

Innate Needs

R041-cg-4 hours

Everyone has innate needs. [Cited](#) by hundreds of thousands of Academic Research articles since 1981, Edward L. Deci and Richard M. Ryan 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 building through its ambassadors for 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® 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 ambassador program offers **Scientific Momentum Activating Righteous Transformation**. Following its **Smart®** group protocol sufficiently as an ambassador of community leads to proliferation of authentic Spirit-centered community, not death. Our atomic discovery is that the power of the Holy Spirit will be upon all those touched by an ambassador of community. Doing so leads to peace, happiness and joy for the ambassador, and authentic community in every small group of which the ambassador is a part.

Smart® Resources for building authentic community: [for organizations and groups of people](#), or [for individuals](#).