

The Globally Sustainable Self and the Evolved Nest

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Human Heritage: The “Moral Sense”

(Darwin, 1871: *Descent of Man*)

- Social pleasure
- Empathy
- Memory function
- Social concern
- Habit control

We could add:

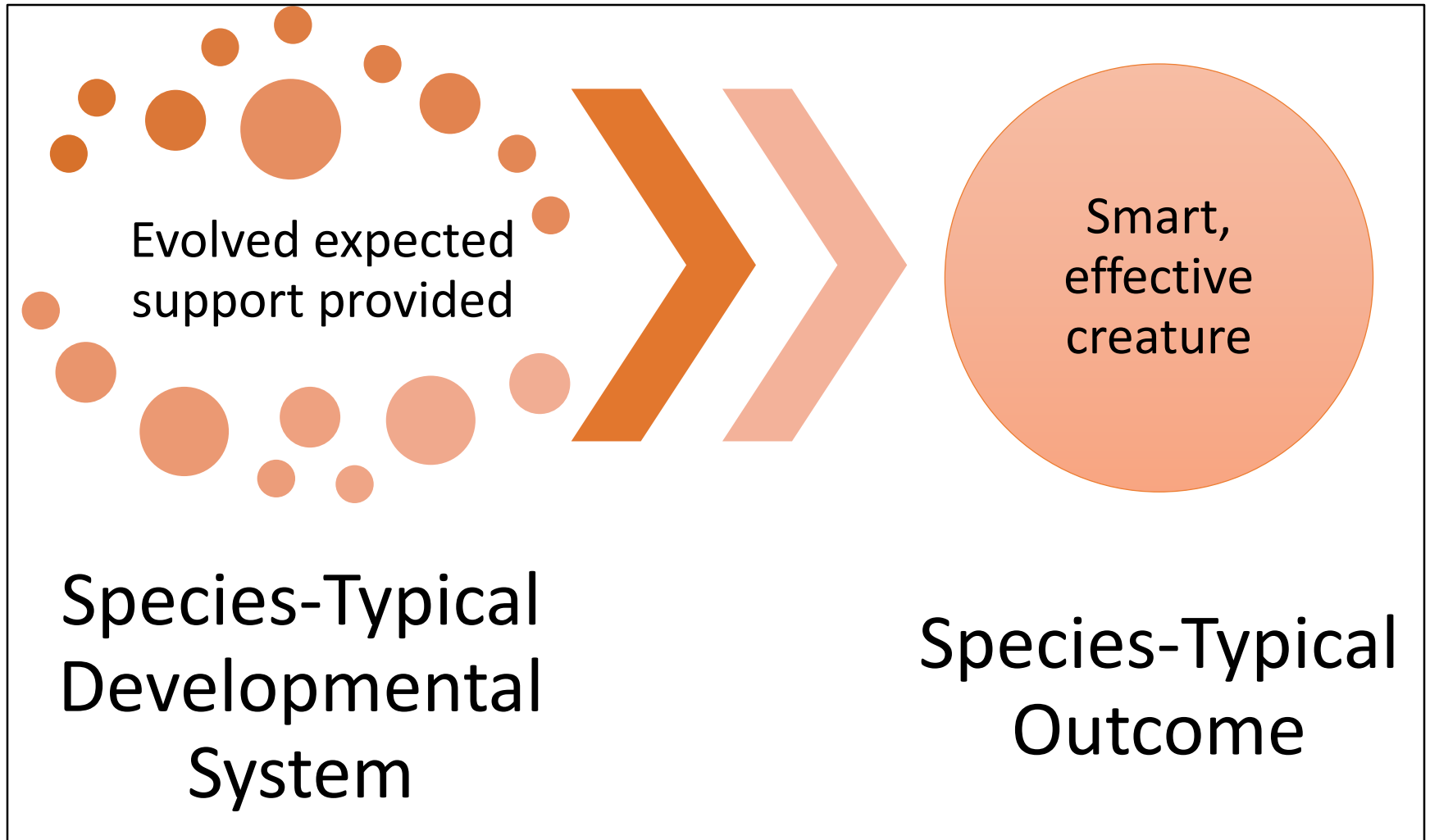
- Higher consciousness



- Nomadic foraging peoples display these characteristics

See Narvaez, 2017, for Handbook of Evolution and Philosophy (R. Joyce, Ed.)

