

## 10 Conclusions

Eastern religions and philosophies tend to encourage meditation and awareness which more adeptly enhance homeostasis, happiness, and well-being. However, meditation and simple awareness are more passive and do not appear to be as effective at problem-solving nor analytical thinking.

Western religions and philosophies (including science) tend to encourage “springboard” pursuits (overcoming challenges). Though overall well-being and happiness are not as optimized nor as consistent as with eastern approaches, western problem-solving is more active and appears to be stronger for meeting the challenges brought by nature and other cultures.

Survival on our Earth requires both: maintenance of well-being and happiness as well as meeting challenges. Thus, a melding of Eastern and Western ideas appears to be the best solution – a melding of science and nonduality, if you will. The trick will be activating the XCS only when real problems confront us and activating the ICS at all other times.

To maximize our pleasurable “ICS time” and minimize our stressful “XCS time”, tools for analyzing problems would greatly assist us. Already, we see much analytical detail being off-loaded onto computers. The natural progression would be Artificial Intelligence/Robotics. To this end, the Emotive Energy Behavioral Diagram provides a model to guide the design of such advanced automated tools.