

# SPIRIT & YOUR NEEDS & PRIORITIES

## WHY YOUR NEEDS ARE IMPORTANT TO THIS WORK

Maslow famously categorized universal human needs ranging from essential needs, to emotional needs for connection and development and contribution.

Here is a basic chart of the hierarchy of needs that Maslow mapped out:



I believe that our deepest needs correspond to our deepest sense of meaning. Obviously, being alive is an extremely important need - without life, how would we meet any other of our needs? We need to meet this basic necessity in order to have the room to work on self-esteem and personal development needs. As you work your way up the pyramid, you feel a deep sense of meaning behind each step you take. We have an innate drive to meet every one of the needs listed in the pyramid from physiological needs to self-actualization.

Our Spirit Guides recognize this about us, and they are more focused on our true needs than on our mental interpretation of what we *think* we need. I started to see the correlation between needs and psychic feedback when I started to wonder why my questions to my Guides weren't being answered. I'd ask the same questions relentlessly and seemingly get no response. As I thought about it, I realized that some requests were in fact regularly answered - but only at times when my needs were clear and obvious.

That's when I started to recognize that our Guides aren't listening to what we are saying, they are

listening to what we are *feeling*. Why? Because that's where the true communication is happening.

And guess what happens when what we are feeling beneath our request are emotions like anxiety, doubt, fury, or fear?

Guides can't answer worries and fears as quickly and effectively as they can answer specific and clear requests that resonate deeply to you, asked from a place of calm.

We establish the best communication when we feel and believe in our request to our core- and this is why being authentic and *aware of your needs* and what has meaning to you, is so important.

So how do you become really clear and specific on your needs and requests? One great way to bring your questions closer to home, is to do a clear inventory of your true values, and to spend time thinking about what means the most to you. As you focus on what means the most to you, then the Guidance that you seek will attract all that much more clarity and direction.

We will do some exercises to help assess what we need at the core, and why, and how to formulate absolutely clear requests.

## **A QUICK METHOD FOR HONING IN ON YOUR QUESTION**

One quick and easy way to refine any question or request to Guidance, is to ask yourself, "Why am I asking/wanting this?" This can bring you closer to the true need you are seeking to meet so that you can reframe your request. Take a look at Maslow's hierarchy above for reference. What kind of need are you seeking to fulfill in your question?

For example, if you were to ask what the relationship potential is between you and another person, you can ask yourself, "Why do I want to know this?" Maybe you want to only put your energy into what will move you forward... You can then reframe your question to something like, "Does this relationship have potential to move my life forward?" And at that point, you're getting closer to the answer. You might also want to know, "Will this relationship provide a sense of belonging and family for me?" and that is a completely different need and a different question.

With the way these question are framed, the Guides can give you a clear Yes or No.

This is an example of *emotional clarity*. By refining your question and request, you can trust moving forward that my needs are and will be met and that your Guides fully know what you are asking.

Moving on from here, we will be practicing ways of deepening the meaning behind an question or request you have that you would like an intuitive answer to.