

# INSTINCTS: GROWING BY KNOWING

Ellen Janzen 2021 [ellenjanzen.com](http://ellenjanzen.com)



---

---

---

---

---

---

---

---

## Regardless of:

appearance  
nationality  
intelligence  
economic status  
family  
education  
age

We all have them. Instincts.

---

---

---

---

---

---

---

---



Live whole-heartedly. Live my passions. Live in Connection.  
Live on Purpose.

---

---

---

---

---

---

---

---

**We survive through connection.**

**We thrive through connection.**

---

---

---

---

---

---

---

---

**Instincts**

- definition: from the words “instigate” and “impulse”; innate behaviour patterns
- generally unspoken, not defined, not agreed on

---

---

---

---

---

---

---

---

**Instincts**

- they move you faster than your conscious thought
- they can be broken—why we need to learn about them

---

---

---

---

---

---

---

---

“The heart is where we integrate with our minds what we know in our bones, the place where our knowledge can become more fully human.” **Parker J Palmer**

---

---

---

---

---

---

---

---

**Survival Instincts:**

- recognize
- protect
- provide

**“Rely on human goodness.  
Stay together.”**

**Meg Wheatley**

---

---

---

---

---

---

---

---

**Recognition**



---

---

---

---

---

---

---

---

## Recognize

- to see the other
- to offer an “invitation to exist” (G. Neufeld)
- to give the gift of time
- to offer a place of trust
- to declare with delight: You are valuable to me

---

---

---

---

---

---

---

---

## Recognition

Holy listening—to ‘listen’ another’s being into life, may be almost the greatest service that any human being ever performs for another.

Douglas V. Steere

---

---

---

---

---

---

---

---

## The Invitation to Exist

Dr. Gordon Neufeld “We invite people into our presence—to be a part of our space. We use body language by acknowledging them with eye contact and a smile or nod, sometimes with a verbal comment. Children need this expression of their value and significance for no other reason than that they exist—it is part of unconditional love. It is acknowledgement of who they are without judgment.”

---

---

---

---

---

---

---

---

## Protection



---

---

---

---

---

---

---

---

## Protection

- offering a shield, sanctuary or a refuge
- physical protection
- emotional safety
- protecting from injustice
- a person, not a place

---

---

---

---

---

---

---

---

## Provision



---

---

---

---

---

---

---

---

**Provision**

- physical needs are met with kindness
- social needs are met through belonging
- emotional needs are met with generosity
- life is met together

---

---

---

---

---

---

---

---

Connection is why we are here. We are hardwired to connect with others, it is what gives purpose and meaning to our lives, and without it there is suffering.

**Brene Brown**

---

---

---

---

---

---

---

---

**Home is where the heart is safe.**



---

---

---

---

---

---

---

---

**credit to**

- Abraham Maslow
- Dr. Gordon Neufeld
- Dr. Tina Payne Bryson and Dr. Daniel Siegel
- Dr. Brene Brown
- Dr. Karyn Purvis

---

---

---

---

---

---

---

---