



# The Deeper Dimensions of Human Wellbeing

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# The Deeper Dimensions of Human Wellbeing

## Purpose

The purpose of this paper is to explore the deeper dimensions of human wellbeing. In previous papers (1) I have defined human wellbeing as the feeling you have when you can satisfy the needs of the stage of psychological development you are at. If you can meet these needs, you will feel happy and content; if you cannot meet those needs, you feel sad and depressed.

## The Seven Stages of Human Development

The following diagram and table show the developmental tasks and motivations at each stage of personal development and the normal age ranges when these occur. Many people never get past the differentiating stage of development.



Figure 1: The most important needs at each Stages of Psychological Development

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Stages of psychological development	Age range	Developmental task	Motivation	Developmental focus	
				Needs	Desires
Serving	60+ years	Alleviating suffering and caring for the well-being of humanity and the planet.	Satisfying your need for self-less service.	Compassion	Contribution
Integrating	50–59 years	Connecting with others in unconditional loving relationships.	Satisfying your need to make a difference.	Empathy	Connection
Self-actualizing	40–49 years	Expressing your true nature by embracing your soul's values and purpose.	Satisfying your need to find meaning and purpose.	Authenticity	Self-expression
Individuating	25–39 years	Discovering your true identity by letting go of your dependence on others.	Satisfying your need for freedom and autonomy.	Responsibility	Accountability
Differentiating	8–24 years	Establishing yourself in a community by displaying your gifts, skills, and talents.	Satisfying your need for respect and recognition.	Security	Achievement
Conforming	2–7 years	Feeling safe and protected by staying close to your kin and your family.	Satisfying your need for love and belonging.	Safety	Harmony
Surviving	Birth to 2 years	Staying alive and physically healthy by getting your survival needs met.	Satisfying your need for physiological survival.	Health	Survival

**Table 1: The most important needs/desires at each Stages of Psychological Development**

## Wellbeing at each stage of development

Babies feel a sense of wellbeing when they experience being loved and cared for, when they have food in their stomachs and when all their comfort and survival needs are met. Children feel a sense of wellbeing when they feel safe, protected and loved, when they have been able to develop an increasing sense of independence and fulfilment and when they have a sense of belonging and contribution within their own communities.

Teenagers feel a sense of wellbeing when they are supported in becoming who they truly feel they are at core, when they feel recognized for their personal resilience, aspirations and achievements, when they can express their unique individuality and when they feel they belong to a group that values and accepts them.

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Young adults in their twenties feel a sense of wellbeing when they have freedom and autonomy, when they are able to participate in shaping their worlds and when they are empowered to take personal accountability for who they are and what they do. Mature adults feel a sense of wellbeing when they have been able to release previously held fears and limitations, when they have developed a sense of meaning and purpose to their lives; when they can connect with others to make a difference in the world and when they can contribute to the wellbeing of their own families and local communities.

## **The fundamental question**

The question I am attempting to answer in this paper is, what is the source of the feeling of wellbeing at each stage of development? How does the feeling of wellbeing arise? We know that wellbeing occurs when we are able to satisfy the needs or desires of the stage of development we are at, but what is the source of this feeling. The answer I have come up with is this:

## **The source of our feeling of wellbeing is the alignment of the motivations of the ego with the motivations of the soul.**

Let me explain how I arrived at this conclusion.

## **Ego reality vs. Soul reality**

The first thing we must do is differentiate the needs of the ego from the desires of the soul. During the first three stages of personal development, we focus on the needs of the ego. During the last three stages of personal development, we focus on the desires of the soul. At the fourth stage of personal development, we begin the transition from caring about the satisfaction of the needs of the ego, to caring about the desires of the soul.

The fundamental question we must answer at the individuating stage of personal development is Who am I? Am I an ego or am I a soul? If you conclude that you are a soul, then you must ask a supplementary question, do I have a soul or am I a soul?

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I believe every human being is an energetic soul experiencing life in three-dimensional material awareness. The energy field of the soul is our primary identity. The soul created the psychic entity we call the ego to protect itself from the pain of separation that it experiences when it incarnated into three-dimensional material awareness. This is the same dynamic the ego uses to create alter egos. Alter egos are created to protect the ego from the deep trauma of separation.

