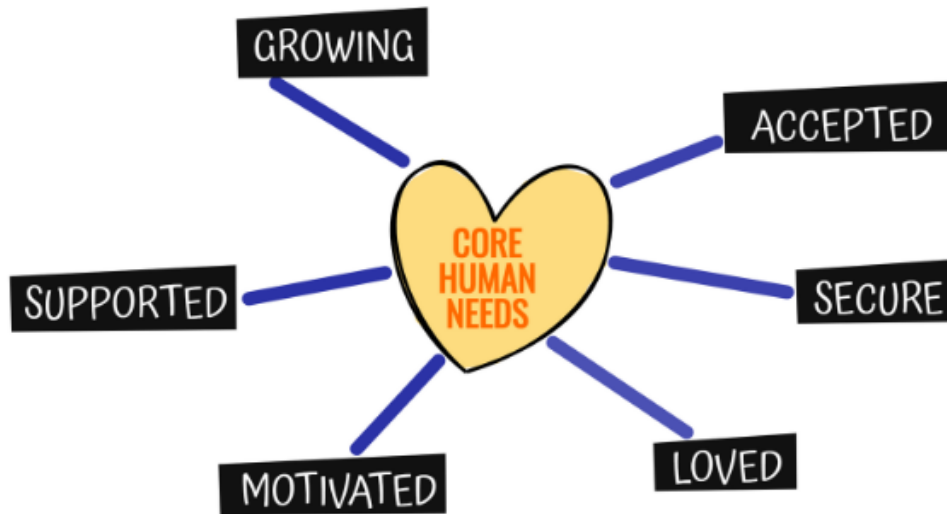


Core Human Needs & Powers

Core Human Needs

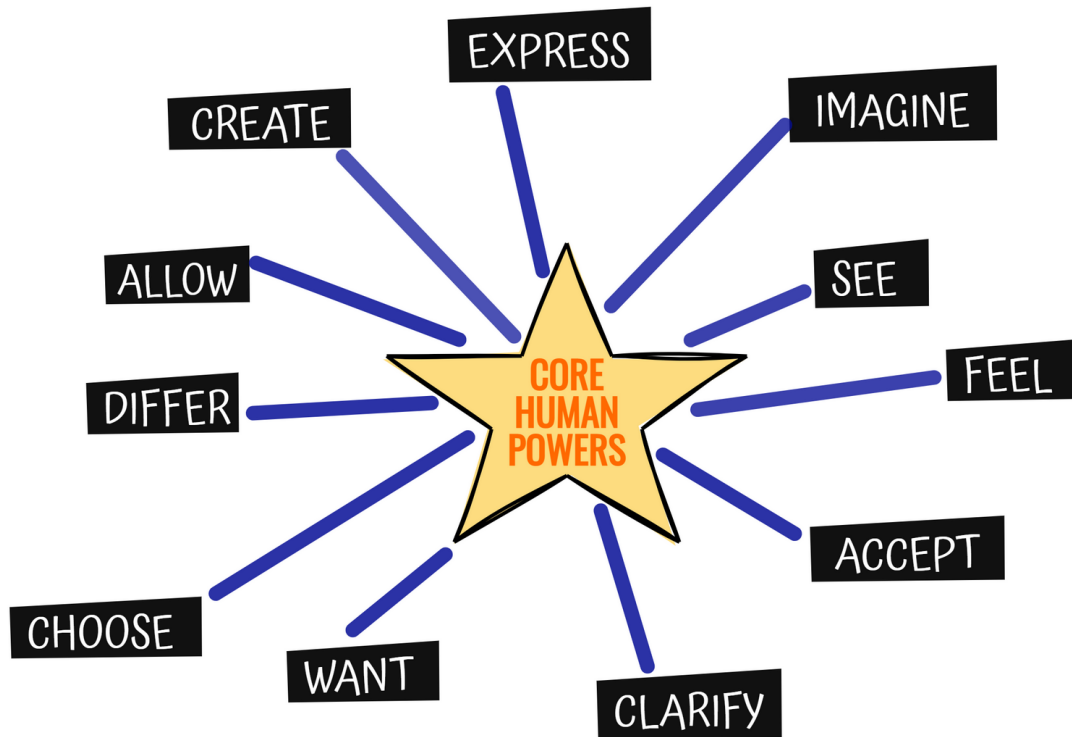


Our **Core Human Needs** are the need for...

Acceptance - Security - Love
Motivation - Support - Growth

You can go into memories for the purpose of changing them in such a way that the Past You gets every single one of your Core Human Needs met within that memory.

Core Human Powers



Our **Core Human Powers** are the power to...

Express - Imagine - See - Feel - Accept - Clarify - Want - Choose - Differ - Allow - Create

It is possible to use our Core Human Powers to affect the way we hold a memory. We can pause the memory and redirect the flow of energy within the memory toward meeting our Core Human Needs.