

The Spirituality of Smart® Natural Law. Proven Scientifically Toward Happiness.



By [Jeff Liautaud](#)

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Summary: The spirituality of Smart® natural law is our own ego diminishment. That touches others in ripples of intentional-community-building by satisfying innate needs proven scientifically toward happiness.

In small groups we share relevant resolution stories when our innate needs are being thwarted. Smart® habits cannot be thwarted. **Scientific Momentum Activates Righteous Transformation.** Like a trade school, **Smart®** group members learn to counteract an experience outside of their group when their innate needs are being thwarted by sharing relevant resolution stories.

Everyone has innate needs to satisfy. It is how we are all alike. Since 2017, over 700,000 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."

Ryan finds "Remarkable Convergence" with Primary Values and [innate needs](#).

Counteracting an experience caused by another that makes us feel bad, by self-change, not changing anyone else, we speak the truth always stating the innate need being thwarted by the other, the missing primary value, and find an external action of kindness to perform for the other. And we will have joy, peace, humility, and suffering. We will stay long enough in community with the other being kind to the other until the other is kind back to us.

The spirituality of Smart® Natural Law is ego diminishment. Two pluralistic paths to a caring presence outside of ourself, our work path and our faith path, reinforce each other. Members of [Loquate](#) live their faith through works of love, guided by the caring presence outside of themselves to their interiorly preferred work in Smart® Natural Law. Loquate's "Where Work Meets Faith" process is [recommended](#) by hierarchy of the Catholic Church to all pastors.

The spirituality of Smart® Natural Law is predictable, yet incomplete in this sense. The path described never gets confused with vows of a particular public association. Rather one may adopt its tenets throughout this document while strictly adhering to the tenets of their own vows to God, both formal and informal. In that sense it is universal.

The Anawim

The holy family of Jesus, Mary and Joseph were [Anawim](#)—those who, in their humility, depend entirely on God for all that they possess. This surrender crosses a threshold into the transcendent bosom of God who is nothing but love. Thus always serving the common good bringing peace on earth one Smart® small group at a time. The result is Spirit-centered community which occurs by being The Least.

Being The Least alone satisfies our innate need for relatedness with our neighbor. In Smart® Natural Law our example invites individuals to embrace ego diminishment, purify their souls, and foster unity through love, truth, and humility. It's scientific and universal.

This spirituality of Smart® Natural Law transcends religious boundaries, encouraging adherents to live their own faith traditions fully while adopting its tenets. It is a call to moment-by-moment devotion, grounded in happiness, which resonates with all created in God's image.

Using the holy family of Jesus, Mary, and Joseph, as ego diminishment mentors in the role of history is genius. For whether you are of their religion or not, you can be mentored by the most universally accepted spiritual mentors in your Smart® group in a profound way. How this could be accomplished in the particular need not convert to the particular but rather encourage the universal. We are all on one and the same path to happiness or joy through the spirituality of Smart® Natural Law.

Smart® Natural Law is a natural striving to

go deeper by reason into a state of mind where we are happy. In a paper [The Natural Law Science of Happiness](#), the author Jeff Liautaud defines Smart® Natural Law as a feedback loop toward happiness. The Spirituality of Smart® Natural Law is ideology free. The spirituality of Smart® Natural Law emanates dazzling in a Spirit-centered sense of community, proof positive that innate needs are being satisfied.

Learn to use our Smart® small group protocol to satisfy innate needs. This one to one correlation is apparent in the following definition:

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.

Scientifically stated, when an experience goes for a primary value – three in number – and does not go against any other primary value, you will feel good. An experience going against a primary value will make you feel bad even if the experience goes for any other of the three primary values. The Science means examining the outcome to better determine the cause for being on target or off target as a human being.

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Safe Sharing

When I began Loquate over 50 years ago, my thinking evolved into 3 positions or stands: 1) Natural Law a naturalistic value system existed. That foundation is found in the first hyperlink below. 2) I wanted to bring peace on earth. That foundation is a volunteer group found in the second hyperlink below. 3) I wanted to be fully consistent with the magisterium or teaching authority of the Catholic Church as far as Catholics were concerned; yet I wanted interfaith dialogue open to all mankind. That foundation is found in the third hyperlink below. (You are viewing the second hyperlink now).

