



Consciousness In Action: The Power Of Beauty, Love And Courage In A Violent Time

Andrew Beath

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Consciousness in Action features the thoughts of Julia Butterfly Hill, Deena Metzger, Joanna Macy, Ralph Metzner, John Mack, and many others in an inspiring dialogue between environmental and spiritual activists. Their subject is the seven attributes of consciousness that they have employed in their activism and that have demonstrated their viability across time and cultures to bring about change.

The seven attributes discussed are:

- Nonviolence amid passion
- Introspection and self-discovery
- Not knowing and spontaneity in the moment
- Eros, the way of loving-kindness
- No enemies and co-creating a healthier world
- Vision free of reaction to others
- Joy in opening of the heart

Andrew Beath writes: "Our actions reveal our depth of connection. I define conscious activism as engagement in the world that expresses our most profound understanding of the nature of reality. It is imbued with appreciation and reverence and encourages compassionate connection—the basis for lasting social change." **Consciousness in Action** is a vital contribution to ongoing efforts toward a peaceful, habitable earth.

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Caitlin Cruz:

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