

ACHIEVING INNER PEACE

There are five (5) spheres of the human makeup which correspond to five (5) basic needs. The spheres are:

1. Spiritual. This can be defined as religious (e.g., Christian, Islam, Jewish, etc), or for others as simply spiritual, that of being connected with nature, the universe or other beliefs that are real and important to them.
2. Physical / Sexual: This includes everything about us that is physical, our health, our wellbeing, how we feel physically; how we look. It also includes our sexuality, sexual orientation, sexual desire and satisfaction.
3. Emotional: This involves our feelings. Feelings are transient and fluid. They are spontaneous. You will not feel the same way all the time, or feel the same way about the same thing. Feelings come and go. Sometimes they seem rational, sometimes they seem totally irrational and illogical.
4. Intellectual / Educational: This has little to do with how intelligent one actually is, but with how well one utilizes learning; or how content one is with his / her education or employment. Includes areas of education and employment.
5. Socioeconomy: The aspect of social support, and financial / economy. Includes friends, family, finances, food, shelter, clothing, etc.

One step toward finding and maintaining inner peace is to become balanced in each of these areas. Look at each of the above areas and ask yourself, is this a balanced or imbalanced area in my life? What do I need to do to gain balance in that area?

SPHERE 1: Religious or spiritual counseling; prayer; meditation; reading the Bible or other applicable books

SPHERE 2: Visiting a medical physician; taking control of your health; open discussion with your partner; counseling; nutrition

SPHERE 3: Open look at yourself; Thought Records; Counseling

SPHERE 4: Further education; Job training; Career Counseling

SPHERE 5: Financial counseling; Community Counseling; Social Skills training; community involvement

The second step is to understand the five basic needs and to figure out how to effectively and self-sufficiently satisfy them without blaming others when they are not met.

FIVE BASIC NEEDS

(William Glasser, 1970)

1. Love-belonging
2. Fun
3. Freedom
4. Survival
5. Power

You can only be loved by loving. You can only belong by including.

You can only have lasting fun by making healthy choices.

There can only be freedom when there is no violence, punishment or control of others.

Power is not control of others; it is control of yourself.

Survival is done by strength and determination versus fear, hatred and domination” – Jessie Rayl (2011)