

Innate Needs

R041-cn-4 hours

Everyone has innate needs to satisfy. It is how we are all alike. Since 2017, over half a million Academic Research articles [cite](#), Edward L. Deci and Richard M. Ryan who state:

“The findings have led to the postulate of three innate psychological needs—*competence, autonomy, and relatedness*—which when satisfied yield enhanced self-motivation and mental health and when thwarted lead to diminished motivation and well-being.”

Loquate is a ripple organization that touches others in ripples of intentional community. They know how to satisfy innate needs and build community. In 1977 Loquate discovered **primary values** that build community. **Primary values** converge as the [Smart® Process](#) or Smart® habits that satisfy *innate needs*:

The innate need of *Relatedness* is satisfied by the primary value of
- Doing that which is truly in the best interests of others.

The innate need of *Competence* is satisfied by the primary value of
- Attaining goals or other ends, not necessarily preconceived as goals, but which become goals once experienced.

The innate need of *Autonomy* is satisfied by the primary value of -
Operating in an area of meaningful expansion for yourself, that is your interiorly preferred work.

Conclusion:

It is a natural law that all human beings are born with feelings. Our feelings tell us if we are on target, or off target, as a human being. Feelings are hardwired into the human chassis. As a computer analogy, feelings become part of our operating system.

The natural law rule of the **primary values** is this:

If one or more of the primary values is present in an experience, and the experience does not go against any of the other primary values, you will feel good! If the experience goes against one or more of the primary values, you will feel bad, even if other primary values are present.

On 10/17/19, Richard M. Ryan in a note to Jeff Liautaud, Founder of Loquate said this:

Remarkable Convergence.

Hi again Jeff

Happy to say this: “*Reading the text you sent, I see that we share some very basic values and missions Jeff, and I loved the autonomy, competence, and relatedness themes you expressed. I see **remarkable convergence** with our work within self-determination theory (SDT). I especially appreciate your interest in promoting the importance of community and what I would call having the widest integrative span of care one can shoulder, and I hope SDT can be a resource in that effort. I truly hope your mission to promote communities in which one most values the common good really takes off.*”

All the best
Richard

Community

Loquate has been building community for environments since 1970. The Research cited also shows that the more people focus on goal content with selfish aims, like money, image, power etc., which do not directly satisfy innate needs and often crowd them out, the less happy they are—even when they attain them. The more they place value on community, the greater their well being and happiness.

Loquate’s **Smart®** facilitation training offers **Scientific Momentum Activating Righteous Transformation**. Primary values converge as the Smart® habits that satisfy innate needs. Open to all mankind, like sailors eating limes to prevent scurvy, Smart® habits overcome the scurvy of the human spirit which is diminished motivation and well-being. Doing so leads to peace, happiness and joy for the member, and increased community in every group of which the member is a part.

[Join Loquate](#) for authentic community.