

Neediness and its Impact on Your Daily Life

Neediness - the state of being needy. For some of us, it's a concept that brings up negative images of clingy or emotionally distraught individuals who latch on and hold until they've sucked the very life out of us. A state that we can prefer not to acknowledge, not in ourselves any way, and a bit like the concept of being vulnerable – i.e. a “bad” or “wrong” thing to be.

As an energetic phenomenon however, neediness can be defined as the state of needing things to be a particular way and to play a particular role so as to reinforce our definitions and beliefs about how life works; what it gives us; and where we fit in the world of “is”/“isn't”, “can”/“can't”, “have”/“have not”, etc. Neediness is inextricably linked to our fears, ego and expectations, and becomes obvious from time to time as the universe helps us rebalance. In reality and on the spiritual level, neediness is just another way that the Divine (through others) helps us grow and evolve. And who isn't needy? We all are at times, in some way or another, and this isn't a “bad” thing to be avoided or ashamed of. On the energy level, not all neediness is “negative”; it just is, for each of us.

Obviously, there is genuine need and there's illusory, false or egoic need, the definitions of which are discussed below. This paper is not concerned with states of genuine need which, of course, command respect and support. The paper is concerned with the latter state, “false need” as created by ego and the affirmation of “it won't” and “I can't”. It also looks at the energetic ramifications of neediness to help the reader identify, understand and move through grasping and control issues as they arise.

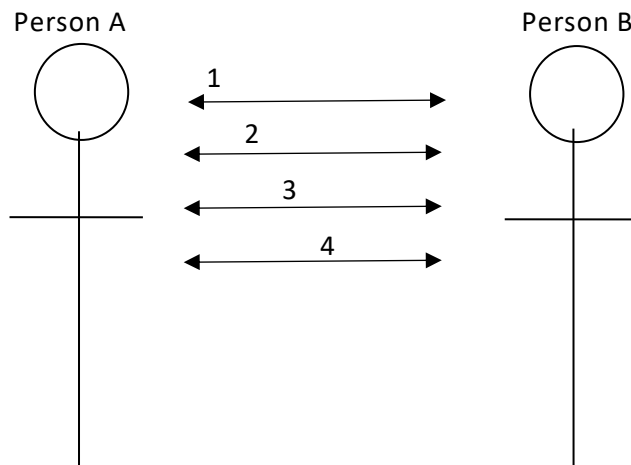
How Neediness Surfaces in Our Relationships

Relationships that foster/harbour neediness don't really differ from more balanced relationships in terms of how they are established. All relationships fulfil one need or another and could therefore be described as “needy”. The issue is not whether neediness can be avoided nor is the writer trying to suggest that all relationships are negative or harmful. That said, whenever a relationship is structured in a way where one person is able to “over-lean” on another and/or avoid taking responsibility that's inevitably his/hers to carry, that relationship becomes what is called in this paper “falsely needy” and, at this point, relationships often start breaking down.

On the energy level, neediness works in several ways:-

1. it helps to create a reality that supports one's life definitions and belief systems;
2. it sets everything and everybody up on our life stage so that they reinforce and support these definitions and beliefs;
3. it protects the needy by helping them identify and reject things that don't adhere to the preferred structure; and
4. it reinforces one participant on the energetic, emotional and/or physical level at the expense of another.

On the energy level, all relationships tend to develop in much the same way as a game of tennis is played, with a series of volleys/exchanges being undertaken in order to determine the relationship dynamics. This is depicted below and inevitably involves all parties sizing one another up on the verbal, doing and telepathic levels:



Milestones in Establishing a Relationship

1. Who are you, what do you want and what do you mean?
2. Do you meet my needs and will you support them?
3. If yes, I will stay and get to know you better, perhaps even genuinely like you.
4. If no, I may stay a while but I'll move on to something/one else sooner or later that fits more closely with my needs/ambitions.

All parties in a given situation bring with them their own needinesses and expectations. As soon as they meet, they begin sizing one another up to determine the degree of fit between them (illustrated as volley 1 above). If they seem to be supportive of one another, on any level, the people will allow the relationship to continue (volleys 2 and 3). If there's a clash of needs, they may be polite for a while but, sooner or later, they will move apart to a position where they can comfortably tolerate one another, at a distance or not at all.

