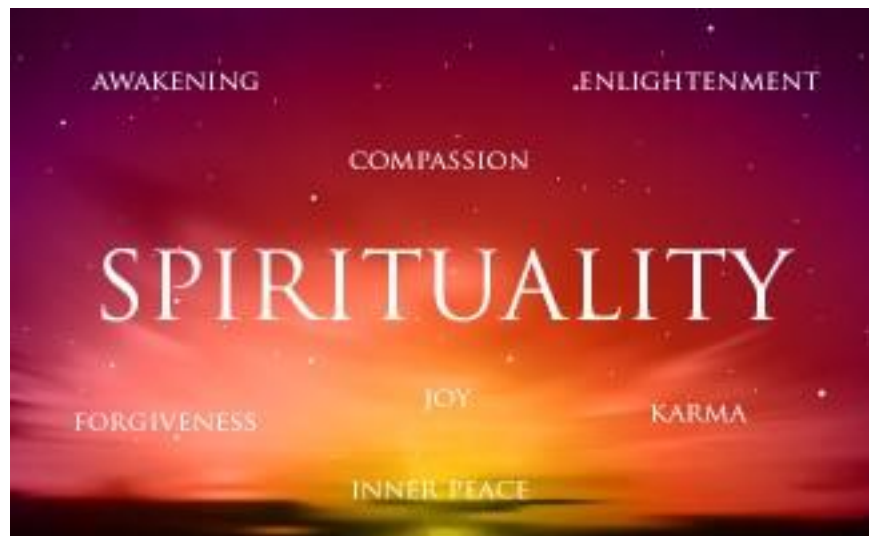




April 2021

**19. Core Needs
Survival Driven Action**



WHAT'S GOING ON?



- **INNER CHILD** **APRIL 16TH - 18TH**
- **DIVINE CHILD FOLLOW UP** **APRIL 24TH**
- **CELESTINE PROPHECY 1** **MAY 8TH-9TH**
- **INNER CHILD 1ST FOLLOW UP** **MAY 15TH**
- **CROSSING THE DRAWBRIDGE** **MAY 21ST – 23RD**
- **2020 RETREAT “JUST DO YOU”** **JUNE 4TH – 6TH**
- **MASTERCLASS ALL CLASSES** **JUNE 17TH**
- **ARCTURIANS** **JUNE 19TH**
- **MENTORING DAY** **JUNE 20TH**

**Emotional Needs
And Core Needs
What is the difference**



These Six Core Needs are paradoxes of the light and shadow of our survival instinct

Emotional Needs set up a vibration of BEING

Core Needs set the tone for how we will take ACTION

and can override our Core Values when our Wounded Ego is fixated on survival

E.G.

The Core need for “**Certainty**” and the Emotional Need for “**Trust**”
When actioned from the fear of survival, will The **Core Need** will dominate

A Core Need says “I must create **certainty** before I move on.”

When activated from the powerful Emotional Need “Trust”
Trust says “I must **BE Trust**, and when I **BE Trust** I can be “**Certain**”
about who I am in the world”

