

Thomas Hübl PRESS KIT



A photograph of Thomas Hübl, a man with long grey hair and a beard, wearing a light blue button-down shirt. He is smiling and holding a black microphone with both hands. He is seated in front of a dark background. To his right, there is a large arrangement of orange and pink flowers and a lit yellow candle.

THOMAS HÜBL

Thomas Hübl is a renowned teacher, author, and international facilitator whose lifelong work integrates the core insights of the great wisdom traditions and mysticism with the discoveries of science.

Originally a paramedic for nine years and a student of medicine for four, Hübl left his studies at the University of Vienna to spend four years on retreat. This led to a new life path focused on teaching meditation and mindfulness-based awareness practices.

Over the last two decades, Hübl has taught and facilitated programs with more than 100,000 people worldwide, including online courses starting in 2008. His events have focused on processing the collective trauma of racism, oppression, colonialism, genocides, and the complexities of those regions and groups which experience multiple historic and current challenges. These events have been held in the U.S., Israel, Germany, Spain, and Argentina.

He is the author of the book [Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds](#), which outlines his methodology called the “[Collective Trauma Integration Process](#)” as a safe framework for guiding groups through collective trauma. His non-profit organization, the [Pocket Project](#), works to support the healing of collective trauma throughout the world.

Hübl’s educational organization, the Academy of Inner Science, offers a [master’s](#) and [doctoral studies program](#) in cooperation with universities in Europe and the US. In 2020, Hübl received [an honorary doctorate](#) from Ubiquity University in California for “his pioneering work in the field of trauma.” He has been teaching workshops and presenting trainings for Harvard Medical School since 2019.

He lives in Tel Aviv and Germany with his wife, the Israeli artist Yehudit Sasportas, and their daughter.

VIDEOS

For additional videos visit the [Thomas Hübl YouTube channel](#).
Click on any image below to link to that video.

Harvard Medical School



Hosted by Harvard Medical School “Talks @ 12”, Thomas discusses the impact of collective trauma and shares about his work facilitating workshops with thousands of people with a special focus on the traumatic history shared by Germans and Jews.

Length: 1:00:00

Recorded in December 2019 at Harvard Medical School, Boston MA USA

Healing Collective Trauma at Wisdom 2.0



Soren Gordham interviews Thomas about his work around the world and his continued study of the collective dimension of trauma.

Length: 19:53

Recorded in March 2019 at the Wisdom 2.0 Conference in San Francisco, CA USA

Working with Collective Trauma: Dr. Gabor Maté & Thomas Hübl



Dr. Maté talks with Thomas about his understanding that trauma is not just an individual but a collective experience. He explains his insights from years of working with groups that have experienced trauma.

Length: 30:37

Recorded in August 2019 at the Science and Nonduality Conference in San Jose, CA USA

Healing Collective Trauma



Thomas points to the fragmented way we have learned to deal with news of global crises and atrocities, and our tendency to consider a mere understanding of the news to be sufficient witness to the event.

Length: 21:43

Recorded in December 2018 at the Science and Nonduality Conference in San Jose, CA USA

Thomas Hübl at NEXUS USA Summit 2018



Keynote speaker Thomas Hübl talks about the art of impact in a fragmented world. He integrates the essence of great wisdom traditions with scientific knowledge and personal experiences. His work is rooted in an uncompromising clarity that brings the wake potential of a new WE-culture to the fore.

Length: 17:59

Recorded in February, 2018 at the Nexus USA Summit, Washington D.C. USA

TEDx Talk - The Trauma of Technology



Thomas addresses technology's role in cultural trauma. The psychological and physiological price we pay for our tech addictions.

Length: 12:55

Recorded in November 2018 at TEDx Marin, CA USA

PHOTO GALLERY



THOMAS HÜBL

THOMAS
HÜBL

To download photos, visit the Press page:
<https://thomashuebl.com/about/press/#press-images>

ACADEMY OF INNER SCIENCE



Founded in 2008 by Thomas Hübl, the Academy of Inner Science aims to connect the wisdom of the inner world with the information of the outer world. This Academy provides a platform for the research, study, and practice of modern mysticism utilizing training modules, workshops, study groups, and facilitation training. Individuals seeking a supportive framework for their own personal development toward maturity and awareness will cultivate a deeper sense of transpersonal and collective development.

The Timeless Wisdom Training is an intensive two-year program designed to integrate mystical practices with effective transformative tools, rewiring the body and emotional system to create a sustainable space for consciousness. Through eight in-person retreats with Thomas, cohorts of students engage in curriculum that moves through a three-part process of study. Students focus first on individual process and shadow work, then they explore the cultural dynamics that are embedded in the community, and finally they deepen their transpersonal awareness using mystical practices and contemplative tools.

For more information visit:

<https://thomashuebl.com/academy-inner-science>



NON-PROFIT INITIATIVES

THE POCKET PROJECT

RESTORING A FRAGMENTED WORLD

THE POCKET PROJECT

The Pocket Project for Collective and Intergenerational Trauma Integration is a visionary initiative founded in 2016 by Thomas Hübl and his wife Yehudit Sasportas, an Israeli artist. The project's mission is to halt the vicious cycle of recurring collective trauma, reducing its impact upon our global culture and our future generations. Through sharing the latest in crisis prevention research, best practices and insights for trauma work, the Project supports facilitators to manage groups in a healthy and sustainable way.

CELEBRATE LIFE FESTIVAL

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The Celebrate Life Festival began in Germany in 2004 and has since grown to become one of the largest consciousness events in Europe. Every year, thousands of creative thinkers and innovators from around the globe come together to participate in personal spiritual practice, create a strong sense of group coherence, and incubate new ways of forming our cultural fabric.

