The Seven Spheres Instruction Manual

This manual provides a written explanation of the Seven Spheres technique, as well as offering some background material to help you get the most out of it.

Let's start with the background material first.

You have seven 'human needs' - just like I do, and everyone else does on this planet. These aren't wants, or preferences, these are what we need - or rather, what we all seek. Meaning, you don't have to consciously choose to fulfill these seven needs, because you inherently will seek them out.

It's like the urge to seek out these needs is hard-wired into our bodies. To live a happy and full life, to live a satisfying life - we must meet these needs. You can't be happy; you won't be happy; if these needs aren't met, at least to some degree. So what are they?

Your Seven Human Needs

1. Safety
2. Security
3. Belonging
4. Love
5. Knowingness
6. Beauty
7. Spirituality

You may be familiar with Abraham Maslow, the founder of 'Humanistic Psychology'. He was the first to come up with a hierarchy of needs that varies slightly from the ones I've listed above. His version of the human needs consists of survival, safety and security, love and belonging, esteeming, and finally, self-actualization.

Humanistic Psychology says that humans are motivated by a higher calling than just reacting to the day-to-day situations. Instead, they are motivated to satisfy the five human needs. Especially self-actualization.
Unlike his contemporary psychologists, Maslow studied healthy individuals rather than those with some sort of mental or emotional dis-ease.

Unsurprisingly, his theories were met with much resistance 50 years ago, and still are today. I personally consider him to be the grandfather of the self-help movement, and obviously I've copied and modified his hierarchy of the five human needs.

Basically, I've broken apart his fifth and highest need - self-actualization - into the three needs of knowingness, beauty, and spirituality. Hopefully, he's not turning over in his grave! Also, I consider esteem to actually be a type of love, so that's why I put love in the fourth position instead of esteem.

Why do I mention the human needs? Because not meeting your needs is one of the most common sources of pain. Plus, it's the focus and the theme of the Seven Spheres Technique.

And why are we not meeting out needs? Because we keep looking outside ourselves to fulfill them. Instead of looking inside. In other words, we're looking in the wrong place! This meditation is designed to help you find the and meet your needs by going to where they are - to where they exist in abundance.

Moving forward...

Pain, as I've mentioned, comes from a longing for, and a separation from, some thing.

When there's something you want - really want - but you don't have it for whatever reason, that creates pain. On a most basic level, the greatest separation one experiences is separation from self. When we don't function as the person we truly are, that in itself creates pain.

The most basic and fundamental pain comes from separation from self.

For example, when we function from a place of ego, or from our inner child, or our inner adolescent, we separate from ourselves. We identify ourselves as being someone who we're not. Or rather, we identify ourselves as being only one small part of who we truly are.
We could also function from a place of an inner victim, an inner martyr, or a 'broken man' of shame. And many other 'lesser' parts of us exist as well. For me personally, (and I suspect for many others as well) I functioned as a combination of several of these lesser parts. It's like I was living from the back seat, and in the front seat driving my life were a bunch of rowdy drunken delinquents. No wonder I was always scared half to death.

Another common separation comes from being separate from our own thoughts and feelings. The separation from your feelings you can probably understand better, especially since I'm always hammering about it. But thoughts, too, can become alien and separate. This happens because so often we don't really think. We exist on 'automatic pilot' - just going through our days without really stopping to question anything. Often times, without even stopping to look at what thoughts are streaming by.

And feelings? Well, if you've been on my list for any length of time at all, then you know how I always try to stress the importance of reuniting with what you're feeling. Unfortunately, most people feel only their stories about emotions, rather than feeling the actual feelings themselves.

And those stories hurt! Because they create a separation from the true feelings. And all the while your heart longs to feel your true feelings.

We've built up defense mechanisms to 'protect' ourselves from the hurt and the painful experiences of early childhood. Because of the 'ways of the world' - because of the very nature of modern society - we're practically forced to build internal, mental walls against feelings. We build mental walls around our hearts.

Well, so what?

Your heart is the seat of your consciousness.

