. Answers and solutions we take to lie beyond the self, with others or the world around us.

The consequences include escapism from constant, persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration and depression. Escapism into fantasies, abstractions, idle speculation and wishful thinking. Escapism into and addiction to drugs, alcohol, tobacco, sex, obesity, extreme exercise, travel, adventure, and so on. Escapism into possession, control, accumulation and consumption of material-financial resources, goods and values, beyond actual human material needs.

The results and consequences include irrational, unpredictable, counterproductive, harmful, violent and destructive behaviour and action. Abrogating to others and higher authority the role and responsibility for the individual self, individual behaviour and actions, choices and decisions. Holding others responsible for personal problems, difficulties, limits and shortcomings, failures, errors and mistakes; and looking to them for answers and solutions. Depending and relying on others, external conditions and the world around us for what by nature is individually our role and responsibility.

Social Problems

The social consequences include problems and difficulties relating and interacting, communicating and cooperating with each other. Problems and difficulties meeting the needs for which by nature we depend on and must interact with each other. The results are competition, conflict, confrontation, war, killing and destruction, between and within societies and cultures. Competition, conflict and confrontation over shared natural resources, and about different, competing and conflicting socio-cultural beliefs, views, values, conventions and practices, different ways of understanding and managing human existence and development. The results include injustice and inequality, domination, exploitation, deprivation and marginalization, poverty and starvation, ethnic, racial, gender and generational discrimination, conflict, confrontation and killing. Failing to meet respective needs for which by nature we depend on and must interact with each other.

The consequences include social institutions, organizations, structures, processes and practices, rules and regulations not defined by or in support of the natural conditions, demands and challenges of existence. Designed instead to create and maintain the ideal external, socio-cultural and physical-material conditions of an ordered, stable, secure and predictable world around us. Social institutions not designed and not in support of

understanding and managing, in the first instance, the mind, the inner mental life and the mental self, mental development and growth, within existing and changing external conditions. Establishing individually the necessary internal mental conditions, before acting, before engaging and dealing with external conditions, with others and the world around us. Relating and interacting, communicating and cooperating in meaningful, constructive and beneficial ways, managing shared existence and development and meeting respective needs, for which we depend on and must interact with each other.

Social institutions, organizations, structures, processes and practices, rules and regulations not designed to support understanding and managing existence and development within existing and changing external conditions. Designed instead to manage and control external conditions and the world around us. Social institutions, organizations, structures, processes and practices, rules and regulations designed moreover to protect unstable, confused and insecure minds. Designed to protect social and professional positions, roles, functions, power, status and privilege, and to compensate for individual mental limits and shortcomings, errors and mistakes.

The problematic social results and consequence include corruption, greed, exploitation, deprivation and marginalization in the name of the larger collective whole. Lack of accountability, openness and responsibility, mismanagement, poor planning and organizing. Problems and difficulties, obstacles and constraints, resistance and opposition to change, dealing with, responding and adjusting to changing conditions, demands and challenges before they develop into larger problems and difficulties. The development of ever more elaborate, complex and costly social-collective, political-administrative, physical-material, economic, scientific and technological institutions, organizations and structures, procedures, processes and practices, rules and regulations, to manage the human-created socio-cultural and physical-material reality. Requiring growing material-financial resources, making increasingly greater demands on the natural environment, demanding increasingly more natural material resources. Consuming natural material resources beyond actual human material needs. Resulting in growing and expanding human interference in nature, the natural environment, natural forces and processes, and degrading of the natural environment. Managing, rearranging, controlling and directing nature, the natural environment, natural forces, processes, development and change to integrate and adjust them to the workings and rationale of the human-created socio-cultural and physical-material superstructure.

Environmental Problems

The environmental consequences include problems and difficulties relating and interacting with nature and the natural environment in positive, constructive and beneficial ways. Exploiting and consuming natural material resources beyond actual human material needs. Degrading the natural environment and interfering in nature, natural forces, processes, development and change beyond what is necessary and required. Degrading nature and the natural environment through the exploitation of

renewable and non-renewable natural resources beyond their rate of recovery and regeneration, and through the production and the disposal of material goods and products.

The resulting environmental problems include climate change, global warming and air pollution, soil erosion, desertification, pollution of rivers, streams and oceans, putting synthetic compounds by the millions into the natural environment, and bringing about changes in nature, natural environment and developments, which in the long-term may render the natural environment of the Earth uninhabitable to the human species.

