

WHAT MATTERS OVER NEEDS · CLARITY & COGNITIVE DISTORTION (BTWO02)

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So many things that matter. Our hierarchy of needs. What seems to be missing, that's what matters. Physical, emotional, intellectual, identity building needs. But are you actually seeing your real needs — or pursuing unrooted ideas?



What matters more than the call of your needs is clarity. Freedom from cognitive distortion. Clear perception and recognition of your needs – and of yourself. What matters yet more is non-reactive inner space to host your clarity.

#ByTheWay

#WhatMatters

#HierarchyOfNeeds

#CognitiveDistortion

#Clarity

#NonReactivity

#ClearPerception #Actuality #AnandaICU

By the way. What matters – like actually matters, right? We obviously have our hierarchies of needs. We have our physical, emotional, intellectual, and identity needs. When we are on a particular level of this hierarchy of needs, on a particular step in the pyramid, whatever that we are lacking, where our fulfillment is pending, that seems to matter the most.

But yet there is something that matters much more – over and above all of this. There is the underlying, definitive, fundamental need for clarity. Freedom from cognitive distortion. All of your perceptions of the needs that you have are defined by this, and as such, any meaning is attached to your clarity.

If you do not clearly recognize your needs, the things that seem to matter, and yourself, the one who needs and the one who makes it matter, then you will be misled, you will be confused. In response to these needs that seem to matter, you exceed, overcompensate, or you deprive yourself, you fall into scarcity.

And why is that? Because of distortions in your recognition of what is the actual need and the actual needer. Every sort of coping mechanism and cognitive warp bubble at play, and with this you sabotage yourself. You ensure with your distortions that your true needs will never be met. You only pursue illusions in the name of what matters.


You over-eat, you under-eat. You indulge in excessive emotions. You overthink without all the facts lined up, and you end up with distorted mental models. And of course, you design these dream identities as a matter of your individuation that may or may not at all be aligned with your true potentials.

So yes, all of those matter – but what matters more is your clarity over what matters. The different aspects of your being. Make clear unto yourself what they are,

exactly and in their true nature, without your tweaking, without your hallucinations. Who knows, one day you might turn out to be a well-rounded human being, actually fulfilled, satisfied, and at peace. Instead of just being "quite okay" in your opinion.

So there is the need for clarity that matters the most – but beyond that, there is the need for peace, equanimity, acceptance of what is, and the fact that all of this is a process of evolution. This field of detachment and tranquility is where clarity may sprout and come to blossom. Untweaked by the distortions resulting from your hectic reactivity.

Then underlying, overarching, and enveloping your hierarchy of needs and things that matter, we have tranquility and detachment, we have clarity of recognition. By the way. If you don't have this superstructure for your hierarchy of needs, your life will be unnecessarily messy and confusing.

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