I know, I know, everyone says your mind is the seat of your consciousness. And who am I to argue with 'everyone'? All I can do is tell you my own experiences. You can accept or reject them as you please.

And my experiences tell me that I'm much happier, I'm much more centered, I'm feeling much better, and yes, I'm even smarter and wiser,
when I let my heart be the center of my consciousness as opposed to when I try to make my head the center of my consciousness.

It just feels right. It feels real. And it works for me. I couldn't imagine going back to making my mind the center of my consciousness. To me, that would be an incredibly dumb thing to do.

And please understand, I LOVE my mind! I love the way it works and thinks. But I've got to put my heart first. I've got to put my heart in charge. Or at least try.

But that's just me.

Anyway, one of the most critical components to a successful meditation - with the Seven Spheres or any other type of visualization exercise - involves being able to feel as fully as possible. And as cleanly as possible.

So before we go over the exact steps to the meditation, let me say a few words about how you can do this; how you can feel more deeply and richly and honestly.

**You feel with your heart.** No surprise there. But you *would* be surprised at how common it is for people to try to feel with their minds! I believe this to be the mechanism that causes all emotional pain. If you can get your mind to stop getting in the way of your heart - then you can resolve any emotional pain you may be feeling.

You won't end the pain all at once, but you will over time. Because there's only one way to resolve that pain. It has to go through your heart. It has to be felt and released. It has to be processed by your heart, because your mind *can't* process it. It can only think about it. And best-selling books to the contrary, you can't think your way out of misery.

**You have to feel your way out of your pain.**

So how do you do it?

An excellent way to start is by removing the wall that surrounds your heart. That's what I did. If you've got a wall around your heart, then how are you
going to let in the feelings? They're blocked. They can't get in. And thus, they can't be felt and released.

This wall was first formed some time in childhood, probably. As a way to protect yourself from being hurt by others. You may have needed it then, but now you're older and wiser. You can discern. You can evaluate. You can size up situations and you can handle them as an adult. You no longer need a wall to protect you. Unless you're still functioning as a child. And even then, you'd be well-advised to remove this wall and take back your power from your inner child.

See, this wall around your heart has become an additional source of pain. And you can't truly end emotional pain as long as it stands. Fortunately, you can discover your wall of pain - the wall that surrounds your heart - in meditation. You can find it and go to it. As a visualization exercise, you can imagine it and then take one brick out of it, then another, and another, until you've dismantled it.

You need to do this in a certain way. You need to feel each of those blocks you're removing. I have a meditation specifically designed to help you, if you're interested.

In addition to this wall around your heart, you also need to be aware of how your mind comes in to block yourself from feeling. One way, as I've mentioned many times, is by the stories we tell ourselves about what we're feeling. Fear stories, anger stories, hurt stories, pity stories...

It's like we have to explain to ourselves (if not to others) why we feel a certain way. If I'm scared or anxious, I have to know why I'm scared or anxious. I can't just feel the feelings. I have to explain them. This urge to explain our feelings keeps us from simply feeling and releasing the feelings. In other words, the explanations keep the feelings around. That's when the pain starts.

Or, say, with anger, we have such a tendency to want to blame others for what we feel. It's impossible for anyone to make you angry. It has never happened once in the whole history of humanity that one person has created another person's feelings. You don't make anyone angry, and no one is making you angry. It can't happen that way.
But if you blame another for your anger, it guarantees you will hold onto the anger and that will cause pain. You can't get rid of something that's not yours. I can't go throw away my next door neighbor's lawn mower because it's not mine. Likewise, if I don't own my anger, I can't feel it and release it.

Oh, I can huff and puff. I can put on a show; acting melodramatic. But that's not feeling. That's just a stupid show. And I always pay a price. When I get righteous with my anger I will end up in pain.

These are just two of many examples of how we use stories to keep us from simply feeling our feelings and being done with them. We're in love with the story. Or, I guess, more correctly, we're addicted to it.