Today's Conditions, Developments and Changes Exaggerate Problems

Today's conditions, developments and changes add to and exaggerate the problematic results and consequences of how traditionally and today we understand and manage human existence and development. They include the breakdown of traditionally homogenous society, of traditional social structures, family and community, the weakening of traditional cultural beliefs, views, values and conventions. They traditionally provided external order and stability, clarity and coherence, certainty, security and confidence. The problems include the fragmentation of society into smaller and smaller identity and interest groups. The growing complexity of social-technological-economic reality, rapid and dramatic socio-cultural-technological-economic developments and changes add to the problems. They lead to persisting and growing mental disorder and instability, doubt and confusion, uncertainty and insecurity, feelings of fear, stress, anxiety, frustration, helplessness, hopelessness and depression, and associated substance use, abuse, addiction, overdose and suicide. In turn they lead to increasingly more problematic social relations and interactions, communication and cooperation, social conflict and confrontation. Not to mention the growing demand and degradation of the natural environment.

Direction of the Answers and Solutions

The direction of the answers and solutions lies in changing how traditionally and today we understand and manage the fundamentals and essentials of human existence and development. It involves understanding and managing human existence and development in ways that do not contradict, conflict with or falls short of the natural conditions of existence. It is to understand and manage them in environmentally sustainable, socially equitable and individually secure and peaceful ways. That is, understanding and managing them within the natural parameters, the boundaries and limits of existence, and our role and responsibility in them that are set by nature. It involves understanding and managing existence and development from the ground up and from the inside out. Understanding and managing them at the level of the natural conditions of existence, beginning with the individual, starting with the mind, the inner mental life and the mental self. Understanding and managing existence and development in their fundamentals and

essentials, in depth and detail, in a holistic way, a differentiated, but integrated, connected and related way.

More specifically, it requires understanding, organizing and managing existence and development individually, in cooperation with each other, not in the collective. Considering and understanding the conditions of existence through considering and understanding our experience of them, at length, in depth and detail, not in the abstract. Establishing and maintaining a sense of self, the human self, the mental and the physical self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence where we consciously exist and act, where individually we are in charge and in control, in the mind, where the inner mental life takes place and where the mental self is active. Not establishing them externally, in the collective, in the world around us. Changing the primary focus from physical-material development and growth to mental development and growth. Moreover, it involves understanding and managing human existence and development within existing and changing external conditions, not through managing and controlling the world around us.

Education and Training in Mental Development and Growth

Changing how we understand and manage human existence and development requires education and training in mental development and growth. It means changing the primary focus in education and training from traditional socialization education and training to education and training in mental development and growth

Traditional Education and Training

Traditionally education and training has been to socialize the next generation into established ways of understanding and managing human existence and development, into established beliefs, views, values, conventions and practices. Traditional education and training develops in the individual the knowledge, the understanding and the mental faculties to understand and manage existence and development from the top down and from the outside in. Understanding and managing existence and development in an externalized, fragmented, generalized and disconnected way in the abstract. Understand, organize and manage existence and development in the collective. Consider and understand the conditions of existence and how to deal with them in the abstract, beyond our experience of them. Establish a sense of self, an identity, a sense of order and stability, clarity and coherence, certainty, security and confidence externally, in the collective, in the world around us. And understand and manage existence and development through understanding and managing the world around us.

With an expanding human history, and an increasingly more complex and complicated socio-cultural, political-organizational, scientific-technological and economic-material reality and conditions traditional socialization education and training takes up an increasingly larger part of the life of the individual. Moreover, with accelerating and

dramatic social, economic and financial, technical, organizational and regulatory changes, it is becoming necessary to be engaged in a continuous process of education, training and socialization into constantly changing technological, structural and regulatory conditions, demands and challenges.

Education and Training in Mental Development and Growth

Education and training in mental development and growth in contrast is to develop in the individual the knowledge and understanding of the natural conditions of human existence, the natural parameters, the boundaries and limits of human existence set by nature, our role and responsibility in them, and how to manage and deal with them. It is to develop the knowledge and understanding of the natural conditions of existence that in the first instance define and govern human existence and development, which lie beyond our control, but which we must deal with and accommodate, to which we must respond and adjust. The natural conditions of existence, common to all human beings, which lie behind human experience, the experience of every individual human being.

