

Lesson 69: Meeting Your Own Personal Needs

Everyone has their own personal needs but not everyone treats their needs the same. Some people will look to themselves for creative ways to meet their needs while others will look to those around them to meet their needs rather than make the effort to find productive ways to meet their own needs. For those who habitually look to others to meet their needs they have the unfortunate experience of being let down time and time again. But there is another aspect of the desire to have personal needs met that applies to those whose needs are met vicariously, as the result of meeting the needs of others first and foremost, therefore, not really being in touch with their own needs. Personal needs know no boundaries; they extend out into the physical, social, mental, emotional and even spiritual realms of life. Although physical, social and even spiritual needs can be satisfied without giving way to personal drama; it is an entirely different story when it comes to meeting mental and emotional needs. The discussion in this lesson will focus on describing the self-imposed limitations of potential happiness and desirable experience from every aspect of the need to meet your personal needs. This includes accurately identifying your personal needs, then learning how to meet your own needs and, of course, the benefits from having done so.

Your personal needs are based on your own priorities; therefore there are certain needs that are very important to you whereas others are not quite so important. Now the path to meeting those needs or the approach taken to have those needs met is precisely where so many people get into trouble, not just with themselves, but with those whom they are relying on to meet their needs, especially their mental and emotional needs. Just as there are priorities relegated to your personal needs, there are also justifications as well as expectations also relegated to your personal needs. The path you take in your efforts to have your personal needs met results in what ultimately becomes your life experiences which, of course, will either be that which is desired or that which is not desired. The path you take will always be your choice to make and that choice will become more evident to you as the discussion in this lesson proceeds.

Now, personal needs have a way of changing and often go through stages of alterations. As you move along the path of your life, you make choices and decisions that inevitably affect your personal needs; even so much as to change the energy of them in terms of their priorities, justification and expectations. Consequently, what was once very important to you can eventually lose its place of importance and significance; therefore it is no longer at the top of your priority list but has moved down a few notches. Sometimes a need that was once a priority actually falls away and completely disappears out of your conscious awareness because it no longer serves a purpose in your life. These conditions are quite normal, however, problems arise and inevitable situations arise that are not to your liking when it comes to how your personal needs are met. When such situations bear their fruit, you are unhappy and tend to want to strike out at

others for having failed to meet your needs, not realizing that you always had the power to meet your own needs, had you known to investigate them thoroughly. The discussions in this lesson will help you to explore your own personal needs and the underlying basis for them so that you can put them in their proper perspective which may mean hanging on to those that are worthy and valid and discarding those that are not quite so necessary or valid.

Justifications and expectations inevitably become dangerous mental and emotional weapons when left unexamined and can cause a great deal of trouble for you and others involved in your life. For lack of understanding how to meet your own personal needs, you find ways to justify your needs and place unfair and unrealistic expectations on those whom you perceive are automatically going to meet your needs; a condition that, generally speaking, is one only you are aware of. You not only expect them to meet your needs, they are expected, by osmosis, to know the extent of your needs. Not only is this unfair, it is very unrealistic. How can you realistically expect others to meet your needs when you have not accurately identified them yourself? This kind of an expectant mindset leads you straight on the path to personal disaster and when the personal dramas confront you time and time again, you are still blinded to the truth because it is veiled in your own delusions. The more you push the issue of someone else meeting your personal needs, the greater becomes your delusions, and the thicker the veil is between your delusions and the truth; the greater is the mental and emotional strain on your psyche, not just on yourself but on those whom you are relying on to meet your needs. Consequently, there is a breakdown from the strain of expecting your needs to be met and the person who is required to meet those needs who has successfully failed to do so. An emotional wedge is driven in and the relationship now stands on very shaky ground. As more and more wedges are driven into the relationship, it inevitably falls apart at its mental and emotional seams.

