What complexity theory teaches me is to remind myself, where are my boundaries? What view am I choosing to look from?...Who am I becomes a question of how am I looking at myself? --Neil Theise

**Notes on Complexity**

Neil Theise is a diagnostic liver pathologist, adult stem cell researcher, complexity theorist, and practicing Zen Buddhist. His book, Notes on Complexity: A Scientific Theory of Connection, Consciousness, and Being is, "an electrifying introduction to complexity theory, the science of how complex systems behave, that explains the interconnectedness of all things." Read on for five key insights from the book in Theise's words.

**Be The Change:**

For more, check out this talk by Theise, "We ARE the universe."