Neediness is of Mind and Ego

Where does neediness stem from? Mind and ego – that part of us which perceives relativities (and creates comparisons) between things. Without relativity, we don't have comparison; without comparisons, we have no "better" or "worse" for example; without "better" and "worse", we simply are – perfect! Belief systems and societal norms play a part here but they're not the driver. We are or, rather, our minds and egos are – i.e. how we process and deal with the relativities we perceive. Depending upon our path, our mentors and what we have yet to learn, we'll either readily embrace societal norms and beliefs or we'll challenge them sufficiently to find our own truth. No one of us can cry victim; we're all a product of what we choose, consciously or not, and it is we who set ourselves up in all needy situations.

Given that the mind and ego work to deliver us our logic, we use our beliefs as building blocks – just like a bricklayer builds a house – foundation first, then all else on top. All of our actions (and reactions) are influenced by the belief/theory of life we've adopted and we'll continue to prefer this range of actions until such time as our belief system, life knowledge and/or life models evolve. We've just created our reality, a reality that evolves with our neediness, over and over again.

The Need to Create a Certain Reality for Ourselves

It's often said that the reality we chose to see and/or create at each moment is that which sustains our beliefs/perceptions about all things – good/bad, love/fear, etc. If we believe that the world is A, everything we see and do tends to be experienced through A filters. We may be aware of other options – B, C, D, etc – but the things that resonate best with us will be the A's, positive or negative. For that reason, we will prefer them, (often) unconsciously choosing them over and above all others simply because they fit best with our definitions. As such, our perceptions, based upon our A filters, help create our physical, spiritual and emotional reality.

Having developed our foundation, we'll seek out things, people, relationships and experiences that best resonate with and/or reinforce our models. We work unconsciously and consciously to do this until we become aware of that we're doing. Before we even see our neediness, we've set up the conditions under which we will see, taste, smell, hear, digest, express, etc and we'll think we know the world. It's possible however, figuratively speaking, that we only know 90-degrees' worth but, until we see more than 90-degrees, we won't know that we knew less nor will we be concerned. As soon as we become aware of our pattern, neediness, etc, we automatically begin to break loose from the structure(s) we had in place. This is what much of energy and release work is about, irrespective of the issue it concerns.

From another angle therefore, neediness can be defined as the need to sustain the fears we nurture – beliefs about what we can/can't have; how we need to behave; what we'll miss out on or lose if we don't act or be a particular way, etc. If we weren't so fearful, doubtful or untrusting, we wouldn't need anything – we'd simply let things flow and unfold peacefully. When one is truly connected – to Source and to real self – one needs absolutely nothing; one simply is. The individual knows his/her preferences and goals; understands life's flows in a way that still tries and efforts; yet positively (i.e. objectively) embraces the outcomes life brings.

Having Set It Up, It "Needs" to Sit Still

Once we set everything up in a way that resonates with our definitions of life, we then "need" – i.e. egoically require - it (and everything else) to sit still in its place until we allow it to move. This is where overt expressions of neediness, control and/or resistance to change start to surface. Every time anything threatens to move without permission or approval, in a way that's in conflict with their definition of life, the needy person/being will get anxious, upset, emotional, even angry. The needy person can evolve quickly into drama because of the importance (i.e. "need") that the ego has attached to the thing/state that's involved. This drama can be expected – mind/ego is calling something life-sustaining/-threatening when it's not.

The Difference between a Want and a Need

What's being alluded to above is that, through the filter of ego, humankind can regularly find itself labelling wants as needs. "Want" being the desire to have, experience, consume that which is not fundamental to one's survival; "need" being the requirement for a particular object or experience in order to ensure survival. "Needs" tend to be things/states that provide a balanced life and energy levels; they are life-giving or –sustaining. "Wants" can be related to a need and seem life-giving/-sustaining but, in reality, they often are not.

Maslow's Hierarchy of Needs is an oft-cited model that explains this well – real/genuine needs include food, shelter, warmth, water; wants (i.e. false needs) include everything else. As children of course, we confuse "want" with "need" on a daily basis and, if we're lucky, our mentors help us learn the real meaning of these two words. As adults however, we're continually bombarded by roles, expectations, peers, social messages and imagery which help us to quickly forget this. Without regular release from the mind and egoic realms, we can quickly find ourselves unconsciously labelling "wants" as "needs" again – from the "right" school, the "right" suburb and the "right" brand through to the list of duties we believe we "need" to perform by tomorrow.

