

*‘Quick and dirty’ outline
of an approach
to the transformation
of any emotional state.*

© Anand Albert, Albert Eussen 2023

E: albert.eussen@gmail.com

M: +31 626 214 717

Version 1, July 18, 2023

*‘Quick and dirty’ outline of an approach
to the transformation of any emotional state.*

the way
the world /
our world
IS ...

Primary
Reality

Secondary
Reality

our norms ... what we
think the world / our world
should, must, ought to
look it ...

Gap

the Gap between our Primary
Reality and our Secondary Reality

The Holes

the Holes in our Psyche, which the
Psyche tries to fill up ...to fulfill ...

The Needs

the Needs our Psyche needs to
address in order to fill up the Holes

A categorization of our Needs

1. Spirit / Existential Needs

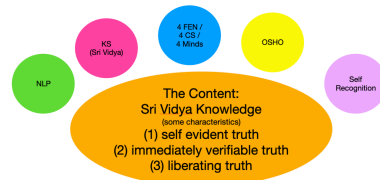
Approaches:

Spirituality

Religions

Atheistic-Secular

Supreme Knowledge
(Sri Vidya)



4. Financial Needs

2. Emotional / Relating Needs

My approaches:

* Ray Castellino

* Stephen Covey

* Non Violent

Communication

* Consent,
Choice, Context

* Tony Robbins: 6
fundamental
emotional needs

3. Sensual Sexual Needs

5. Political
Needs
(the collective)
the eternal
(culture)
war between
equality and
freedom

Further research

Byron Katie, the Work, the Gap between the Primary Reality and Secondary Reality as the cause for all suffering



Facebook

<https://www.facebook.com/posts/for-me-reality-is-...>

For me, reality is God, because... - The Work of Byron Katie

I love this. My perception is : If **reality** is God and my highest self has a hand in orchestrating my **reality**, then maybe God is within me and I am in God.

Missing: ~~primary~~ ~~secondary~~

<https://www.facebook.com/posts/when-you-argue-...>

When you argue with reality, you... - The Work of Byron Katie

Mar 26, 2013 — The Work of **Byron Katie's** post ; Donna Ward. Isn't **reality** a matter of perception? One man's **reality** may be another man's dream or nightmare.



OneCommune

<https://www.onecommune.com/the-work-of-byron-k...>

The Work of Byron Katie

Jul 14, 2019 — No matter your effort, arguing with the basic nature of **reality** is hopeless ... **Byron Katie** became severely depressed while in her thirties.

Missing: ~~primary~~ ~~secondary~~

Further research

Tony Robbins, the 6 fundamental emotional needs, why we do what we do

www.tonyrobbins.com › ... › Mind & Meaning ▾

Why do people do what they do? | 6 human needs



So if we all have the same **six needs**, why do we behave differently? First, we don't value all **six** of the **needs** equally. Some have certainty as their to...

Tony Robbins · Tony Robbins · Mar 7, 2017

www.tonyrobbins.com › podcasts › why-we-do-what-we-...

Why Do We Do What We Do? Six Essential Human Needs.

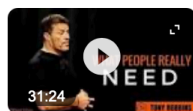


He'll discuss each of the **Six Human Needs** – certainty, significance, variety, love/connection, growth and contribution – and how each influences our...

Tony Robbins · Tony Robbins · Sep 15, 2022

www.youtube.com › watch

Tony Robbins: The 6 Human Needs - YouTube



... 6 Human **Needs** *CREDIT Tony Robbins Visit **Tony Robbins'** websites: <https://www.tonyrobbins.com/http://www.unshakeable.com/Follo...>

YouTube · LEGEND LEADERSHIP · Aug 28, 2018



10 key moments in this video ▾

www.youtube.com › watch

Tony Robbins Motivation - 6 Basic Human Needs in Life



Tony Robbins Motivation - 6 Basic Human **Needs** in Life © Follow "#LifeCoaching" ✚ Please share this video in social sites (Facebook, ...

YouTube · Life Coaching · Apr 8, 2022

Further research

Kashmir Shaivism

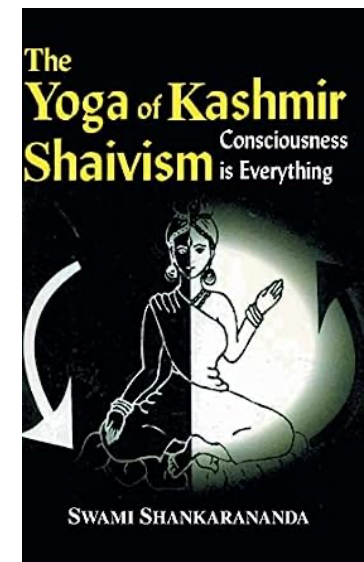
website

<https://www.lakshmanjooacademy.org>

Swami Shankarananda

The yoga of Kashmir Shaivism

(best and most accessible introduction
to Kashmir Shaivism)



Further research

NLP (Neuro Linguistic Programming)

search on the co-founders:
John Grinder &
Richard Bandler

and search on
Tony Robbins &
NLP

Further research

My introductory files

1. Kashmir Shaivism
2. Intro NLP (Neuro Linguistic Programming)
3. The 4 Communication Styles and the 4 Quadrants of the Psyche
(based on the 6 fundamental emotional needs of Tony Robbins)