

Origin Press
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Book Release

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A New Release of a Prophetic Bestseller About the Dangers of Accelerating Change

Announcing an updated, tenth-anniversary release of a classic manifesto of awakening

Featuring: Extensive new author's preface and foreword by philosopher Ervin Laszlo
1999 Winner: Ben Franklin Award (finalist) and Independent Publishers Award (finalist)

Among the earliest to warn us about global warming and the general threat of accelerating technological change was Peter Russell, a visionary scientist who trained at Cambridge with Steven Hawking.

Russell was also ahead of his time in cradling this message in a masterful presentation of perennial spiritual teachings—one focused on achieving an inner poise born of meditative awareness and on engaging in voluntary simplicity. Such powerful interior antidotes, he says, are commensurate with the outer perils facing us.

Edgy in 1998—But Predictions That Have Come to Pass in 2008

For several decades Russell's message has essentially been one of sanity and hope amid growing signs of the threat of ecological catastrophe. His new release of *Waking Up in Time* remains a showcase of the truth that the very survival of our civilization requires that we make a radical shift in consciousness. Russell's early readers can be grateful that much of what he published in 1998 was prophetic of what has come to pass in the last decade, while his radical solutions have also gained greater currency. *New* readers will be eager to embrace this classic manifesto for awakening to the planetary crisis that remains an inspired invitation to *be* the change each of us wants to see in the world—supported not by mere new age nostrums but by a sophisticated vision of the integration of science, evolution, consciousness, and spirituality.

Waking Up in Time:

Finding Inner Peace in Times of Accelerating Change

By Peter Russell

**978-57983-020-5 • Trade paper • 202 pages • 33 illustrations • \$17.95
October 2008 • Global Environment/ Spirituality • AtlasBooks distribution**

Waking Up in Time portrays the human community rushing toward an unprecedented moment of culmination—the much-heralded “omega” point of history. Russell offers a gripping account of the ever-accelerating pace of change that will lead to this denouement early in this century. Yet we *can* live a sane and peaceful life even in these times of epochal change, Russell shows—one that is free of the burnout, panic, and anxiety that will afflict many. A sublime inner peace can result from liberating ourselves from materialism and excessive desire, and this peace is available *now*, Russell explains. Finding it is imperative—for each of us—if humanity is to face the perilous times ahead.

Coping with an Unstoppable “Race to Omega”

But why are we on this unstoppable race to an ultimate culmination of evolution? Peter Russell shows that the increasing pace of change is not just a twentieth-century phenomenon, but has been occurring since prehistoric times. Indeed, the forward momentum has been building inexorably for millennia, and, according to his calculations and those of others, the curve of this acceleration will soon approach the vertical: In other words, at the current pace of evolutionary change, the *rate* of change must soon climb towards infinity!

Mathematicians call such a point a “singularity.” Russell’s own teacher, Stephen Hawking, used this concept to explain the collapse of stars into black holes in space; Russell applied the same concept as a metaphor for historical time in his groundbreaking *The White Hole in Time*, (Harper San Francisco, 1992). *Waking Up in Time* was in 1998 a thoroughly rewritten, newly illustrated edition of that classic work. It has now been updated once again in the light of the startling changes of the last decade, transformations in all sectors of life that seem to confirm his earlier predictions and prescriptions.

How will we cope with this acceleration toward the very limits of change? “If we are not to burn out, we need to ensure that we slow down inside,” says Russell. “That requires developing greater inner stability—so that we are not thrown emotionally by each new change—and greater flexibility so that we can adapt to the new with fresh eyes. Like a tree facing a storm, we need flexibility and strong roots.”

Peter Russell’s *Waking Up in Time* remains a crucial wake-up call to this generation about the global crisis, yet offers the genuine solutions that lie close at hand in each of our own lives. Weaving notions from physics, psychology, philosophy, ecology, evolution and spiritual teachings, Peter Russell shows that the next great frontier for humanity is not outer space, but inner space—the exploration and development of the human mind and spirit. Learning these inner skills will determine how we face and cope with the epochal challenges now facing us. ##

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**A celebrated keynote lecturer worldwide and innovative thinker,
Peter Russell is the author of numerous pioneering works including
The Global Brain and *From Science to God*.**

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