Within this context, developing the knowledge, the understanding and the mental faculties to understand and deal with the mind as the place where we consciously exist and act, where the inner mental life takes place and where the mental self is active. The place where by nature we are individually in charge and in control, where we must actively be engaged, and where individually we must take responsibility for everything we do and we engage in. Differentiating clearly between the mind and the brain, between what takes place and what we do in the mind, and neurological and biochemical processes of the brain. Differentiating moreover between mental problems and mental disabilities, between difficulties understanding and dealing with the mind, the inner mental life and the mental self, and the effects in the mind, for the inner mental life and the mental self of neurological and biochemical problems in the brain.

Understanding the mind as the place where we experience, become aware, and where we must consider the conditions of existence, our own mental and physical existence and development and the world around us, and how to deal with them. Understanding the mind as the place where we make choices and decisions, where we define goals and objectives, and where we must consider, plan, organize and manage our behaviour and actions.

Developing the knowledge, the understanding and the mental faculties to understand and differentiate between what takes place and what we do in the mind, more importantly what we need to do, what individually we must establish, develop and maintain in the mind. Understanding what we do in the mind and inner mental life define and govern our behaviour and action. How we conduct ourselves individually, how we relate and interact with each other, and how we deal with the world around us, with nature and the natural environment are defined and governed by what takes place and what we do in the mind. The mind is where problems and difficulties, failures, errors and mistakes in what we do and we engage in have their roots and beginnings, and it is where the answers and

solutions must start. Moreover, understanding and dealing with mental problems within the context of understanding the mental normal, the normal conditions, needs, demands and challenges of the mind, the inner mental life and the mental self, and our role and responsibility in them.

Understanding the nature, elements and processes, the conditions, needs, demands and challenges of the mind, the inner mental life and the mental self, and the role and responsibility in them that by nature are individually ours to understand and manage. Establishing and maintaining the necessary internal mental conditions – a sense of self, the human self, the physical and the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in everything we do and we engage in. Developing the knowledge, the understanding and the mental faculties to deal in the mind with conditions, demands and challenges, problems and difficulties, change and changing conditions when only a minimum in mental work, effort and adjustment are required, and before they develop into larger problems, difficulties and crises in the mind which we can no longer deal with alone.

Education and training in mental development and growth to understand our mental needs and how to meet them, in the mind, in non-material ways, through individual mental work and effort. Understanding our mental faculties, how to develop and use them. Developing our natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort.

Developing the knowledge, the understanding and the mental faculties to engage in a process of continuous, life-long mental self-development and growth. Constantly, in light of change and changing conditions, reconsider, change, correct and improve the knowledge, the understanding and the mental faculties on which we rely, how we develop and use them. Whenever necessary and required, in light of problems and difficulties, failures, errors and mistakes in what we do and we engage in, reconsider, change, correct and improve 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 consider, plan, organize and manage them.

Education and training in mental development and growth is to develop in the individual the knowledge, the understanding and the mental faculties to understand and manage existence and development from the ground up and from the inside out, not from the top down and from the outside in. Understanding and managing existence and development at the level of the natural conditions of existence, starting with the individual, beginning with the mind, the inner mental life and the mental self. Developing the knowledge, the understanding and the mental faculties to understand and manage existence and development in a holistic way, a differentiated, but integrated, connected and related way, in their essence, in depth and detail, not in an externalized, fragmented, generalized and disconnected way in the abstract. Understand, organize and manage existence and development individually, in cooperation with each other, not in the collective. Consider and understand the conditions of existence and how to deal with them through

considering our experience of them, at length, in depth and detail, not in the abstract. Establish a sense of self, the human self, the mental and the physical 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 our inner mental life, through individual mental work and effort, not in the collective, externally, in the world around us. Developing in the individual the knowledge, the understanding and the mental faculties to understand and manage existence and development within existing and changing external conditions, not through understanding and managing the world around us.

Providing Conceptual Foundation and Framework of Understanding

Education and training in mental development and growth will provide the conceptual foundation and the framework of understanding - about the natural conditions of existence, the mind, the inner mental life and the mental self - within which to consider and make sense of our experience of the conditions of existence, our own individual mental and physical existence and development and the world around us, and how to deal with them. To deal with issues, conditions, demands and challenges, problems and difficulties, change and changing conditions in positive, constructive and beneficial ways, before they develop into larger problems, difficulties and crises, which we are no longer able to deal with alone. Providing the conceptual foundation and the framework of understanding within which to make considered choices and decisions, define necessary goals and objectives, and consider, plan, organize and manage required behaviour and actions.

