

# For an Improved and New Quality of Life, Let's Get UP to the Truth

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Almost all of our country's existing problems largely stem from our and our ancestors' deficiency in self-knowledge.

I find it troubling that as children we are taught *multiple* levels of math and science, but most of us wouldn't be able to articulate how we felt inside, or express what makes us who we are, *if* asked. It simply doesn't make sense to have a curriculum that covers many levels of Algebra and completely disregards the crucial subject of coping and communication skills. **Because, ironically, no matter what line of work we ultimately choose, the latter are the skills that every single one of us will undeniably use in our lives.**

It is time to stop concentrating solely on the correction of our problems, and work hard on the *prevention*. Let us create a school (and therefore eventually a home) environment that validates us as individuals right from the start, nurtures self-learning and teaches coping skills, creating a palpable, solid sense of self-worth in all.

We must learn to get UP to the truth...*really* own up to, and be truthful with ourselves (minus the harsh judgment). This is called "**emotional self-responsibility**", and it is the key to a better way of life. It may be a bit challenging to face our own truth at first, but with practice it becomes easier, and hard not to, because **our needs & situations become much more clear for us, and our goals more reachable, when we take ownership of our true thoughts, fears, intentions and actions/reactions.** This is from where all success grows, and we deserve to live our lives armed with these precious skills. But they must be taught to us; we can't be expected to instinctively know of and possess them.

Right now we have layers and layers of unresolved issues. And like a healthy marriage, people (and countries) will not be at peace until we get to the root of matters; the Self. **This is a very straightforward concept, and if we have the intelligence and means to send folks for leisurely visits in outer-space, we can at least try to develop an initiative that supports this objective from now on.**

Now, of course we can not create a flawless world and there is no perfect answer. But this has to be our new baseline; it is dangerously overdue. If executed well, it can only have a positive effect, and will carry on through time.

We will need the minds of politicians, therapists, and advertisers combined to work towards this positive social change. And we *can* do it. No excuses please; only useful, supportive thoughts. **For if we direct our energy and passion toward one common goal, making the above "new" concepts a learning priority, we may very well end up with the better world we are all independently trying to build.**