A second blockage to feeling, beyond the story-telling, involves knee-jerk reactions to the feelings themselves. I may want to feel my anger; I may truly want to just feel it and release it, but every time I try to feel the anger, some sort of unseen pathway seems to reroute that anger away from my heart.

I flinch. It's like if someone comes up and acts like they're going to take a swing at my face. I instinctively move or duck out of the way or throw my arms up. In a similar fashion, when I start to feel, some sort of hidden mechanism comes up to block the feelings. So I won't get 'hit'.

Rather than a general wall around my heart, this mechanism is situational. It's activated only as 'necessary'. It only comes up when I'm about to feel my feelings. And it happens so fast, and seemingly so automatic, that I don't even realize what I'm doing. It's a knee-jerk reaction. It's become reflexive.

So what do you do about it?

First, just being aware of the problem can help. Know it's there. Begin to notice it in your own life. Recognize what it's doing to you. And forgive yourself for having created it in the first place.

For me, it took awareness, forgiveness, and practice to end this knee-jerk reaction to not feeling my feelings. And a few other things I did helped as well. I'll get into that later. For now, you can start by practicing feeling 'wonderful' feelings.
How To Meet Your Human Needs - A Meditative Technique

Allow yourself to completely surrender to the 'warm and fuzzy' feelings. Practice letting in the feelings you want to feel. Completely surrender. Practice letting in the feelings as fully and completely as possible. Just let them in. And a great way to start is by working with those seven human needs.

You see, you may not really be safe and secure. You may not really 'belong' - at least not as much as you want. But you can always feel safe. You can always have the emotional feeling of safety, even if you live in an unsafe world. Likewise, you can always experience the emotional connection to security, belonging, and the rest.

And that's where it has to start anyway. You first have to feel safe to be safe. It's not the other way around. You create the feeling first, and the beingness - the actuality - the reality of it happens next. Safety doesn't come from guns and bigger locks on your doors. Rather, safety comes from first feeling safe.

**You meet your needs by first feeling your needs.**

To paraphrase from 'The Field Of Dreams' -

"Feel your needs, and they will come."

Does this sound Pollyanna? Only if you've never truly experienced the feeling of safety. Feeling safe makes you safe. Really, truly, and honestly feeling safe. It's never the other way around. I've tried it both ways. And now, I truly feel safe. And I am safe.

Am I saying nothing bad can happen? No, of course not. Anything can happen. But most likely, I will indeed live out the safety I experience inside. And I certainly have the peace of mind.

**If I feel safe, I'm much better equipped to deal with any unsafe situation.** Being scared is not a deterrent to something fearful happening. Being scared makes it more likely something fearful will happen. Besides, I'd rather feel safe.

Fortunately, it's easy to feel safe. (Believe it or not!) These seven human needs come naturally to you, if you'll just let them in. That's what the Seven
How To Meet Your Human Needs - A Meditative Technique

Spheres meditation is all about. There's almost a magnetic attraction between you and the experience of safety. And with the other six as well.

You long for these seven. You need these seven. And there's nothing in the world that can stop you from feeling them.

You just have to quit looking for your needs in the wrong place! You won't find them out in the world. Let your heart guide you to them in meditation.

As you're doing this meditation, practice on opening up and allowing the feelings into you as much as possible.

Surrender to the safety. Surrender to the security, the belonging, the love, the knowingness, the beauty and the spirituality. Let these feelings 'have their way' with you. You can trust them! You can open up to them. You can surrender fully to them. And as you do, not only will you be experiencing the wonder of these feelings themselves, but you'll also be gaining valuable practice in opening up to all your feelings - even the 'bad' ones - which is the only way to release them anyway.

And finally, before we get into the meditation itself, I'd like to define each of those seven words - safety, security, belonging, love, knowingness, beauty and spirituality. As a way to give you a better understanding of what you're surrendering to! Then we'll jump right in with the meditation.

So what does safety really mean?

I would define it as "knowing you have access to unlimited resources".

When I say 'unlimited resources' I'm talking about your raw materials and tools of reality creation, as well as access to the 'higher' and 'more' parts of you, such as your soul and future self and many others as well.

