



\*Based on the training sessions with Sacinandana Swami on February 16–18<sup>th</sup>, 2013, London

## 3) THE WHEEL OF NEEDS

Much can be said about needs. For us it is important to take note of two considerations:

- 1) Real needs are always legitimate.
- 2) If needs are not taken care of, obstacles develop.

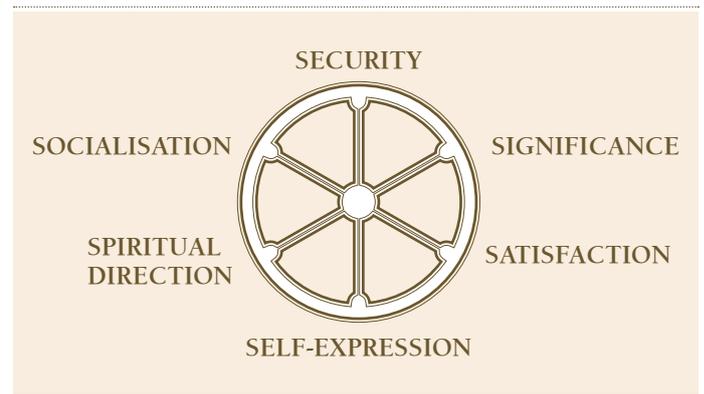
Most people confuse needs with strategies and become frustrated by never getting to the heart of their issues.

For example:

A man (person A) has a real need to spend quality time with his friend (person B) (the need for socialisation). So he calls him and suggests various ways to associate like cycling, swimming or some other sport. His friend, (person B), not understanding the other's need, says that he has knee problems and cannot go cycling or swimming. Person A is frustrated, his need is not fulfilled. If person A would have clearly identified his need, person B would have been able to answer that need by suggesting an alternative which would work for both of them. For example he could have replied: Why don't we spend some time together tomorrow over dinner to touch

base and talk about our experiences in life. This clear identification of needs, which are not attached to any strategies to fulfil them, would surely have strengthened their friendship!

Here is the wheel of needs. The circular approach allows you to engage a person in any of the areas as they turn up. Just as the spokes and the parts of the wheel turn and constantly change positions, some needs sometimes turn up and others become less visible.



## Security

Everyone needs to know that he/she is safe - that he/she is out of harm's way – both physically and psychologically.

Out of this need grows the need for air, food, rest, movement, shelter, but also the more subtle needs of sanity, inner well-being and so on.

## Significance

Similarly, each one of us needs to know and feel that we are appreciated and have our place and purpose. In today's impersonal and technocratic world the danger is that people become instruments of impersonal structures – parts of the machinery of life – and lose their personal significance.

Included in this need is the need for acceptance and appreciation but also self-worth and human dignity.

## Satisfaction

We all need to feel physically, emotionally and socially satisfied. Often people take to the wrong strategies whereby they confuse gratification of the senses with deep spiritual satisfaction which arises out of the heart to heart connection with the Lord.

## Self-expression

Each individual needs to find his/her unique talents and purpose for which he/she was created and to express that in life. Someone who has not yet found and expressed his/her *dharma* is ill at ease in whatever situation he/she lives.

People need encouragement to be creative and to act upon what they feel. Especially in this area, guidance is often required.



## Spiritual Direction

Everyone needs to see that they are going somewhere in their spiritual life. Without some ultimate spiritual direction and goal, life becomes reduced to a shallow struggle for existence.

Spiritual growth is as important to the human being as physical growth is to a tree. Otherwise he would become stunted in his development.

## Socialization

The way people are created they need to be in a relationship with the world and with each other. A sense of belonging, and at times cooperation is as important to each one of us as the air around us, for which we need to survive.

Bhaktivinoda Ṭhākura explains that many of our needs come from the sub-consciousness. When you counsel people, you need to help them identify their legitimate needs and assist them to find working strategies to fulfill them.

Remain mindful of this circle of needs both in your own life as well as in the lives of others. If you can help a person identify and fulfil their legitimate needs in a spiritual way, people will seek your association and note: This person has spiritual solutions for material problems.