All animals have a nest, humans too!



Human Evolved Nest for Young Children

Provisioned by a community

*Hunter Gatherer Childhood Model: Recurring patterns around the world (Konner, 2005)
aka Evolved Developmental Niche (Narvaez, Gleason et al., 2013)
(Most practices are 30-40 million years old)*

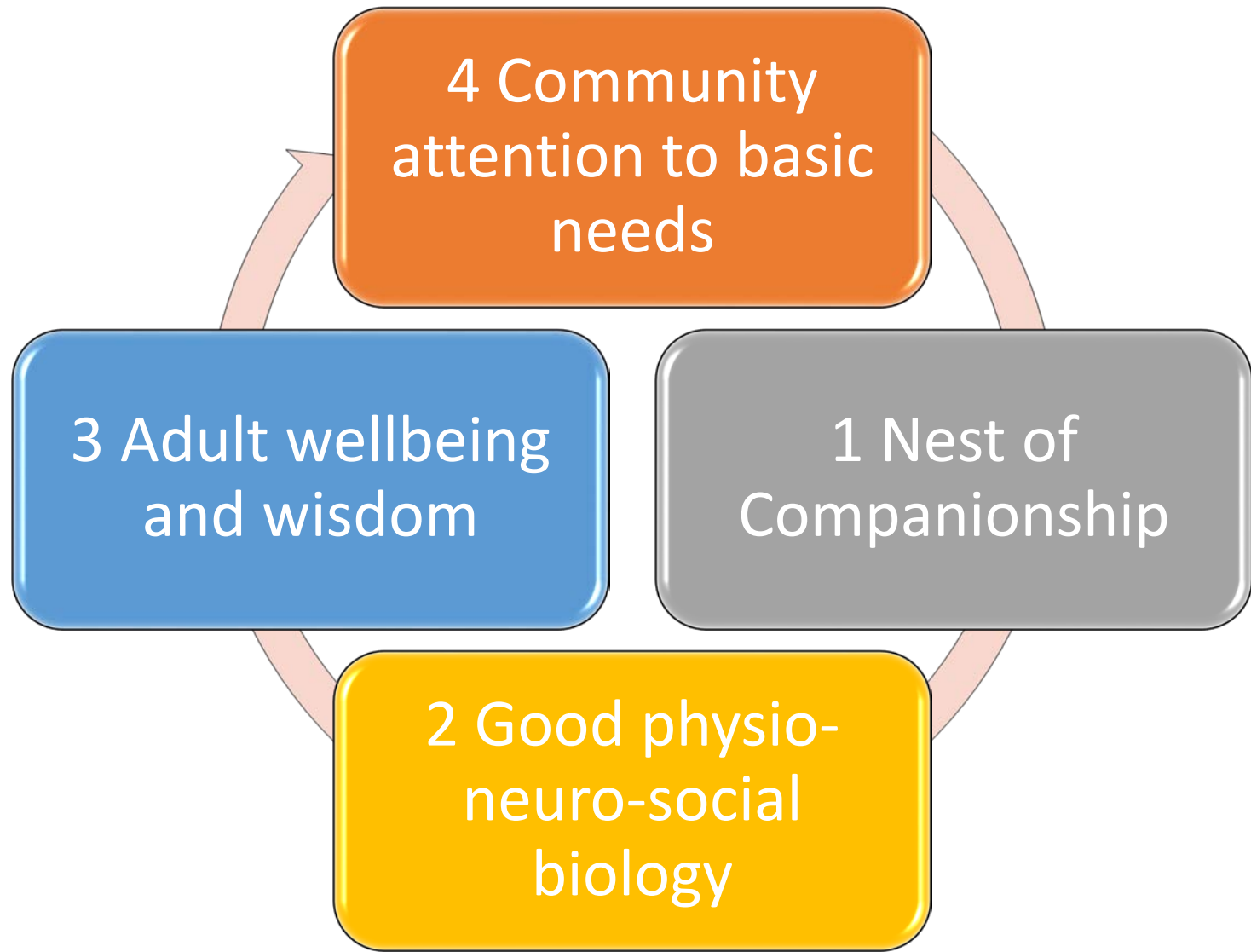


- **TOUCH:** *Held or kept near others constantly*
- **RESPONSIVITY:** *Prompt responses to fusses and cries*
- **BREASTFEEDING:** *frequent (2-3 times/hr initially) for 2-5 yrs*
- **SOOTHING PERINATAL EXPERIENCES**
- **PLAY:** *Enjoy free play in natural world with multiage playmates*
- **ALLOPARENTS:** *Frequently cared for by individuals other than mothers (fathers and grandmothers, in particular)*
- **POSITIVE SOCIAL SUPPORT:** *High social embeddedness*

Hewlett & Lamb, 2005; Konner, 2010; Narvaez, Panksepp, Schore & Gleason, 2012)

