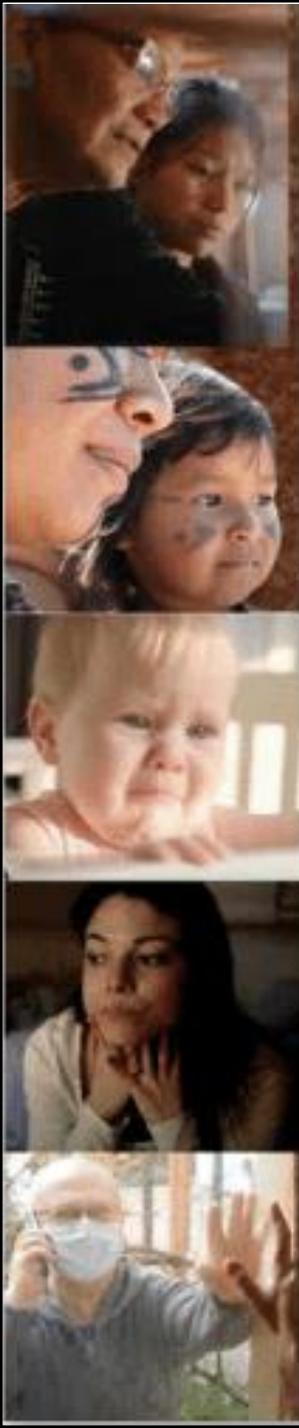




Wholly Belonging: Our Heritage

Darcia Narvaez, PhD, University of Notre Dame, dnarvaez@nd.edu

EvolvedNest.org, KindredMedia.org



95% of our human history we valued cooperative companionship... what happened?

We can reclaim our ancestral heritage by breaking the cycle. Discover the award-winning science in the new short film.

www.BreakingTheCycleFilm.org

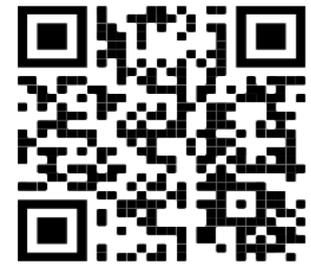


[Click here to go to film](#)

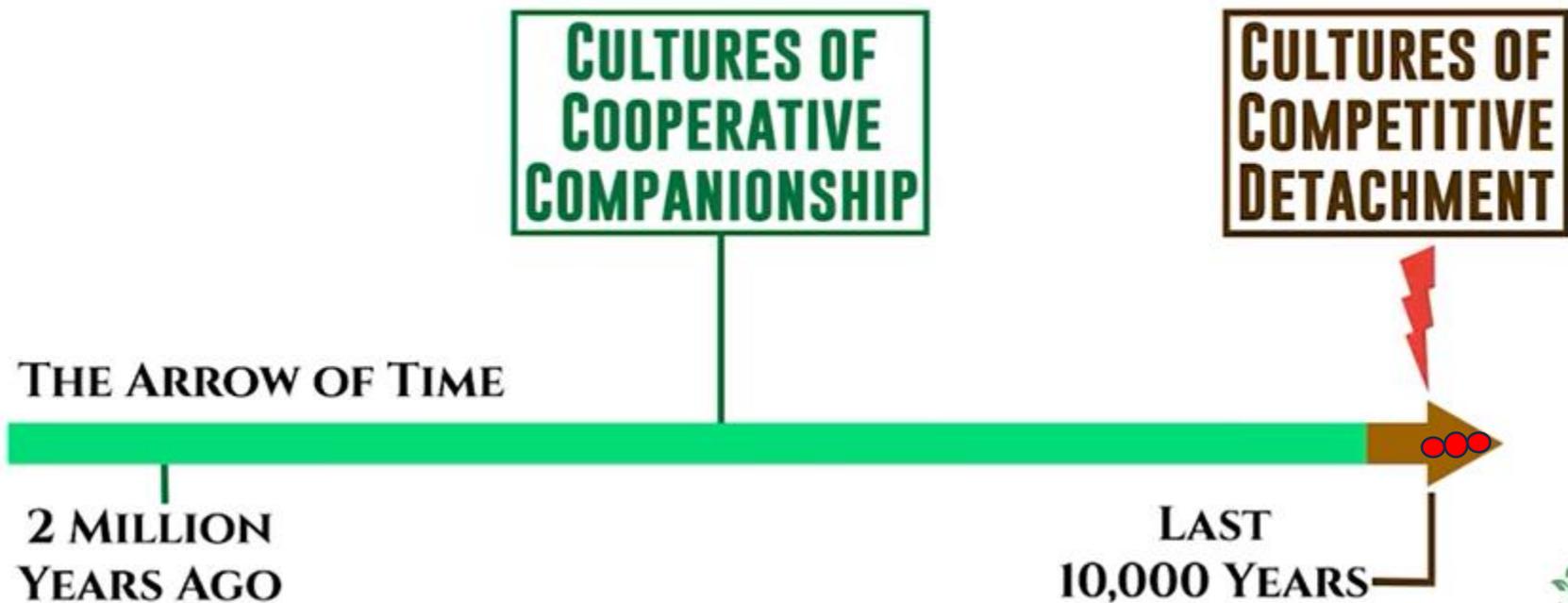


EvolvedNest.Org

**We Break the Cycle by Reclaiming
Humanity's Evolved Nest. Here's
How...**



HUMAN SPECIES HISTORY



The Path to Wellness is Our Heritage: Cycle of Connected Cooperative Companionship



