

Freedom from Becoming

letting go of conceiving 'I am',  
facing mortality, refuge in the  
deathless

Uncertainty

letting go of safety in possessions,  
morality above oneself, openness  
to the unknown

Universality

letting go of cultural identity, not  
'we' and 'them', giving up greed  
and hatred, self-acceptance

Humbleness

letting go of social recognition,  
accepting multiple opinions, trust  
in Dhamma practice

Self-transcendence

letting go of personal achievements,  
recognizing impermanence, not  
seeking perfection

Liberation from forms of  
attachment. Problems are  
solved by inner reflection.  
Understanding timeless  
conditions which one has no  
control over.

Internally focused

Externally focused

Practicing clear comprehension,  
applying the right effort in a given  
situation for the ending of *dukkha*.

Self-actualization

morality, creativity,  
mastering skills, fulfilment of  
personal potential

Esteem

social recognition,  
being respected,  
confidence

Love and Belonging

family, friendships,  
affiliation with a  
trusted group

Safety

physical safety, order,  
livelihood, health

Survival Needs

food, clothing,  
shelter, medicine

Obtaining and safeguarding.  
Problems are solved by  
controlling external factors.  
Application of skilful means,  
making wholesome choices, to  
the extent one has control.