



Accessing Längle's 4FMs

Through Guided Meditation

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WCET4

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Influences & Sources

Key contributors to Existential Analysis, Embodiment and Mindfulness.



Viktor Frankl
Logotherapy



Håkan Nilsson
Four-dimensional mindfulness



Markus Angermayer
Existential Grounding
(New Book Sept. 2026)



Alfried Längle
Existential Analysis, 4 FMs



Jon Kabat-Zinn
Mindfulness Stress-Reduction



Barbara M. Posch
Mindful arrival in sessions



Ludwig Binswanger
Dream and Existence, Dialog



Sharon Salzberg
Metta Lovingkindness practice



Ingo Zirks
Hakomi embodied mindfulness



Welcome

An experiential tour of Alfried Längle's four fundamental motivations.

Process



Guided meditation (~5 min)



Group reflection (~5 min)

Resources



Handout & 4 audio recordings

Participation



Settle in — eyes closed welcome

Focus



4 Fundamental Motivations (FMs)

The Four Fundamental Motivations

Alfried Längle's fundamental motivations of the four existential dimensions.

FM1 - The World / Perception / Safety



Can I be here?

FM2 - Life / Emotions / Vitality



Do I like living?

FM3 - The Person / Values / Belonging



May I be myself?

FM4 - Meaning / Noetic / Hope



What should I live for?

Each dimension of existence contains three existential needs.

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Can I Be?

Fundamental Motivation 1: The World



Guided Meditation



~5 minutes



Settle in. You're welcome to close your eyes.

Can I Be?

Fundamental Motivation 1: The World



Reflecting on your experience



What imagery or focus did you notice?



What were you drawn toward?



Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - *What **image** or **focus** carried this?*



Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - a **chair**, the **floor**, the building's **foundation**, the **earth** beneath

Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - a **chair**, the **floor**, the building's **foundation**, the **earth** beneath
- **Space**
 - *What **image** or **focus** carried this?*

Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - a **chair**, the **floor**, the building's **foundation**, the **earth** beneath
- **Space**
 - the **breath**, a sense of **expansion** and **opening** in the **chest**

Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - a **chair**, the **floor**, the building's **foundation**, the **earth** beneath
- **Space**
 - the **breath**, a sense of **expansion** and **opening** in the **chest**
- **Protection**
 - *What **image** or **focus** carried this?*

Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - a **chair**, the **floor**, the building's **foundation**, the **earth** beneath
- **Space**
 - the **breath**, a sense of **expansion** and **opening** in the **chest**
- **Protection**
 - **skin** and **clothing** as a **flexible**, living **boundary**



Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Space**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*

Can I Be?

Fundamental Motivation 1: The World



- **Support**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Space**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Protection**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



Do I Like Living?

Fundamental Motivation 2: Life



Guided Meditation



~5 minutes



Settle in. You're welcome to close your eyes.



Do I Like Living?

Fundamental Motivation 2: Life



Reflecting on your experience



What imagery or focus did you notice?



What were you drawn toward?



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - *What **image** or **focus** carried this?*



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - a tree as a living other; the exchange of breath ($\text{CO}_2 \leftrightarrow \text{O}_2$)



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - a tree as a living other; the exchange of breath ($\text{CO}_2 \leftrightarrow \text{O}_2$)
- **Time**
 - *What image or focus carried this?*



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - a tree as a living other; the exchange of breath ($\text{CO}_2 \leftrightarrow \text{O}_2$)
- **Time**
 - unhurried, resting, with nothing required of you



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - a tree as a living other; the exchange of breath ($\text{CO}_2 \leftrightarrow \text{O}_2$)
- **Time**
 - unhurried, resting, with nothing required of you
- **Closeness**
 - *What image or focus carried this?*



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - a tree as a living other; the exchange of breath ($\text{CO}_2 \leftrightarrow \text{O}_2$)
- **Time**
 - unhurried, resting, with nothing required of you
- **Closeness**
 - your back against the trunk; a hand on the bark



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Time**
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Do I Like Living?

Fundamental Motivation 2: Life



- **Relationship**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Time**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Closeness**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*

May I Be Myself?

Fundamental Motivation 3: The Person



Guided Meditation



~5 minutes



Settle in. You're welcome to close your eyes.



May I Be Myself?

Fundamental Motivation 3: The Person



Reflecting on your experience



What imagery or focus did you notice?



What were you drawn toward?



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - *What **image** or **focus** carried this?*



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - a friend who remembered what you like, being truly seen



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - a friend who remembered what you like, being truly seen
- **Justice**
 - *What image or focus carried this?*



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - a friend who remembered what you like, being truly seen
- **Justice**
 - the *felt sense* that it is good and right to be here, like this



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - a friend who remembered what you like, being truly seen
- **Justice**
 - the *felt sense* that it is good and right to be here, like this
- **Appreciation**
 - *What image or focus carried this?*



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - a friend who remembered what you like, being truly seen
- **Justice**
 - the *felt sense* that it is good and right to be here, like this
- **Appreciation**
 - a creative act, *a drawing*, witnessed and valued



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*

May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Justice**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



May I Be Myself?

Fundamental Motivation 3: The Person



- **Attention**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Justice**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Appreciation**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



What Should I Live For?

Fundamental Motivation 4: Meaning



Guided Meditation



~5 minutes



Settle in. You're welcome to close your eyes.



What Should I Live For?

Fundamental Motivation 4: Meaning



Reflecting on your experience



What imagery or focus did you notice?



What were you drawn toward?



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - *What **image** or **focus** carried this?*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - the daily tending of a young, growing tree



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - the daily tending of a young, growing tree
- **Structural Context**
 - *What image or focus carried this?*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - the daily tending of a young, growing tree
- **Structural Context**
 - *roots joining the mycelial network; an intergenerational chain*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - the daily tending of a young, growing tree
- **Structural Context**
 - *roots joining the mycelial network; an intergenerational chain*
- **Future Value**
 - *What image or focus carried this?*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - the daily tending of a young, growing tree
- **Structural Context**
 - *roots joining the mycelial network; an intergenerational chain*
- **Future Value**
 - a creative act, *a drawing*, witnessed and valued



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Structural Context**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*



What Should I Live For?

Fundamental Motivation 4: Meaning



- **Field of Activity**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Structural Context**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*
- **Future Value**
 - *What **imagery** or **focus** would you **change**, **add**, **enhance**?*

The Four Fundamental Motivations

Alfried Längle's fundamental motivations of the four existential dimensions.

FM1 - The World / Perception / Safety



Support • Space • Protection

FM2 - Life / Emotions / Vitality



Relationship • Time • Closeness

FM3 - The Person / Values / Belonging



Attention • Justice • Appreciation

FM4 - Meaning / Noetic / Hope



Field of Activity • Structural Context •
Future Value

Notice how earlier prerequisites stay alive and deepen as the journey continues.



Use In Your Practice



- Scan the QR code (or type the link) for:
- **Four guided audio 4FM meditations**
- **A meditation-composition handout**
- <https://research.aestra.ca/ea-meditations>



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