The entire paradigm above is generated and sustained by mind and ego – collective and individual - and, whilst they can provide structures and outcomes of enormous benefit, unchallenged they can also get us het up about and/or involved in the craziest things. Why it's being discussed here is that the energetic state of false neediness on any level is all about the fact that mind and ego are driving a

little too much, with the result being some form of imbalance. Mind and ego being what they are in both the person projecting and the person receiving, much of the contract gets established unconsciously. The individuals involved can “sorta” know at the very start that they shouldn’t be doing it and/or that it will need to change later. In naïve or younger people however, this may not be understood at all. Mind being mind though and ego being ego – sooner or later, the false application of the label “need” to a “want” will require adjustment, often at a time that is not self-determined. The other way to deal with false neediness is to identify and work to release it before it becomes extreme. This usually requires courage but, by working in this manner, we move to better balance in relationship and, if we’re lucky, avoid more dramatic scenes.

Ego Loves to Confuse “Want” with “Need”

Wholistically and energetically speaking, the state of neediness – i.e. false/illusory “I need” – tends to emerge out of the stance of “I can’t” or “it won’t” which, in themselves, are states of fear and limitation. As a result of believing that “it won’t” or “I can’t” about something, “I”/“me”/ego will try to identify and lock in things that help it get to “it will” or “I can”. The things that are reached for are, in reality, not actually needed but “I”/“me”/ego doesn’t see that whilst it’s spinning in self-talk; it’s too busy fearing outcomes and reacting to hear anything much at all. What’s interesting is that there’s very little real “I can’t” in this world, especially amongst able-bodied and able-minded people. “I can’t”, when allowed it’s full expression, is usually “I’m scared” or “I’m doubtful” and has nothing to do with ability at all. Unchallenged though, it goes to ground with false “I can’t” and “I need” placed over its surface. From here, the ego starts to drive, creating fear-based and/or control scenarios that we genuinely don’t need.

It’s important to note that the writer is not saying that “false need” is imaginary, pretence or something to be treated lightly. What makes false needs “false” is the fact that they are mislabelled by the individual as something which is life-giving when, in fact, they tend to be the exact opposite. To the individual who’s involved (you and I included), this is no laughing matter nor something to dismiss lightly at any time. Because the being/object that is “needed” is perceived in this way, the response to its movement or removal is extreme. Whilst withdrawal from any level of dependence is never easy, at least part of the battle is to relabel the object more accurately as “wanted”. Neediness on any level, energetic as well, only has the upper hand for as long as the mislabelling is honoured. Once the individual understands the misapplication of the label “need” – i.e. the fact that it’s not life-giving/-sustaining; that it’s actually life-damaging/-taking - things start to become more negotiable. In this sense, much of the battle in breaking through false neediness paradigms occurs on the mind and energetic levels. False need, the perceptual “I can’t”, is an incredibly powerful illusion. Hence emerges third-leggism, oppression, repression, tantrums, emotional and physical abuse, not to mention “pathetic weakness” (“I can’t” that is very obviously and actually “I can”). Again, genuine neediness is not included in these statements; they only refer to ego-based/illusory need. The needy has only to realise that s/he can stand unsupported, that his/her leg won’t drop off if left to stand alone; yet this can represent a significant challenge.

In context with the paragraphs above, neediness stems from a state of perceptual limit rather than anything else – i.e. whilst the limitedness feels and looks real, it’s actually illusory. Because the “want” is poorly/inaccurately defined as a life-giving/threatening “need”, on the energy level it often develops into a gripping hold over those who are involved.

One also needs to acknowledge the role of the “strong person” in needy scenarios. There’s only ever “a weak one” because somewhere there’s a superhero. Ego loves to carry a bag, just as much as it likes its bags to be carried. We all do it, in some form. The trouble is that, over time, ego gets more complacent about the fact that someone else is carrying its bags. At first, it’s a little embarrassed or

concerned but then it becomes accustomed to its new porter. This is where the abusiveness of neediness begins to emerge and where ego just forgets that the bag is its to carry! This is just ego; it loves to conquer from any angle and this can be quite unconscious. The trouble is that the issue often only comes to the fore through the tension or discomfort that's experienced by the others it leans/dumps on. One of the rules in the world of energy is that everyone, ultimately, has to carry his/her own bags for things to work/flow well continually. When the universe decides it's time for you to realise this, you suddenly become unable to carry others' bags any more, even if you want to and, often, this can be met with drama.