Identifying your needs is crucial to your own well-being. If you are not in a sound mental and emotional state of mind to identify your own needs, there is little chance that someone else will. How you view your personal needs, be they what they are, they should be examined at close range for the sake of determining where in those needs are your perceptions skewed; where your justifications are not really justified and how your own expectations are deluding you. Although you might think that certain of your needs are the responsibility of someone else, whom you believe should be stepping up to the plate and making every attempt to meet your needs, this deceiving mindset is a very serious delusion on your part. From atop this self-created egotistical mountain top comes a very unpleasant downhill slide the moment you realize that your needs are not being met in the way you are expecting them to be met and that someone has failed you and has undoubtedly managed to let you down.

Personal needs are not limited in their imaginative power and therefore they can be very demanding, even on you. The pressure you place on yourself to attempt to meet your own unrealistic needs is sufficient all unto itself. This situation occurs as the result of not really understanding the scope of your own needs as well as the underlying force of their energy. While you might be certain that you have this or that specific need, if you gave yourself a chance to investigate those needs, you would be very surprised to see just how superficial many of your needs really are; and all this time you have been putting undo pressure, stress and tension on yourself for naught. But such life lessons are never in vain when they have actually been learned and implemented into the fibers of your being.

Identifying your personal needs comes right down to your willingness to be honest with yourself; there simply is no other way around it. If you do not examine every one of your needs, regardless of what they are or what position they hold on your priority list, how you justify them and why and how you expect those needs to be met, you will continue traveling down the very same path you have already been traveling on and the mental and emotional hardships will just keep manifesting in a series of unpleasant experiences in your reality. An honest evaluation and examination of your current personal needs not only sets the record straight on your own behalf but it also serves as a means to help you to sort through your needs; to recognize and determine what is and is not really important to you, including your reasons for justifying them. As you examine each one of your personal needs, those that you are consciously aware of, you will discover the basis of them, that is, what the underlying force is that is driving those needs. This form of self-examination generally takes you all the way back to your childhood which is where the root of many of your current needs was initially formed. From there you must ask yourself what is it you are seeking today in terms of your needs being met and by whom. Who do you now expect to fill those shoes that perhaps in some way were not filled during your childhood or is your perception of that experience skewed. As you keep working your way through the gaps or missing links in your life, you will begin to see a pattern emerge. You will begin to see just how you are almost unconsciously attempting to fill the emotional voids in your life by pressing down hard on others in your circle of life to fill those voids for you. Not only are you pressing down hard to have those needs met, you are also expecting others to know what those needs are, let alone to adequately meet them. This very undesirable and unrewarding condition is circular and without a doubt is subject to fail each and every time. It is circular simply because every time someone fails to not only meet your required needs but to know exactly what they are, the burden of responsibility will always fall back on your shoulders in spite of your futile attempts to blame everyone but yourself, and that is definitely not a very rewarding experience.

Another aspect of having personal needs met and is one that is just as equally damaging, applies to those who are barely in touch with their own needs and are all too anxious to

step up to the plate to meet the needs of others. In fact, people with this mentality are not only all too willing to meet your needs, they become somewhat of an expert in not only meeting your needs but knowing your needs sometimes better than you know your own needs. They will function in this capacity, rather successfully, until the demand of always meeting your needs, while mostly denying their own personal needs, becomes too much of a burden. To deny the existence of your own personal needs is as damaging as expecting someone else to meet your needs. Examining your own needs is just as crucial to your own well-being as it is to those who expect others to meet their needs. Suppressing your own innate needs while showering others with their needs becomes troublesome and problematic and is not something you can easily sweep under the proverbial carpet. In all cases there is no relief for not making the attempt to meet your own needs. But first you have to know what those needs are. This is why self-examination of your personal needs is essential to understanding the nature of your own reality. The reality you create, as the result of the approaches you take to having your needs met rests squarely on your shoulders, in terms of accountability and responsibility. No one person is responsible for meeting your personal needs anymore than any one person should ever disregard their own needs while meeting the needs of others. Both means are selfish in every sense of the word. If you find that your life is void due to a change that occurred in which your need services were no longer required you cannot expect to continue living in the shadow of someone else. You must accept the fact that you are an individual who is worthy of living your own life and having your own needs met in a productive and purposeful way.

