



MLS - meditazioni

intro

I'm Monica Smith, and these are the traces I leave as I walk through the woods...

Episode 1 - What is the meta-crisis?

This first meeting marks the beginning of an imaginary dialogue that aims to open up spaces for understanding and meditation. The multiplicity of problems we face disorients us, generating a sense of helplessness, fatigue, and anger. The answers we have at our disposal are clearly insufficient: they present themselves as solutions, but being short-sighted, fragmentary, and reductive, they end up feeding the very dynamics they seek to resolve.

I was inspired to embark on this journey, which is so new to me, by two quotes, one from psychologist James Hillman, who in his lecture "Senex and Puer" says: "This unique and unrepeatable moment of transition occurs within each of us individually as we try to untangle the connections between past and future."

The other quote is from psychologist and cantadora Clarissa Pinckola Estes, who in her writing "We Are Made for These Times" says: "One of the most powerful and calming things you can do to act in a world in turmoil is to stand up and allow your spirit to show itself."

We are living in an era of profound transformation, but also of confusion and uncertainty. The meta-crisis I have talked about extensively in my posts here on Instagram is not just a set of tangible crises—ecological, social, cultural—but something more radical: a crisis of meaning, of relationships, and of imagination.

A radical change of perspective is needed, which is why I believe we need to start thinking together, recognizing that we are not alone in this disorientation. Talking about what is defined as a meta-crisis because of its scope means realizing that we are not simply experiencing a series of isolated problems—environmental, economic, cultural—but a profound transformation that involves the very meaning of existence, both individual and collective.

Breaking the isolation into which we are easily pushed is the first step in regaining our bearings so that we do not view this phase as an insurmountable obstacle, but as a potential threshold, a difficult but also fertile passage that can open up new ways of being, feeling, and inhabiting the world.

◆ The metacrisis as a limitation

Crises have always accompanied major transitions in human civilizations: the collapse of empires, social revolutions, economic transformations. But today the situation is different. We are no longer facing isolated or limited events, but rather an intricate network of crises that influence and amplify each other and cannot be addressed separately.

The word metacrisis refers to a crisis in the very way we deal with complexity. It shows us that our linear approach to reality and life is now insufficient, as well as harmful. It invites us to radically transform our perspective, to change the way we understand the world, in order to open up new avenues of thought and action.

Talking about metacrisis, therefore, does not mean listing a series of problems as isolated compartments or as a random accumulation of events. It means recognizing how crises are intertwined, how each dimension—ecological, cultural, economic, psychological, relational—is inextricably linked to the others.

Consider the ecological crisis: it is not just an environmental problem. It is also a cultural crisis, because it forces us to rethink our relationship with nature; an economic crisis, because it calls into question production systems; an ethical crisis, because it forces us to ask ourselves what it means to live well without compromising the future. The same applies to the crisis in relationships or the widespread sense of psychological precariousness: each crisis reverberates on the others, amplifying them.

For this reason, addressing the metacrisis does not mean looking for the "right" solution to a single problem, but learning to think in terms of interconnection, networks, and living systems. There is no neutral place, no 'outside' from which to observe the crisis or the problems: we ourselves are part of the metacrisis. Only by recognizing this can we begin to orient ourselves with greater awareness. Metacrisis is therefore not a word to define the chaos that surrounds us, but a word that highlights our limitations in trying to understand it.

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◆ External chaos as an inner mirror

The crisis we are experiencing externally is a mirror of what is happening inside us. It challenges the narratives with which we have given meaning to life and the world: ideas of progress, individual identity, social relationships, even the way we conceive of time, the body, and knowledge.

And so the question becomes inevitable: What is collapsing within me, while the structures we have always referred to are collapsing outside? Which images, beliefs, and inner models have become too narrow, too rigid for the changing world?

Facing the metacrisis, therefore, does not only mean "understanding what is happening" on a political, social, or environmental level. It also means embarking on an inner journey of consciousness transformation: navigating uncertainty, dwelling in the shadows, making room for new ways of thinking, feeling, and relating.

It is a process that has something in common with the great stages of initiation, if we want to use a big word: a symbolic death of old structures, followed by a possible rebirth—not guaranteed, but possible. And it is a process that we must not and cannot go through alone; it must be deeply shared, and it is only possible if we are willing to go through it with honesty and critical thinking skills.

◆ A shared personal journey

As I said, this podcast was born from a personal journey through the forest that is life. It is simply the provisional result of a journey in progress. It stems from the need to think aloud, to open up a space where profound questions can resonate, where even 'not knowing' can be named.

I simply want to offer maps, tools, and images that have helped me and continue to help me, and which I hope can help other people find their way in the present. Not to magically solve every kind of problem, but so that we are not crushed by them, so that we do not confuse complexity with chaos.

It serves to remind me and to remind us that we are not alone, even when we feel like we are walking in a desert of uncertainty, there are other people who ask themselves the same questions and who try to live with consistency and clarity, even within the ambiguity of the present. This space is for them.

It is for us. For those who feel that thinking, today, is not only necessary but also an act of care. Every shared thought can become a living connection, a thread that weaves new imaginaries — and perhaps, new futures.