



life skills mastery

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For "My" Real Wonders

life mastery: the sufficient, complete or very high ability to (a) fulfill the necessities of life and (b) realize as many of life's inherent possibilities as is feasible and appropriate.

In the midst of an overwhelmingly vast ocean of space and matter, we find ourselves on a captivating planet. It is the nourishing shelter of our temporary existence.

The forces and laws of our cosmos as well as the material and ecological conditions of our earthly world belong to the given components of our reality. And they determine our life.

Inside this given and predetermined reality, however, we have different possibilities at our disposal.

If we succeed in using and employing these possibilities effectively, we achieve life mastery.

Within the orderedness or systematics of all living organisms, we humans belong - according to the biological sciences - to the species of *Homo sapiens*, the rational and wise human being.

Both qualities, reason and wisdom, are given to us by nature and from birth. Thus we are already reasonable and wise at the beginning of our life.

Well then. If we compare ourselves with other species, then that is what we are: reasonable and wise. In certain respects, anyway, or according to certain criteria. Whether this means a finer or multidimensional feeling ability or a multifaceted managing and changing of the given reality.

But when it comes to what is demanded from us in order to fulfill the necessities of life, and to realize as much as possible and appropriate of what is valuable in life, then neither reason nor wisdom are sufficiently present from birth, but must first develop through experience and understanding and thereby also reach an appropriate and possibly decisively effective maturity.

Indeed. Until we are adults, the properties, abilities and qualities of reason and wisdom are not yet sufficiently part of the totality of our abilities.

reason: the ability of logical thinking, understanding and judging.

wisdom: deeper to most profound knowledge acquired through experience and understanding.

And therefore, as long as we are not adults, we depend on the adults responsible for us to enable us to live a life in which both reason and wisdom, as well as all the other fundamental and essentially important life skills, can be experienced, learned, and internalized.

Just what would these life skills be? Or: which ones are they really? And both in our personal larger freedom and in being with others?

What skills are necessary, appropriate, and valuable for life?

What is required for adulthood?

By what is the qualification of adulthood achieved and by what is it decided or established?



What are we dealing with in life for which adulthood must and should be trained and dynamized?

No question, we consist of energy, so we need energy supply for the continuity of our existence and for all processes of becoming and growing connected with it.

Providing this energy supply in an independent and autonomous way is therefore one of the most basic abilities or even the most basic ability in life.

Because without the necessary energy we lack the power to act. And the more intelligent then this acting becomes and is, the more fruitful are also its results.

Therefore, we can already emphasize here that intelligence of action and self-sufficiency - that is, the knowledge and ability that we need to act sufficiently, appropriately and intelligently and to be self-sufficient both in acting and in general, so that what is necessary for life is ensured - are the primarily most important life skills, and therefore also the qualifying core of adulthood.

Action intelligence basically means concrete and precise doing and does not necessarily (or at least not explicitly) always include behavior.

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