

# MASLOW'S HIERARCHY OF NEEDS

Compiled by  
**Campbell M Gold**  
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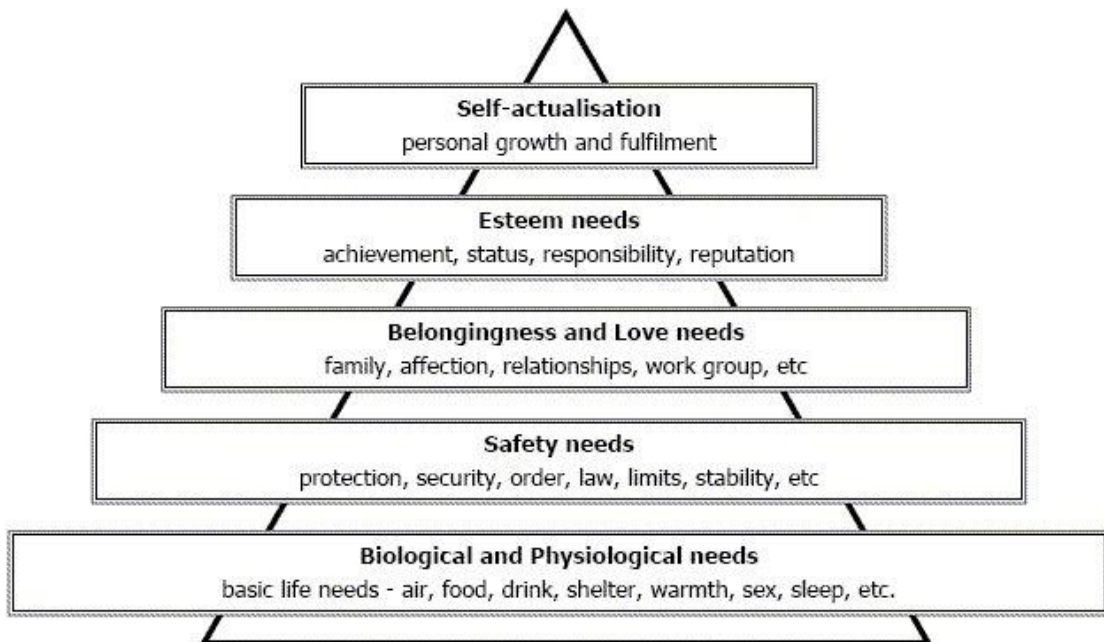
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## Maslow's Hierarchy of Needs

Listed from lower to higher, Maslow's hierarchy of needs are:

- Self-Actualization
- Esteem and Recognition
- Love and Belonging
- Safety/Security
- Physiological/Survival



The individual's expansion of consciousness in the Physical Plane (three-dimensions and five-senses) is directly related to his 'needs' at each level of advancement. As each lower need is fulfilled, the individual is able to progress to a higher experience. However, if during the individual's evolution a lower need becomes threatened or is compromised, the individual will regress back to that level and work therein until that level is again fulfilled and secure. Thus, only when the compromised lower level is secured and fulfilled can the individual again progress upward.

Abraham Maslow, a Psychologist, expressed these evolutionary needs within the individual as a 'Hierarchy of Needs'. It is important that the seeker of illumination studies this 'Hierarchy of Needs' carefully so that he can plan his exploration and experiencing of life in the most effective way.

Remember that an individual cannot advance to a higher experience or plane until the lower experiences are secure within his personal psyche.

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