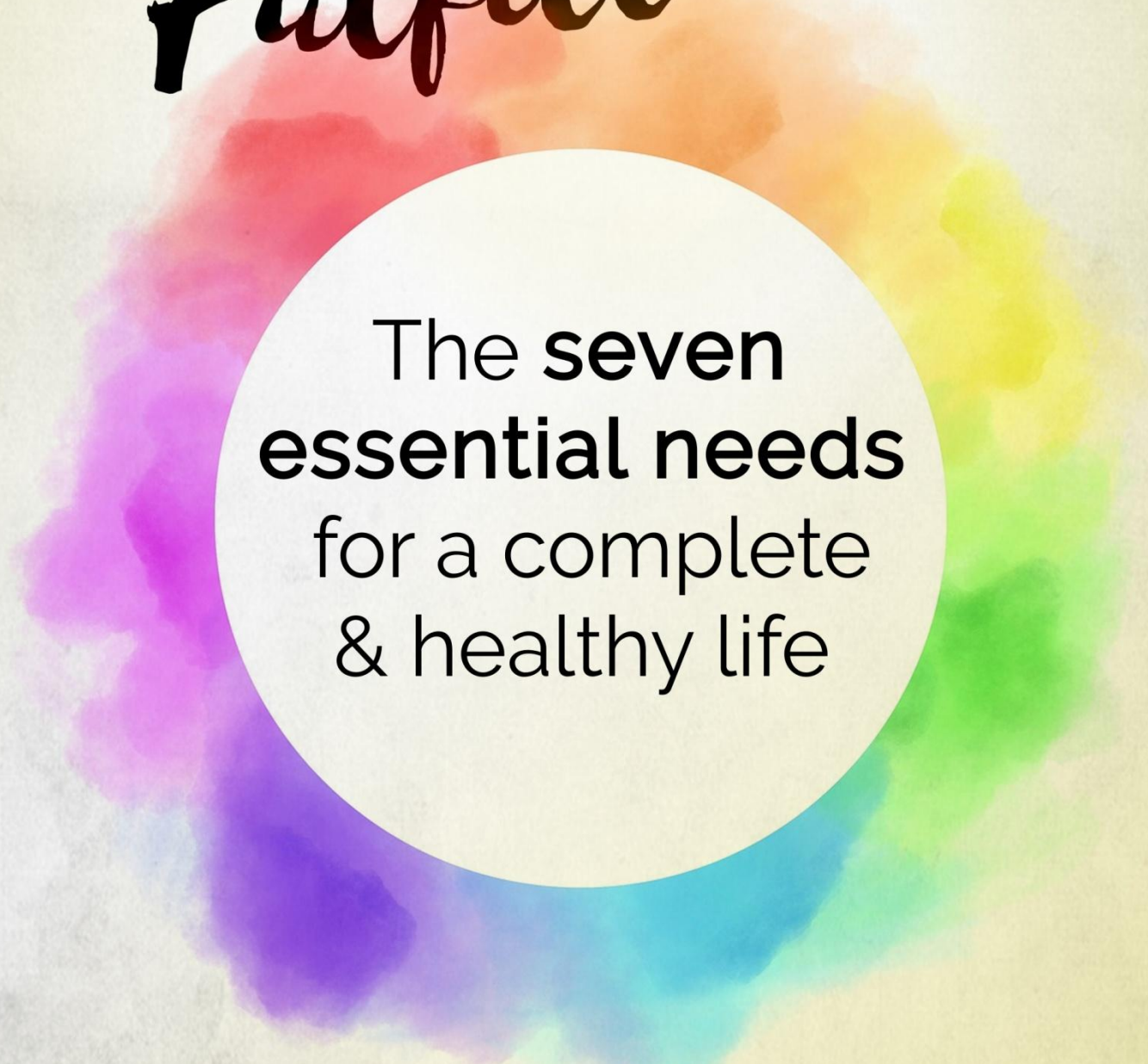


Radical Self- Fulfillment

A large, soft watercolor circle in the background, featuring a rainbow gradient from red at the top, through orange, yellow, green, blue, and purple at the bottom. In the center of this circle is a white circle containing text.