PARADOX

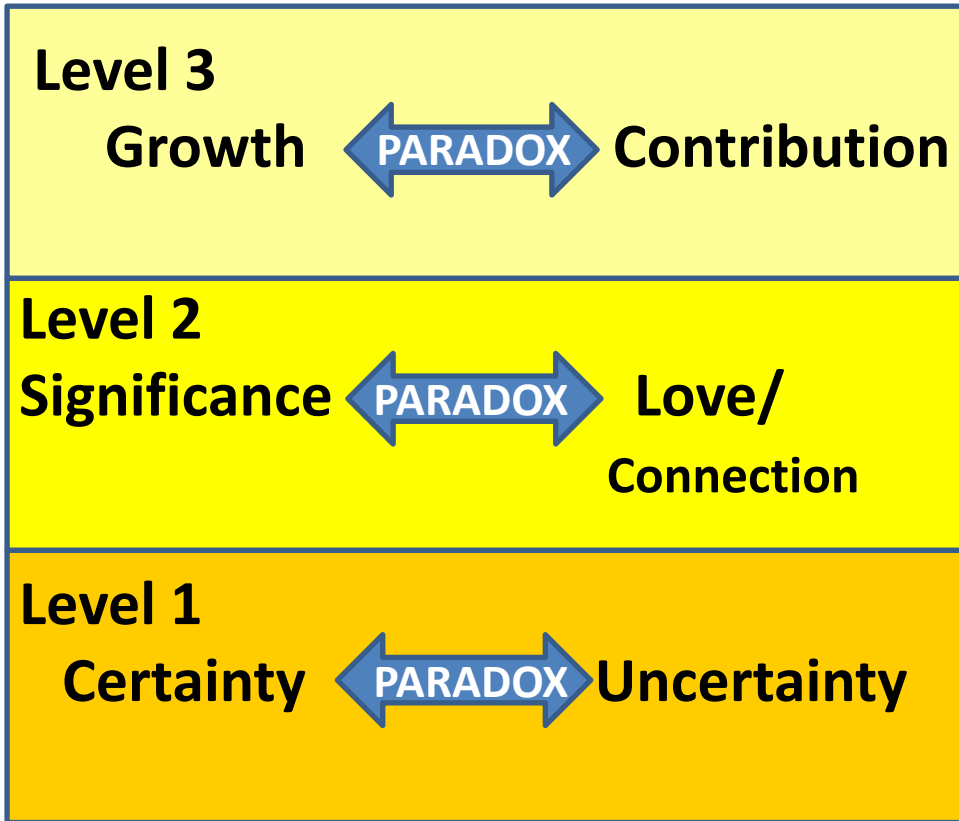


SITUATION OR STATEMENT THAT SEEMS IMPOSSIBLE OR IS DIFFICULT TO UNDERSTAND BECAUSE IT CONTAINS TWO OPPOSITE FACTS OR CHARACTERISTICS



