



Collapsing Consciously: Transformative Truths for Turbulent Times (Sacred Activism)

Carolyn Baker Ph.D.

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A collection of probing essays and weekly meditations, this book addresses how to prepare emotionally and spiritually for the impending collapse of industrial civilization. Author Carolyn Baker offers wisdom, inspiration, and a sense of spiritual purpose for anyone who is concerned about the daunting future humankind has created.

The author's introduction to *Collapsing Consciously* articulates our current predicament of economic collapse, environmental degradation, and global conflict and expresses the confusion, anxiety, grief, anger, and despair we all experience when we take a hard look at the present-day global crisis and the likely future of the planet. But rather than showing us ways to prevent the collapse, Baker argues that the demise of our consumerist, corporate culture is inevitable, and that it is crucial to prepare emotionally and spiritually for the certain changes to come.

Part 1 is a collection of seventeen essays which argue that while the collapse of industrial society cannot be prevented, its meaning extends far beyond tragedy and loss. These essays ask the reader to delve inward and discover the limitless treasures of the soul, as well as the gratification and exhilaration to be discovered in joining with community in preparing for the future.

In part 2, Baker offers fifty-two weekly meditations comprised of spiritual wisdom, inspiration, paradox, comfort, humor, irony, and a persistent challenge to create and savor beauty in the world, regardless of how bleak the future may appear.

Collapsing Consciously is a refreshing take on the perilous present and the grim prospects for our future. Instead of quoting discouraging statistics about our predicament, Baker offers a deeper perspective that makes sense of a world that most of the time appears psychotic or even surreal. Through inspiration and perennial wisdom she has created a manual for making meaning and generating joy, especially in situations that feel hopelessly devoid of both.

An ebook containing additional meditations is also available: *Collapsing Consciously Meditations: Further Reflections for Turbulent Times*, ISBN 978-1-58394-758-6.

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