LACK OF THESE EXPERIENCES REPRESENT UNDERCARE

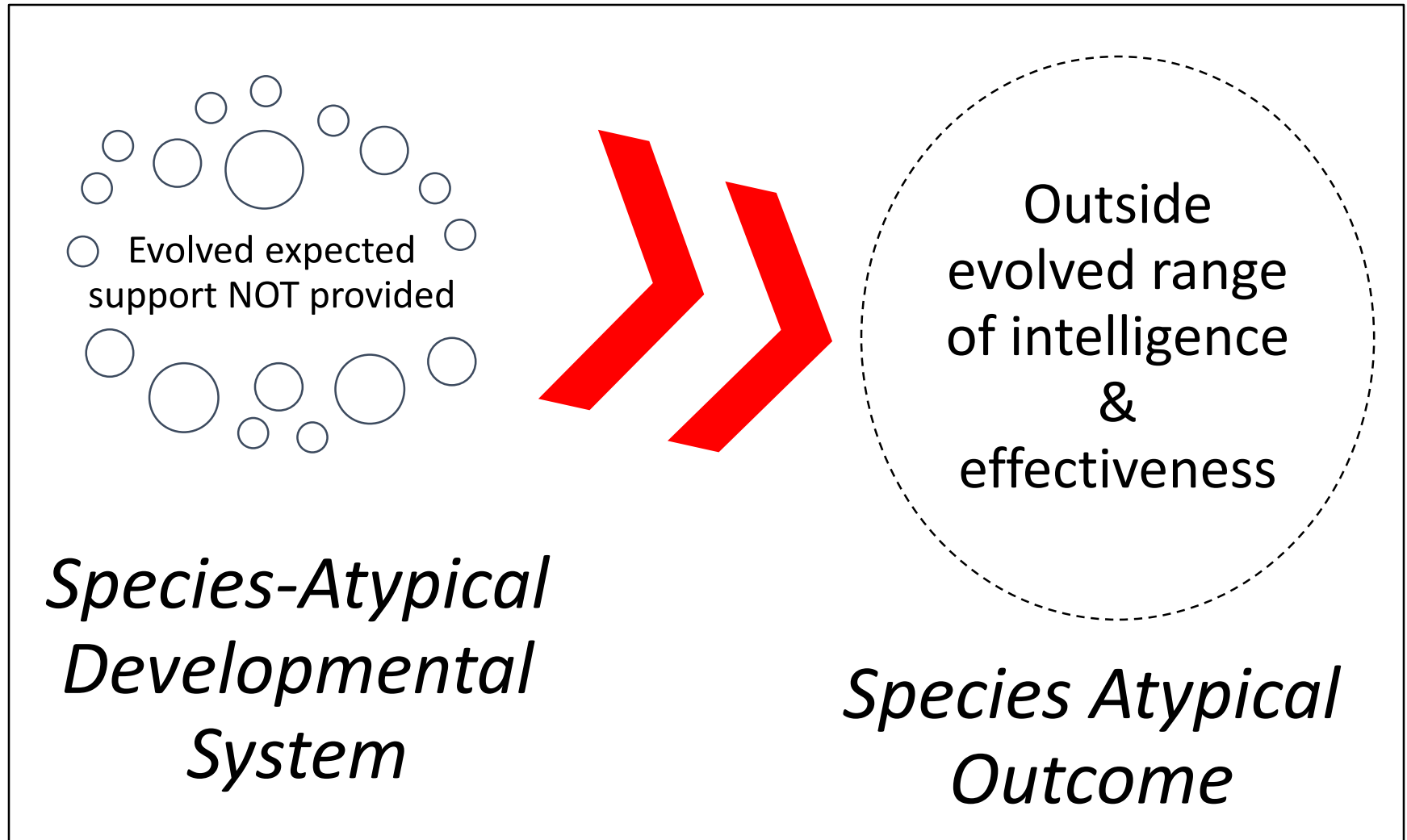
Our Heritage: Cooperative Companionship



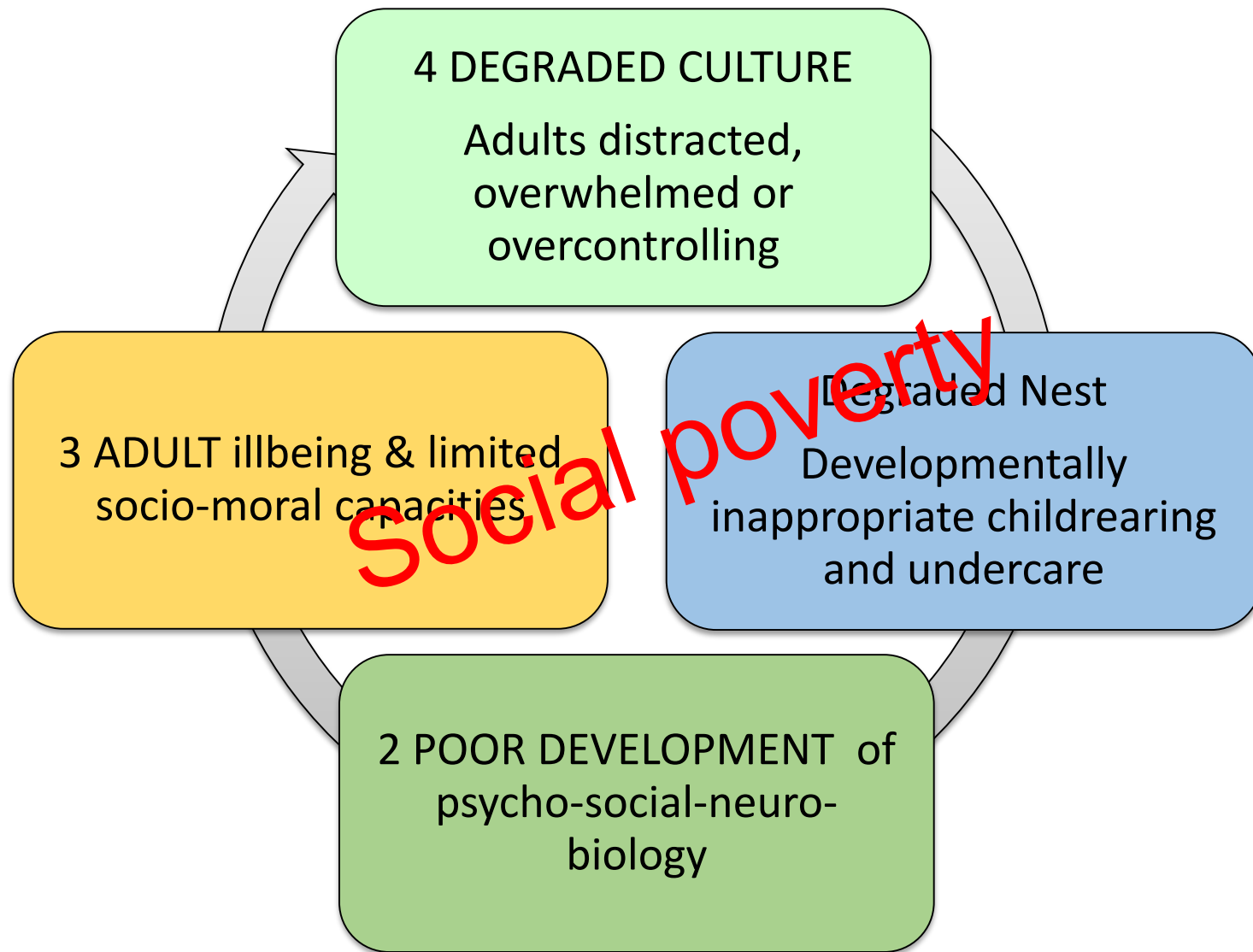




What happens when a developmental system (or nest) is degraded?



Cycle of Competitive Detachment



Lifelong Neuroethics education

- Boys much more affected by early life experience (Schore, 2017)
- Starts with trauma in child birth
 - Infant circumcision
 - Drugs
 - Separation
 - Painful procedures

Brain Function

Survival systems

anger, fear, panic, seeking,
lust

(fight, flight, freeze, faint)

**Toxic Stress leads to
self-protection disposition**

Mammalian

Grown postnatally

Sociality:

CARE, PLAY

**Stress
Reactivity
controls**

**Heart-
centered
imagination**

Human

**Executive functions
and neocortex:**

Grown postnatally

abstraction and
*imagination interact
with other systems*

Our Heritage: Cooperative Companionship