<https://www.loquate.tv/wp-content/uploads/2025/11/R182-L136-ad-Smart%C2%AE-Natural-Law-Transcends-Belief-Into-Light.pdf>

<https://www.loquate.tv/wp-content/uploads/2026/05/R195-aa-The-Spirituality-of-Smart%C2%AE-Natural-Law.-Proven-Scientifically-Toward-Happiness.pdf>

<https://www.loquate.tv/wp-content/uploads/2025/06/R176-aa-Deep-Devotion.-Forming-The-Least.pdf>

Our Smart® protocol uses Interfaith Dialogue for safety. Safe sharing occurs by all by using the following words interchangeably: "That which you value the most for the common good," "Spirit" or

"God." The Smart® protocol is helping another accomplish that which they value the most for the common good.

Purity of Soul

Every soul yearns for purity, a sinless state that aligns with God's will. Our time on earth shapes our eternity, and each moment offers a choice: to cooperate with God's grace or to let it fall away. Smart® Natural Law invites all to choose wisely, purifying their souls moment by moment to bring peace to earth. This is a graced time, where God's abundant grace is sufficient for all to reach Heaven.

Smart® Natural Law is a timeless practice of self-transformation, not conversion to a specific religion.

Smart® Natural Law is simple yet profound. It calls us to suffer for those who reject us, to speak truth in love, and to pray so as to build providential community through shared experiences, not debates over beliefs. According to the Catholic understanding those things just mentioned are not inherent in the natural law (what is contained in the 10 commandments and what reason alone can arrive at) but Smart® Natural Law uses science to affirm the innate need of relatedness in all people. The real question is related to all or a few people. Because of the scientific law of prepotency, you will

feel bad if you stop being kind to any person. Affirmation for Catholics also comes through grace revealed in the New Testament. Love for enemies, suffering/praying for those who persecute us had to be revealed by Jesus precisely because it seems to go against what is natural, our natural sense of justice. Since we live in a culture so deeply influenced by Christianity it might seem natural for us to strive for these things, but they make no sense ultimately apart from our innate need to be happy which is relatedness with all people and for Catholics their personal relationship with Jesus. Our warring instincts for justice are economically devastating; whereas peace on earth can occur bringing mutual abundance through reciprocity. See Loquate.tv.

By embracing Smart® Natural Law's primary values we satisfy innate human needs, fostering joy and a sense of Spirit-centered community.

The Spirituality of Smart® Natural Law

Smart® Natural Law is a charismatic movement rooted in the Biblical promise of Ephesians 4:13: *"And so we shall all come together to that oneness in our faith and in our knowledge of the Son of God; we shall become mature*

people, reaching to the very height of Christ's full stature." This vision of unity is universal, embracing Christians, people of all faiths, and those without faith, uniting them through shared experiences and a commitment to the common good.

Core Principles

1. **Ego Diminishment:** Like the Anawim, who seek to depend on God for everything they possess and to let nothing they possess keep them from doing the will of God, they offer even their suffering in union for the purification of their souls and the salvation of others.
2. **Moment-by-Moment Devotion:** The path is temporal, renewed in each moment through acts of love, humility, and obedience to God's will.
3. **Universal Mentorship:** Jesus, Mary and Joseph serve as mentors for all, regardless of faith. Their lives teach us humility to love universally, to remain pure, and to trust in God's plan.
4. **Smart® Natural Law Foundation:**

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.

5. **Rejection:** By enduring rejection we experience ego diminishment. Ego diminishment is a common theme of all major religions. In Smart® Natural Law we purify ourselves still loving those who thwart our own innate needs, speaking the truth always and drawing them to our ardor of heart, deep profound love for all mankind exclusive of none like Christ's, fostering peace on earth.

The Role of Suffering

Suffering is inevitable for all people, as articulated in Pope John Paul II's [*Salvifici Doloris*](#) and [Colossians 1:24](#): *"And now I am happy about my sufferings for you, for by means of my physical sufferings I am helping to complete what still remains of Christ's sufferings on behalf of his body, the church."* By offering their suffering for those who reject them, we imitate Christ's redemptive love, becoming a bridge to God's mercy. This self-cleaning process transforms individuals and their communities, breaking the chains of sin and division in total surrender to God or that which individuals value most for the common good.

