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.
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The call for healing can be heard echoing around the world. With so much political tension in the Middle East, the attentiveness of the West to the plight of the Third World, and the endless stream of humanitarian crises, we can easily lose sight of the global, people-empowering opportunities for healing pain and disease, maintaining our inner peace just as they shape our physical environment.

In the midst of all this, there are signs of hope and what the name human consciousness is all about. What's more, most of our health practitioners, researchers, and doctors, there is a growing awareness that we are using tools that are intended to help us find the resilience that we need to meet the outer challenges of our time.

It is clear that the images and windowclosets we hold about present and past events shape the path we take forward. These images tell us what we think, feel, and do. In the face of profound social and environmental challenges, we need to examine our deepest assumptions about our place in nature and how we respond to the changing times.

One first step is to reflect on our worldviews, i.e., the fact that we think of reality as something that is there. As this happens, we find ourselves isolated and separate from one another. Inevitably, this is challenging our ways to relating to fundamental interdependencies—between mind and body, self and other. Rather than separate from each other and the world, we can work together to foster a new self that is integrated with the flow of individual and environmental evolution.

The transformation of self is not limited to the scope of the individual. Rearranging the research shows that a crisis is a great catalyst for positive transformations. Even when possible, we lose our capacity to make changes in our nature and our society. We, as writers and editors, believe that consciousness can change, and it is, in fact, a catalyst for other transformations. We have the potential to create a new self that is integrated with the flow of both the inner and outer systems.

In the face of the current global crises, an expanded sense of perspective is required. We can engage the world, rather than remaining fixed within it. In this process, we can choose to create images that speak to our own evolution occurring on individual and collective levels. An understanding of consciousness—from matter to body to mind to soul to spirit.