The body is the material manifestation of the soul's energy field. The soul identifies with the energy field. The ego identifies with the body. The ego does not know that it is the creation of the soul. In other words, we are unaware that our will to survive derives from the soul's will to be present in three-dimensional material awareness. We give up the will to survive when we feel blocked in meeting our ego's needs or prevented from meeting our soul's desires. The first signs of our inability to meet our ego's needs are anger. The first signs of our inability to meet our soul's desires are depression.

The ego and soul live in two parallel worlds – the ego lives in the material world and the soul in the energetic world. The reason why the ego is mostly unaware of the soul's energetic reality is because of the body's limited perception and our lack of attunement with our feelings. We live in a multiple dimensional energetic world, but our physical senses can only recognize a small band of frequencies. Our soul is attuned to a much broader band of frequencies.

## **The fulfilling life**

To lead a fulfilling life the first thing the soul must do is to ground itself in three-dimensional material awareness. That is the role of the ego. The ego helps us to survive, keep safe and feel secure. Once the soul is established in our physical reality and the ego has learned how to meet our survival, safety, and security needs, then we can begin to focus on fulfilling our soul's desires – to fully express its unique gifts and talents, connect with others in empathic relationships and contribute to the wellbeing of humanity. The fulfillment of these desires is the reason why the soul incarnated into our human body in the first place. If you struggle to meet your survival needs, you will find it difficult to self-express. If you struggle to meet your safety (relationship) needs, you will find it difficult to connect, and if you struggle to meet your security (self-esteem) needs, you will find it difficult to contribute.

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The soul is an individuated aspect of the universal energy field that links us all together. It comes from a world of love and connection. The natural energetic state of the soul is peace and harmony – a pure sense of wellbeing. The only thing that can disturb that reality are the conscious and subconscious fear-based thoughts of the ego.

The soul's journey into three-dimensional awareness begins at conception, when the soul takes possession of the energy field of the fertilized human egg. The soul is the dominant interface of the embryo with the world during the first three months of life.

Once the body mind (reptilian mind/brain) forms and the embryo becomes a foetus (after three months of gestation), the reptilian mind/brain becomes the dominant interface with the material world. The soul mind then becomes the subconscious of the body mind.

The main preoccupation of the body mind is survival. It attempts to do this through a biological process called homeostasis. The purpose of homeostasis is to maintain the life support functions of the body. In the three-dimensional material world, this involves maintaining the chemical balance of the body. In the soul's parallel energetic world, this involves maintaining the balance of the bodies seven energy centres.

## The journey of the soul

The first experiences the soul has of the three-dimensional material world are the physical sensations experienced by the body mind. Some of these experiences are positive—life enhancing (the body's homeostatic needs are met) and some are negative—life depleting (the body's homeostatic needs are not met). The soul experiences life-enhancing experiences as love energy, and life depleting experiences as fear energy.

Whenever the baby's survival needs are met, the soul experiences the energy of love. Whenever baby's survival needs are compromised, the soul mind experiences the energy of fear.

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Around the age of two, sometimes a little earlier, when the limbic mind/brain (emotional mind) takes over as the dominant interface with the world the soul begins to experience the feeling of separation; the sense of oneness that it experienced in the womb and the first few months as a baby begins to disappear. At this point, the pain (energetic instability) associated with the negative sensations of the body-mind and negative feelings of the emotional mind cause the soul to protect itself by creating a psychic buffer we call the ego.

When the emotional mind becomes dominant, the body mind becomes the subconscious of the emotional mind, and the soul mind becomes the unconscious.

At around the age of eight, the neocortex (the rational mind) which has been developing in the background, starts to become the dominant mind/brain. At this point, the emotional mind becomes the subconscious of the rational mind; the body mind becomes the unconscious, and the soul mind becomes the super unconscious.

The ego-mind develops in three stages: first, It learns how to survive with the help of the body-mind (the reptilian mind/brain); then it learns how to stay safe with the aid of the emotional mind (the limbic mind/brain), and lastly it learns how to keep secure with the aid of the rational mind (the neocortex mind/brain).

Only after when the ego-mind has begun to learn how to survive, keep safe and feel secure in its physical and cultural framework of existence – when it has started to master its deficiency needs – does the will of the soul begin to re-emerge as a psychic force in our lives. What blocks the energy of the soul from reappearing are the fear-based belief of the ego about meeting its deficiency needs.

