



# **Subtle Activism: The Inner Dimension of Social and Planetary Transformation (SUNY series in Transpersonal and Humanistic Psychology)**

*David Nicol*

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*Explores whether consciousness-based practices like meditation and prayer can contribute to social change.*

Can awakened consciousness contribute to social change and, if so, how? David Nicol introduces the concept of “subtle activism” to describe the use of consciousness-based practices like meditation and prayer to support collective transformation, such as global meditation directed toward peaceful resolution of a conflict. Subtle activism represents a bridge between the consciousness movement and the movements for peace, environmental sustainability, and social justice. It is not a substitute for physical action but rather a potentially crucial component of a more integrated approach to social change. Although ancient lore is rife with tales of shamans and adepts intervening on spiritual levels for the benefit of humanity, this book is the first comprehensive treatment of this topic. Nicol grounds his consideration in the available scientific research and in dialogue with a broad range of thinkers in the fields of consciousness studies, transpersonal theory, and New Paradigm thought.

“Many good books are published each year but important books are harder to come by. One of the marks of a truly important book is that it challenges our deeply held convictions about what is real and what is possible in the world. It opens new intellectual horizons by showing us previously hidden connections. David Nicol’s *Subtle Activism* is an important book, a very important book.” — from the Foreword by Christopher M. Bache

David Nicol teaches in the Philosophy, Cosmology, and Consciousness Program at the California Institute of Integral Studies. He is also executive director and cofounder of the Gaiafield Project and cofounder of BeThePeace.

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