

Maslow's hierarchy of needs is a motivational theory studied in the field of psychology. The concept is if we offer someone love and belonging and they do not have their physical and safety needs met, then they will have little interest in the love and belonging they are offered. This is because their psyche is preoccupied with these more foundational physical and safety needs. These needs are relevant to our TSD Mindfulness practice because they show us what we are striving for as humans. Use this worksheet to document how your TSD Mindfulness practice is supporting you to meet this continuum of needs.

Needs, as Described by Maslow	Explain how your TSD Mindfulness practice and your opening to divine flow is supporting you to fill these needs.
<p>Basic Needs: Biological and Physical (i.e. food, sleep, water) Our mental field's chatter and our gut field's triggers can hinder our ability to fill our biological and physical needs.</p>	
<p>Basic Needs: Safety (i.e. security, health, finances) When we become mindful of our gut fields, better understand the level of the security our living situation and our physical health and safety provide. We can use our practice to not only better fill these needs but to also learn these needs can be met in unconventional ways.</p>	

TSD MINDFULNESS

<p>Psychological Needs: Love & Belonging (i.e. friendship, intimacy, family, connections) When we tame our mental fields and soothe our gut fields we can finally move into our hearts and become mindful of what is there. Heart emotions let us know what types of love and belonging we are lacking.</p>	
<p>Psychological Need: Esteem (i.e. respect, status, recognition, strength. self-esteem) Self-esteem is dictated by our logic and thoughts about shame, our gut triggers about surviving emotionally and egotistically, and our past trauma expressing itself through heart emotions.</p>	
<p>Self-fulfilment Need: Self-actualization (i.e. meeting one's full potential in life, purpose) When we tame our mental fields, soothe our gut fields, and move our consciousness into our hearts, we become the most authentic versions of ourselves. Our authenticity and openness to divine flow, leads us to living our purpose.</p>	