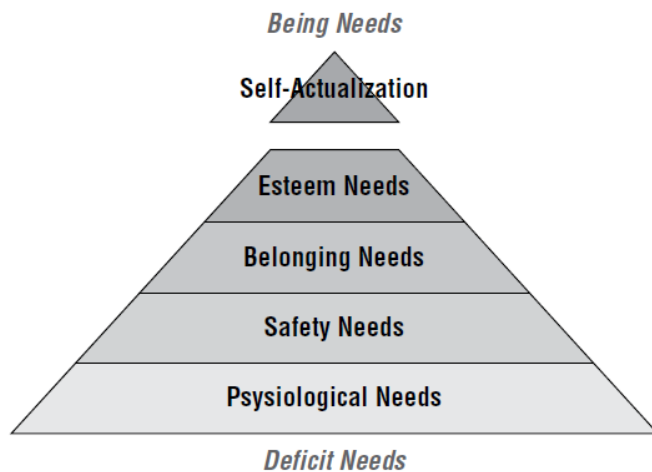


# ACTualization is a verb by Jean Kadkhodaian



Dr. Abraham Maslow is a psychologist, famous for his model of a human's Hierarchy of needs. Notice how his model correlates with the spiritual path lessons of the chakras.

We live in a country where we really have tackled the lower chakra needs of food clothing and shelter. Even the homeless have a place to go that is warm and are offered a meal if they choose to accept it. But still it seems like we can not get away from so many generations and lifetimes of poverty and starvation. I think we still really have no concept of what it means to be hungry and to not know where our next meal is coming from. So often we see people go from low income to extreme wealth such as basketball players, musicians and actors. If you look at the pattern of what they do with their money you will find they spend it mainly of first chakra needs (or in Maslow's terms physiological needs). They buy many houses and cars and things. Usually that feeling of not *having* enough we equate with not *being*

enough. We live in a world where we are born dependent and have no chance of survival. So as a human race we have worked hard to meet these lower primary needs of food, clothing and shelter which correspond to the three lower chakras.

But what about the other four primary needs of safety, attention, validation and acceptance?

Maslow has other names for these 7 primary needs but in essence they are the same. In his model he even has a gap between Esteem needs or validation and Self-actualization or acceptance, I wonder why. Self-actualization seems like this elusive and lofty destination that only the initiate have the secret password which will grant them admission.

Actualization is a term coined by Maslow and is only defined in terms of self actualization.

So it is the act of making the self real. In this sense it appears that some action must be taken in order to get there as opposed to it being granted to you.

## So how do I become real?

We can not actualize without being in *truth* to the *Self*. But who is teaching us that? There is of course capital T Truth which are universal laws and do not change for anyone. Gravity for example. If you are rich or poor, old or young gravity works the same. Jump of a cliff— splat. But it is the small t truth which we need to work on. Your unique small "t" truth can not be found in a book (unless you write it). It is not found in a bank account or in an automobile. It is found inside, buried under layers of lifetimes of wounds. Under the fear, guilt and shame. Under the grief, lies and illusions. Under the earthly attachments. It requires you to value your own opinions and your own uniqueness. What Maslow was attempting to portray is the same thing that sages have known for thousands of years. First, you must meet your physical needs. Then you must create a safe place for yourself physically and emotionally. In this place you must pay attention and validate your truth even if others do not agree. In the end you will be able to accept who you are—and from that place every action you take, every decision you make will be from this truth. And then you will have aquired a state of self-actualization. Be real. ✨



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