

## Six Human Needs

- 1. Certainty** – The need that we can feel comfortable. Certainty equals survival, you believe in karma, or you believe in the concept of what you put out comes back to you tenfold. These philosophies, this belief system, will give you certainty. Another positive way to feel certainty, you know you are a giver and you will be taken care of and you have faith.
- 2. Uncertainty** – Worry is uncertainty that something is not going to work out. You're worried what if this happens, what if that happens, what if it doesn't work out, this is a horrible state to be in, but you need to have some uncertainty. Uncertainty and variety is a second need, when we go to the movies and sporting events for variety, suspense, uncertainty, you're not sure. If you knew what the movie was all about or who was going to win, you probably wouldn't go. Most people go for variety, the surprise. All human beings need uncertainty and variety. Here is the antidote to worry, just be willing to decide you have faith and you believe that you are guided by your God, you have the power of belief and faith and have a positive identity for yourself.
- 3. Love and Connection** – You want to feel like you're needed in some way, you want to feel loved. Here is the secret: whatever need you want to feel, just give it, if you make someone else feel needed, special or significant, more than likely, they will make you feel needed, important and significant also. If you give someone tremendous love and connection, most likely you will get it back, always give what you wish to receive.
- 4. Significance** – The need to feel important and the need to have some sense of purpose in our lives, to feel unique in some way. In our lives it is all about significance, some people get ill to gain significance because no one is paying attention to them, if you spend time with them, now they will feel important. Some people do it with style, just by the way that they dress, by the way that they speak, or by the way they move or dance. Some people feel unique because of children, the need to feel needed. Achievement gives you a sense of significance, especially seeing your body as a Temple of God and knowing what you do with your body gives you a great sense of significance.
- 5. Contribution** – The law in life, everything must serve a purpose. Everybody needs to contribute, contribution equals happiness and life. When you contribute, you must go above and beyond, or you will not be fulfilled, contribution is the ultimate need of fulfillment. The person who gives the most feels the most.
- 6. Growth** – Growth equals happiness. These two are primary essential needs to life and everything must serve a purpose and serve the greater good, contribution equals growth. Learning something new and developing a new skill will give you growth, you must appreciate the importance of your actions and know you can make a change for fulfillment, you must focus on all six categories. You must relate to this and you will have happiness and growth.