

# Addendum 1

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## STATE

The idea "state" is important.

- mental state
- state of affairs
- state of being

## THE GOAL

The goal is to have the individual autonomous, interdependent, and independent.

The goal is to work with the mind, the mind that is before one. The physical may be involved. (Breath, yoga, the calm of prayer. Sitting, standing, walking, lying down. Simple activity and rest.)

The goal is to have material resources. These resources can come from within (especially with practice) and from others.

These apply to many situations in life.