

Restoring Our Humanity *through the Maternal Gift Economy*

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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





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.

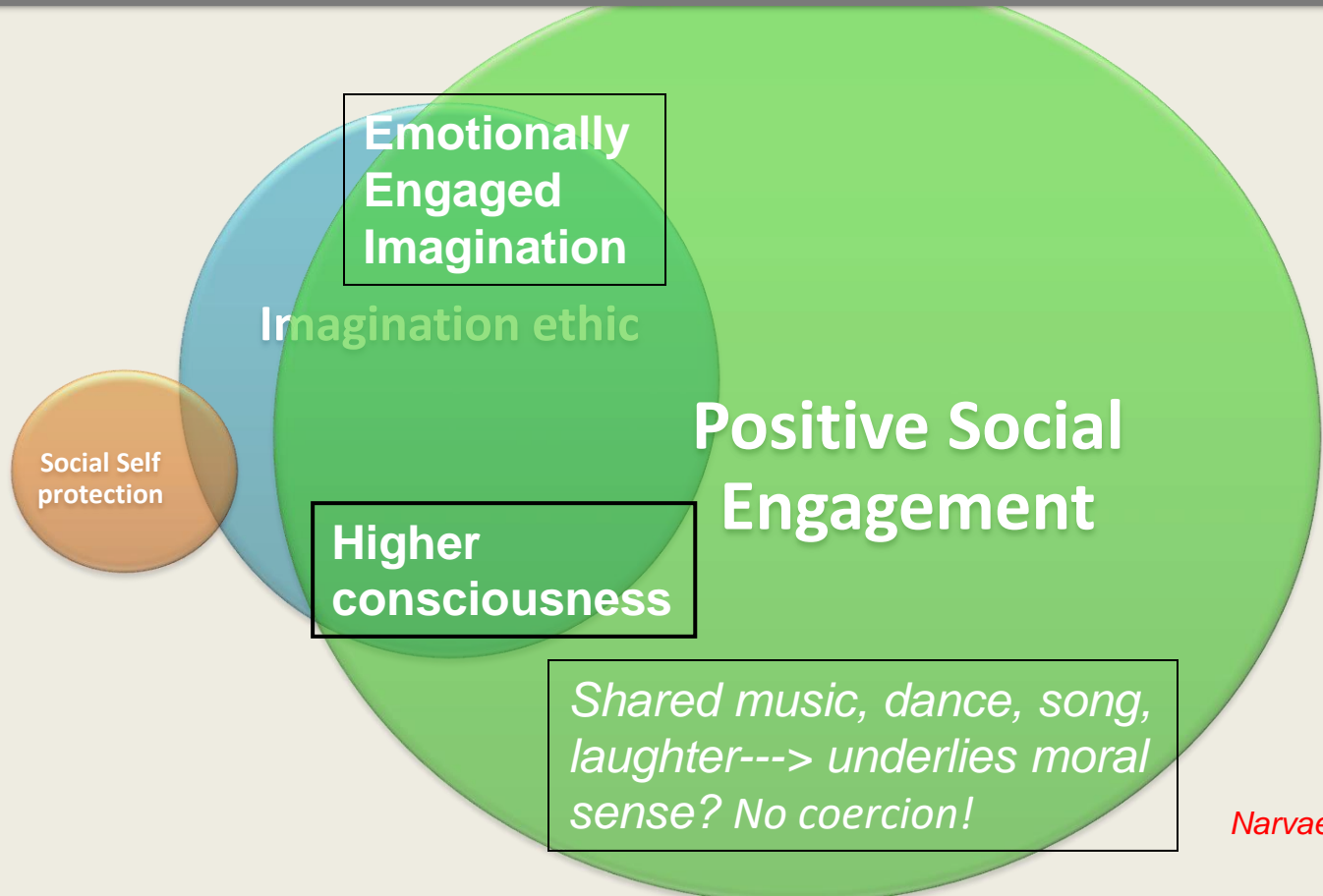
THRIVING IN RELATIONSHIP

- **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.

