

# Breaking the Cycle: Reclaiming Our Humanity

How APPPAH's advocacy for birth psychology  
prepares professionals to be and create  
trance-breakers and new cycle-makers



The Evolved Nest



# Breaking the Cycle...

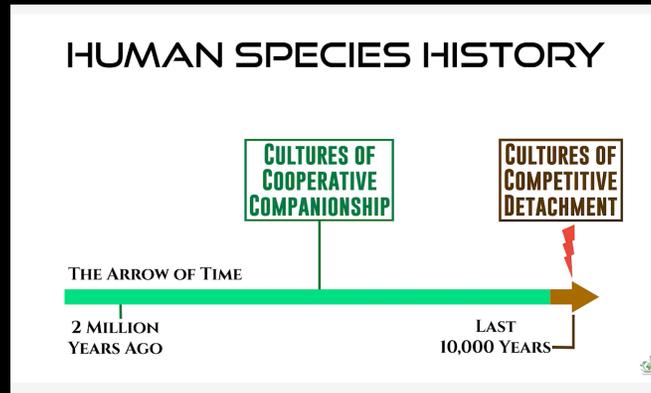
Kindred World's  
23-year-old  
back story,  
and why we love  
Darcia Narvaez, PhD



**"Babies require an external womb experience to grow and connect with others."**

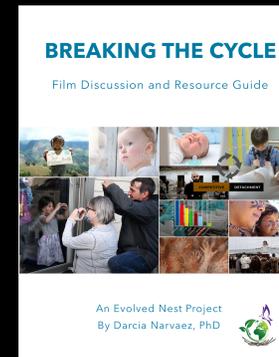
We can reclaim our ancestral heritage by breaking the cycle. Discover the award-winning science in the new short film.

[www.BreakingTheCycleFilm.org](http://www.BreakingTheCycleFilm.org)



### BREAKING THE CYCLE

Film Discussion and Resource Guide



An Evolved Nest Project  
By Darcia Narvaez, PhD




## What You Will Learn...

- Why it is important to understand Kindred's origins to appreciate our unique worldview, and initiatives.
- Why is it important to recognize Cry-It-Out Baby Syndrome, and other debilitating neonate and trauma patterns in our work as trance-breakers and new cycle makers.
- How does Darcia Narvaez's award-winning, integrative research remove for parents, professionals, and policy-makers many blocks toward cultural transformation?
- How are these insights presented in the new Breaking the Cycle Film?
- How can this film be used to spark discussions, shift perceptions, and point to practical policy-making needed for systemic change?



# Culture Does Not Change Overnight...

...but grassroots  
activism  
accelerates the  
trance-breaking  
process

“Never believe that a few  
caring people can't change  
the world. For, indeed,  
that's all who ever have.”

- Margaret Mead



Kindred World began as a grassroots, consciousness-raising nonprofit in 1996, 25 years into America's current 50-year decline to the bottom of all international indicators for family, maternal, and child health. Kindred World's quarter century of investigating and sharing a New Story of Our Human Family is a blazed path to wholeness and wellness ready for others to follow.



# How Slow Is Change?

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- Photo: November 2001, women gather at Old Dominion University for our annual conference advocating for safe birth choices, including legalized midwifery (legalized in 2005 in VA)
- Pregnancy-related deaths more than doubled in past 25 years, [source](#)
- Maternal Care Deserts, [source](#)
- Systemic racism in healthcare is killing black mothers and babies, [source](#)
- Pregnancy-related suicidality on the rise, [source](#)



# Why We Need Birth Psychology To Help Us Break the Cycle

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- “Womb ecology becomes world ecology.” – Thomas Verny, MD, [Kindred Interview](#)
- “Our current Dominator Model is a Trauma Factory.” – Riane Eisler, in [Kindred Interview](#), 2021
- Bullying Begins With Babies, Darcia Narvaez, PhD, [Kindred post](#)
- “We create public policy based on our inner child’s unmet needs.” – Robin Grille, *Wounded Children Are Running The World: Our Inner Child And Political Activism*, [Kindred interview](#), 2021

## The Activist’s Paradox



KINDREDMEDIA.ORG



# Why We Love Darcia Narvaez, PhD...

How the Evolved Nest's  
integrated, award-winning science  
empowers us to reclaim our  
humanity.



## Hear Her Story...

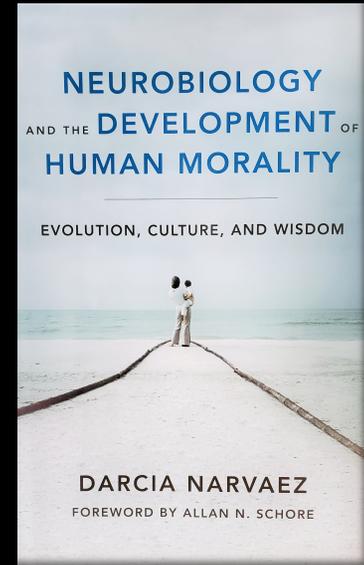
### Darcia Narvaez, PhD

In this podcast interview  
you will hear how a  
bilingual/bicultural child  
questioned humanity's  
story, and is helping us  
to write a new one.

