

*The need to KNOW - The need to BE RIGHT - The need to GET EVEN - The need to LOOK GOOD
The need to JUDGE - The need to KEEP SCORE - The need to CONTROL*

The Seven Deadly Needs A Collection of Lessons as told by Edward Bear

The Need to Know “Imagination is more important than knowledge” - Albert Einstein

- Make no Judgments.... Give up the need to know why things happen as they do. The need to know why and when is the intellectual equivalent of a dog chasing its tail.
- It's very simple. It goes like this: There is a power. Doesn't make any difference what you call it. You have access to it. It may work through you and through others. Now if you believe that there's a God, or a higher power, one is more likely to show up in your life.

The Need to Be Right “I don't know about you, but God's will for me is trial and error.” - Anonymous

- the need to be right is a consequence of always being wrong. Or being led to believe that you were always wrong.
- Nothing wrong with being right. It's the need to be right all the time that's deadly. It separates. If I have to be right, you have to be wrong.

The Need to Get Even “An eye for an eye and soon the whole world's blind.” - Mahatma Gandhi

- If you meet one jerk a day, it may be just bad luck. If you meet two, that's cause to wonder. If you're meeting three or more you should perhaps look in the mirror and see if it's not you.
- All that is required is the right action. You've heard the old saying fake it till you make it. Or act as if and pretty soon it won't be an act anymore.

The Need to Look Good “I'd rather look good than eat.” - Anonymous

- If I believe that life works from the outside in, I will always be at the mercy of something external - looks, money, power, prestige, image - all of it. Actually, life works from the inside out.
- A possible path to Serenity - We create our own story by our thoughts and actions. What we think and feel in our mind and heart, we will produce in our experience and our life. What we give we get. As within, so without.

The Need to Judge “Do not judge your neighbor until you have walked two moons in his moccasins.” - Northern Cheyenne Saying

- Opposite of judging is acceptance. Acceptance is the answer to all my problems. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is suppose to be at this moment. Nothing, absolutely nothing happens in God's world by mistake.
- The two most important spiritual practices are gratitude and forgiveness. If your attitude is one of gratitude and forgiveness, there's almost no way you can be judgmental.

The Need to Keep Score “If winnings not important, why do we keep score ?” - Anonymous

- If you're anything like the rest of us, you spend a lot of time taking your emotional pulse, wondering how you're doing, where you are in relation to everyone else.
- Keeping score helps maintain the illusion. The illusion that winning or losing is really important. That the world we see is all there is. It's all just beautiful camouflage. But if we didn't believe it was real, if we didn't have all those cherished illusions, how would we ever learn the lessons ?”

The Need to Control “Man cannot discover new oceans until he has the courage to lose sight of the shore.” - Anonymous

- we don't see things as they are, we see things as we are.
- Control is an illusion. The need to control is fear-based. The opposite of control is surrender.

The Moral of the Story Each need isolates us from one another, therefore deadly. And what separates us, what gives us that feeling of uniqueness, is what eventually will destroy us.