It provides the conceptual foundation and the framework of understanding within which to relate and interact, communicate and cooperate with each other in equitable, positive, constructive and mutually beneficial ways, meeting the needs for which we depend on and must interact with each other, and within which to deal with the world around us, with nature and the natural environment in positive, constructive and sustainable ways. The conceptual foundation and framework of understanding within which to go beyond symptoms and consequences and understand and deal with the deeper-rooted problems, causes and developments that lie behind the problems, difficulties and crises we face and we have to deal with today. To understand the direction of the answers and solutions, towards a sustainable, equitable, secure and peaceful development and future, in a constantly changing world, within the natural parameters, the boundaries and limits of existence set by nature. Providing the conceptual foundation and framework of understanding within which to deal with the human individual, social and environmental problems we face, together, at the same time, through addressing the common human causes that lie behind them.

Education and training in mental development and growth will provide the conceptual foundation and the framework of understanding within which to consider and understand whether what we do and we engage in contributes to or detracts from a sustainable,

equitable, secure and peaceful development and future. Within which to consider and understand whether instant relief, short and medium-term measures addressing symptoms and consequences will contribute or detract from the longer-term development and change towards a sustainable, equitable, secure and peaceful development. Whether they will contribute or detract from understanding and managing existence and development in an environmentally sustainable, socially equitable and individually secure and peaceful way, in a constantly changing world, within the natural parameters, the boundaries and limits set by nature.

Education and training in mental development and growth has to be the foundation for everything we do and we engage in, in all areas of human activity, in all sectors and at all levels of society, with every human being, in public and in private life.

Addressing the Pressing Problems of Today

Introduction

The question is, how will changing how we understand and manage the fundamentals and essentials of human existence and development through education and training in mental development and growth deal with the pressing problems of today and prevent them from developing in the future. How will it address the pressing problems of today? How is education and training in mental development and growth going to deal with persisting and growing mental health problems; electronic device addiction; rising public health care and social services costs; integration of refugees, racism, anti-semitism and hostility towards foreigners; calls for cultural and value conformity; growing complexity, rapid and dramatic social and technological change and transformation. How will issues of democratic deficit, disconnect between public and elected officials; the rise of populism and neo-nationalism; the perceived lack of political will; fake news, being influence by false information; bureaucratic inefficiency and ineffectiveness; obstacles, constraints, oppositions and resistance to change and transformation; education and training for the 21st Century and the gig-economy; climate change, global warming and environmental problems be addressed. How will they be addressed within the context of long-term development, change and transformation towards sustainable, equitable, secure and peaceful development and future?

Persisting and Growing Mental Health Problems

Persisting and growing mental health problems, associated substance use, abuse, addiction, overdose and suicide, problematic, harmful and destructive behaviour and conduct are addressed through understanding and dealing with the mind as the place where we consciously exist and act, where the inner mental life takes place and where the mental self is active. Developing individually the knowledge, the understanding and the mental faculties to understand the mind, the inner mental life and the mental self - nature,

elements and processes, conditions, needs, demands and challenges, our role and responsibility in them, how to manage and deal with them. Establishing and maintaining the necessary internal mental conditions – a sense of self, the mental and physical self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in everything we do and we engage in.

Developing the knowledge, the understanding and the mental faculties to deal in the mind with conditions, demands and challenges, problems and difficulties, change and changing conditions when only a minimum in mental work, effort and adjustment are required. Dealing with them before they develop into larger problems, difficulties and crises in the mind, which the individual no longer is able to deal with alone. Understanding our mental needs and how to meet them, in the mind, in non-material ways, through individual mental work and effort. Understanding our mental faculties, how to develop and use them. Developing our natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort. Developing the knowledge, the understanding and the mental faculties to engage in a process of continuous, life-long mental self-development and growth.

Electronic Devices Addiction

With a solid footing in the mind and inner mental life, establishing and maintaining a sense of self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence the individual is less likely to rely on electronic devices to find a sense of self, relevance, recognition and acceptance, externally, in the Internet, on social platforms, becoming addicted to them.

