



# MLS - meditazioni

## Intro

*I'm Monica Smith, and with this podcast I want to share with you some thoughts and ideas that are helping me get through this difficult period of chaos and confusion in every area of life on the planet. I don't claim to have found definitive answers, let alone offer any. My intention is more humble and, perhaps, more ambitious: I want to share tools for orientation, inspiration for meditation, and spaces for cultivating a new presence in the complex world we live in. These are the traces I leave as I walk through the woods...*

## Episode 0 - Introduction

With this podcast, I wish to share a journey born of years of study, reflection, and existential practice. I do not claim to offer definitive answers. My intention is more humble and, perhaps, more ambitious: to share tools for orientation, inspiration for meditation, and spaces for cultivating a new presence in the complex world in which we live.

Through encounters with a plurality of voices—those of thought, art, science, and activism—we will explore different approaches to understanding and navigating this crucial phase, which we define as a meta-crisis because it is a convergence of multiple crises. It is a situation that repeats itself on a personal and collective level, which we can perhaps transform into an evolutionary possibility, an opportunity for cultural and spiritual regeneration.

I do not consider the current situation to be an insurmountable obstacle. As I said, I think it could be a potential evolutionary threshold, but for this to happen, we need to leave aside all forms of magical or naively optimistic thinking and embrace an open and realistic perspective. This statement represents, first and foremost, an assumption of personal responsibility, an attempt to embrace the current complexity without seeking ideological or superficial shortcuts.

I believe that the nature of the meta-crisis we are experiencing requires responses that integrate multiple levels and perspectives, reconnecting dimensions that our culture has often separated. This means cultivating together a transdisciplinary, systemic vision that is deeply rooted in reality. It is important to try, as far as possible, to use this planetary crisis as an opportunity to develop a new human consciousness, capable of thinking and acting in an inclusive and coherent manner. There are no easy solutions, but I want to create an authentic space for exploration, dialogue, and conscious action, from which new forms of resistance and collective action can emerge.

I will do my best to maintain an inclusive and conscious perspective, looking simultaneously within myself and at the world around me. Every real external transformation also depends on a profound inner, cultural, and relational change. This is the evolutionary challenge of our age: to go through the crisis not as passive spectators, but as lucid protagonists, generating a new way of inhabiting the planet and being together in our common humanity.