Wellness 2b -

Meeting basic needs leads to societal thriving

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



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 (Trevvarthen)

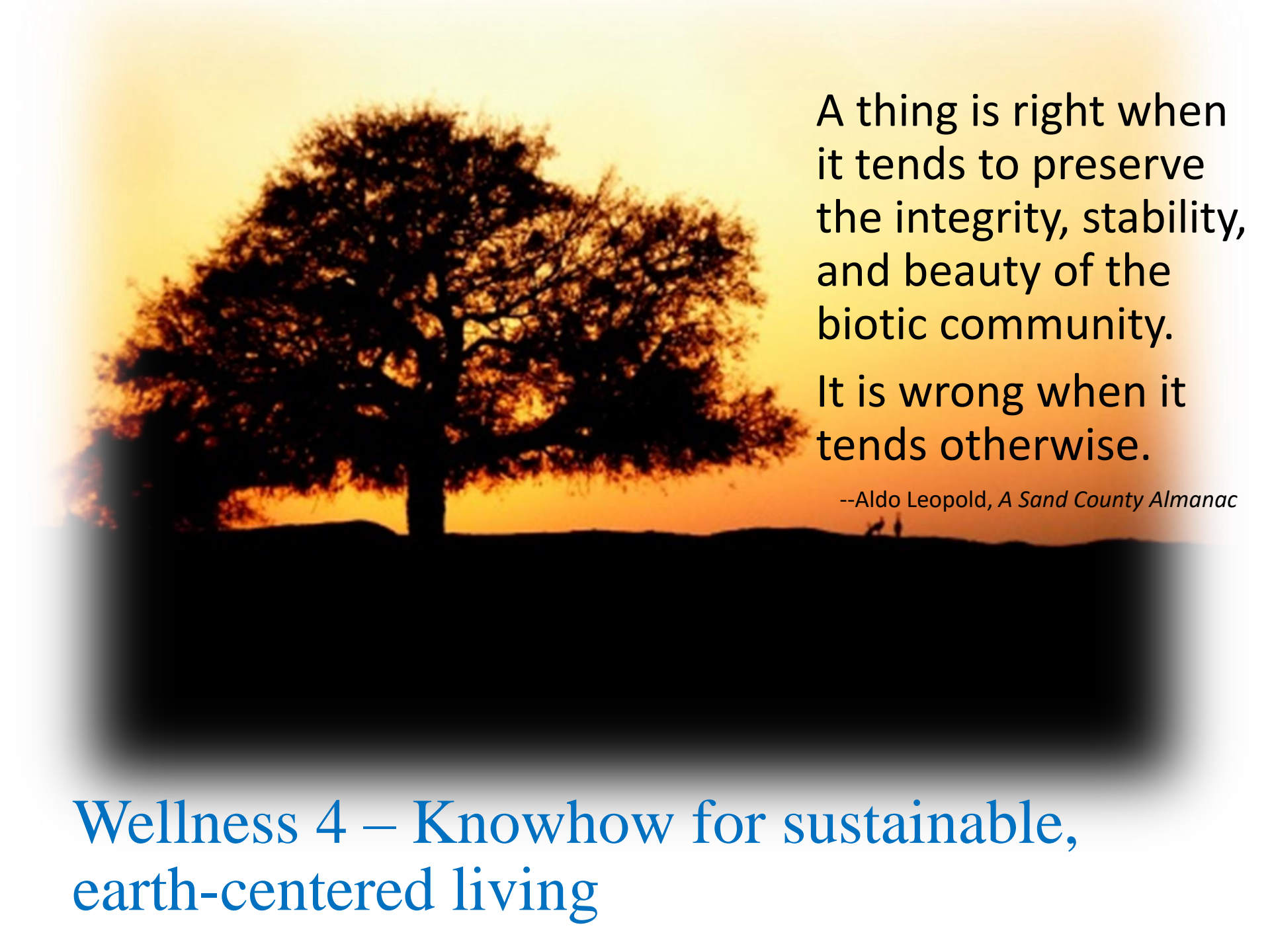
COMMUNAL IMAGINATION

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

The flow of being is
co-constructed
postnatally



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)



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)

DOMINANT CULTURE

from 17th century

- Only humans have spirit
- Only humans matter
- Humans are the pinnacle

CHARACTERISTICS

- Restlessness (“homeless”)
- Conforming landscapes to abstract ideals
- Hoarding