Meet The Evolved Nest's  
Founder and Kindred World's  
New President



[www.KindredMedia.org](http://www.KindredMedia.org)



## NEUROBIOLOGY AND THE DEVELOPMENT OF HUMAN MORALITY

EVOLUTION, CULTURE, AND WISDOM

DARCIA NARVAEZ  
FOREWORD BY ALLAN N. SCHORE



The Evolved Nest

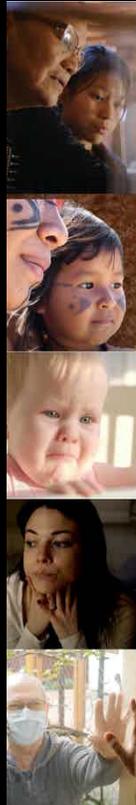


# Let's Watch the Film

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Resources on the site:

- [Film Discussion Guide](#)
- [Graphics to share](#)
- Introduction and first chapter of book, [Neurobiology and the Development of Human Morality](#)
- Free [podcast series](#)
- Evolved Nest [Articles and PDF's](#)
- Evolved Nest [Self-Directed Learning Center](#)



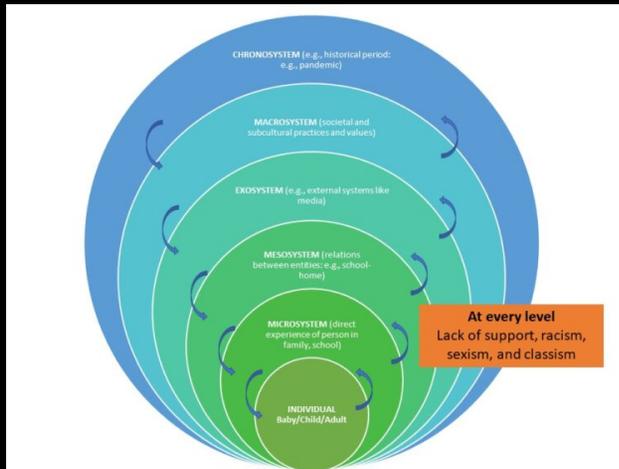
**"We've been told a story that we are selfish, aggressive, rugged individuals. But if that were true, we should have no problem with physical distancing and self-isolation. The pandemic showed us that this story is not who we are."**

We can reclaim our ancestral heritage by breaking the cycle.  
Discover the award-winning science in the new short film.

[www.BreakingTheCycleFilm.org](http://www.BreakingTheCycleFilm.org)



# The Kitchen Sink: More Materials are Coming!



The Layers of Support Needed by parents, children, everyone, for wellness.



