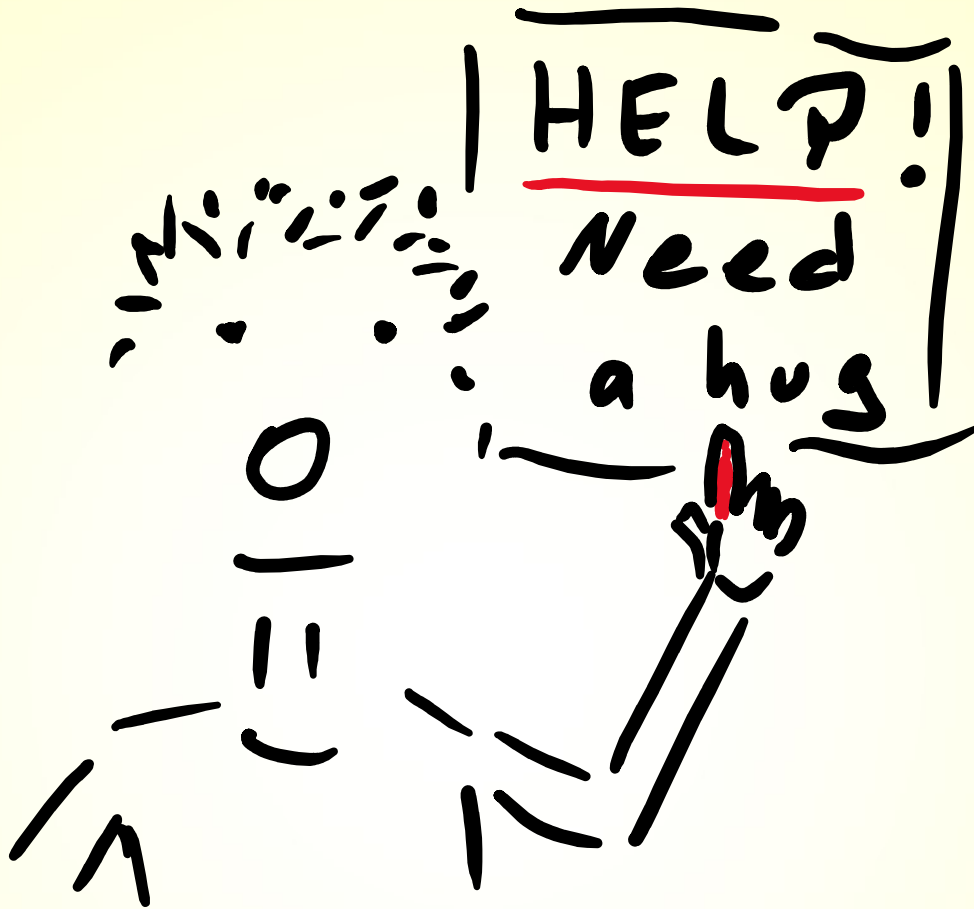


Express the Real Need



As the part, express your ordinary desires and wishes. Then look, listen and feel deeper and ask yourself: "What do I really need?"

Express the Real Need

Like other beings you have lots of wishes and desires, changing all the time. But deeper than that you have a Real Need, which is important to you and enables you to fulfil your intention. Listen carefully, your Real Need often comes up in a soft and subtle voice in your mind. Repeat it. If this is correctly understood, your body often relaxes, and your mind feels content like saying: "Puh, finally it is understood". It can require several tries to find the Real Need. When done finish being the part and change back to your daily body and posture. Thank the part for its collaboration.

Nice Videos: [Feeding Demons](#)