The **seven**
essential needs
for a complete
& healthy life

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This ebook "**Radical Self-Fulfillment** - *The seven essential needs for a complete and healthy life*" may be passed on and shared unchanged.

Version 1.0



INTRODUCTION: WHAT DOES SELF-FULFILLMENT MEAN?

When we think of self-fulfillment, we usually get an image in our head: being with our family, living an adventurous life, or reaching enlightenment as the ultimate goal of the meditative path.

Very often we have the impression that those different goals and needs in us contradict each other. As a result, we might end up suppressing some of our needs and maybe even feel guilty that we find those "wrong" needs inside us.

But is there really one direction or path that could truly fulfill us? Isn't it an everlasting dance with all the colors of life? Maybe to love life as a complete, whole phenomenon, means to embrace and live out all its manifold layers, without ever falling into only one and denying the other.

But what are the essential elements that human life is composed of? We feel a natural need inside us for joy, love, expression and self-development.

But are all of these needs really natural? And if yes, why would we contain such different forces that could sometimes appear contradictory - like the need to go travel and live an independent life, but also the need to build a career and have a stable income?

It is important to understand that the fact that we have different needs is not wrong. It is actually a very normal thing everybody experiences. What we are lacking, very often, is the right understanding of our very own human system - of the essential human centers of perception and experience. In the yogic philosophy, those sensory centers have been called "Chakras."

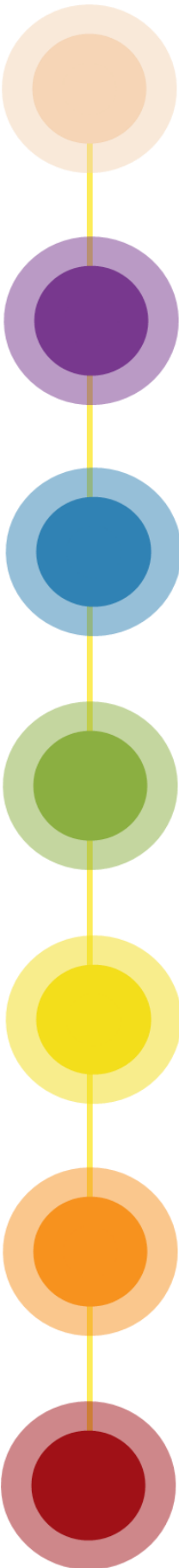


In this ebook we will present you with the approach of the path of the seven Chakras, claiming that a completely awakened life consists of allowing the seven central energies within us to express and combine into a total experience of life as a whole.

But what are these seven energies that create seven longings and wishes in us?

Let's start a journey together into each of these rays and see which one you might be longing the most to include and fulfill in your life right now.

THE SEVEN POSSIBLE EXPERIENCES OF LIFE



There is not only one way to experience life, and intuitively we always feel that many other experiences of life are available, and we might, if we're not connected to them, feel that we are missing out on the experience of a complete and fulfilling life for ourselves.

These seven possible experiences correspond with the unique life perception of each Chakra in us.

- 1. Life as a biological and physical experience.*
- 2. Life as a sensual space of feeling and enjoyment.*
- 3. Life as an arena of achieving and winning.*
- 4. Life as an emotional space of intimacy and bonding.*
- 5. Life as an interactive space of voicing and influencing.*
- 6. Life as a space of intellectual exploration and learning.*
- 7. Life as a meditative space of self-knowing and pure subjectivity.*

Since we all have seven Chakras in us (even though some might be blocked or dormant), we all naturally feel the wish for ALL of these seven possible perceptions. The first step is to connect to each one of these longings inside us and to understand that we are designed to get in touch with this area.

These seven possible experiences not only express themselves as longings, but as essential and vital needs of our being. If we ignore, block or repress one of them, we might feel an unbearable thirst to fulfill this natural need which turns into a craving that takes a lot of our unconscious attention. The message that the Chakras convey is that all of these experiences are natural, and that we can fulfill them all in a healthy and conscious way.

SO, WHY DO WE HAVE NEEDS?

As explained above, the human being is magically able to get in touch with many layers of perception at once that can all become a complete reality within themselves. This is because, as human beings, we are a mixture of body and spirit, animal and consciousness. A human being is a multi faceted being that encompasses rocks and plants as well as super-consciousness.