The 6 Core Needs

Abundant Life Solutions
ACTIVATING THE EXCEPTIONAL IN YOU



Needs of the Spirit

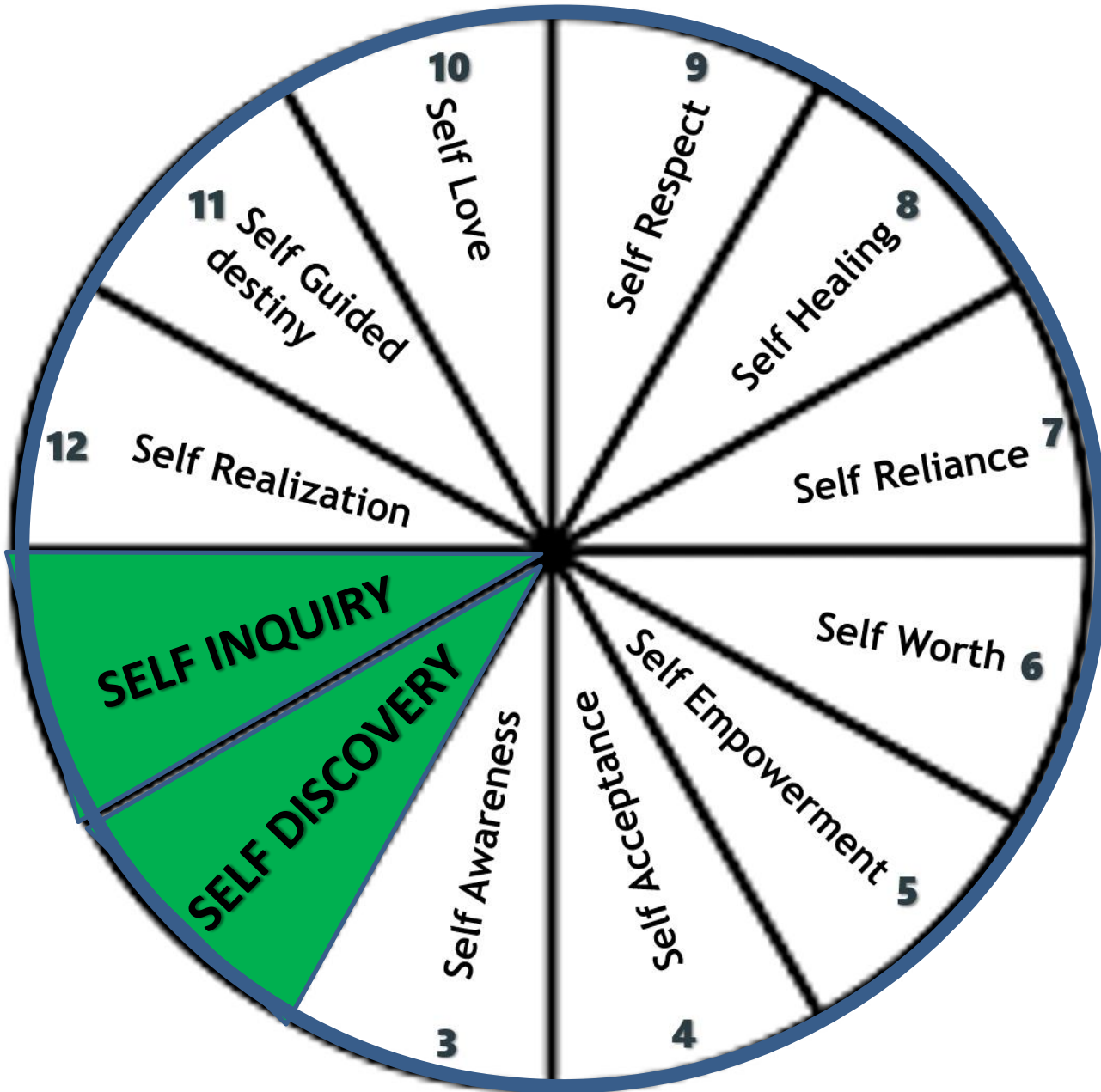