Neediness and the Formation of Energetic Cords, etc

Alluded to in the above, the need for things and people to take up certain positions on our chess board also establishes energetic patterns/contracts between all who are involved. As people/things take up their position, energetic (i.e. invisible) cords form. These cords are simply binds of expectations and relationship agreements, conscious and un/subconscious, running from us to the other person/being/etc and back again. They are interrelated with the expectations of how each will behave in the relationship, where each person will sit relative to the other and what role each will play in the other's lives. Cords are very real structures on the invisible level which can bind, load, oppress, subdue, drain and disempower energetic and physical bodies to the point of illness, lethargy and other forms of ill-health.

Cords are not the only energetic output of false need. They are usually the start of the horizontal energetic connection but, having formed, the energy of the egoically needy can continue to wrap around a person like a fog, a confining/restraining zone and/or layer of film. All of these phenomena work in similar fashion – e.g. they begin to restrict choice and movement; they can drain the other person's energy levels; and they do whatever is required to keep the needy person thriving in his/her falsely weak position. Over time, such coverings can and do play out as physical ailments – frozen shoulders, muscle pain, lethargy and lack of energy through to the inability to commit to or get on with things. This is not to say that neediness and energetic cords are the only reason such conditions manifest in the physical body but these energetic and egoic conditions can certainly play a part in them. The reason for this is that the relationship has been established to serve the “needs” of one more than the other. As a result of one individual's mislabelling, the energetic attachment that results tends to feed off the life-energy of the giver/supporter (hence the experience of draining, lethargy and/or restriction).

Energy cords and other energetic structures that are created by false need always relate to a particular issue and point of time. They form at a moment when both parties act in such a way as to complement their respective definitions of life. At that point of time, the cords attach to reflect these relative positions. They can be based on pleasant stances, leaving us feeling supported, justified and/or valued as we are in that moment, or they can be formed from less pleasant ones (e.g. oppressive or patronising scenarios). Moving forward in time however, the cords can become restrictive and no longer optimal as relationship contracts. They hold us to a time, feeling or belief that's no longer valid and therefore they too can require change. Things will start to go pop, even if you try to hold them in, which is when exercises that clear such energies can be incredibly useful (see below).

Neediness is Not Only a Human Phenomenon

Thus far, the discussion has alluded only to neediness in the realm of human beings but, in reality, neediness plays out on a far wider scale. Being a creation of mind and ego, false need is also quite prevalent in situations that involve animals (e.g. for pet owners), not only as the “needy” but also as

the “needed”. Neediness is not being depicted here as a “bad” thing but it does help to create much of the spin, drama and psychological struggle that energetically sensitive humans (in particular) bump into, witness and put up with day in and day out. Once we start to understand it therefore, the energetically sensitive can come to a more effective way of living with it.

Acknowledging that the mind/ego realm is part of the energetic reality that we humans reside in, this part of creation also contains ghosts, beings, spirit – invisible “things” – which can also be needy. Neediness from the invisible level requires only one human to be involved and that person can experience it as an energetic push or pull in or around the body. Much of the dialogue that humans have with the world of energy, conscious or not, involves dealing with states of illusory rather than genuine need. All of this revolves around the fact that those who exist on this level of the invisible realm are there because they know of nothing else (i.e. can/will not acknowledge it). Through their own attachment to mind and ego, they can remain “earth-bound” for years and, as a result, can spend a fair amount of time mixing with humans when they don’t really “need” to. Yet, until one or the other comes to realise this, nothing shifts. In the meantime, the human being who’s involved can experience energy in ways that s/he doesn’t need to – hearing/seeing things; feeling odd or out of balance; experiencing massive swings in personality, energy levels, mood, opinion and more. Not all of these phenomena are just energetic nor do they arise only out of neediness, but some are/do and they often go untreated from this perspective. Whilst other modes of health/self care can assist, until the issue is dealt with on the energetic layer the issue/ailment can persist.

The fact that the world of energy is also part of the neediness paradigm as it plays out in the human world introduces the potential for a whole new level of dialogue. Rather than repeat all that has been written previously, the reader is encouraged to look through other Psychic & Energy Work articles.