THE PYRAMID OF NEEDS

Some of you might be familiar with the work of Abraham Maslow. Maslow, one of the leaders of humanistic psychology, has become greatly known for his "Hierarchy of Needs." He first proposed it in his 1943 paper "A Theory of Human Motivation." His theory presented the evolving human search, which first seeks to fulfill deficiencies, or basic needs, and as soon as these are accomplished, turn to answer "higher needs" of psychic growth.

Maslow intuitively felt that we need different layers in our being to live a fulfilled life. His approach is therefore very holistic and naturally points out several layers in our being.

It is fascinating to notice just how much his pyramid model, which presents not one major human search but five and later even six major drives, correlates with what the Chakra psychology has to say about the human psyche's journey towards fulfillment.

This inspired Shai Tubali to create a similar pyramid based on the Chakras. It is a combination of ancient yogic wisdom with modern psychology.

THE PYRAMID OF NEEDS

ACCORDING TO THE SEVEN CHAKRAS

BY SHAI TUBALI

SPIRITUAL
UNION

SEVENTH CHAKRA
(SAHASRARA)



Feeling oneness with the greater existence, A feeling of limitlessness, A feeling of indestructibility

MENTAL
CLARITY

SIXTH CHAKRA
(AJNA)



States of deep silence, A sense of mental order and clarity, Receiving higher intelligence and inspiration

AUTHENTIC
SELF-EXPRESSION

FIFTH CHAKRA
(VISHUDDHA)



The feeling one's voice can be sufficiently heard, Seeing one's ideas and visions manifest as tangible reality, Expressing authentic feelings and ideas

EMOTIONAL
BELONGING

FOURTH CHAKRA
(ANAHATA)



A mutually intimate and emotional communication, Knowing one's service in the world, Being appreciated for one's efforts and feeling one's efforts are meaningful

POWER AND
CONFIDENCE

THIRD CHAKRA
(MANIPURA)



A sense of individual inner power, Having goals and destinations in life, A sense of sufficient control and creative influence

ENJOYMENT

SECOND CHAKRA
(SVADHISHTHANA)



A sufficient expression of healthy sexuality, Delight, enjoyment and aesthetics, Exciting peak experiences, A creative expression

PHYSICAL
STABILITY

FIRST CHAKRA
(MULADHARA)



Physical strength, A sense of home and belonging, A healthy lifestyle and structure

EACH NEED IN DETAIL.

Before you read it, make sure that after every text you allow yourself to get in touch with this need inside you. It might be very soft in the beginning, but from a basic need, a great wish for true fulfillment with each Chakra's gifts can arise.

1. FIRST CHAKRA NEEDS: PHYSICAL STABILITY

It is a genuine human need to feel solid ground under one's feet. We can try to overlook this one, thinking we're beyond this stage, but this is not a passing stage; it's our essential sense of inner and outer security - the capacity to rely on solid structures in our lives.

The first component of physical stability is being able to rely on our body. We can walk on life's path with a fragile and disturbed body, and even be spiritually engaged, but it will be so much harder. We need the body on our side: healthy, well-nourished, flexible, and resilient.

The second component is the feeling that we have a home to return to and at least one framework to which we belong. This includes a roof over our heads, but more broadly, some "group" affiliation and identification.

The third component is the ability to rely on our life's structure and lifestyle: feeling that, in general, we are held by a healthy routine with a reliable income and proper time-management, which ensures we take care of all our needs.



2. SECOND CHAKRA NEEDS: ENJOYMENT

The second chakra introduces the authentic need for nourishment in the form of full participation in life's delight. Life should be an enjoyable experience, and there is nothing holy in discarding this layer of ourselves. Our body is not just a functional machine, and it needs to feel truly alive and happy.

Healthy sexuality is important. It can easily take the form of physical intimacy and physical warmth. "Healthy" means a happy and loving sharing of the body, rather than being desirous or obsessive. One should make sure that each day is dotted with touches of beauty and pleasure, like encounters with the arts or nature.

As human beings, we are not meant to just endure endless, uninterrupted routine, so a peak experience—intense, thrilling, and adventurous—should "disrupt" our first-chakra's schedule every now and then. Lastly, life without the joy of creativity — creating something or innovating with passion and excitement — easily depletes our second chakra.



