The call for healing can be heard echoing around the world. With extreme political unrest in the Middle East, the aftermath of the oil spill in the Gulf of Mexico, and earthquakes shaking the globe, people everywhere are feeling pain and destabilization. The shifting plates and tsunami waves are rocking our inner lives just as they shake our physical environment.

In this moment of crisis, how can we harness what we know about human consciousness to guide us? What inner tools and technologies, drawn from both science and spirituality, can be called upon to help us find the resilience that we need to meet the outer complexities of our time?

It is clear that the images and worldviews we hold about present and possible futures shape the path we take forward. They inform what we think, feel and do. In the face of profound social and environmental calamity, we need to examine our deepest assumptions about our place in nature and how we respond to the changing times.

A first step is to reflect on our worldviews. It is often the case that we think of reality as something “out there.” As this happens, we find ourselves isolated and separate from one another. Frontier science is challenging this view by revealing our fundamental interconnectedness—between mind and body, self and other. Rather than separate from each other and the world, we are entangled in a vast living system that connects us with the flow of individual and environmental evolution.
The call for healing can be heard echoing around the world. With economic and political unrest in the Middle East, the aftermath of the economic downturn, and a spike in the rate of climate change, the call to heal is urgent. The call to heal is the call to transform the world. As we call for transformation, we also call for a new way of doing things. A new way of being.