

## 18 / *Is It Need Or Greed That Drives You?*

Did we really need that extra drink or bite of food, the more expensive suit, or the town house and country house in addition to the villa in Europe? Who is able to determine what he truly "needs" for his physical well being? Who can notice when he has crossed the thin line between need and greed while acquiring physical possessions and services? People define their "needs" in terms of specific quantities and, on the physical level, need and greed become indistinguishable.

At the psychological level, however, no such confusion exists: psychological need and greed are worlds apart, because at this level, we are dealing with feelings and attitudes, not with concrete realities. At the psychological level, we experience the *feeling* of poverty or the *feeling* of fullness. The first cannot be satisfied by any degree

of achievement or any number of possessions or, in fact, by any form of acquisition. The feeling of fullness, however, allows us to feel adequate (full) at all times, so that we no longer need to achieve, possess, get, or conquer anything in order to compensate for a feeling of emptiness.

The bottomless, insatiable feeling that comes with psychological poverty derives from the fact that it is built on the habit of Envy, which itself evolves from the habit of making comparisons and the ambition for personal recognition and preferment. You desire to be the preferred individual so that you can look down on others. This feeling of lack is not related to any kind of real need and thus cannot be compensated by any achievements in the physical world.

The feeling of fullness, on the other hand, is that feeling we notice when we have achieved our own center of gravity and do not lean, depend, or expect support from the world around us. When we have finally learned that we cannot seek fulfillment outside ourselves and have stopped looking toward others to find vicarious happiness, then we come to rest within ourselves and have no sense of being impoverished or deprived.

**NO ONE MAY EVER FIND HAPPINESS THROUGH ANOTHER PERSON.** The person who attempts to do so will feel let down and defrauded at all times.

Feeling deprived is a habit the mind can be rid of

only if we understand that bad habits maintain themselves by self-stimulation. If I drink, it is because I have formed the habit of drinking and one drink only paves the way for the next one, since **HABIT NEVER RESTS**. A habit is like an earth satellite set in orbit by hurling it into space beyond the pull of gravity. Once it is in orbit, it will continue to circle the earth until it is pulled down by some force. Likewise, the habit of making envious comparisons begins in childhood. Once it has been established, we are stuck with the feeling of deprivation and remain cursed with this insatiable feeling until we identify it as a bad mental habit and purge it as we would any other bad habit, by full and total awareness that is nothing more than faulty conditioning and as such can be re-conditioned by conscious awareness. Anyone has the power to stop making envious comparisons between himself and those around him; when he simply stops making any comparisons at all, he will be relieved of the feeling of being deprived.