

Safety matters.

R145-aL

Summary: An unsafe environment thwarts innate needs. A safe environment satisfies innate needs. A definition of the word safety is “Being free from harm or risk.” It is self-evidently true that only safe environments build wellbeing.

Loquate has been building safe environments



Its Smart® process is helping another accomplish that which they value the most for the common good

Safety matters.

In a book called *The Dynamics of Spiritual Self Direction* by Adrian Van Caam, a passage said this about unsafe environments:

“Another in authority may impose directives on you that are at odds with what you are deep down.

- a. Trust in your own spiritual inner direction.
- b. Believe in the reliability of your teacher or director, spouse or friend in whom you can have faith.
- c. Seek one you can encounter in relaxed faith, hope, and love.

The spiritual life develops in and through the whole human life of a person. Growth is a story of grace and a story of human development.

- a. My life moves along dead end streets, once I have lost my spiritual direction.
- b. Often such false directives are shared by many who come from the same symbolic universe of goals and values that are promoted within a shared cultural environment.”

Science states: three innate needs of relatedness, competence, and autonomy, when satisfied lead to increased motivation and wellbeing and when thwarted lead to diminished wellbeing and mental illness. Satisfying innate needs creates a safe environment and builds wellbeing. Innate needs when thwarted creates an unsafe environment.

We get cues when we are not wanted, are not good enough, or must change in the eyes of another. That can make any group environment unsafe for us.

Have you ever felt the needs for relatedness? When we get cues that we are not wanted, that can make any group environment unsafe for us.

Have you ever felt the need to be competent? Over criticizing may destroy one’s sense of competence and can make any group environment unsafe for us.

Have you ever felt the need to be autonomous? Feeling like our life's work is being dismissed or worthless in the eyes of another may destroy one’s sense of autonomy and create an unsafe environment. Our autonomy is satisfied by operating in an area of meaningful expansion for ourself.

All of us have habits of emotional response learned at an early age that are dysfunctional to a greater or lesser degree. Changing common dysfunction to ways that are more loving ways is open to everyone as a volunteer member of Loquate. Moving away from habits that hurt or harm others to ways that satisfy innate needs creates safe environments.

Even when we feel desperately helpless because of institutionalized outcomes from a government, work, or family environment, there is a way out. I once heard an inspirational lady talk universally. A victim of sex trafficking, she declared to her traffickers that as a child of God, she was free and done. As she was ready to die as God's witness, the abusers lost their power over her. She freed herself and today is an advocate not just for those who are sex trafficked but for all people.

No one wants to die but some parallels may be drawn between the inspirational lady, and martyrs of Ukraine. On June 29, 2023, thousands gathered at a beloved pilgrimage site in Ukraine to honor martyrs slain in Soviet times. Not having our safety needs met is inhuman. According to [AP News](#), [BBC](#), “No Safe Place' in Ukraine,” also says Injured war correspondent [Andriy Tsaplienko](#).

For a similar martyr example in the third century we have [St. Lawrence](#). Willing to be the least to uphold Spirit-centered community, Saint Lawrence was burnt on a gridiron. He was asked to turn over the treasures of the church. He gave the treasures to help the needy and asked them to come to the court where he was tried. He presented the good of the needy as the treasure. Tradition has him saying to his captors he was done on one side and could now be turned. Known as a martyr of the least, “The flames could not overcome the charity of Christ; and the fire burning him without was weaker than the one he had burning within him.”

This leads us to our own trials or grief. We all have them. What are you willing to die for? Whatever you would die for, that is what it might take for you to unfetter any bonds that enslave you.

Mahatma Gandhi advocated nonviolence noncooperation. One of his sayings was: “No man loses his freedom except through his own weakness.” After his great work of freeing common citizens of India from colonialism, he was martyred.

Consider Jesus who died on a cross. According to [John Chapter 15](#): 12-27

“My commandment is this: love one another, just as I love you. The greatest love you can have for your friends is to give your life for them. And you are my friends if you do what I command you. I do not call you servants any longer, because servants do not know what their master is doing. Instead, I call you friends, because I have told you everything I heard from my Father. You did not choose me; I chose you and appointed you to go and bear much fruit, the kind of fruit that endures. And so the Father will give you whatever you ask of him in my name. This, then, is what I command you: love one another. “If the world

hates you, just remember that it has hated me first. If you belonged to the world, then the world would love you as its own. But I chose you from this world, and you do not belong to it; that is why the world hates you. 20 Remember what I told you: ‘Slaves are not greater than their master.’ If people persecuted me, they will persecute you too; if they obeyed my teaching, they will obey yours too. But they will do all this to you because you are mine; for they do not know the one who sent me. They would not have been guilty of sin if I had not come and spoken to them; as it is, they no longer have any excuse for their sin. Whoever hates me hates my Father also. They would not have been guilty of sin if I had not done among them the things that no one else ever did; as it is, they have seen what I did, and they hate both me and my Father. This, however, was bound to happen so that what is written in their Law may come true: ‘They hated me for no reason at all.’ “The Helper will come—the Spirit, who reveals the truth about God and who comes from the Father. I will send him to you from the Father, and he will speak about me. And you, too, will speak about me, because you have been with me from the very beginning.”

For me, when I think about being safe from risk or harm, I think of a Spirit-centered community, like the Anawim who depended on God for all that they possessed. When we help others satisfy their innate needs, whether or not they permit us to satisfy our innate needs, Spirit-centered community grows for everyone through our own increased motivation and wellbeing.

Throughout history

The Anawim show the way to have life is by surrendering totally to the good that comes from being a true child of God. Those who are bowed down as a captive are raised up by the grace of God. By changing ourself, every sociological system of which we are a part changes, like our inspirational lady, or the martyrs of Ukraine in the soviet era, like St. Lawrence who let his captors inspect the true wealth of the church, or like Christ who was raised as an Anawim.

Loquate takes people where they are and, like a natural food, refreshes oneself, and refreshes all mankind. [Enroll](#) to [join Loquate](#) for peace on earth. To love one another, safety matters.