**Standard Talks Outlines:**

**Human Needs**

Joseph R. Walsh, M.Ed., LCMHC

Principal Educator, Wholeistic Education® (WED®)

* Building on the work of western scientists such as Charles Darwin and Abraham Maslow, and eastern monastic tradition, I have identified and defined all human needs. For organizational purposes, I divide needs into two categories: physical and non-physical.
* I believe that from a rational perspective, the achievement of *Optimal* Wellness (for *WED* definitions, see *Concepts and Terms document*) is directly correlated to the balanced fulfillment of needs. I have developed an assistance model based on this belief : *Wholeistic Education (WED)* – the fullest expression of which is represented by what I call *Virtual Monastery© or Nature Neighborhood©*.
* A special feature of *WED* is that needs are seen as super-hierarchical, so their fulfillment is sought in balanced, holistic ways. Although acute imbalances may necessitate what appears to be an inordinate focus on a particular need at any given point, all needs are constantly addressed in the rebalancing, educational practice.

***Physical Needs***

* *Breath –* We commonly mark the beginning of life with the baby’s first breath. Likewise, we commonly mark the end of life with one’s “last breath”.
* *Nourishment* – Our need for nourishment includes all of our senses and perceptions. So, in addition to healthy food, we are speaking here of things like beauty, the pleasures of nature, music and other works of art and even fun.
* *Sleep* – Very simply and obviously, for many known and unknown reasons, the special rest of sleep is necessary.
* *Movement* – In so many obvious and subtle ways, e.g. the beating of our hearts, play, sex, etc., humans constantly move in the fulfillment of needs.

***Non-Physical Needs***

* Safety – One needs to feel safe to effectively seek the fulfillment of other needs.
* Bonding – After one feels safe, they will naturally seek profound and durable connection with others.
* Identity – In various ways at different stages of our life, we associate, individuate, create persona, and hopefully, eventually create a fully mature identity (self-actualize).
* Esteem – Through our practice and good works, we develop self-esteem and will earn the esteem of people we value.

*“The Tao that can be articulated is not necessarily the eternal Tao.”*