I realize this may be a new concept to many, so let me explain briefly. First, the 'stuff' of reality creation is covered in much greater detail in the e-book "How To Create Your Own Reality", but here's a quick list:
How To Meet Your Human Needs - A Meditative Technique

Your Raw Materials:

Beliefs
Attitudes
Feelings
Thoughts
Decisions
Choices

Your Tools:

Imagination & Will
Desire
Expectation

Your Generating Energies:

Trust
Value
Gratitude
Happiness
Joy

Your Sustaining Energies:

Love & Will
Intimacy
Responsibility
 Discipline
Ownership

These are the main energies we all use to create what happens to us in this world. Safety comes from knowing this.

Also, any time we want we can have access to the other parts of us - the 'higher' parts of us who love us very much and want to help us any way they can. The more you get in touch with these other parts of you, the safer you become.
I realize few people believe this, or even wants to understand it. But then, they don't feel safe, either! I'm not saying you have to start working with all these energies to be safe. I'm just explaining what I think safety really means. Actually, by doing this meditation, you're going directly to the feeling of safety, so you can shortcut the process and thus experience safety quicker.

So what does security really mean?

To me, security is when you actually use these unlimited resources.

Again, you can shorten the process by doing the meditation and going for the feeling of security. And that will lead you to the experience - and the reality - of security.

So what does belonging really mean?

It means to stand in my true value, which is innate and unassailable, and has nothing to do with anything in this life. When I own that I am valuable, then I can generate true belonging.

And what makes me valuable? Ultimately, value comes from being loved by your Creator. Or rather, it comes from knowing you're loved. The more you know you're loved, the easier it is to feel and have personal value.

To break it apart, the seven components of value are:

- **Self Awareness** - knowing I have impact.
- **Self Worth** - I am born 100% worthy because of my connection to the Creator. Nothing can change my level of self worth; I am always worthy.
- **Self Esteem** - the love I earn from myself.
- **Self Love** - the love that is given to me, that I can't possibly earn or diminish.
- **Self Confidence** - knowing I can cope with whatever comes up.
- **Self Respect** - honoring myself and others and especially honoring my thoughts and feelings.
- **Self Realization** - the synergy of the first six expressions of value.
Again, working with the meditation and going for the feeling of belonging will help generate all this.

**So what does love really mean?**

I'm going to once again return to the e-book, "How To Create Your Own Reality" and turn to page 89:

Love involves taking seven *action steps* -

1. Giving
2. Respecting
3. Responding
4. Knowing
5. Humility
6. Courageous commitment
7. Caring

To produce seven *responses* -

1. Safety and security
2. Pleasure
3. Honesty and vulnerability
4. Trust
5. Intimacy and caring
6. Reducing the fear of loss
7. The wonder of being known

Love is a dynamic, active process. When you break it apart, you'll find the 14 steps mentioned above. When you do the first seven steps, you experience the last seven steps.

Or, you can just let in the feeling of love, as you follow along with the meditation. And do it the easy way!
So what does knowingness really mean?

In the context of human needs, I see knowingness as what may be called 'spontaneous intuition'. In other words, it's a matter of knowing what you need to know when you need to know it.

It has nothing to do with intelligence or book learning or anything like that.

It means having access to unlimited experience. It also means trusting that you will know what you need to know when you need to know it. So it's like trusting your ability to know. And, again, this can be augmented by the meditation - by feeling the raw energy of knowingness. And trusting your knowingness.

So what does beauty really mean?

Beauty is an experience that stretches you and pulls you apart. It's the feeling of peace and exhilaration at the same time. It's a sensation of serenity and excitement in the same moment.

When I experience beauty, it's always a reflection of something inside me. The beauty you see is always a reflection of your inner beauty. Always. Beauty, like value, can not be changed or even touched by the world. Your beauty cannot be tainted by the world.

Why in the world would we need beauty?

In that stretch between peace and calmness on the one hand, and thrill and enthusiasm on the other hand; in that stretch, your true heart's desire can emerge. So, to understand your true heart's desire, you need to experience beauty.