The Platform of the Spirituality of Natural Law

The spirituality of Smart® Natural Law is a movement to unite all people through a shared commitment to love, truth, and humility. Its platform includes:

1. **Unity Across Faiths:** Unite Christians, people of all faiths, atheists, and agnostics through shared experiences, not shared beliefs.
2. **Spirit-Centered Community:** Foster a sense of Spirit-centered community in God or that which individuals value most for the common good.
3. **Preservation of Free Will:** Respect each person's dignity to choose their faith path, honoring their freedom as beings created in God's image.
4. **Proven Scientifically Toward Happiness:** Encourage members to deepen their awareness of scientific Smart® Natural Law now open to everyone. [Studies](#)

show 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.

5. **Spiritual Formation:** Encourage members to deepen their faith through prayer, and personal devotion.
 6. **Equality and Support:** All members are equal, supporting one another's faith gifts for the common good.
 7. **Financial Independence:** Each member is responsible for their own finances.
 8. **Active Ministry:** Members live their faith through works of love, guided by a caring presence outside of themselves to their interiorly preferred work in Smart® Natural Law.
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The Work of Smart® Natural Law

The work of Smart® Natural Law is a divine mystery of love, scientifically executed in an incubator space through Loquate, a charitable center for peace founded by Jeff Liautaud in 1970. Loquate's mission is to build Spirit-centered sense of community using Smart® groups, where individuals share resolution stories, fostering unity without giving advice.

Loquate's Discoveries

Since 1977, Loquate has identified primary values that satisfy innate human needs, validated by academic research (Deci and Ryan):

- **Relatedness:** Doing that which is truly in the best interests of others.
- **Competence:** Attaining goals or other ends not necessarily preconceived as goals but which become goals once experienced.
- **Autonomy:** Operating in an area of meaningful expansion for yourself, that is your interiorly preferred work.

Loquate's Online Smart® Groups Include:

- **Small Groups:** Participants share stories of resolving God-centered concerns, fostering Christian Ecumenism and Interfaith

Dialogue.

- **Resources:** Loquate.tv offers free faith witness podcasts and videos, promoting peace and community across faiths.
 - **Miracles First Hand:** A [Podcast Series](#) open to all is what we do in part in small groups sharing real life everyday miracles.
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Spiritual Direction

The spiritual direction of Smart® Natural Law is to bring Ephesians 4:13 to life, uniting all in love and truth. Key practices include:

1. **Joining a Smart® group:** Anyone may join based on this document, committing to its path of deep devotion.
2. **Smart® Natural Law:** Do you believe in a caring presence outside of yourself? That caring presence can reside inside ourselves progressively manifesting as we submit in prayer to the will of God. It does so thru Miracles First Hand always outwardly directed for the common good, never inwardly focused.
3. **Self-Transformation:** Change only oneself, purifying the soul

through virtue and forgiveness, not seeking to change others.

4. **Interdependence:** Rely on the caring presence outside of ourself for Spirit-centered community, experiencing reverse ardor of heart—receiving God's love through others when empty.
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Closing Thoughts: The Mystery Unfolds

Smart® Natural Law is a path of mystery, where any suffering becomes joy through complete surrender to God's will, and rejection becomes love. Through devotion to the Sacred Heart of Jesus and the Immaculate Heart of Mary, we participate in the Second Pentecost, a new effusion of the Holy Spirit promised by Mary to crush Satan's domains. This is a time of renewal, where the laity and clergy together build God's kingdom through humility, and forgiveness. Sense of community is proof positive that innate needs are being satisfied.

As Jeff Liautaud reflects, "I am not needed, but I have found a wondrous way to access the Second Pentecost. Redemptive suffering obliterates Satanic domains. Only God does the healing." By forgiving those who

wrong us, staying committed to our communities, and living the primary values, we become peacemakers, fulfilling James 3:18: *"Goodness is the harvest that is produced from the seeds the peacemakers plant in peace."*

Smart® Natural Law invites us to embrace this mystery, for example to suffer as did Christ, so as to radiate His ardor of heart. Together, we will change the world, moment by moment, until peace reigns on earth one Smart® group at a time.

Smart® groups engage in Interfaith Dialogue. Interfaith Dialogue does not permit trying to convert each other during meetings. We stay verifiably scientific by feedback with a 98% success rate. A prospective member checklist empowers this incubator space.

Resources

Loquate.tv

[Interfaith Dialogue Short Form](#)

[Prospective Member Checklist](#)

[The Least](#) a mystical document.