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# Advanced Information

## The Unselfish Spirit Human Evolution in a Time of Global Crisis

by Mick Collins PhD.

*The Unselfish Spirit* is an essential 21st century guide to unlocking the secrets of how we as a race can collectively grow our consciousness to solve the complex web of challenges that threaten life on Earth.

As a species, we are at a tipping point in our evolutionary journey, exacerbated by worsening ecological conditions. We have been treating the Earth as an object to be exploited, and have consequently cut ourselves off from evolving co-operatively with nature. We have to find new ways of doing, knowing and being so that we can live in harmony with all life. In this fascinating blend of meticulously researched theory with direct experience, Mick Collins identifies how our global crisis is also a spiritual one. He suggests that the cultivation of our psycho-spiritual awareness can reveal new vistas, helping us engage in our transformative potential, both individually and collectively.

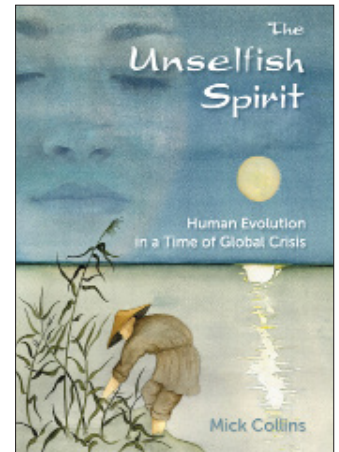
*The Unselfish Spirit* draws inspiration from diverse fields such as cosmology, new biology and quantum physics, along with insights from depth psychology, occupational science and mysticism. Theories are discussed in relation to transforming consciousness and are enlivened by fascinating, real-life stories of people who have engaged in deep processes of change and transformation. At the end of each chapter there is an exercise, providing opportunities for experiential reflection, aiding you on your personal journey. With a preface by Tim O’Riordan OBE, FBA, Emeritus Professor, School of Environmental Sciences at the University of East Anglia, this is not just a learned exploration about psycho-spiritual transformation, it is a pathway to evolving entirely new ways of living creatively and harmoniously as a species.

**ABOUT THE AUTHOR:** Mick Collins has had an interesting career, including working as a builder’s labourer, infantryman, heavy goods truck driver, and living in a Buddhist Monastery. Mick has also worked as a therapist in an acute mental health setting and a specialist psychological therapies team. He currently works as a Lecturer in Occupational Therapy and is a Director of Admissions within the Faculty of Medicine and Health Sciences, University of East Anglia.

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File

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for Enterprise in the Sustainable  
Development category (2008)**

## What people are saying about *The Unselfish Spirit*

This book is a treasure to be returned to again and again to gather insight, wisdom and inspiration for one's own life journey and to understand and engage with the radical and painful process of transformation that is affecting all our lives. Beautifully and clearly written, with helpful questions to ask oneself at the end of each chapter, it draws on the insights of an extensive library of authors to emphasise and clarify the unfolding and connected themes addressed. However, endorsing them all is the author's own moving story of his awakening and transformative life experience.

A profound, enlightening and healing book that challenges us to wake up from our technological trance, address the global predicament we have created and discover the un-lived potential of our long-neglected soul. If we were able to accomplish this, we would not only embark on an epic mythic journey, dying to our old ways of doing, being and knowing, but initiate a spiritual renaissance which would integrate insight with informed and effective action in the world. A brilliant, inspirational and moving manual for self-transformation and deeper communion with our long-suffering planet.

*Anne Baring*  
Author of *The Dream of the Cosmos: a Quest for the Soul*

The *Unselfish Spirit* is a tour de force. The book addresses the multiple crisis of our time with a holistic perspective. The environmental emergency is in fact a spiritual emergency. To build a sustainable world we need a spiritual awakening. Mick Collins makes this case with courage and clarity, with vigour and vision. The book is an indispensable tool to achieve a better future for all.

*Satish Kumar*  
Editor-in-Chief, Resurgence & Ecologist

Dr Mick Collins has crafted a thought provoking, profound look at the nature of personal and global Spiritual Emergency, and how meaningful occupation (doing), use of archetypes, self-reflection, and dream work can help us to heal ourselves and the planet holistically. I highly recommend this book for physical health and mental health professionals, spiritual seekers, and activists wishing to make a positive difference in the trajectory of the human race and planet Earth.

*Dr Emily Schulz OTR/L, CFLE*  
Occupational Therapist and Associate Professor at A.T. Still University-Arizona School of Health Sciences

Mick Collins is seeking a larger self awareness so that both individual spirituality and day to day behaviour resonate with resilience and empathy. This is not a text about the self. It is a text about planetary actuality and communal realisation.

*Tim O'Riordan, OBE, FBA*  
Emeritus Professor, School of Environmental Sciences, University of East Anglia, Norwich

Today's post-secular societies and global emergencies provide both a real opportunity and a crucial need for a new, transformative spiritual narrative. Drawing from a rich seam of human wisdom, including mysticism, depth psychology, biological sciences, and archaeology, as well as from autobiographical insights, Mick Collins offers a vital spirituality for today's world, based not just in contemplation, but in realisable action. This is a wonderful book which offers the reader wisdom and practical steps for action in this brave new world.

*Dr Jacqueline Watson*  
Director of the Centre for Spirituality and Religion in Education, University of East Anglia  
Author of *Global perspectives on spirituality and education*

This book shows us how the pathway to a sustainable future begins right now with a deep reappraisal of the quality of consciousness and the sense of the sacred that we bring to our everyday doings at work and at home. It provides a passionate re-visioning of how addressing the damaging material impacts of our industrial-consumer society is ultimately a collective voyage of discovery that calls upon each one of us to re-awaken to our common heritage as the story of the human race.

*Dr Alex Haxeltine*  
*Senior Researcher, School of Environmental Science, University of East Anglia*

The future of living sustainably in the world is dependent on developing awareness of our interconnectedness and transformative potential. Mick Collins provides a novel response to our planetary crisis by examining the human potential embedded within spiritual experience and emergence. Building on the work of scientists, spiritual teachers, and psychological practitioners in the fields of Jungian, Humanistic, Transpersonal, and Process Oriented Psychology, his book provides an inspirational guide for discovering the creative and spiritual potential within everyday life and the subsequent movement toward a more co-creative and sustainable world.

*Dr Amy Mindell*  
*Author of Metaskills: The Spiritual Art of Therapy*

This is the book I wish I had with me when teaching wannabe Members of the Royal College of Psychiatrists. It is a delight to read a cohesive guide, beginning with an occupational vision for a transpersonal future and ending with co-creating an improved future. Opening the Channels between Head and Heart is a life time's work. Working through this guide book will shine a light. This is a field book to treasure.

*Dr William Hughes*  
*Fellow Royal College of Psychiatrists, MBPF,*  
*Analytical Psychologist, Training Analyst Guild of Analytical Psychology*

This is a gem of a book, a book that should be read slowly and deeply. Mick Collins encourages us to both deepen our being but to also deepen our doing. He invites us into a more ecological, sacred and numinous relationship with the whole of creation. This book is a challenging, timely and sometimes disturbing read – with a surprising thread of optimism running through. If you want to glimpse the best possible future for humankind then read this book.

*Professor William West*  
*Reader in Counselling Studies, University of Manchester,*  
*Author of Exploring Therapy, Spirituality and Healing*