

FROM POLYCRISIS TO PEACE

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The increasingly popular term “polycrisis” refers to multiple, interactive, cascading crises that could dramatically affect the world as we know it. The authors explore interwoven aspects of today’s polycrisis in three dimensions: ecological crises involving living organisms in their physical environments; social crises in interpersonal, intergroup, intercultural, and international areas; and inner crises in individuals’ hearts, minds, and souls. Next, the authors offer a unique combination of methods by which to tune down the cacophony of crises and tune up the harmony of peace. The methods include understanding the yin-yang balance; learning to accept all emotions without acting out the destructive ones; shunning toxic positivity in favour of tragic optimism; developing particular peacebuilding competencies such as empathy, compassion, and the South African virtue of *ubuntu* (“I am because we are”); and employing not only effort but also effortless *wu wei* (“action in non-action”). Finally, the authors provide general suggestions for dealing with the polycrisis and finding hope for the future.

INTRODUCTION

Multiple crises embattle the earth. Since the late 1990s, the new term “polycrisis” has referred to overlapping, interwoven crises, problems, and

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