3. THIRD CHAKRA NEEDS: POWER AND CONFIDENCE

Many are embarrassed to acknowledge they actually need to feel powerful, but this embarrassment leads to nothing but painful suppression. The third chakra tells us we need to feel strong and confident so that we can withstand all pressures, challenges, and power-tensions in social connections and personal relationships.

Another empowering component is knowing we have goals and destinations, as it is essential to feel we are heading somewhere with all our gathered energies. Though we are surely not meant to control everything in our life, we do need to feel "on top" of our life, and able to master and direct it through will and determination. Being unable to influence the events in our life is a state of third chakra deprivation.



4. FOURTH CHAKRA NEEDS: EMOTIONAL BELONGING

Our hearts need to engage in a mutually intimate communication with others, so our emotional longings for loving feedback are not just illusory forms of dependency. The experience of intimate exchange—not only romantic—is a deep and essential type of nourishment.

Beyond the feeling of having a destination in the third chakra, a human heart needs to feel it has a role and meaning in its contribution to the world. This is what psychologist Viktor Frankl recognized in his meaning-seeking psychology of “Logotherapy”: to be psychologically fulfilled, one needs to know one's existential meaning.

Added to that, one needs to feel that one's efforts are met with appreciation, so there must be some supportive and affirming environment to recognize that. We all try as hard as we can, even when we go astray from time to time, and we need others and ourselves to recognize that our attempts are meaningful after all.



5. FIFTH CHAKRA NEEDS: AUTHENTIC SELF-EXPRESSION

It is healthy to wish for our "voice" to be heard and acknowledged. Speaking our authentic feelings and ideas is part of engaging in a human society, and when we suffocate our expression, we suppress a vital flow of participation.

We need to give voice to all that we strongly believe in. This doesn't mean, of course, that everyone should agree and applaud, but that there will always be some who will hear us. It is also essential not to be content with mere expression of feelings and ideas, but also to materialize visions and dreams and make them visible for all to see.

It is unhealthy to stay stuck in one's inner world, and as a part of this coming out, we need to strive to give an undeniable form to inner visions, from arts to initiatives to building new structures within our lives and the lives of others.



6. SIXTH CHAKRA NEEDS: MENTAL CLARITY

Without deep silence, our minds can easily reach dangerously unhealthy states of overactive and neurotic thinking. Meditation is not really a recommendation—it is a need of the human mind, screaming to us from the depths of our sixth chakra.

We also need to attain mental order and clarity since when our mind is foggy and chaotic, nothing in our body-mind system works right. It is therefore vital to use any method, from herbal supplementation to cognitive self-understanding, to sustained quietude and the feeling that everything is in place. For this, an essential form of mental nourishment is needed: being supported by great minds, through books and teachings, who help us get in touch with our own peak of intelligence and mental confidence.



7. SEVENTH CHAKRA NEEDS: SPIRITUAL UNION

Last, but surely not least, is our highest spiritual need. As human beings who embody both divinity and humanity, we will forever remain hungry at the soul level as long we do not fulfill oneness with the greater whole of existence.

It is the most refined human need to feel belonging, this time not to a social structure, like in the first chakra, but to the universe and even to God. An inherent part of the human condition is the experience of limitation: finding oneself entrapped within a small box of belief-systems, conditioning, and thought patterns. Without feeling, at least from time to time, that one can break free from this box and be limitless, a sense of inner suffocation can easily creep in and keep us in misery.

The last need answered by our seventh chakra is feeling connected to a part in us that is unshakable and indestructible. Only our eternal spirit can grant us the experience that despite all physical fragility and dependency, we are, after all, a divinity expressing itself through a human form.



WHAT IS AN UNFULFILLED LIFE?

Never before in the history of humanity have we had such a materialistic wealth. At the same time, statistics show that mental illnesses, like depression and burnout, have never been so prevalent. This should be convincing enough proof that material success as the ultimate goal in life does not work. This is because that kind of imbalance in the third chakra makes us suppress the other essential centers. There is a lack of true joy and passion, of a deeper meaning in our lives and actions. We are afraid of this emptiness inside us and so we prefer to run around distracted and never take the time to actually be in silence and see what is there. The longing for spiritual fulfillment might even be denied.