The re-emergence of the soul-mind as a significant force in our lives occurs in four stages. The door is opened at the individuating stage when we can dis-embed ourselves from our group identity (when we drop the mask we are wearing to get our needs met and find the freedom to be who we truly are).

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At the self-actualization stage, when we learn to self-express (access and use our soul's gifts and talents). At the integrating stage when we learn to empathise and connect with others at a deep level (form unconditional loving relationships). At the serving stage when we contribute to the wellbeing of others and the planet (operate from a a sense of unity). At each stage our sense of identity expands and we become more inclusive of others.

If we are unable, for whatever reason, to master the fears we accumulated during the first three stages of our development when the ego was dominant and our three mind/brains were growing and developing, the soul-mind will find it difficult to re-emerge. What prevents the soul-mind from re-emerging is the energy of fear associated with satisfying the ego's unmet needs.

## **The difference between ego awareness and soul awareness**

Viewed from the perspective of the ego, the fundamental properties of the material dimension of reality are time, space, and matter. By conjoining time and space, we create the illusion of separation; by conjoining time and matter, we create the illusion of death and decay; by conjoining space and matter, we create the illusion of physical forms and mass. Together, these concepts align with the classical three-dimensional material interpretation of reality explained by Newtonian mechanics and the First and Second Laws of Thermodynamics.

Viewed from the perspective of the soul, the fundamental properties of the energetic dimension are timelessness, omnipresence, and energy. Because the soul has no awareness of time or space to give the illusion of separation, the soul experiences a sense of oneness and connectedness. Because the soul has no awareness of time and matter to give the illusion of death and decay, it lives in a constant state of present moment awareness. Because the soul has no awareness of space and matter to give the illusion of form and mass. the soul experiences changes in the frequency of energetic vibrations. Taken together, these concepts align with the quantum scientific interpretation of reality. In the world of the soul everything is wave-like with different frequencies of vibration—the energy dimension; in the world of the ego, everything is particle-like with different densities of matter—the material dimension.

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In the material dimension of reality, the ego lives in a world limited by time and entropy – the gradual decomposition of matter. Therefore, it believes in death and decay. Because it believes in death and decay, it experiences separation. Because it experiences separation, it believes in limitation. Because it believes in limitation, it experiences lack. Because it experiences lack, it believes it has needs. Because it believes it has needs, it experiences anger when its needs are not met and fear if it believes its needs might not be met in the present moment or in the future.

In the energetic dimension of reality, there is no time or space. Because there is no time and space, the soul lives in a constant state of being and connection. Because it lives in constant state of being and connection, it experiences oneness and is not aware of separation. Because it has no awareness of separation, it does not experience limitation.

It lives in a world of possibility and abundance. Every thought of the soul is an act of creativity. It creates through its thoughts whatever it needs. Because it has no needs, it has no fears, and its primary experience of the world is unconditional love. However, the soul has desires: the three reasons it incarnated into your body – self-expression, connection and contribution..

Because it lives in a field of love, the natural state of the soul is energetic equilibrium. When we let the fears of the ego influence our thoughts, our energetic instability increases and the amount of love energy we can project out into the world decreases. The energy associated with the emotion of fear and anger, which the ego experiences when it believes its needs might not be met, is experienced as a lack of love and leads us into the world of separation.

**Unmet ego needs = Anger/fear = Lack of love = Separation**

The source of our energetic instability – lack of wellbeing we experience - is the energy of fear the ego is holding onto about not getting its needs met.

**Conclusion**

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As I have explained, unlike the ego, the soul has no needs: the soul only has desires. The soul's desires are threefold - to fully express its unique gifts and talents, connect with others in empathic relationships and contribute to the wellbeing of humanity.

When we are dominated by our ego's fears (stress or trauma) or the motivations of the ego prevent the soul from fulfilling its desires, our mental and physical wellbeing is compromised. Thus, the level of our ego-soul alignment – the degree to which we experience energetic equilibrium - directly impacts our feeling of wellbeing. Thus, we can state that ego-soul alignment leads to energetic equilibrium which in turn leads to mental and physical wellbeing.

**Ego-soul alignment = Energetic equilibrium = Mental and physical wellbeing**

## References:

1. Richard Barrett, *The Link between Personal and National Wellbeing*.
2. Richard Barrett, *A New Psychology of Human Wellbeing: An Exploration of the Influence of Ego-Soul Dynamics on Mental and Physical Health*.
3. Video. *Peace and Soul Consciousness*.