Our Wellness-Informed Pathway: The Maternal Way

1. Meet humanity’s basic needs through evolved nest
2. Foster thriving
3. Develop heart-mindedness
4. Support earth-centered-living knowhow
Wellness 1- What are our basic needs?

- **Animal** needs for nourishment, warmth, protection/safety
- **Mammalian** needs for affection, play, inclusion
- **Social mammalian** needs for extensive bonding, community support, social enjoyment
- **Human** needs for
  - Intersubjectivity with multiple adults
  - Immersion in communal life
  - Apprenticeship in adult activities
  - Meaning making
  - Self-expansion and healing

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Humanity’s Evolved Developmental Niche
(aka Evolved Nest)

➢ Wellness Informed
➢ Set of social and ecological circumstances typically inherited by members of a given species (Oyama et al. 2001)
➢ One of many inheritances
➢ Mostly over 75 million years old
➢ Evolution has “done the experiments”
➢ Our “original instructions” for raising a human being
➢ Provisioned by a community
➢ Human babies resemble fetuses till 18 months of age, with rapid growth underway
➢ So, their needs should be met quickly to foster a well-functioning brain.
Wellness 2a - Meeting basic needs leads to human thriving

**THRIVING INDIVIDUAL**
- A Quiet Mind.
- Inner Happiness. Childlike glee.
- Vitality.
- Being Fully Alive.
- Autonomy.
- Honesty.
- Sense of humor.
- Outstanding memory and senses.
- Builds habits at will.
- Knowhow for getting along in the particular landscape.
- Ecological attachment. Relational respect for nature.
- Connection to Spirit. Has awareness of reality beyond the manifest.

**THRIVING IN RELATIONSHIP**
- Enjoys being with others and enhances their being
- Relationally attuned and responsive
- Empathy given and received.
- Unconditional Listening.
- Communal orientation.
- Authentic Helpfulness.
- Unconditional Love and Forgiveness.
- Generosity. Sharing practiced and expected.
- Egalitarian. No one coerces anyone else.
- Respect for ancestors and future generations.
- Responsibility toward the web of life.

*J. Young; E.R. Sorenson; R.B. Lee; Narvaez*
Wellness 2b - Meeting basic needs leads to societal thriving

Egalitarianism, Connection to sacred web of life, Harmony and balance, High autonomy, High communalism

Emotionally Engaged Imagination

Imagination ethic

Positive Social Engagement

Social Self protection

Higher consciousness

Shared music, dance, song, laughter---> underlies moral sense? No coercion!

Narvaez, 2014
Wellness 3 - Meeting basic needs develops heart-minded, peaceable mindsets

RELATIONAL ENGAGEMENT

• Flexible, relational attunement
• Full presence in the moment
  – Intersubjectivity
  – Resonance with the Other
  – Egalitarian regard
  – I-Thou (Buber)
• Small ego, other-enhancing orientation
• Developed and primed by supportive, caring relationships and environments
  – Secure attachment (Bowlby)
  – Companionship care (Trevarthen)

COMMUNAL IMAGINATION

• Egalitarian respect
• Resonant responsibility
• Sympathetic action
• Personal agency and communion with others flow together

Narvaez, 2013, 2014; Based on review of small-band hunter gatherer descriptions (e.g., work by Tim Ingold; Richard Lee; James Woodburn; Douglas Fry; and Indigenous literatures)

The flow of being is co-constructed postnatally
A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.

--Aldo Leopold, A Sand County Almanac

Wellness 4 – Knowhow for sustainable, earth-centered living
# Contrasting Worldviews

**“Unified, sacred and moral cosmos”**

*Vs.*

**“Fragmented, disenchanted, amoral cosmos”**

*Robert Redfield, The Primitive World and its Transformation*

*Four Arrows, *Point of Departure* (2016); Four Arrows & D. Narvaez, “Reclaiming our Indigenous Worldview” (2016)*

<table>
<thead>
<tr>
<th>DOMINANT CULTURE (from 17th century)</th>
<th>CHARACTERISTICS</th>
<th>EARTH-CENTRIC (our baseline)</th>
<th>CHARACTERISTICS</th>
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<tbody>
<tr>
<td>Only humans have spirit</td>
<td>Spirit pervades all things</td>
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<td>Only humans matter</td>
<td>Mutual relatedness with All</td>
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<td>Humans are the pinnacle</td>
<td>Humans are the younger siblings</td>
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<td>Placefulness (at home)</td>
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<td>Fitting in with local landscape &amp; biocommunity</td>
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<td>Reciprocal sharing</td>
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*Four Arrows & Narvaez, *Restoring our Kinship Worldview*
Wellness-Informed Pathway

Meet basic needs

Promote thriving

Develop heartminded individual and community

Knowhow for deeply sustainable life
Wellness Cycle of Cooperative Connected Companionship

1. Companionship care from conception
2. Healthy psychosocial neurobiology
3. Adult wellbeing and wisdom
4. Community attention to basic needs

EvolvedNest.Org
Healing Ceremonies: Communitas
To promote community bonding, healthy relationships, individual healing, respect for Nature
More Information

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Lots on parenting and early life experience effects at Narvaez’s blog at Psychology Today: Moral Landscapes  
http://www.psychologytoday.com/blog/moral-landscapes

Narvaez Webpage (blog links, download apers, etc.)  
https://sites.nd.edu/darcianarvaez/

Watch BreakingTheCycleFilm.org

Find tools/info at EvolvedNest.org