Rising Public Health Care and Social Services Costs

By very conservative estimates well over 50% of demand on the public health care system is the results and consequences of individual mental and physical mismanagement. Understanding and managing the human self, the physical and the mental self, through education and training in mental development and growth, individually establishing and maintaining mental and physical order, stability and well-being, the demand on the public health care system will be greatly reduced.

Integration of Refugees, Racism, Anti-Semitism, Hostility towards Foreigners

Problems of integration of refugees and immigrants, racism, anti-Semitism and hostility to foreigners will be addressed through understanding and managing human existence and development at the level of the natural conditions that are common to all human beings, beyond competing and conflicting socio-cultural differences, different beliefs,

views, values and conventions, different ways of understanding and managing human existence and development. Moreover, establishing 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, where individually we are in charge and in control, not externally, in the collective, in the world around us the individual will not feel challenge or threatened by racial, ethnic or socio-cultural differences. Moreover, external developments and changes will not have the same threatening, challenging and destabilizing effect on the individual. They will not threaten or challenge the identity, order and stability of the individual.

Calls for Cultural and Value Conformity

The call for cultural and value homogeneity and conformity, to deal with growing public conflict and confrontation, the loss of identity, order and stability, growing alienation, isolation, marginalization and loneliness are addressed through establishing and maintaining individually a sense of self, the mental and physical self, in the mind and inner mental life, where we consciously exist and act. Feeling at home, and one's way around in one's mind and inner mental life, externalities become less relevant and important for a sense of self, order and stability. With a sense of self, the mental and physical self, our role and responsibility in them, as well as understanding the need for which we depend on and must interact with others, the individual no longer is lost or isolated in the mind and inner mental life, no longer depending on externalities and others for a sense of self, certainty, security and confidence.

Understanding and managing human existence and development individually, in cooperation with each other, at the level of the natural conditions of existence that are common to all human beings, starting with the individual, the mind, the inner mental life and the mental self, the individual feels less alienated, isolated and marginalized from the individual self, from society, and others. It will lead to greater cooperation, to meet the need for which we depend on and must interact with each other, and less conflict and confrontation over different, competing and conflicting beliefs, views, values, conventions and practices, different ways of understanding and managing human existence and development.

Growing Complexity, Rapid and Dramatic Social and Technological Change and Transformation

The problems, demands and challenges of growing social instability, complexity, rapid and dramatic socio-cultural and technological development and change will be addressed through education and training in mental development and growth. The breakdown of traditional social structures, family, community and society, the fragmentation of society into smaller and smaller groups of competing and conflicting interests and identities, and the decline of traditional cultural beliefs, views, values and conventions also are addressed through education and training in mental development and growth.

Individually developing the knowledge, the understanding and the mental faculties to establish and maintain a sense of self, the mental self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence individually in the mind and inner mental life, where individually we are in charge and in control. Social and technological developments and change will no longer challenge or threaten the life and existence of the individual, individual identity, order and stability. They are no longer tied to external conditions. Developing the knowledge, the understanding and the mental faculties to deal in the mind with conditions, demands and challenges when only a minimum in mental work, effort and adjustment are required, and before they develop into larger problems, difficulties and crises in the mind. Dealing with change and changing conditions becomes a natural part of managing daily life and existence.

Democratic Deficit, Disconnect between Public and Elected Officials, Rise of Populism and Neo-Nationalism

The problem of a democratic deficit, the growing distrust of government and political parties, disconnect between public and elected officials, and the rise of populism and neo-nationalism also are addressed through education and training in mental development and growth. Understanding the role and responsibility in our existence and development that by nature are individually ours to understand and manage, there will be less dependence on government, and less expectation and disappointment about government not delivering what they cannot deliver, what is our own individual role and responsibility in our existence and development. The role of government will be more to advocate, promote and facilitate education and training in mental development and growth, understanding and managing existence and development individually in cooperation with each other. The public, people and voters will not look for easy solutions beyond themselves, beyond their own role and responsibility in their life and existence.

Lack of Political Will

Education and training in mental development and growth at the same time will address the perceived problem of the lack of political will on the part of government to take necessary steps and action to deal with problems and difficulties we, society is facing. With a clear conceptual foundation and framework of understanding, of the direction of the answers and solutions, towards a sustainable, equitable, secure and peaceful development and future, large scale measures, developments and changes that cost millions, and lead to political indecisiveness, can be taken in small incremental steps, without the loss of direction, focus and objective.