## Child Care Checklist

Nesting conditions for children in child care

Darcia Narvaez, PhD, Angela Kurth Elbert, PhD, and Mary Tarsha, MEd, MA

**The Evolved Nest**  
Nested Children,  
Compassionate Adults  
[www.EvolvedNest.org](http://www.EvolvedNest.org)

The Evolved Nest's Child Care Checklist

### DOMINATOR AND INDIGENOUS WORLDVIEW MANIFESTATIONS

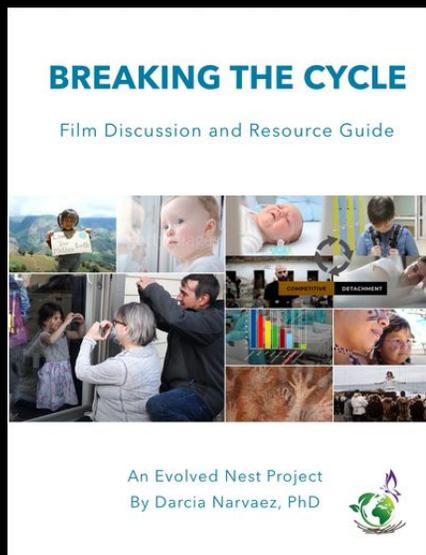
Common Dominant Worldview Manifestations	Common Indigenous Worldview Manifestations
1. Rigid hierarchy	1. Non-hierarchical
2. Fear-based thoughts and behaviors	2. Courage and fearless trust in the universe
3. Living without strong social purpose	3. Socially purposeful life
4. Focus on self and personal gain	4. Emphasis on community welfare
5. Rigid and discriminatory gender stereotypes	5. Respect for various gender roles and fluidity
6. Materialistic	6. Non-materialistic
7. Earth as an unloving "pit"	7. Earth and all systems as living and loving
8. More head than heart	8. Inseparability of head and heart
9. Competition to feel superior	9. Competition to develop positive potential
10. Lacking empathy	10. Empathic
11. Anthropocentric	11. Holistic and biocentric
12. Words used to deceive self or others	12. Words as sacred, truthfulness as essential
13. Truth claims as absolute	13. Truth seen as multifaceted, accepting mysterious
14. Rigid boundaries and fragmented systems	14. Flexible boundaries and interconnected systems
15. Unfamiliarity with alternative consciousness	15. Regular use of alternative consciousness
16. Disbelief in spiritual energies	16. Recognition of spiritual energies
17. Disregard for holistic interconnectedness	17. Emphasis on holistic interconnectedness
18. Minimal contact with others	18. High interpersonal engagement, touching
19. Emphasis on theory and rhetoric	19. Inseparability of knowledge and action
20. Acceptance of authoritarianism	20. Resistance to authoritarianism
21. Time as linear	21. Time as cyclical
22. Dualistic thinking	22. Complementary duality
23. Acceptance of injustice	23. Intolerance of injustice
24. Emphasis on rights	24. Emphasis on responsibility
25. Fighting as highest expression of courage	25. Generosity as highest expression of courage
26. Ceremony as rote formality	26. Ceremony as life-sustaining
27. Learning as didactic	27. Learning as experiential and collaborative
28. Trance as dangerous or stemming from evil	28. Trance-based learning as natural and essential
29. Human nature as corrupt or evil	29. Human nature as good but malleable
30. Humor as entertainment	30. Humor as essential tool for coping
31. Conflict mitigated via revenge, punishment	31. Conflict resolution as return to community
32. Learning is fragmented and theoretical	32. Learning is holistic and place based
33. Personal vitality minimized	33. Personal vitality is essential
34. Social laws of society are primary	34. Laws of Nature are primary
35. Self-knowledge not prioritized	35. Holistic Self-knowledge is most important
36. Autonomy for self	36. Autonomy for group and future generations
37. Nature as dangerous	37. Nature as benevolent
38. Other-than-human beings are not sentient	38. All lifeforms are sentient
39. Low respect for women	39. High respect for women
40. Linear thinking	40. Non-linear thinking

Wahinkpe Topa (Four Arrows), a.k.a. Don Trent Jacobs, Ph.D., Ed.D (2020). The Red Road (Chanku Iuta): Linking Diversity and Inclusion Initiatives to Indigenous Worldview

The Worldview Chart, by Four Arrows

# What's Next?

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**1. Screenings and Discussions.** A [film guide](#) is available in English, and soon, Spanish.

**2. Join the Mighty Network Group.** You are welcome to join the film discussion on [Mighty Networks here](#).

**3. Learn about the Evolved Nest** at the [Evolved Nest's Self-Directed Learning Center](#).

**4. Share the Evolved Nest.** Follow the Evolved Nest's social media platforms.

**5. Subscribe to our Newsletters.** Subscribe to the [Evolved Nest's newsletter](#) to follow Darcia Narvaez's research, and subscribe to [Kindred Media's newsletter](#) to discover the [New Story of the Human Family](#).

**6. Take Action.** In our [Evolved Nest components](#), you can find the organizational and institutional groups who are working for systemic change in the United States.

**7. Support the Evolved Nest's nonprofit work.** [Donate here](#).



# 28 Day Baby Care Campaign

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There is a lot of misinformation about babies and their needs, and parents are often encouraged to ignore baby's signals. Bad idea. Babies are "half-baked" at birth and have much to learn with the help of physical and emotional support from caregivers. Taking care of baby's needs is an investment that pays off with a happier, healthier child and adult. Here are 28 days of reminders about babies and their needs.

The full 28-day card campaign can be found on the Evolved Nest's website here under [Self-Nesting Tools here](#).

*The Evolved Nest's*

## **28 Day Baby Care**

*Babies are children  
under 2.5 years old.*

### **Day 10**

**"Motherliness"**  
includes enduring  
positive pleasurable  
contacts with baby  
promoting calmness  
and comfort.  
(J.L. Weil)



*The Evolved Nest's*

## **28 Day Baby Care**

*Babies are children  
under 2.5 years old.*

### **Day 3**

**Baby needs are  
different from a  
child's needs  
because babies are  
so immature, taking  
18 months or more to  
act like newborns of  
other animals!**

[www.EvolvedNest.org](http://www.EvolvedNest.org)



# How Does Kindred Activism Work?

And how prenatal professionals are revolutionaries-in-action

- Childhood-centered social justice education model facilitates the acknowledgement of the rights of babies and children
- Mindfulness, Embodied, and Soulful skills are learned for grounding
- Authentic, Relational activism, Community-based
- [Communal Imagination](#), seeing a sustainable world together
- Moves us toward an [Indigenous Worldview](#) necessary for our species' survival

These are the characteristics of Kindred Activism, now taught in our new Kindred Fellowship Program, [www.KindredFellows.org](http://www.KindredFellows.org)

## Grassroots Activism Challenges:

- Competing with corporate algorithms
- Competing with corporate-funded media
- Competing with [Dominant Model](#) rigid mindsets, abusive social media platforms, even threats of violence
- Loss of experience in community, working collaboratively with advents of virtual, means loss of somatic memory for communal connection