Fulfillment

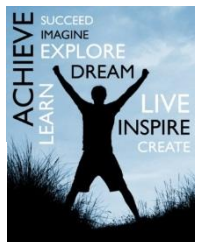
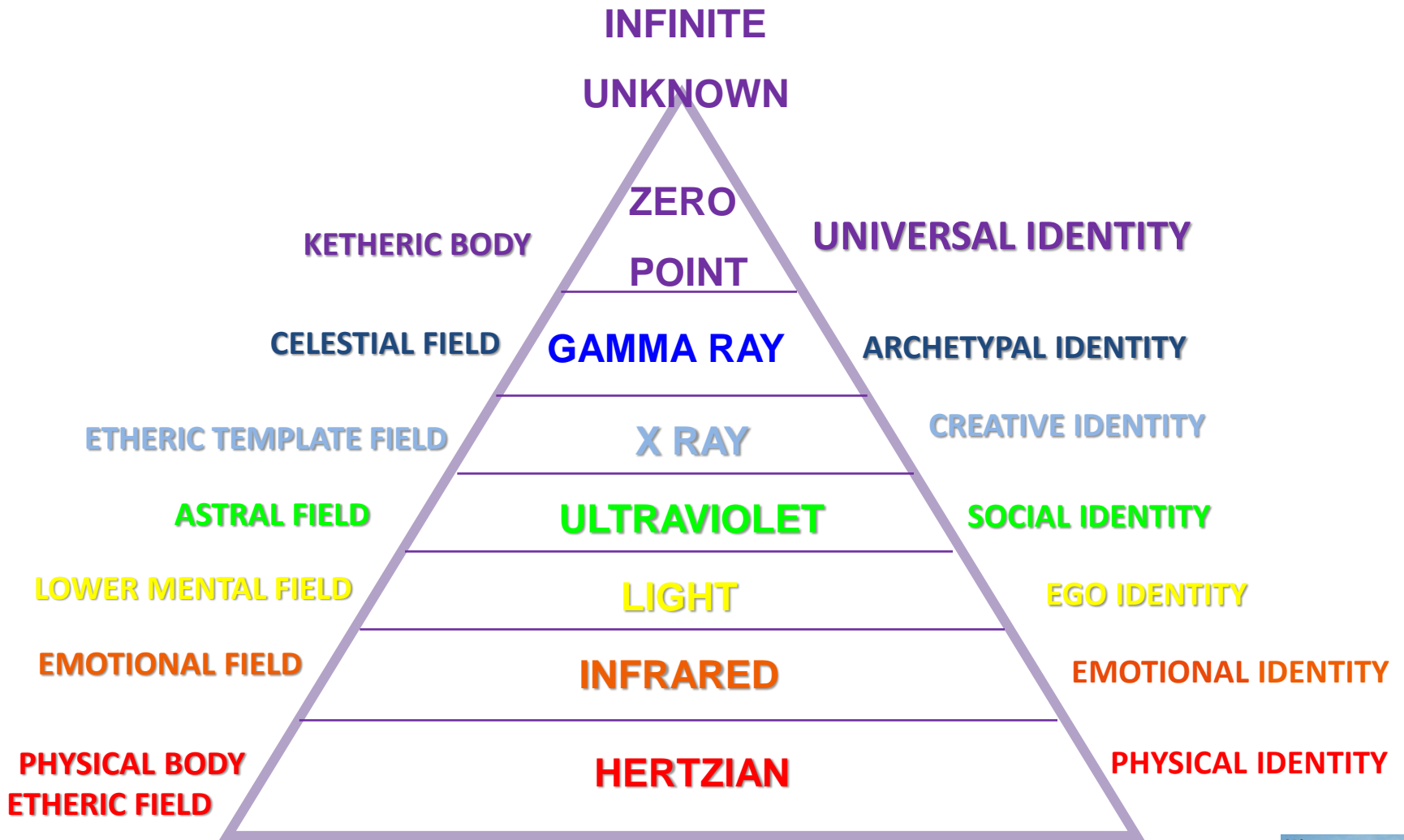
Needs of the
Personality

