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# A4 Poster Levels of humanity/Meditate with 7 basic

A4 Poster Levels of humanity/Meditate with 7 basic needs

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**Slochteren**

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**Attachment**

WVM A4 Poster Levels in humanity Meditate with 7 basic needs\_LR1.pdf

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Campinggeluk



# Meditate with the 7 basic needs

## 7. Inspiration and loyalty

**Humanity:** inspiration and loyalty  
**Location:** crown  
**Quality:** inspiration, loyalty, openness  
**Sensitivity:** dulled feeling, abandoning yourself, closeness  
**Color:** (deep) purple

## 6. Surrender and clarity

**Humanity:** thoughts  
**Location:** in the middle of your forehead  
**Quality:** clarity, surrender, light thoughts  
**Sensitivity:** heavy thoughts, to fret, illusions  
**Color:** dark blue

## 5. Expression

**Humanity:** expression  
**Location:** throat  
**Quality:** to express yourself  
**Sensitivity:** to suppress  
**Color:** light blue

## 3. Space to be

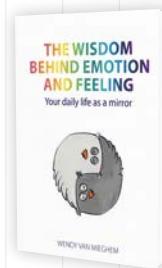
**Humanity:** being  
**Location:** just below the sternum  
**Quality:** space, to be  
**Sensitivity:** fear, lack of (living) space  
**Color:** yellow

## 1. Physical safety

**Humanity:** instincts  
**Location:** right above your bottom + tail bone  
**Quality:** safety, trust, right to exist, protection  
**Sensitivity:** unsafety, distrust  
**Color:** red



Wendyvanmieghem.com



This poster is a supplement to the book 'The wisdom behind emotion and feeling' and several online courses, developed by Wendy van Mieghem.



# Levels of humanity

## Direction

Inspiration

Thoughts

Feelings

Emotions

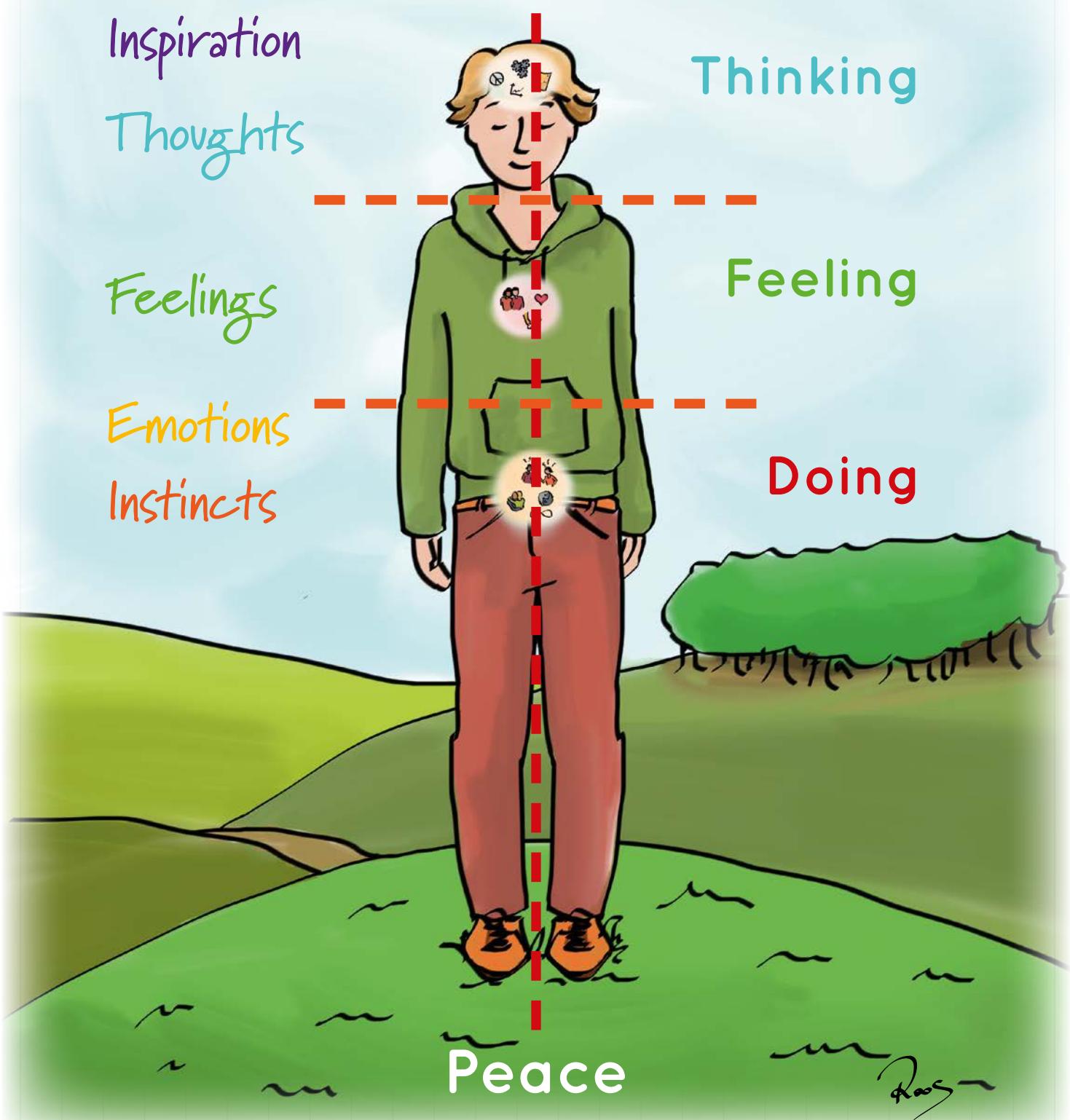
Instincts

Thinking

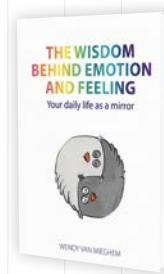
Feeling

Doing

Peace



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