The other extreme might be found amongst many spiritual people. The ideal of non-attachment might lead to the conclusion that all needs have to be denied in order to attain spiritual freedom. That wrong understanding of non-attachment can lead to financial and existential struggles, and the idea of renouncing life and escaping one's own patterns and imbalances definitely does not lead to freedom and liberation.

You might have your own individual pattern. In general, it might be a combination of overly focusing on one layer and causing suppression and imbalance in one or more of the others. We try to "fulfill" a single need excessively, secretly hoping to find the whole of life in it.

WHAT DOES A FULFILLED LIFE MEAN?

The complete and fulfilled perception of Life as one phenomenon includes all of these seven experiences at ONCE. But to perceive them all at once, we have to make sure that each of these layers are awakened in us.

The secret is that these seven experiences can complement each other like the different colors of a rainbow. If we repress, deny or neglect one, it will appear as a contradictory and opposing wish in us, and eventually we might not know what we truly want or what we should fulfill.

The true type of needs - the one that can actually fulfill us - balances and awakens all our human centers in order for us to feel ourselves as a complete and fulfilled being. This is an everlasting dance, in which we have to learn to deeply get in touch with each of the seven layers inside us and learn to realize them in harmony with each other.

HIGHER POTENTIAL OF BASIC NEEDS

Do we fulfill our needs only for our own personality and human self? Or does the longing for the fulfillment of our needs come from a deeper place? Here we need to connect to a higher reason, the context that we do this within and for. This can be a context of self-development or anything that we consider "greater" than our individual self.

Generally speaking, there are three stages.

In the *first* stage, we allow all of these needs to be fulfilled for our own sake. This means that we honestly allow ourselves to get in touch with all the dormant, hidden or repressed needs in us and allow them to be *seen and accepted*. Then we seek a conscious way to fulfill them through a healthy expression. In that way we get to fulfill all our own wishes and longings, without denying or overindulging in any of them.

The *second* stage can be seen as connecting our need fulfillment to others or to a greater reason, which can help us to do this for something bigger than ourselves. It can be our soul - our true spiritual self-development.

In the *third* stage, the more advanced we are, the more we understand that our soul does not exist independently, as it is connected to all other souls. We recognize that our actions influence the whole web of interconnectedness, and so we learn to ask, "What are the needs of humanity?" Here "our" needs are transformed into everyone's needs and our fulfillment includes the fulfillment, sharing and service to others as well. We fulfill ourselves for the greater whole and therefore also for everyone around us.

