



## Core Needs & Motivations

Below are some examples of our most fundamental needs and motivations. These motivate many of our thoughts, actions and behaviours, whether consciously or unconsciously.\* Each of our main energy centres, or chakras, can be seen as associated with a category of needs, as follows:

7. **Awareness**; the desire to **connect** and contribute **beyond ourselves**, desire for **wisdom and consciousness**, spiritual / transpersonal connection; **self-knowledge**  
The right to know (Crown chakra: crown of head)
  
6. **Intuition, imagination**; the desire develop our **knowledge and wisdom**, personal achievements. To experience intuitive knowing and interpretation; **self-reflection**.  
The right to see clearly (Third Eye chakra: brow centre)
  
5. **Communication**: the desire to **speak our truth**, & **express our creativity**, to experience clear communication & creativity, **self-expression**;  
the right to speak and be heard (Throat chakra)
  
4. **Love, Relationships**: the desire for **love & connection**; to **give and receive love**; to experience good relationships, compassion, balance; **self-acceptance**;  
the right to love and be loved (Heart chakra: centre of chest)
  
3. **Power, Will**; the desire for **recognition** and **identity**, to **feel significant**;  
to express one's will and vitality, and feel self esteem, **self-definition**;  
The right to act. (Solar plexus chakra: upper abdomen)
  
2. **Sexuality, emotions**; the desire for **pleasure, creativity**, excitement, **uncertainty**;  
to experience healthy sexuality, **self-gratification**;  
The right to feel, to want (Sacral chakra: Abdomen, genitals, low back, hips)
  
1. **Survival**; the desire for stability, to feel **safe, secure** and **certain**;  
to have physical health and material prosperity, **self-preservation**  
The right to be here, to have ('Root' chakra: Base of spine)

*\*This information has been adapted from Anodea Judith's book, 'Eastern Body Western Mind'*