Fake News, being Influenced by False Information

With education and training in mental development and growth, developing individually the knowledge, the understanding and the mental faculties to consider the conditions, demands and challenges of existence, that lie behind and that are reflected in our experience, and how to deal with them, the individual is less likely to look externally, to others for explanations, answers and solutions. Being able to understand and meet our non-material mental needs, in the mind, through individual mental work and effort. Developing the knowledge, the understanding and the mental faculties to establish and maintain the necessary internal mental conditions – a sense of self, the human self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence. Considering and making sense in the mind of conditions, demands and challenges, problems and difficulties, change and changing conditions before they develop into larger problems and difficulties, the individual is no longer able to deal with alone. And being engaged in a process of continuous, life-long mental self-development and growth, the individual is less susceptible to the influence of external sources, news and media, and is less likely to accept them uncritically.

Bureaucratic Inefficiency and Ineffectiveness

Through education and training in mental development and growth, developing the knowledge, the understanding and the mental faculties to understand and manage the self in positive, constructive, effective and efficient ways, the individual will be more effective and efficient on the job, whatever the job may be.

Obstacles, Constraints, Opposition and Resistance to Change and Transformation

Establishing and maintaining a sense of self, order and stability, certainty, security and confidence in the mind, where individually we are in charge and in control, individual identity, order and stability will no longer be tied to external structures, organizations, institutions, procedures and practices, positions, roles and functions, power and status. Change and changing conditions will no longer challenge or threaten the individual in its life, sense of self, order and stability, certainty and security. The individual is less likely to resist or oppose necessary change and transformation, in the world around them, in organizational and institutional structures, procedures and practices, roles and positions.

Education and Training for the 21st Century and the Gig/Digital Economy

Education and training in mental development and growth addresses the question about the education and training for the 21st century and the gig economy. The individual

develops the knowledge, the understanding and the mental faculties to understand and manage individual existence and development; establish and maintain mental order and stability, clarity of mind and understanding, a sense of individual certainty, security and confidence within existing and changing external conditions, whatever the changes may be. The individual develops the knowledge, the understanding and the mental faculties to deal in the mind with conditions, demands and challenges, problems and difficulties, change and changing conditions when only a minimum in mental work, effort and adjustment are required, and before they develop into larger problems, difficulties and crises. The individual develops the conceptual foundation and the framework of understanding within which to consider and make sense of change and changing conditions and how to deal with them. Through education and training in mental development and growth the individual will develop the knowledge, the understanding and the mental faculties to deal with the demands and challenges of an increasingly more complex, complicated, rapidly and dramatically changing world and conditions. The individual will be able to maintain a sense of self, a sense of order and stability, clarity of mind and understanding, a sense of certainty, security and confidence in a constantly changing world.

Education and training in mental development and growth will develop in the individual the knowledge, the understanding and the mental faculties to engage in a process of continuous, life-long mental self-development and growth. Constantly, in light of change and changing conditions, reconsider, change, correct and improve the knowledge, understanding and mental faculties on which we rely, how we develop and use them. Whenever necessary and required, in light of problems and difficulties, failures, errors and mistakes in what we do and we engage in, reconsider, change, correct and improve, 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, how we consider, plan, organize and manage them. Education and training in mental development and growth provides the conceptual foundation and the framework of understanding for everything in life we do and we engage in, we face and we have to deal with, in a constantly changing and transforming world.

Climate Change, Global Warming, and Environmental Problems

Education and training in mental development and growth also will address and reduce the environmental problems we create today. Understanding and meeting our non-material mental needs in the mind, in non-material ways, through individual mental work and effort will greatly reduce the demand for material goods and services, and the impact on nature, natural environment and natural resources. Moreover, establishing a sense of self, order and stability individually in the mind and inner mental life, not externally in the world around us, trying to create the ideal external conditions of an ordered, stable, secure and predictable world around us through managing, controlling and rearranging nature and the natural environment will change how we relate and deal with nature and the natural environment, and reduce interference in natural processes. Understanding and managing existence and development within the natural parameters, the boundaries and

limits of existence set by nature interference in nature and natural environment will decline substantially.