So what does spirituality really mean?

To me, spirituality refers to the constant blossoming and unfolding of creation. Never-ending. Always blossoming. Always unfolding. And I play a small part, just like you do. That's how I see spirituality.

Everyone has a spirituality, even if they deny it. Because everyone is part of creation. But not everyone is a spiritual person. I see a 'spiritual person' as
someone who strives to consciously engage the blossoming of creation as actively as possible.

So how do you create? By gathering and holding resonance.

I also see a spiritual person as someone who strives to see the expression and reflection of their Creator in everything they perceive. Without judgment.

It may involve religion. 'Religion' - the realigning of self. To be religious means to realign yourself. And that's all I want to say on the topic.

Anyway, once again, you can indeed go to the feeling of spirituality by going into the seventh sphere - the sphere of spirituality. You can feel spiritual as a way to become spiritual.

All your human needs are expressed as a 'state of being'. To get to that state of being, you first need to feel these human needs. Again, that's what the Seven Spheres meditation is designed to do. So after this rather long preamble, lets take a look at the actual technique itself.
The Seven Spheres Technique

You start this meditation as you would start all visualization exercises. Namely, by finding a time and a space when you can be alone for 30 minutes or so. Take the time to set the mood in the room. For example, you may wish to turn down the lights and turn off the phone.

When you're ready, find a comfortable position where you can relax your body. It could be either seated, or lying down, or half way in between. Whatever works best for you.

Sometimes I'll stretch out for a minute or two before hand, but again that's up to you.

Once you're comfortable, begin by breathing slowly, deliberately, and deeply. Take conscious control of your breathing. Also, begin to center yourself. This means to 'come to the center'. Work on finding the center of your being. Finding the center of yourself. Come to the center. Find your center.

Next, take a few minutes to relax your body. In the audio file, I start with my feet and slowly work my way to my ankles, up my legs, up the torso of my body. Slowly, systematically, relaxing each part of my body in turn. Relaxing my muscles and bones and nerves. And relaxing my stomach, my liver, my intestines; all those guts inside. Relaxing my lungs and my heart and my rib cage. Relaxing my shoulders. Then relaxing my back, and then my arms. Then relaxing my neck, and finally my face and head.

At this point, I've probably spent a total of five minutes or so.

Then, I always count backwards from five to one. With the intention of entering an altered state at the count of one. I do this every time I meditate. Why? Because it's a signal and a sign and an indicator to my body and my subconscious mind of what I want to do.

"Hey guys! I want to start meditating now. So when I reach the count of one, I'd like to be in an altered state of consciousness."

Now it's important here to not get hung up on whether or not I really am in an altered state of consciousness. Sometimes when I meditate I notice a big
difference, and other times I don't. Sometimes it feels like it didn't do anything at all.

Guess what? I don't worry about it! I keep going. If I stay focused on the meditation, then I will usually be drawn into it anyway. **The important thing here is to focus on what you want.** (Well, I guess that's the important thing everywhere...) And *don't* focus on whether or not I really am in an altered state of consciousness.

Anyway, at the count of one I find myself in some sort of outdoor setting. In this meditation, I mention a beautiful meadow on a sunny summer day. In other meditations I may mention going to the place where 'the earth loves herself the most'. Or, sometimes, I may say to find yourself in the place of your choosing; your favorite outdoor setting. A place where you feel the safest.

The word *biome* is used to describe a type of outdoor environment. Examples of biomes could be: a desert, a mountaintop, an open field, a frozen tundra, down by a river or a lake or a sea, a jungle, a boreal forest, a tropical island, or any other type of place you could imagine, for that matter.

The location isn't important. The way you feel about it is. Obviously, you want to go to a place you feel good about. I personally have one particular place in mind when I meditate. It's high on a mountaintop where I can see for miles. I initially chose it because I wanted the safest environment, or biome, I could imagine.