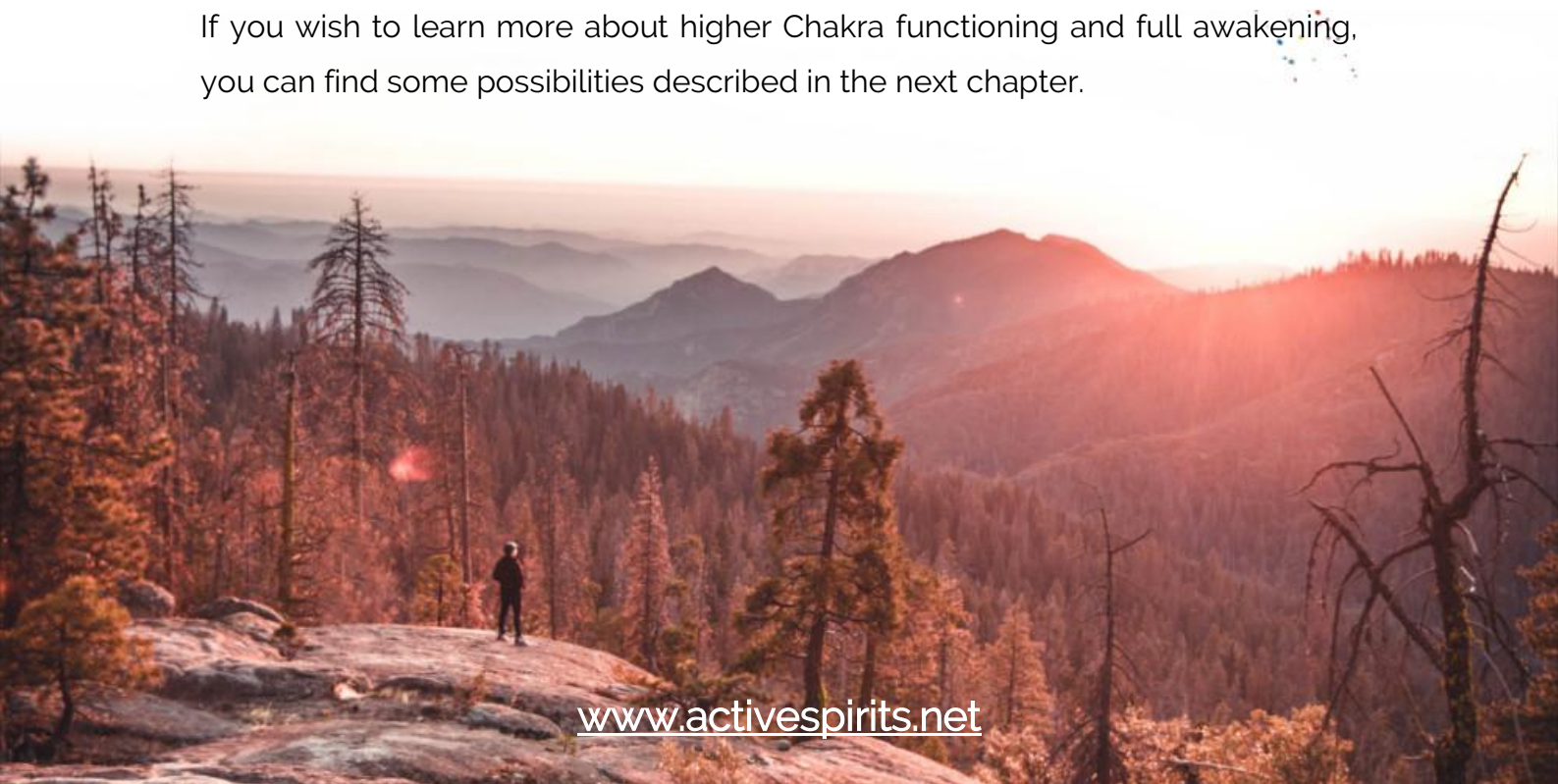
Here, natural needs turn out to be active forces that propel our spiritual growth.

- The *first Chakra* need for physical stability and ground turns into the wish for an unshakable ground and presence within one's own soul and spiritual self. Home is transformed into an inner home and one no longer needs to belong to social structures as a form of safety. One's ground is no longer in human society and in structures such as family and nation, but rather in the direct connection to the planet and life as a whole. Food becomes far less important as a form of psychological security. One does not seek an unchanging environment, since the need for external security is significantly reduced.
- The *second Chakra* need for enjoyment becomes the wish for an awakened life-force within us, which explodes into an internal experience of continuous joy. The transformed individual doesn't require special experiences, constant sexual expression, or intense pleasures. All these are replaced with direct nourishment by the life-force from within and without.
- The *third Chakra* need for ambition and confidence transforms into the wish for inner power and mastery, as well as the fearless drive for self-growth and development. The very sense of power becomes an internal state. There is no more need for social approval as a means of self-worth. Social status is no longer one's measure for confidence. The need to achieve for one's own self-fulfillment is significantly reduced, and is replaced by the need to serve higher purposes and goals.
- The *heart Chakra* need for emotional belonging turns into the wish to radiate one's own being as unconditional love and service towards others and humanity. One is released from the need for emotional recognition and acceptance, and no longer seeks romantic relationships out of the need for one's own missing "half", since the individual is now a complete being. This completeness is the ground for the wish to give to others as the very meaning of life.