The behaviour of needy ghosts, beings, etc is exactly the same as that of needy humans. Where the human realm uses speech and action to convey its reaction(s) to neediness, the world of energy tends to communicate through the feeling state, pushing and pulling at the physical body, as well as through the clairvoyant and clairaudient channels. It may also move objects, break items, etc but for many of us, it communicates on more subtle levels.

Negotiating Out of Scenarios of False Need is Never Easy/Peaceful

Irrespective of whether we’re dealing with human beings, animals or the invisible realm, negotiating one’s way out of contracts of false need is often initially stressful. This is because of the mislabelling of “want” as “need” as discussed above and, as such, the needy person/being’s response will be as if the event is life-threatening. On the physical level of course, this may play out extremely as anger, rage, abusiveness or retaliation. On the invisible level, there may be psychic and/or telepathic bombardment of emotion and/or human will. The initial energetic response from the needy may therefore involve even more pressure, gripping and bodily pain to begin with, which (depending who we’re dealing with) may last seconds, days or years.

For those who need to negotiate with neediness, the task is not always a peaceful or pleasant one and can require the initiator of change to display (and hold to) positions of maturity and objectivity. Know though that the realm of speech comes to the fore here – it’s through your ability to speak your truth in a way that also respects and looks after the other, that you reduce (even eliminate) the possibility of backlash. If there’s a “joy” about contracts of neediness, they usually go “pop” at a moment that the universe selects (rather than the individuals who are involved). Sure, there’s a lead-up to that moment and, sure, both parties usually sorta know that things have to shift but, because everything is based on the mislabelling of “want” as life-giving, the pop is usually still painful. Sooner or later and often enough, the Divine will change the agenda so that true balance and relationship can manifest. That’s the “joy” of spirituality though – one is fortunate if one gets to live in a way where that is only

self-selected! The “trick” therefore is to just bite the bullet – do what you know you have to and take what care of you that you can. If you need support from others as you do it, find those mentors, see those practitioners and make sure that you’re also taken care of.

Note: This last paragraph raises a very important point. Whilst this paper has been written by someone who practices in psychic and energy work, in no way is the inference that only psychic and energy work should be used to deal with issues of control or neediness. Working on the invisible layer can certainly help many things but a human is well-served to establish a support structure that includes whatever modalities seem fitting. Used in tandem, a series of three or four regular support services can be highly beneficial.

Ways to Deal with Neediness

There are several ways to work with neediness as it arises on any level, physical or invisible. These methods are all energetic and enable us to deal with all the excess/surface “stuff” before we move into speaking or acting in the human realm. The joy of this is that these exercises are great ways to release all the tensions that can come with living in the mind/ego levels.

By working on the invisible level first, we as physical humans can blow out/release all the “stuff” that others don’t need to hear/see/get sprayed with before such damage can be done. The other benefit in working on the energy level is that, by blowing the excess off before you actually address the living beings who are involved, you act in a way that reduces your list of things to do on the physical level. What’s more, energy work is real – by you releasing your energetic grip on a situation or matter, you can often see an immediate shift in the physical scenario, without you calling, speaking or doing a thing. Things can become less pressured and emotional; people’s stances/behaviours can evolve just by you doing the energetic bit. Such is the joy of working with energy!

None of the methods listed below are mutually exclusive. They can be used in tandem with one another at any time. Which to use depends on the situation as well as personal preference. If you work with them for an hour or two, you’ll quickly discover which are most appropriate for you.

Relax and Let Go

It’s often useful in scenarios of false need to just relax and let everything go. Imagine yourself standing in a clear space. Use your breath and allow the Divine and white light to start falling from above. See the white light washing over each and every part of your body, including the aura and energetic field. Allow yourself to fully clear of tension and debris, and use your out-breath to help move it. Visualise a pair of clenched fists in every cell of your body and allow each fist in every cell to begin opening up and releasing whatever it holds. Keep doing this around the body until you sense that all cells have released what they held. Know that release work is not about losing anything other than that which needs to go. As a result of this knowing, don’t limit what you release or that which you let go of.

The benefit of this exercise is that it frees everything up on the spiritual (i.e. energetic) level and allows it the opportunity to realign itself on the chess board of life in ways you could never imagine. In some cases this can mean loss, yes, but only ever in ways you already “sorta” know are necessary.