So, once you imagine yourself in your 'safe place' the first thing you want to do is spend a minute or so to anchor yourself into the scene. You do this by bringing your five senses into play as much as you can. Imagine what the scene would look like. Imagine what it would sound like, and smell like and feel like. You could even get a sense of the taste of this place. Sometimes in my meditations I may spend ten or twenty minutes on this, but usually it's like one minute at the most.

Then it's down to business! In this meditation, you'll go searching for a sphere - one beautiful shining shimmering perfectly round sphere that's about as tall as you, or slightly taller. Big enough for you to step into, in other words.
You quickly find it. You see it up ahead, or off to the side, or wherever it may be. You walk up to it, and marvel at its beauty. Feel the awe, the wonder, the amazement of the sight of it. These feelings are especially useful if you have a hard time actually visualizing new scenes. When you bring your emotions into the meditation, it helps compensate for the lack of visual clarity.

If you can't see with your eyes, you can still see with your heart.

One other point I'll mention about visualizing. If you're new at this, often times it's common to get glimpses of scenes rather than complete images. Hang on to those glimpses! Focusing on them may help expand the view. Also, it's good practice. The more you can see something the easier it will be to see something more in future exercises.

And remember, you can always compensate for a lack of visual acuity by bringing in as much intensity of emotion as possible.

Okay, so here you stand in front of a beautiful sphere admiring its beauty. Next, place one hand into the sphere. Feel the delicious warmth on the inside of the sphere. Feel how good it feels for your hand to be in there. It feels so right and good and true and safe.

Now place your other hand inside the sphere. Now you have two hands in the warmth. After you get a sense of the warmth, step completely into the sphere. You have just entered the domain of safety. Imagine yourself removing whatever clothes you wear, so you can feel the safety all over your skin.

The resonance of safety has now completely surrounded you. Your job is simply to feel that resonance. The first thing you may wish to do is to sense the safety as much as possible. Use your imagination. Let images or sensations pop into your head. What would you imagine safety looks like? What color would it be? What texture would it have?

There are no right or wrong answers. You can imagine it any way you wish. What makes the most sense to you? What would safety 'have' to look like? And keep in mind, the images and sensations can shift. That's normal. Because, technically speaking, you are in a dream state here, even if you're
How To Meet Your Human Needs - A Meditative Technique

wide awake! So let any sensations come in without judging them. Just let them in.

As you are sensing the safety, also get a sense of its warmth, its balance, its voice, its light, its substance and its movement. Just let the sensations in. Let them fill you. What is the voice of safety? What is its substance? How does it move? Let in anything that comes up as you're inside this sphere of safety.

And let the safety into your heart. FEEL the safety. For no reason at all. Feel the energy in this sphere. Let it into your heart. Open your heart full and wide and let the safety come rushing inside. Fill your heart with safety. And fill your mind with safety. Let it into every fiber of your being.

As you're filled with the feelings and sensations of safety, start to see your body slowly disappearing. See your body fading away, as it's absorbing into the safety. Soon your body is completely gone, and only your consciousness remains. Let your consciousness expand in all directions, moving through safety.

From the outside, you saw a sphere maybe six feet in diameter. But once inside, it seems to go on forever in all directions. There is no end to the safety when you're in it. Get a sense of the boundlessness of safety as you expand your consciousness into it. You - and safety - seem to go on forever.

At this point, you feel yourself rising up. You rise up into a new resonance; a new sphere; a sphere of security. From the outside, you only saw one sphere. But clearly, you can tell you're moving up to a second sphere, and this one is the sphere of security.

Now you sense yourself back in your body. Only it's different now. It's completely filled with safety. Sense yourself standing in this new resonance of security. Once again, feel its boundless energy extending in all directions. And once again, start to sense it as best you can. Notice how it feels similar, yet different from safety.

Open up once again to the voice and movement and light and substance and balance and warmth of this energy. Sense it, and let it into you as fully as you can. Feel its warmth on your body - all over your skin. And let the
warmth move inside of you. Surrender completely to the warmth of security.

Let it into your heart and mind and the very beingness of who you are. And as you do, once again slowly start to sense your body being absorbed into the essence and the energy of security. Your body fades away, and only your consciousness remains. Let your consciousness expand until you feel at one with security.

