

## How SHEP understands its work

What is the Project's understanding of its work? The key problem addressed by The Social and Health Education Project is our tendency as human beings to act (or react) on the basis of thoughts and feelings that have not been subjected to critical examination. This tendency frequently leads us to adopt patterns of behaviour which undermine our own wellbeing, the wellbeing of those around us and the wellbeing of the Earth. The Social and Health Education Project believes that, by learning to understand the origins and effects of our thoughts and feelings, we become better able to discern what is truly of value as a guide for our actions. The Project considers that the complex challenges which confront our generation require of us that we develop an enhanced capacity to responsibly manage our lives at both the individual and collective levels. It believes that the emergence of people with enhanced capacity in processes of household, community, national and trans-national governance will create the possibility of our limiting the impact of oppressive socio-economic forces which currently appear to be beyond our control. Although keenly aware of the destructive potential of unreflective humanity, The Social and Health Education Project recognises the potential of every person to make a contribution towards the achievement of a world marked by physical and mental health, social justice and environmental integrity. It is on account of this potential that the Project considers that we can all move forward with hope.