Background

The discussion paper is based on a 25 years research and study project, about how, at the level of the fundamentals and essentials, we traditionally and today understand and manage human existence and development. Limits, shortcomings and contradictions, where, why and how they contradict, conflict with and fall short of the natural conditions of existence, needs, demands and challenges. Leading to persisting and growing problems and difficulties for the individual, society, nature and the natural environment.

The direction of the answers and solutions, the direction we need to take to understand and manage existence and development in sustainable, equitable, secure and peaceful ways. To understand and manage existence and development, demands and challenges, problems and difficulties, change and changing conditions within the natural parameters, the boundaries and limits of existence set by nature. To understand and manage them without contradicting, conflicting with or falling short of the natural conditions of existence, our role and responsibility in them, and without creating the persisting and growing problems, difficulties and crises which we face and we create around the world today. What, where, why, how, and in what direction we need to change how traditionally and today we understand and conduct ourselves individually, how we relate and interact with each other, and how we deal with the world around us, with nature and the natural environment, to understand and manage them in an environmentally sustainable, socially equitable, and individually secure and peaceful way, in a constantly changing and transforming world.

The work involved research and study of the historical path and direction of human development through the ages, which has brought us to where we find ourselves today. How through the ages human beings have considered and made sense of their experience, the conditions of existence that lie behind and that are reflected in them, and how to deal with them. Leading to how today we understand and manage human existence and development, and the problems, difficulties and crises we create and face globally.

The work included research and study of the natural conditions of existence, needs, demands and challenges, and the role and responsibility in them that by nature are individually ours to understand and manage, how to manage and deal with them. Differentiating between the natural conditions of existence we share in common, and human-created socio-cultural conditions, different, competing and conflicting beliefs, views, values, conventions and practices, which divide us. The natural conditions of existence, which in the first instance define and govern human existence and development, that lie beyond our human control, but which we must deal with and accommodate, to which we must respond and adjust. The natural conditions of existence, which are common to all human beings, that lie behind and that are reflected in human experience, the experience of every individual human being.

The work in addition involved research and study understanding the mind as the place where we consciously exist and act, where the inner mental life takes place, and where

the mental self is active. Differentiating clearly between the mind and the brain, between what takes place and what we do in the mind, and neurological and biochemical processes taking place in the brain. Understanding the mind as the place where by nature we are individually in charge and in control, where we must actively be engaged, and where we must take responsibility for everything we do and we engage in, individual behaviour and action. The place where we experience, become aware, and where we must consider the conditions of existence, our own mental and physical existence and development and the world around us, and how to deal with them. Understanding the mind as the place where we make choices and decisions, where we define goals and objectives, and where we must consider, plan, organize and manage our behaviour and action. Understanding the mind moreover as the place where human behaviour and action, what we do and we engage in, how we understand and conduct ourselves individually, how we relate and interact with each other, and how we deal with the world around us, with nature and the natural environment are defined and governed. The place where problems and difficulties, failures, errors and mistakes, in what we do and we engage in, in knowledge and understanding, choices and decisions, aims, goals and objectives, behaviour and actions, have their roots and beginnings, and where the answers and solutions must start.

Nature, elements and processes, conditions, needs, demands and challenges of the mind, the inner mental life and the mental self, our role and responsibility in them, how to manage and deal with them. What takes place and what we do, more importantly what we need to do, what individually we must establish, develop and maintain in the mind and our inner mental life. Establishing and maintaining the necessary internal mental conditions – a sense of the human self, the physical and the mental self, mental order and stability, clarity of mind and understanding, a sense of certainty, security and confidence, in everything we do and we engage in. Dealing with what enters the mind and awareness - experience, perceptions, sensations and feelings, thoughts, ideas and notions, demands and challenges, problems and difficulties, change and changing conditions, when only a minimum in mental work, effort and adjustment are required, and before they develop into larger problems, difficulties and crises in the mind, which we can no longer deal with alone. Understanding our mental needs and how to meet them, in the mind, in non-material ways, through individual mental work and effort. Understanding our mental faculties, how to develop and use them. Developing our natural mental powers and abilities, translating them into the necessary mental skills and practices, and engaging in the required mental work and effort. Engaging in a process of continuous, life-long mental self-development and growth.

The project also involved research and study into socio-cultural obstacles, constraints, opposition and resistance to change and transformation. Research and study into institutional and organizational obstacles and constraints, and individual opposition and resistance, individual conceptual and mental limits, shortcomings and contradictions, which lie behind individual human opposition and resistance to necessary development and change.

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