- Spirit pervades all things
- Mutual relatedness with All
- Humans are the younger siblings

CHARACTERISTICS

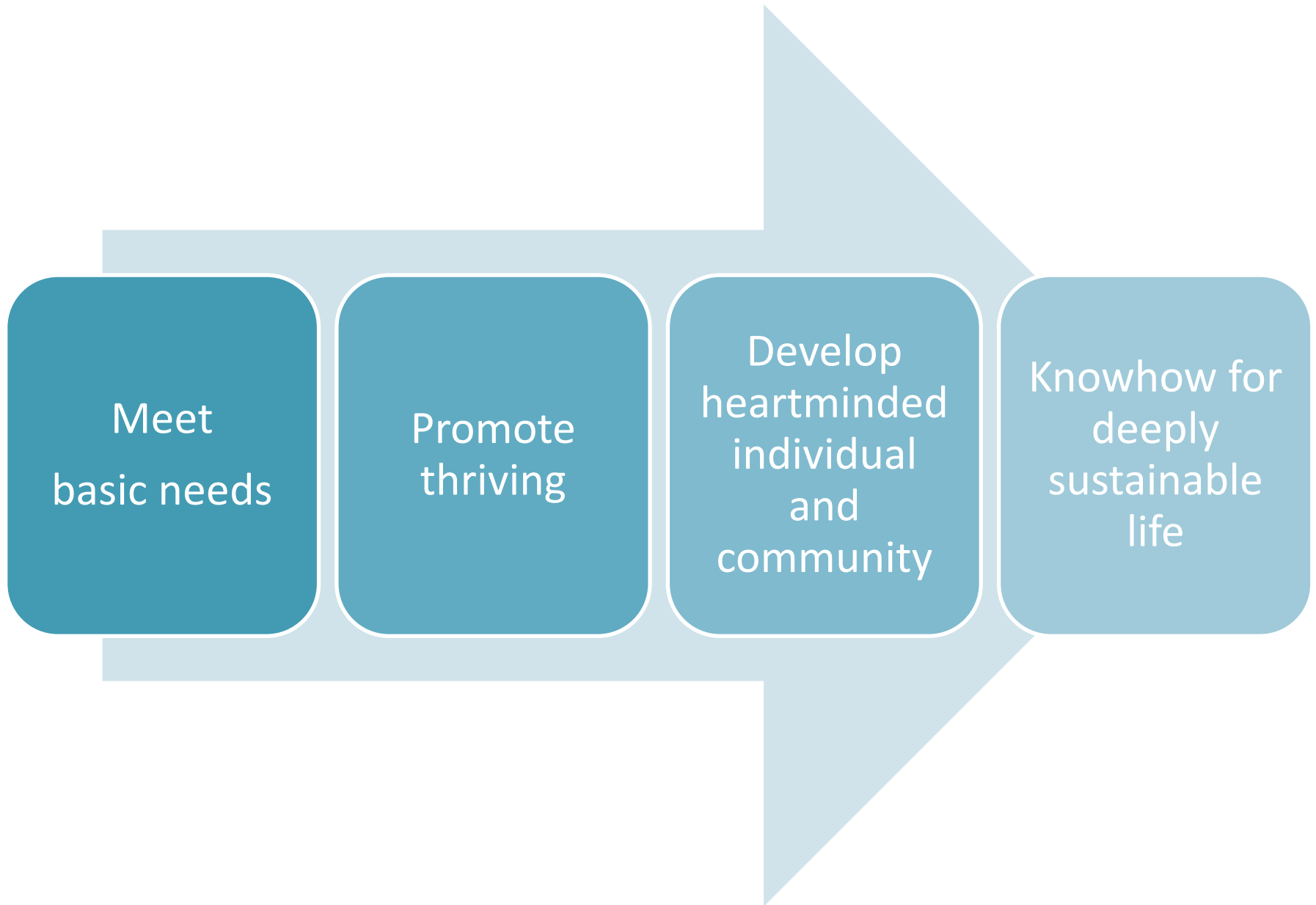
- Placefulness (at home)
- Fitting in with local landscape & biocommunity
- Reciprocal sharing