- The *fifth Chakra* wish for self-expression becomes the expression of the greater self, the voice of the greater reality that speaks through as a contribution to the greater good of all. The need that what one speaks out will be heard and accepted is significantly reduced. The individual feels free to express without depending on others who approve and validate the truthfulness of the expression.
- The *sixth Chakra* wish for mental clarity becomes the wish for a complete third eye awakening that perceives and is able to get in touch with the wisdom of the greater cosmic truth and reality that we belong to. One no longer seeks mental security and inner order that is the result of concepts and beliefs. The individual's wish is now to seek out the higher wisdom that is beyond personal perspective.
- The *seventh Chakra* wish for spiritual union is able to actively fulfill itself since it has gotten in touch with its true Self and is able to dive deeper into it, rather than waiting to merge "one day" with God. It is connected to the source and able to perceive the source as its own consciousness and reality.

The transformation of our basic needs into these higher functions and longings is, of course, a gradual process and can only happen if we let the process naturally take place.

If you wish to learn more about higher Chakra functioning and full awakening, you can find some possibilities described in the next chapter.





RADICAL SELF-FULFILLMENT:

CHAKRA AWAKENING

Radical self-fulfillment, in the first place, means to agree to get in touch with all the needs and wishes inside us and truly awaken and fulfill them.

It also means to ask what your true Self is!

If the perception of your Self starts to enter a greater spiritual context, you start to see that you fulfill all these layers in yourself for your capacity to serve your own soul, as well as the greater soul as a complete being.

If you wish to honor and fulfill your needs, you start on the most basic level and see how they transform into spiritual longings once you acknowledge them.

This journey moves alongside the path of Chakra Awakening. A total life means having all seven Chakras awakened inside us. Each Chakra can be blocked, balanced and then truly awakened. Within each Chakra we have to be honest about the stage we are in, connect to the wish to awaken and fulfill it, and then learn to combine all of them into one dance that eventually will lead to the complete and fulfilling experience of life as a WHOLE.



ABOUT THE AUTHOR

Shai Tubali has guided thousands of people through seminars, lectures, courses, schools and retreats in Europe, Israel, and India in the last 18 years. He is also the author of 23 books in the fields of philosophy, psychology, and of course spiritual transformation and self-development methods. Shai defines his spiritual teaching as a teaching of meaning: one that puts at the center the universal meaning and purpose of human life.

As a spiritual teacher and philosopher, Shai Tubali strongly believes that spirituality – the development of human consciousness – is vital for the fate of humanity; for its present as well as for its future. The fact that we ceaselessly advance in the technological realm while our consciousness remains essentially undeveloped, is an enormous obstacle to the shaping of our species' future. In other words, spirituality is not only relevant but crucial.

Shai Tubali believes that the development of human consciousness is a critical key to the shaping of the world. As such, being spiritually awakened implies a greater responsibility on one's shoulders. The more ignorance is removed, the more one ideally grows in responsibility.

If we want to have a positive impact in this world, our actions need to come from a state of love, clarity and acceptance, which needs to be directly experienced deep within us. This makes the balancing and awakening of our seven centers of wisdom highly important.

NEXT STEPS

DO you wish to get in touch with, open and awaken ALL Chakras within you?

DO you wish to experience life as a radical, complete experience?

Are you curious to find out at what level of development your Chakras are right now?

Reading this Ebook you discovered a new potential for your own being and from here two questions arise.

1st question: „Where am I right now?“

In some areas you might already be quite balanced. Others, however, you might have neglected completely (which is pretty normal). It is important to simply understand where you are for the sake of the flourishing of your being at this very moment.

2nd question: "How do I awaken my chakras?"

And second, it is time to actually awaken all those dormant capacities of your own self and activate the flow between them more and more to get in touch with a complete experience of Life.

Imagine that your Life-Force could flow freely and **that** you could **choose** to really activate **any** layer **which** is needed right now. How would it feel to be one with your full human potential?

Welcome! *How is the air up here?*

Fresh? :-)

In the next days you will receive two special invitations from us. Both are meant to support your flowering.

The first one is a free Chakra-test that we have created for you to feel and understand where on the journey along the Chakras you are right now.

The second one will be about a secret journey about which you can learn more as soon as you have completed the test, See you in your inbox. :-)

We thank you so much for your attention and passion and hope that this Ebook could serve you somewhere along your own journey! :-)

We would also love to continue this journey with you and would be very happy if you share this wish with us :-)

With much love and excitement,

Philipp and Carlos from the Shai Tubali online Team