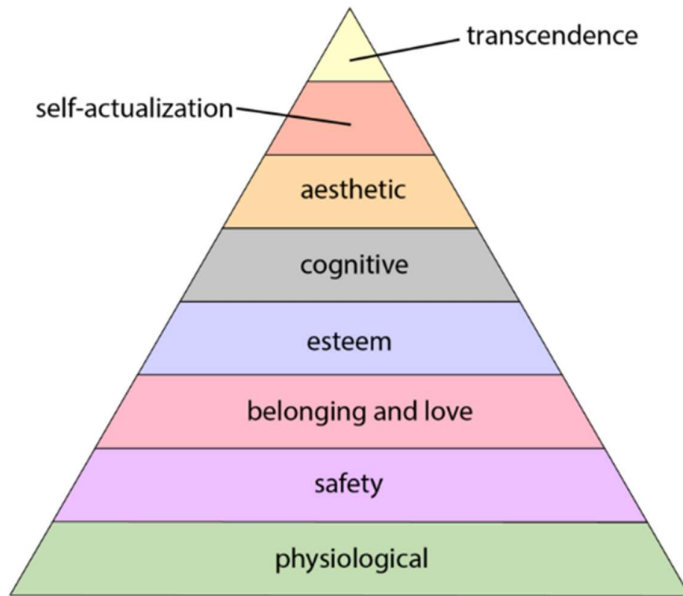


## Reawakening to Ascension Worksheets. Chapter 4.

### Chapter 4. Human Space Suit rent-a-body Design Training.

#### Sheet 4.1. Maslow's Hierarchy of Needs, and Intentions Goals.

**Title:** Maslow's Hierarchy of Needs.



**Source: Author:** Eucalyptus TreeHugger.

<https://commons.wikimedia.org/wiki/File:MaslowHierarchy.png> and

[https://en.wikipedia.org/wiki/Maslow%27s\\_hierarchy\\_of\\_needs](https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs)

#### **Transcendence Needs.**

Fullest realization in giving oneself to something beyond oneself—for example, in altruism or spirituality. Maslow equated this with the desire to reach the Infinite. Transcendence refers to the very highest and most inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than means, to oneself, to significant others, to human beings in general, to other species, to nature, to Earth, and to the Cosmos.

Needs	Intentions Goals
Oneself	
Significant Others	
Other Humans	
Other Species	
Within Nature	
Within Earth	
Within the Cosmos	

### Self-actualization Needs.

**Realization of one's Full Potential to create or acquire things.** Maslow describes this as the desire to accomplish everything that one can, to become the most that one can be: People may have a strong desire to become an ideal partner or parent, succeed athletically, create paintings, write books, prove research, or manifest inventions. They may acquire businesses, paintings, charities, partners, degrees, money, buildings, or collections.

Needs	Intentions Goals
Create things	
Acquire things	

### Aesthetic Needs.

Recognising and creating beauty in their life. Within self, around self, environment and nature.

Needs	Intentions Goals
Within Self	
Around Self	
Environment	
Nature	

### Cognitive Needs.

Cognitive needs crave meaning, information, comprehension, and curiosity. This creates a willingness to learn and a willingness to attain knowledge.

Needs	Intentions Goals
To Learn	
To Attain Knowledge	

### Esteem Needs.

**Esteem from Others.** The 'lower' version of esteem is the need for respect from others and may include a need for status, recognition, fame, prestige, and attention.

**Esteem from Self.** The 'higher' version of esteem is the need for self-respect, and can include a need for strength, competence, mastery, self-confidence, independence, and freedom.

Needs	Intentions Goals
Esteem from Others	
Esteem from Self	

**Belonging and Love Needs.**

**Belongingness and acceptance.** Some large social groups may include clubs, co-workers, religious groups, professional organizations, sports teams, gangs, and online communities. Some examples of small social connections include family members, intimate partners, mentors, colleagues, and confidants.

**Love and Acceptance.** Having the opportunity for giving and receiving Love in a Circle of Safety.

Needs	Intentions Goals
Acceptance	
Family	
Friendships	
Intimacy	
Trust	
Receiving Love	
Giving Love	

**Safety Needs.**

The need for physical safety from: war, natural disaster, family violence, childhood abuse, economic safety and job security. Including: Health Security, Personal Security, Emotional Security, and Financial Security.

Needs	Intentions Goals
Health Security	
Personal Security	
Emotional Security	
Financial Security	

**Physiological Needs.**

These needs are the biological component for human survival:

Needs	Intentions Goals
Air	
Water	
Food	
Heat	
Clothes	
Reproduction	
Shelter	
Sleep	