Relationships do not exist for the sake of placing unrealistic expectations on anyone's shoulders. Personal needs that have not been accurately identified and examined for their authenticity, purpose and necessity are not the responsibility of others. If you have not yet analyzed your own personal need requirements and the basis of your needs, you are fooling yourself by believing that someone else is going to magically meet those needs. Seldom is it ever the case where someone failed to meet your needs because it was their responsibility to do so. This is an erroneous perception on your part and is one that will bring unpleasant experiences to bear upon you in your reality time and time again. In your attempt to have your needs met, you are setting yourself up for failure every time you look for a mirrored image of yourself in someone else. When you look to others, hoping or expecting them to be a reflection of yourself you are heading for trouble and trouble you will get. No one will ever be a reflection or a mirrored image of you or your needs. You are a unique individual, you possess your very own talents, skills and abilities, likes and dislikes and furthermore, you are empowered to meet your own personal needs. However, you keep falling into those same ditches of error because you were not really aware that you do not need others to meet your own personal needs, that you are capable of meeting them yourself.

It comes down to the choices and decisions you make and the lenses you view your life through. You can either choose to continue expecting others to meet your personal needs and then deal with the unpleasant circumstances that will befall you each and every time or you can choose to be creative and learn how to meet your own needs. If you know going into your choices and decisions that you will never find a completed package in anyone but that everyone who enters into your life experience will contribute bits and pieces that add to the story of your life, you will alleviate a great deal of personal drama. No one person will ever be completely suited to meet your every need and in all likelihood will fail in their attempts to do so. The choices and decisions you make ultimately reflect your own priorities, which is all the more reason to accurately identify your personal needs and examine them from every angle, because, sure enough, the angle that you did not give thought to turns out to be the one that best describes the basis of your needs; that puts your personal needs in their proper perspective. But to get to this level of truth you must be willing to fight off any knee-jerk resistance otherwise your eyes and ears will be closed shut to the truth that is hidden behind the veil of your own delusions.

Sometimes it comes right down to making a decision about what is really more important to you in your life right here and now. For example, in terms of your relationships, you must honestly ask yourself if you really desire a relationship that reflects a mirrored image of yourself, that leaves you feeling empty, intimately speaking, or do you desire a relationship that is intimately fulfilling and allows each person to be individuals with no constraints – no expectations – but having the freedom to be yourselves without fear of any unforeseen repercussions. When you can answer these questions from an honest perspective, as the result of viewing your own needs through an entirely different set of lenses, you will see what the best choice really is; the choice that is truly in your best short term and long term interest. But until you can attain to this level of honesty, your path in life will, unfortunately, continue just as it has with only that many more undesirable experiences and personal dramas, that you will definitely encounter, waiting to occur as future events.

Although your needs are very important and significant to you, rarely is life ever going to always be just about you. If you refuse to examine the underlying basis of your personal needs you will continue to function within the boundaries of a very limiting and self-imposed frame of mind which will manifest that frame of mind in your personal experiences each and every day. In all cases – like does attract like and thoughts very much do become things. If you continually maintain a closed mind to creative ways to meet your own personal needs, you will inevitably become an emotional burden to someone who is not equipped to carry that responsibility, that is, to meet your personal needs. You become entangled with such a person simply because you have attracted each other into your reality. If these are the psychological shoes you are wearing, then know that you truly have a lot to learn about yourself, your circumstances and the

