



## **Lesson One**

### **The Challenge: Identifying and Creating the Good Future**

- **Introduction to Lesson**

The question “What is the good future and how do we create it?” is identified within Chapter One of the textbook as the central challenge of human life. Addressing this question is the central focus of this course. This question is also the central issue motivating the professional study of the future and there have been many different answers, reviewed in the textbook, that have been proposed and implemented addressing this challenge.

The fact that we can understand and attempt to answer this question reflects our most distinctive and empowering human capacity. Although this capacity varies significantly among us, we are all futurists who can understand and think about the future.

The answer proposed in this course (and the textbook) to the question of the good future is:

*Flourishing in the flow of purposeful evolution is the good future and wisdom or heightened future consciousness—these two concepts are synonymous in meaning—is the means to realize it.*

The meanings of each of the key terms in this answer are explained in detail within the textbook.

- **Lesson Objective**

Explain the meaning of the question: “What is the good future and how do we create it?” Explain its relevance to everyday life and the normal flow of consciousness and behavior. Describe and assess answers to the question.

- **Outline of Topics in Lesson** (Covered in the textbook)

**The Question: “What is the good future and how do we create it?”**

- Central Challenge of Human Life
- Urgency Associated with the Question
- Multiple Answers to Question (See List in the textbook)
- Capacity to Raise and Answer (to Comprehend) the Question Reflects Core Distinctive Power of the Human Mind

**Proposed Answer to the Question:**

- *Flourishing in the flow of evolution is the good future, and wisdom is the means to create it.*
- Expanded Version of Answer:
- *We create a good future, defined as flourishing in the flow of evolution, through the heightening of future consciousness, which is achieved by developing a core set of character virtues, most notably and centrally wisdom.*

**Defining Key Terms in the Answer:**

- The “Future” and its Relationship with the Concept of Reality
- The “Good” (Multiple Theories) and its Relationship with the Concepts of Well-Being and Reality
- “Flow of Evolution” as a Credible Vision of Reality
- “Flourishing” as a Concept of Well-Being and the Good
- “Flourishing in the Flow of Evolution” as Reality-Based, Dynamic, Growth-Oriented, Holistic, Future-Focused Vision of the Good
- “Future Consciousness” as the Central Most Empowering Capacity of the Human Mind and its Connection with Purposeful Evolution
- “Character Virtues” Define Human Excellence in “Heightened Future Consciousness” - Answer to Good Future is within Ourselves
- “Wisdom” is Synthesis of Character Virtues of Heightened Future Consciousness

**The Big Picture - Outline of the Book**

- Part I: Theoretical and Foundational
- Part II: Practical and Psychological

**The Author and the Journey toward Wisdom**

- Why Pursue the Study and Teaching of Wisdom?
- Personal-Professional Story
- Two Central Questions and Areas of Study:
  - Consciousness of the Future (Future Consciousness): How can we enhance all those psychological capacities that have to do with the future?
  - The Future of Consciousness: What are the possibilities and preferable directions for the future evolution of the conscious human mind?
- Relevance of Wisdom to these Central Questions and the Purpose of Education
- **Required Reading:**

Lombardo, Thomas (2017). *Future Consciousness: The Path to Purposeful Evolution*. (Hereafter *FC*) Winchester, UK: Changemakers Books.

Chapter 1 (pp. 1-22)

- **Learning Activities and Assignments**

### **Learning Activities (Optional - Pick and Chose - But Do a Few)**

- Summarize the one or two key ideas per each major section of the lesson. (Write or orally state.)
- Answer the learning objectives of this lesson. (Write or orally state.)
- On either or both of these first two learning activities, as a way to demonstrate your understanding, teach and explain the ideas to someone else. Or make 5 minute video and play it back, and evaluate your answer.
- How would you define the terms: “Future; the Good; Evolution; Flourishing; Consciousness; Character Virtues; and Wisdom”?
- Which particular answers to the “good life” listed on pages 4 and 5 of the textbook do you agree with most strongly and why? Which do you disagree with most strongly and why?
- Ask ten people what they think the good life or the good future is? Compare their answers for similarities and differences? How do their answers compare with the ones listed on pages 4 and 5 in the textbook.
- Watch the movie *It's a Wonderful Life* with Jimmy Stewart. Contemplate its meaning and message regarding what is the good life.

**Required Assignment** (If you are registered to take the full course of study; otherwise this assignment is a valuable learning activity to increase your self-awareness)

- Where are you starting from in your understanding of the good future? As a benchmark for determining how your beliefs and approach to life may change as you progress through this course (or a series of lessons), how would you answer before taking any lessons the opening question “What is the good future and how do we create it?” Separate your answer into two parts: *What is the good future?* and *How*

*do we create it?* How does your two part answer compare with various popular answers listed in the textbook (Pages 4 and 5)? How does it compare with the answer (“Flourishing in purposeful evolution through heightened future consciousness and wisdom”) presented in this course and book? Whether you are taking the full program of study or taking individual lesson modules, save your answer. As you complete successive lessons, you can add to or modify your answer. Keep a record of your evolving answer.

- **Supplemental Resources:**

*The Millennium Project* [Online]. Available at <http://www.millennium-project.org/>.

Provides a list and analysis of major global challenges and extensive information on varied efforts to address these challenges.

**General Resources for Overview and a Wide Range of Topics Covered in the Course:**

Lombardo, Thomas (2011) *Wisdom, Consciousness, and the Future: Selected Essays*. Bloomington, IN: Xlibris.

Lombardo, Thomas (2016) “Future Consciousness: The Path to Purposeful Evolution - An Introduction”, *World Future Review*, Vol. 8(3), pp. 116-140. See [http://www.centerforfutureconsciousness.com/pdf\\_files/2016%20Articles/Future%20Consciousness%20Article%20Complete%20FinalWFRcited.pdf](http://www.centerforfutureconsciousness.com/pdf_files/2016%20Articles/Future%20Consciousness%20Article%20Complete%20FinalWFRcited.pdf).