Success

Survival







Seven Energy Bodies Interpenetrated Within the Human Energy System

The levels of the auric body (fields) interpenetrates the physical body and each other. Radiation and spinning of each chakra is affected by its corresponding field.

The fields expand and contract and change based on the Body-Mind-Spirit health

Ketheric Field – 7th Body

Golden Egg-shaped Shell created an energetic boundary between Universal Energy Field and Individual Energy Field. Highest sense of “I Am” Largest and most subtle of the Seven Fields. Correlates with **CROWN CHAKRA**

Celestial Field – 6th Body

Shards of rainbow gold-silver light radiating from centre. Highest sense of compassion Correlates with **BROW CHAKRA**

Etheric Template Field – 5th Body

Blue grey matrix of gridwork which holds the blueprint for physical health & vitality. Highest sense of will and creative potential. Correlates with **THROAT CHAKRA**

Astral Field – 4th Body

Amorphous rainbow of colours which emanate from the heart centre between altruism and self centredness. Correlates to the **HEART CHAKRA**

Mental Field – 3rd Body

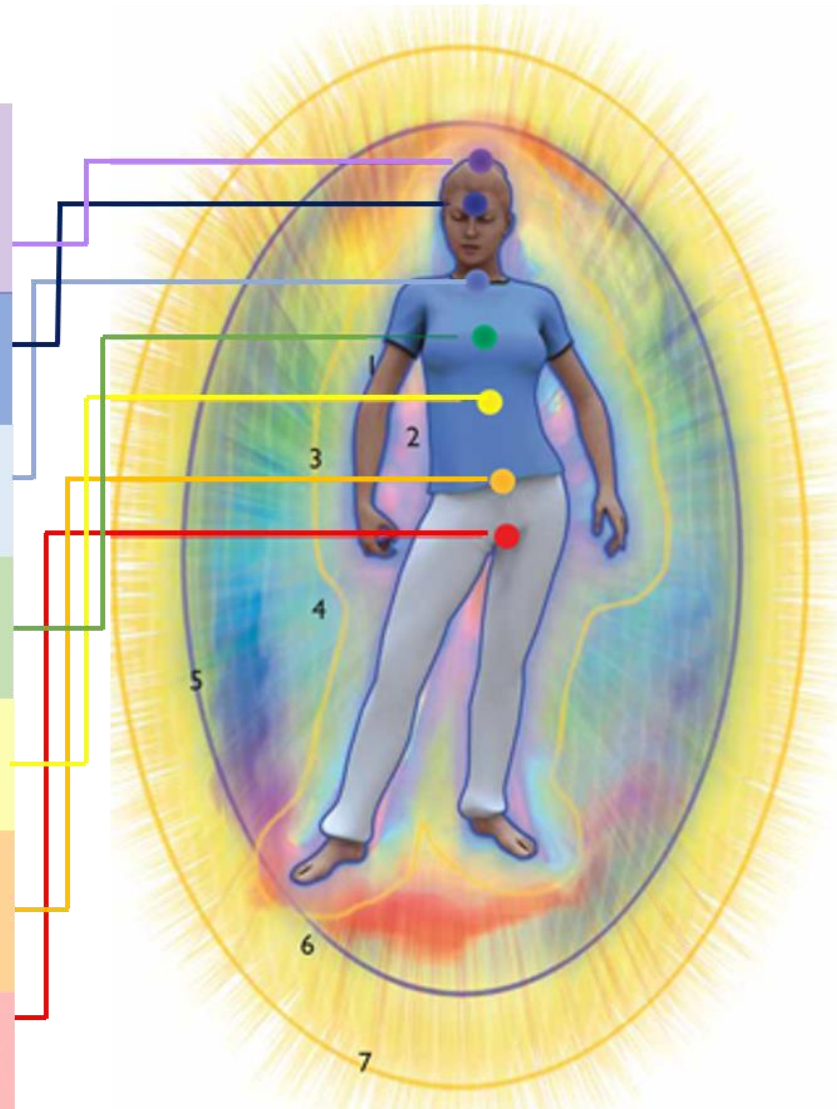
Yellow Gold structured gridwork which holds mental processes and problem solving. Correlates with **SOLAR PLEXUS CHAKRA**