people who are intimately involved in your life. No one in your personal environment can learn the lessons of life for you; you will have to learn them for yourself. Unfortunately, that means having to endure the sometimes very painful consequences that go hand in hand with the results of cause and effect. What is important is that you do learn, that you pick up your mental and emotional pieces and get on with the business of your life, this time giving far more thought to the purpose and meaning of your own life, thereby, opening your mind to creative flows of inspiration that will enhance your life experiences rather than to become a burden to others. Living in the ruts of life is not a life that is either meaningful or purposeful, nor is it gratifying to say the least. There is a purpose and intention for the existence of your human life but it is up to you to figure out what that purpose is. The pursuit of the purpose or the intention of your life will require your attention versus worrying about what personal needs of yours are not being met or who has failed to meet your needs. It is this burning desire to achieve the fulfillment of an intended purpose in life that moves successful people further up the ladder of their success.

Being self-reliant is truly a blessing in disguise if for no other reason than the simple fact that it affords you every opportunity for self-expression and self-creativity. The same cannot be said of living in a state of expectancy; expecting others to meet your personal needs is a most confining and limiting existence. Giving yourself an opportunity to explore your needs rather than to accept those needs at face value, as if they were etched in concrete and were permanent when, in fact, they are temporary at best, will make way for you to be open-minded to new experiences, independent of someone having to meet your needs. But these new experiences cannot materialize in your reality if you do not give yourself the chance to explore the possibilities. Nothing in life is ever permanent because it is always in a state of flux and is constantly changing. Life is, after all, an ongoing series of ebbs and tides, inflows and outflows, and is constantly changing. Likewise, you should examine your personal needs because you too are constantly changing and so are your needs. The kind of things you think you need to feel satisfied and believe can only be fulfilled by the intervention of others are never going to truly satisfy you, nor will they cause you to really feel fulfilled when you attempt to seek them externally. In fact, the opposite is quite true. Any sense of satisfaction or feeling fulfilled is typically short lived as soon as there is fault found in what someone is or is not doing to adequately meet your needs. Thoreau is quoted as having said: "I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor." Such an endeavor requires an attitude of self-reliance, the ability to not only meet your own personal needs but to make them become a desirable reality. Having to wait on someone to meet your needs is mentally and emotionally taxing, to say the least, so why not make the effort to figure out how to start meeting your own personal needs. To change the course of your life experiences means acting on inspirations; it means giving thought to your needs for the sake of determining their real

priorities and to assess whether they are actually realistic, meaningful, purposeful and to who.

Waiting on others to meet your needs is really to sell yourself short and to undermine your own self-worth. Your self-worth should never rest on someone's ability or desire to meet your personal needs. Without a doubt, maintaining such a debilitating mindset not only devalues your individuality, it sets you up for failure and failure you will get. Then when you find yourself looking around to see who you can blame for not getting your needs met externally, you have only yourself to point your finger of blame at. By not just expecting others to know your needs, but expecting them to meet your needs in the way you desire to have them met is a recipe for personal disaster. You are a whole individual and as such you should be able to determine the validity of your own needs and not expect others to fulfill them. You are not half of the proverbial pie, you are the whole pie and you are deserving of having your valid needs met, just not by others. Learning how to stand on your own two feet is definitely challenging at first, especially when you are not accustomed to making choices and decisions on your own that do not involve someone's approval. The road to this level of success and achievement comes by way of taking that first step, followed by the second and third step in confidence until you are not just walking, but now you are running and your creative juices are flowing freely as opposed to them being so pent up from being suppressed over and over.

In closing this discussion we truly hope that if the contents in this lesson applies to your personal situation, that you will step outside of your comfort zone and begin learning how to identify your own personal needs and then learn how to have your personal needs met without relying on someone to fill shoes they are not realistically equipped to fill. That you will reap the benefits from releasing and relieving yourself and others from the burden of having to tend to your personal needs. Because we know that moving in this direction can be a very big step, one that requires you to rise above your automatic denial mechanism, please feel free to ask for assistance, to share your own thoughts or comments and even to share your own experience.

Many Blessings,

Linda, Z and the Collective We

