DIFFERENT TOOLS FOR DIFFERENT TIMES : MEDITATION, RELAXATION, SPIRITUALITY ARE THE TOOLS TO USE FOR THE CHALLENGES OF OUR TIMES

FOLLOWING MATERIAL DESTRUCTION END OF WW2 SITUATION	FOLLOWING BORDERS AND NATION STATES DESTRUCTION GLOBALISATION SITUATION	FOLLOWING THE INNER AND SPIRITUAL DESTRUCTION CURRENT SITUATION = INNER RECONSTRUCTION
- Buildings need to be reconstructed after WW2 devastations - Families have more children and need larger housing - Seeking material development brings the need for better equipments	- Borders need to be abolished - People of the world are mixing and travelling - Seeking a more open borders and wider world	- Reality of the current world needs to be understood, accepted and transcended - People are becoming themselves in isolation first, to share thereafter - Seeking in the inner self, the understanding of self, others and the world
THE NEEDS : - More bricklayers, plasterers and carpenters - More factories workers, mechanics and engineers - Need for better construction tools, and construction workers - Need for more constructions and productions means in a short time	**THE NEEDS :** - More multilingual people or staff - More controllers and managers, university level and IT knowledge - Need for global performance organisation - Need for a better global management of complexity	**THE NEEDS :** - More people who understand the reality of the world (inner and outer) - More coaches, psychologists and benevolent aid - Need for a return to simplicity to avoid madness - Need for authenticity to rebalance all excesses
THE TOOLS : - Creation of better and more productive industrial tools - Industrial production of existing tools - Increase in the quantity, the quality and the availibility of industrial tools	**THE TOOLS :** - Creation and expansion of media, internet and mobile phones - Expansion of social networks where the world meets up - International or global organisations more powerful than states	**THE TOOLS :** - Meditation, relaxation, personal development as new tools - Return to calm, peace and simplicity after too fast paced environment - Individuality development, personal projects for self and others

Too often meditation, relaxation, true spirituality and personal development are seen as anecdotal and superfluous activities, usually practised by people, whose needs are fully covered : a little bourgeois in nature

This could have been the case, but in current society, they actually are tools to cope with nowadays challenges in a world, which is losing all reference point

Those new tools bring the understanding of both the harsh reality of the external world and the true potential of the inner world, to surpass the limitations and the loss of reference point for a more harmonious development of self and others