(our baseline)

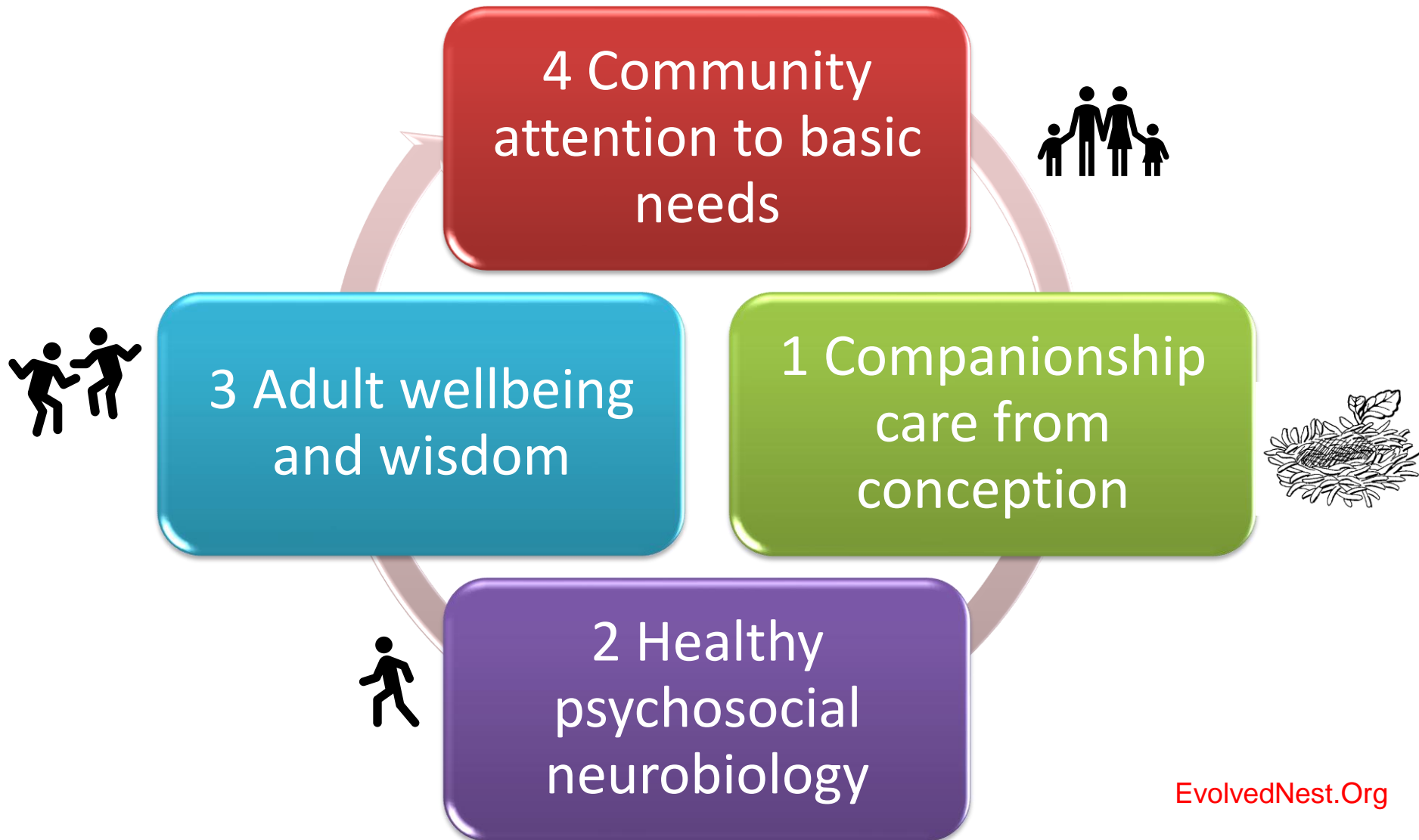
EARTH-CENTRIC

Four Arrows & Narvaez, *Restoring our Kinship Worldview*

Wellness-Informed Pathway



Wellness Cycle of Cooperative Connected Companionship



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**

