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Anngwyn writes about how “In trauma the past is always present.” She shows how the question of “what time is it” is not as simple as we usually think. She asks why unresolved individual and collective traumas have a tendency to repeat on the anniversary of previous traumas, or even at the same location, and she notes that replicating patterns reveal denials, lies and other forms of cover-up. Her book is valuable because of questions she asks about the physics of reality and also because she inspires and guides us to exercise curiosity, wisdom and imagination to explore deeper levels of questions well worth contemplating. Writing with cross-cultural sensitivity and interdisciplinary flare, Dr. St. Just draws upon fields as diverse as psychology, systems theory, anthropology, neuroscience, history and mathematics. Using a fractal vision of traumatic dynamics she explores how we can see patterns within the profound complexity of individual human experiences, relationships and families, while also examining the “bigger picture” which includes Nature, culture and history. These challenges notwithstanding, she gives us a useful perspective, and with it, the hope that we have the power of individual and collective choice to resolve traumas, to create better lives for ourselves, and to make a better world.