4- Community attends to basic needs & respectful relations



3- Adult wellbeing & compassionate wisdom



1- Nested companionship care from conception



2- Healthy psychosocial neurobiology

Humanity's Wellness-Promoting Pathway

**Child wellbeing is central concern
and sacred responsibility.**

Community
meets basic
needs
through
Evolved Nest

Promotes
health and
thriving

Fosters
heartminded
individual &
community,
& kinship
worldview

Individual &
Community
knowhow for
compassionate
regenerative
lifestyle

Maintains connectedness

Trust in Oneness

Spiritual Intuition

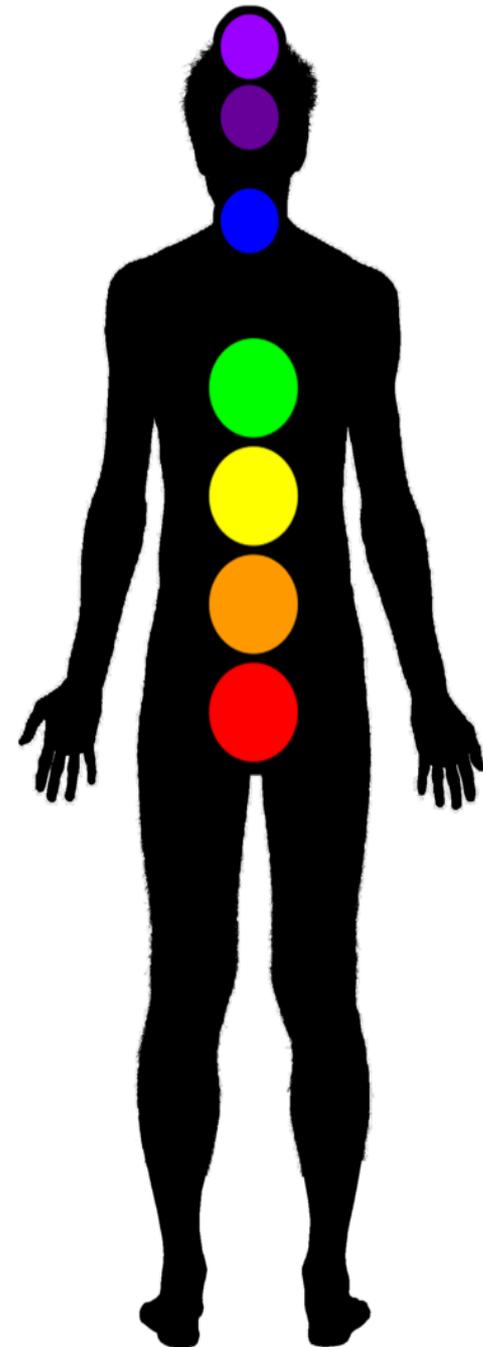
Expressive Sharing

Unconditional Love

Self-Confidence

Joyful Creativity

Self-Security



Embodied Wellness

What **Human Thriving** Looks Like *(Wellness Step 2)*

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.

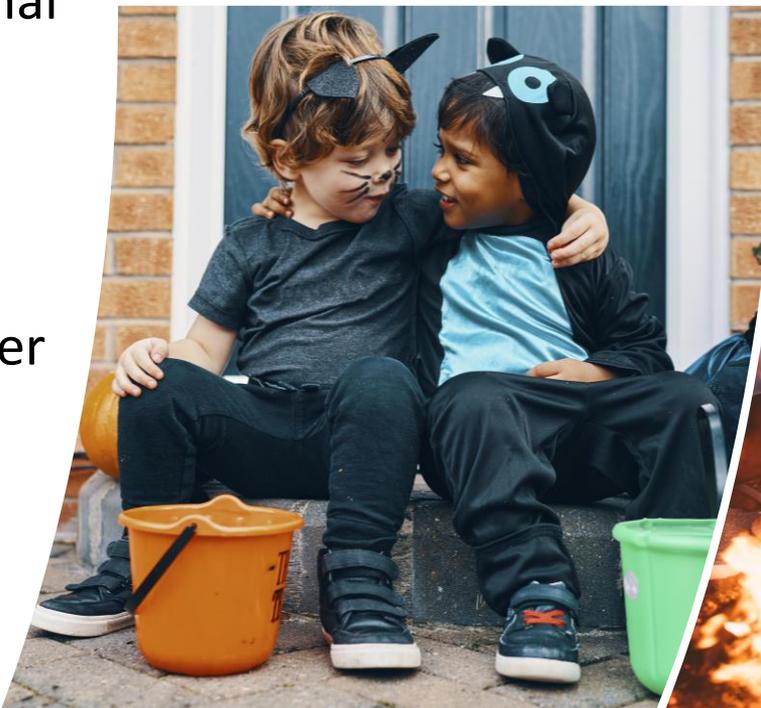
THRIVING IN RELATIONSHIP

- **Extended self**
- **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.

RELATIONAL ENGAGEMENT Face to face

- Well-educated intuitions, emotions & cognitions
- Flexible, relational attunement
- Full presence in the moment
 - Resonance with the Other
 - Small ego, I-Thou

(Wellness Step 3)



Abstracting capacities for COMMUNAL IMAGINATION

- Egalitarian respect
- Inclusive responsibility
- Sympathetic action
- Compassion

(Wellness Step 3)



KINSHIP WORLDVIEW

Every creature is part
of an interacting,
dynamic Whole.

All are relatives
deserving of respect.



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*

Earth-Centered-Living Knowhow (*Wellness Step 4*)