Two Kinds of Worldviews-in-Action

“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

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

CHARACTERISTICS

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

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

CHARACTERISTICS

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

Indigenous
(our baseline)

Culture in Our Sustainable 95-99%



- Companionship lifestyle
 - Evolved Nest provision
 - Social wellbeing, peaceableness, & sustainability
 - **MULTI-AGE SOCIAL LIFE** and social play
- No central authority and **no formal leaders**
- **FLUID BOUNDARIES** (no strong outgroup bias)
- High **AUTONOMY** (people can come and go)
- High **SOLIDARITY** with humans and non-humans
- **GIFT ECONOMY** within the group, with other groups and with pther-than-human
- Small egos, **large selves**

Narvaez, 2013; Review based on Daly & Lee, *Cambridge Encyclopedia of Hunter Gatherers* (especially Tim Ingold's review) and primary sources

Book Chapter

Cross Cultural examples (Rajani Konantambigi)

- Mumbai Islamic community
- Delhi Hindu community

Couples therapy (Ali Kenny)

- Understanding self
- Understanding self in relation to family
- Understanding self as parenting
- **Assessments**
 - BEVI
 - Evolved nest experience

Thank you

Sustainable Wisdom:
Integrating Indigenous
Know-how for Global
Flourishing

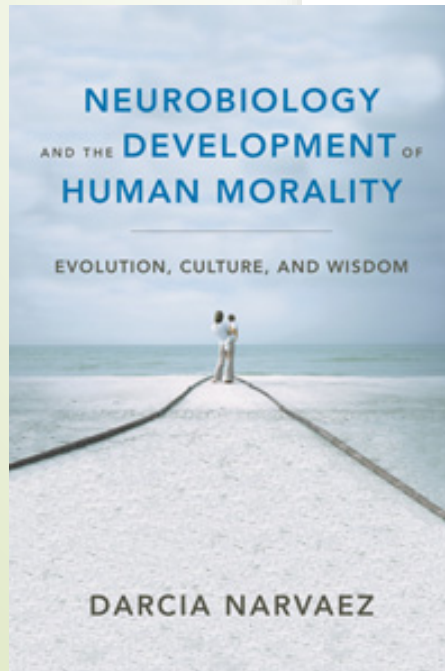
SustainableWisdomatND.com

Book in press:

Indigenous Sustainable
Wisdom



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Returning to Our Heritage: Cooperative Companionship

Narratives
and
institutions

4 Community
attention to basic
needs

We can
intervene at
each point

3 Adult wellbeing
wisdom

1 Companionship
care

Intergenerationally
provide for basic
needs

Support
capabilities

2 Good physical
neuro-social
biology

Provide
Evolved Nest