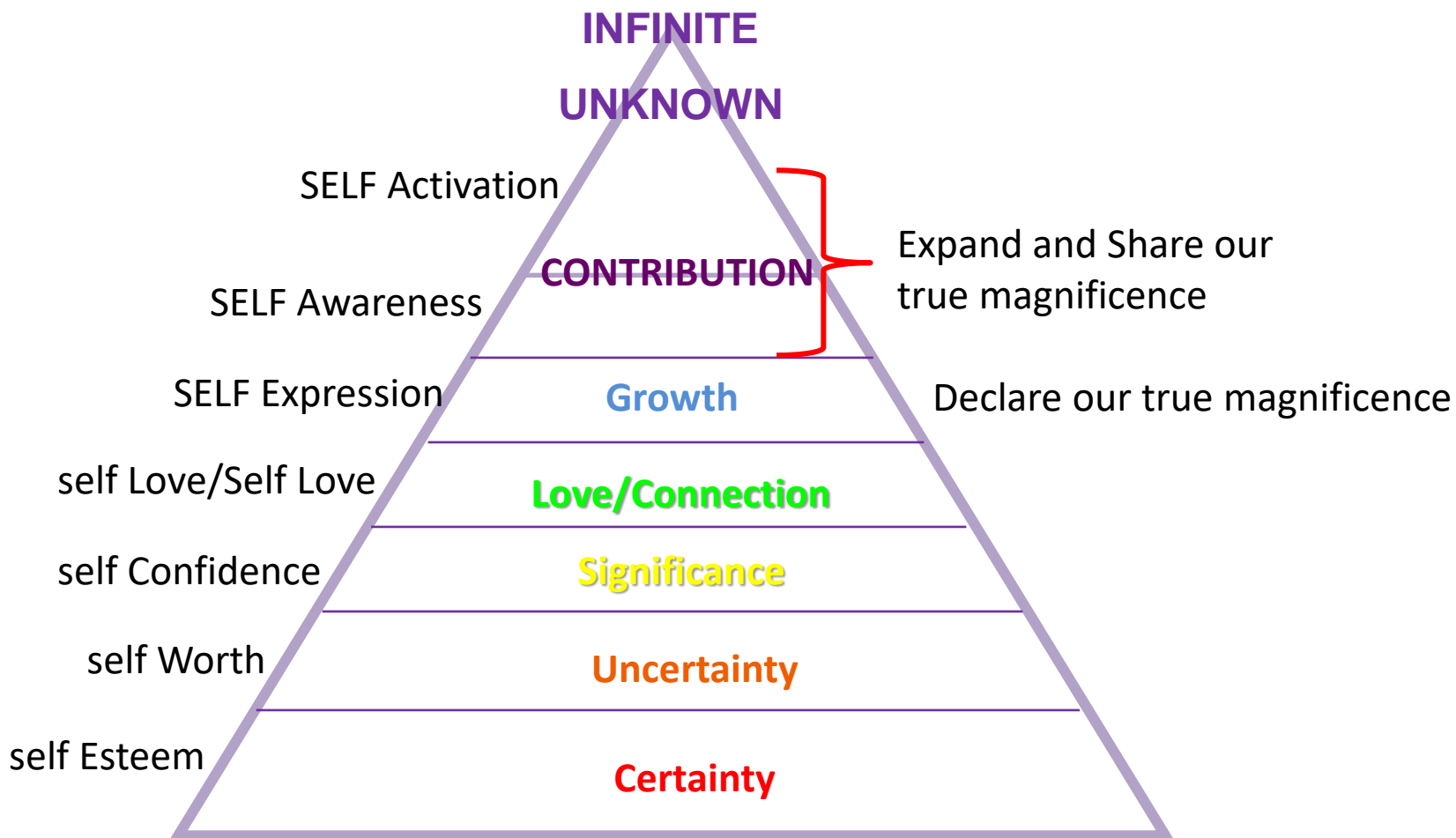
Emotional Field - 2nd Body

Amorphous rainbow of colours more dense than the astral body which radiates a predominant colour based on emotional state. Reactive feelings. Correlate with **SACRAL CHAKRA**

Etheric field – 1st Body

Blue grey structured gridwork which reflects the current state of physical body and is the densest of the subtle bodies . Correlates with **BASE CHAKRA**





Need 1: Certainty – Safety - Comfort

Un-resourceful/Obtainable:

Control over others

Watching hours of TV instead of having a life

Food

Control

Routine (depending on whether the routine is holding you back or moving you forward)

Procrastination

Boredom

Resourceful/ Obtainable & Sustainable:

Backing yourself in order to get the results you want

Certainty of self

Allowing yourself to become who you need to become in order to handle the problem

Routines that support and nurture and provide foundations



Need 2: Uncertainty /Variety - Adventure

Un-resourceful/Obtainable:

Overwhelm
Drug taking
Intoxication
Changing TV Channels
Self sabotage
Creating drama and problems for ourselves so that we have “something to do”

Resourceful/ Obtainable & Sustainable:

Playfulness
Embracing adventure
Changing the meaning of an event (reframing)
Different hobbies
New challenges
Creativity



Need 3: Significance

Are YOU a giver or getter of significance

Un-resourceful/Obtainable:

(Getter of Significance)

Putting others down

Promiscuity

Gossip

Sad stories about self

Martyr

Victim

Lying in a way that gets us caught

Rebellion

Resourceful/Obtainable & Sustainable:

(Giver of Significance)

Leader of self and others

Volunteer work

Speaking up

Achieving a goal

Mastery in our field of endeavour



Need 4: Love/Connection

In the absence of love, we will settle for connection

Un-resourceful/Obtainable:

Needy

Self harm

Unhealthy relationships

Connection through problem e.g. drugs, “If you don’t love me I will hurt myself”

Resourceful/Obtainable & Sustainable:

Sharing

Supporting

Connect through nature

God

Self

Self worth

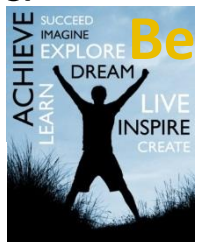
Your truth



Need 5. Growth

The need for constant development emotionally, intellectually and spiritually to have a sense of fulfilment.

Through personal development, knowledge and learning we fulfil the need for growth in our lives. This core need is what drives us to mature and evolve as human beings. Think about it anything that you want to remain in your life – your money, your health, your relationship, your happiness, love – must be cultivated, developed and expanded.



Need 6. Contribution

Giving beyond ourselves and giving to others

Everything in the Universe contributes beyond itself, or it is eliminated. Contribution is about sharing what we have with others as we all desire to go beyond our own needs and give to others



It really is in the nature of human beings to want to give back, to leave a mark on the world.

Giving to others may mean giving time to community service, making a charitable donation, planting trees, writing a book, or giving to one's children, family or friends.

Not only can everyone contribute in some way but contribution is essential to a sense of fulfilment and to happiness





**“WHAT DO YOU WANT YOUR
LIFE TO STAND FOR?”**

Includes statements about the type of person you want to be and how you want to behave on a consistent basis