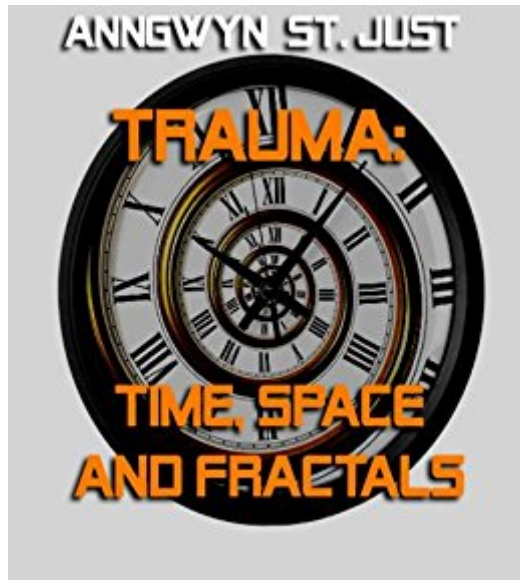




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TRAUMA: Time, Space And Fractals



Synopsis

Fractals have been called “the fingerprints of God”| this book explores the role of fractal time in an ongoing effort to understand causes, experience and healing of individual, social and global trauma. Physicists are now telling us that the Universe and time itself is composed of an infinite series of expanding and contracting cycles within cycles. This new version of reality conjures images of vast cosmic cycles mirrored in smaller cycles of planetary cycles, human civilizations, community and family systems, as well as individual lives. Each life is lived as an integral fragment of other cycles nested within increasingly larger cycles. These larger cycles contain smaller cycles and still smaller cycles because they contain universal fractal patterns which repeat themselves in non-linear self- similar way as described in the axiom “ As above, so below”. In many traditions, if not all, these hidden designs are recognized as fate.

Book Information

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Customer Reviews

That are rarely addressed in our culture. How is it the the Japanese, a country devastated by US nuclear bombs, could be persuaded to build 48+ nuclear reactors in an earthquake vulnerable area?

Though I never thought about it until I read it in the pages of this book, the answer to that question is worthy of pursuit and can explain a lot about what happens in our world. Answering that question completely will lead you to many books and thoughtful analysis, but the question was raised by Angwyn St Just, and the answer deserves to be recognized, particularly by those who are trying to slow the devastation seen daily on our tv news. I recommend all St Just's books, we all need help and each other to maintain Relative Balance in an Unstable World.

In this new book Dr.St.Just expands and makes a critical contribution to not only the study of social trauma but to a more general wisdom as well. Exploring the nature of time itself, she brilliantly describes how historical forces diminish our possibilities of peace and reconciliation. I am excited to recommend this book for those who would like to more comprehensively understand and more clearly see the possibilities of deep resolution not only of what is occurring within our own psyches but also in the different levels of the worlds we inhabit. Jan Crawford, Trauma Specialist, NYC

Anngwyn St Just is a great stories-teller. I couldn't put this book down, despite its rather devastating content! She takes the reader around the world over the past couple of centuries, and dynamically illustrates the horrible happenings, as though she'd used a paint brush and not "just" words! The reader sees disasters, both man-made and natural, but even with an allegedly natural disaster such as the Japanese earthquake, she demonstrates man's hand in the tragedy. What's fascinating is the fractal nature of these events that these apparent random events appear to demonstrate universal repetitive patterns.

Anngwyn St. Just's facile and visionary thinking delights, entertains and stretches the mind and organizes one's understanding of the macrocosm and the microcosm, the within and the without in fresh new ways! This effective new book will be of interest to globally curious people desiring to be of benefit to themselves, others and the World, whether psychologists, somatic therapists, traumatologists, historians or sociologists and anthropologists, even philosophers and politicians. A wake-up call is deftly embedded in the intuitive tapestry of beautifully woven examinations of time and fractals. Dr. St. Just's blog, Trauma and the Human Condition at <http://anngwyn.wisrville.org>, is a very stimulating accompaniment to the book. Sheila Krystal Psychologist Berkeley, CA

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