The trick here is to release again and again. Every time you think that you’ve released all the “stuff” from your being, see yourself turn around to release another layer, the next level of tensing. You’ll find that, each time you repeat the process, you’ll get to a new level of release and intuitive understanding.

"I Let Go of All Neediness, Gripping, Anxiety"

Another way of doing the above is to use affirmations such as "I relax and let go, I let go and let the universe/Source take/clear all neediness". Or similar...

Whenever you feel tension building outside or inside of your body, you can use affirmations to help it shift. Affirmations are especially useful in tense times because the body always tightens in response to stress or excess load. Take your awareness to the tense areas of your body and repeat your affirmation over and over again. Use your out-breath to blow out what you can and to simply allow the release to occur. Repeat the affirmation slowly, again and again, and allow all the energies that can leave your reality to do so.

You don't need to stop doing things when you do this exercise; you can actually still function when you use affirmations. Repeat your affirmation, for as long as your body says that it could benefit from doing so. Words, intelligence, pictures and/or sensations will often manifest, giving you the information you need to understand, deal with and move through the situation fully.

Affirmations such as this, when combined with a genuine desire to understand what's happening and to resolve things, will often start the process of change and release. What you think is the issue often turns out to be a series of things, all inter-related but often not quite as they first seemed. As such, don't be surprised if you experience a series of realisations and releases in one sitting.

Allow the Divine in

Another way to release all kinds of things is to just allow the Divine in to your world. Understand that the Divine is a real energy that's highly repellent to all forms of imbalanced energy. Energies that are not aligned with universal intention (e.g. mind and ego!) tend to clear out pretty rapidly when the Divine receives a conscious invitation. Energy work is not so much a case of conquering the realm of mind or ego – this is a goal you will never permanently reach. More powerful and permanent is the decision to focus on that which we do want in our world (at all levels) and, using our breath, to allow it in to manifest another degree.

A great way of enhancing your connection to that which you believe in is simply to acknowledge Its existence and to thank it for what you receive. The Divine is like the worst ham at a party – if you give It the possibility of existing in your world, to the level where It's taken for granted or ignored, It gets so chuffed that It will give you even more! Acknowledging that which you believe in is not an exercise in losing your marbles – it's the only form of power or assistance you will ever spiritually need.

Allowing the Divine to come in to your reality yet again can often be all you need to do to release tensions and attachments. By not striving outwards to connect with It, you simply let go of all obstacles and blockages that are currently preventing It from coming truly in. This, in itself, releases conditions and attachments, and helps us relax into a state of greater faith, flow, trust and knowing.

Breaking Cords

Whenever we feel a bit stuck, oppressed or trapped, we'll probably find that we have some energetic cords that need to be cut and discarded. Cords are often seen as negative, clingy things that other people do to us, the innocent victims. In this case, we'll feel we need to free ourselves from others. Cutting cords at one end however tends to ignore the fact that relationships of imbalance always involve two or more people and that, energetically, all people in the relationship are holding on to each other to an equal degree. Cords really are the energies of expectations that come from all the parties who are involved in the relationship. As such, one needs to pull/cut the cords from both ends, freeing everyone up from one another and allowing everyone to move forward along their path. In

pulling the cords, one should do it in a way that recognises the other party's need to be respected and supported, irrespective of the rightness of his/her platform. Understand that you were both/all needy at the time the bonds were formed and that all parties therefore are responsible for what has transpired. Cut the cords firmly but do it with compassion, keeping your eye fixed on a mutually beneficial end-goal.

You should always have a good dust off before you start cord cutting. See yourself covered in white light coming down from above and allow it to clean you off – front, back, left, right and through your centre line – relieving you of all your tensions, thoughts and worries. Allow the white light to shower you completely, breathing it in through your nose for the count of four or five and out through your mouth for the count of four or five. Stay focussed on the shower of white light until you feel completely relaxed on all sides of your being, under your feet through to your auric boundaries. Once cleaned off, tune into Divine guidance above your head and ask to be shown where the cords are and what you need to do with them. At this point, start to cut or pull the cords from both ends and let them move away from your body. Some may snap or fall off; some will need cutting; others may need to be pulled out like long weeds; others will just know it's time to leave and start moving on their own accord. It may be that some cords don't want to detach and they may try to reattach having been severed. If so, just be firm and pull them out again – it's not a situation you will lose in if you just keep clearing.