Then, for a second time, feel yourself rising up above to a third sphere. Invisible to the naked eye when standing outside, yet it exists. A third sphere. A sphere of belonging. Bring all your senses into play as you once again begin to sense this energy of belonging all around you. Notice the differences between this sphere and the first two.

And notice how it feels to now be filled with both safety and security.

Let in all the sensations you can. And once again let the energy into you. Let the belonging fill your heart and mind and being. Let it fill you completely. Surrender to it as you surrendered to the safety and security. Let in the images and sensations and feelings without judging them or even thinking about them. Just let them in.

Once again, your very body surrenders to the belonging, and begins to fade away. Once again, you exist only as consciousness without boundary in a resonance of belonging without boundary. And once again, when you're ready, sense yourself moving up to yet a fourth sphere.

Invisible from the outside, yet very real, this fourth sphere is one of love. And you may also wish to imagine this as a sphere of esteem, or value, if you wish. If esteem and value are issues you'd like to work on, then by all means include them in the mix here in this fourth sphere of love. Whatever feels right to you!

Let in the love/esteem/value just as you did in the first three spheres. Only now, you are filled with safety and security and belonging. Let in the love, as fully and completely as possible. Spend the time to sense it as fully as you can. And as it fills you, once again your body surrenders to the resonance in this sphere. Only your consciousness remains.
When you're ready, you rise up to yet another sphere. This fifth sphere represents knowingness. A certain type of knowingness that you can trust and lean on and count upon. Sense the knowingness. See if you can imagine what color or colors it may be. Sense the texture. Sense the voice and the warmth and the other qualities it possesses.

Surrender to the knowingness. Let it in completely. And then, watch as your body once again dissolves into the knowingness. The two of you become one. Now, you are filled with safety, security, belonging, love, and now knowingness.

Rise up to the next sphere when you're ready. This sixth sphere represents beauty. What does beauty look like? What images come to mind? What feelings come to your heart? Let in the beauty; first by sensing it, then by feeling it warming your skin, then by imagining it move deeper and deeper into your body. Into your heart and mind and every cell of your body.

Sense it filling you completely. Sense your body fading away. Sense yourself becoming one with an endless beauty that knows no bounds and has no limitations. A beauty that can't be touched by human hands. Become one with the beauty.

And finally, allow yourself to rise up to the seventh and last sphere. The sphere of spirituality. You stand in the sphere of spirituality, filled with the energies of the first six spheres. Get a sense of what that means.

And just as you did in each of the first six spheres, imagine what spirituality would look like. What colors come to mind? What images? And what feelings show up? Let them in. Let it all in. Let yourself surrender to the warmth that covers every square inch of your skin, and them moves into your body. Let it in as before. Let it fill you. What does spirituality feel like? Relax into the sensations. Surrender to the feelings. Let it dissolve your body, until only your consciousness and spirituality remain.

At this point, you are filled with all seven human needs. When you're ready, you can simply count yourself out of the meditation by counting from one to five. And at the count of five you will be back in your room where you started from. Only now, you'll be changed. You'll now be filled with these seven energies.
How To Meet Your Human Needs - A Meditative Technique

And you can do this meditation as often as you like. Sometimes I'll do it twice a day. Plus, after you've practiced it a few times, you can even do it during the day without even closing your eyes! Just imagine the spheres of energy. Imagine the safety, security, the belonging, the love (perhaps with esteem and value), the knowingness, the beauty, and the spirituality.

Or, rather than the spheres, just imagine the energies themselves. Once you've 'formally' done the meditation a few times, you should be able to generate the feelings on your own.

With practice, it becomes easier and easier.

The more you feel these energies, the better you'll feel and the more your life will change for the better. These energies take the 'edge' off. Life becomes easier. Fears and pains will lessen.

That's what happens when you let in these seven human needs.

For any comments or questions, just send me an email at ivar@join-the-fun.com

all the best,

Mark

Mark Ivar Myhre
The Emotional Healing Wizard