When you perform this exercise, you may find cords everywhere or they may be in one spot. Follow your intuition and use your out-breath; know that you will see what you need to see and work with whatever you get. Do whatever you feel is right and keep going for as long as you feel you need to. Your body will tell you when you've pulled the last cord out; there's always a sense of "finished".

Sensing / Focussing

This is a technique well-documented by Eugene T Gendlin in his book, *Focussing*. Sensing or focussing is the process of identifying tensions within the body and going into them to determine the issue or need that's led to their existence. It's an exercise that is above and beyond the sensing or cutting of cords, in that it entertains the possibility that the situations one faces may be due to other things (i.e. not just cords or neediness themselves).

Sensing can be done in two ways – by focusing in on an issue as it arises or by allowing the body to show you a tension that it could let go of. In both cases, simply sit still and sense the tension that arises out of your body when you focus in on a matter. Track the tension around the body until it stops moving, then go into it – literally dive into the feeling to find out what's happening and why. As soon as you've dived into the middle of the feeling, you'll come to understand what's behind it. As soon as you understand it, you will begin to release from it as an energetic state or form.

Sensing not only allows us to come to understand what another person is doing and why; it also shows us how we have contributed to the situation as well. As soon as we understand this, the energies of imbalance begin to release from the body and situations can begin evolving. This is the joy of energy work – so much can shift on the physical level just because you relaxed your energetic hold of "things".

The "trick" in focussing is sitting still long enough to find the issue as an energetic form and allowing the neediness that is driving the tension to then surface and play out. The more practiced you become at focussing/sensing, the faster, easier and more portable this process can become. Be warned though – focussing can involve delving into/discovering emotions. Give yourself the appropriate time, space and support mechanisms to move through whatever comes up, including fear, anger and the need to shed tears. Only by allowing all emotions out will any issue be fully released.

Look at Your Definitions of “Love”, “Help” and “Support”

As stated above, neediness and situations of energetic/emotional imbalance tend to arise out of “interesting” definitions of life concepts such as “need”, “want”, “love”, “help”, “support”, “giving”, “responsibility”, “adulthood” and more. In this sense, the definitions applied to such terms are critical determinants of whether you end up in situations of false need and to what degree they prevail.

Remembering that false need is mind and ego-generated, it’s important that we examine the definitions we have placed on such terms. When you are ready and at a time that suits you, have a look at your definitions of the life concepts that are at play in your “issue” to see if they helped create it. Remember that all models are just models and, therefore, fully negotiable. These terms are easily redefined at any time. Your task in life is not to blindly accept what’s given, especially on the level of isms and models. You are here to become conscious, to come to practical knowing and to challenge unconsciously accepted systems so as to find the real you, your true spiritual connection and your real “home”.

Allow All Players their Own Connection, Irrespective of Their Spiritual Practice

One of the key stumbling blocks in spiritual/energetic practices of any type can be the often unconscious assumption that not everyone in the scenario is as spiritual as “I” am. It’s important to know that such assumptions, usually quite unconscious, are very powerful affirmations nonetheless, and can act to reduce or block out the amount of Divine intervention (guidance, assistance, etc) working with you at that time.

In all energy work, it behoves the practitioner to allow every person, no matter his/her spiritual leanings or inclinations, to have a direct and healthy connection to the Divine. What tends to manifest as a result of your “generosity” is that all parties get more help and assistance directly, with things sometimes quite magically evolving as a result.

In Conclusion – Go Softly

In short, there are many forms of neediness and many ways to work with and release it. As neediness itself is created out of fear and limitedness, all release methods tend to involve the need to let go of mind and ego stances, and to reconnect with trust, faith, universal will and peace.

Neediness and/or projecting is a fact of human life for most of us as both projectors and recipients of “stuff”. It requires that things be a certain way so that we can relax and get about creating and maintaining our reality as we see and would like it to be. It’s ever-waivering, continuously unfolding and forever providing us with the excuse to learn something new.

So, go gently in your work with neediness, be it your own or that of others, and make sure that you look after yourself in the process. Understand that it’s all but reflection and therefore, on one level, always a product of our own making. It served a purpose once in our lives and just because it doesn’t any more, there’s no need for anyone to get negative. See it not as a fault, a guilt or an error; it’s just humanness being what it can be. It’s only through such mechanisms that we truly learn and see things, and evolve into all that we’re truly here to be.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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