International experts, speakers, and artists across multiple disciplines have taken the stage to contribute their work at Celebrate Life. Guest speakers for past events include Deepak Chopra, Eckhart Tolle, Byron Katie, Dr. Gabor Maté, Gerald Hüther, Ken Wilber, Scilla Elworthy, Jean Houston, Tami Simon, Peter Levine, and William Ury. Through experiential workshops and facilitator-led practices, The Celebrate Life Festival fosters a nurturing and enriching environment for a deeper sense of connection with the inner and outer world.



ONLINE COURSES & SUMMITS

Since 2012, Thomas Hübl has facilitated online courses and workshops focusing on personal and collective awareness, integrating wisdom traditions with modern science, and exploring the question of what it means to be a global citizen in the world. His online courses address advanced meditative processes, trauma awareness and integration, conscious communication, and a sophisticated analysis of cultural architecture. Thomas regularly offers in-depth, online programs on topics such as Transparent Communication, Conscious Healing and Living Meditation.

In 2019, he hosted the first Collective Trauma Summit. The 9-day event had more than 53,000 participants from 176 countries and featured 29 experts such as Dr. Gabor Maté, Dr. Peter Levine, Dr. Dan Siegel, Dr. Stephen Porges, Dr. Monica Sharma, Dr. Richard Schwarz, Dr. Otto Scharmer, and Dr. Jack Saul.

In 2020, the second Collective Trauma Summit hosted over 108,000 participants from around the world and included 8 live online events as well as poetry readings and musical performances. The 43 speaker talks included discussions on the most pressing issues of our time such as racism, environment and climate change, global health care/pandemic crisis, war and conflict legacies, intergenerational trauma, and more.

AUDIENCE REACH

Email list subscribers:

- English-speaking **100,000**
- German-speaking **4,500**
- Spanish-speaking **2,100**

Facebook followers:

- English-speaking Facebook page **36,000**
- Spanish-speaking Facebook page **15,000**
- Facebook group members **11,000**

Instagram followers **9,000**

YouTube subscribers **12,000**

Most popular YouTube videos: **166,000 views**

MEDIA COVERAGE & PUBLICATIONS

Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds

In this important and timely book, Thomas explores the symptoms, habits, unconscious social agreements, and cultural shadows that lead to unhealed collective suffering, while offering new possibilities for how we can shed light in the darkness and come together in revolutionary ways to directly address our generational and cultural wounds. It also outlines his methodology called the “Collective Trauma Integration Process” as a safe framework for guiding groups through collective trauma. [Sounds True](#) - November 2020

State of Emergence - Host Terry Patten

Conversations at the leading edge of human intelligence & maturity - facing the darkness and alive to the hope on the other side of it.

[Ep. 57: “The New Martial Artistry of Healing Our World”](#) - January 2021

Collective Action for Collective Healing

In Medical School series, Thomas Hübl will address community and world traumas, and how to repair them. [The Harvard Gazette, Health and Medicine](#) - December 2020

Silver Linings in Challenging Times

How members of Harvard Medical School faculty and staff are thriving, despite what 2020 has brought these past six months. [Harvard Catalyst](#) - August 2020

Collective Trauma – Harvard Longwood Campus workshops explore trauma, resilience

About a three-part webinar series for Harvard staff, guided by Thomas Hübl.

[Harvard Medical School News](#) - June 2020

Practicing in a Pandemic - Deepening Our Roots

Six new teachings on how to find compassion and equanimity in a time of great uncertainty.

[Tricycle: A Buddhist Publication](#) - March 2020

The Peacebuilding Podcast - Host Susan Coleman

Interviews with the most innovative practitioners around the world who are applying best practices to build common ground in complex systems.

[Ep. 43: Thomas Hübl: Healing Collective Trauma](#) - January 2020

A New Initiative Grapples with Collective Traumas

Global social witnessing is a technique that uses group mindfulness to process large-scale tragedies. [Tricycle: A Buddhist Publication](#) - August 22, 2019

Coaches Rising - Host Joel Monk

Explore the correlation between presence and integration, identifying the loci of fears, finely tuning our nervous systems and the relationship between trauma and scarcity.

Ep. 47: Thomas Hübl: Beyond Method - The Art of Facilitating Deep Change - November 2019

New Approaches to Healing Collective Conflict and Trauma: Our Responsibility as Global Citizens

Thomas Hübl and William Ury in conversation on the topics of collective trauma, the impact of modern technology, and inner wisdom. [Kosmos](#) - 2017, Spring | Summer

Toward the Integration of Collective Trauma in a Time of Exponential Change

An exploration of multi-perceptivity, global citizenship, and conscious approaches to integrating trauma work in order to reawaken into a higher state of co-relating in the present circumstances. [Spanda](#) - 2017, page 75

The Pocket Project: Facilitating the Integration of Collective Trauma

This article by Julie Jordan Avritt and Thomas Hübl outlines Hübl's work in group coherence, healing processes, and the value of addressing shadow work through collective and conscious structures. [Kosmos](#) - 2017, Spring | Summer

In the Spotlight: Systemic Constellation Work Meets Mystical Principles. A Conversation between Stephen Hausner and Thomas Hübl

[The Knowing Field, The International Constellations Journal](#) - June 2016, pp. 29-34

Mysticism in Everyday Life: Talks between Thomas Hübl and Stephan Breidenbach

A dialogue between spiritual teacher Thomas Hübl and jurist/entrepreneur Dr. Stephan Breidenbach on mystical principles in everyday life.

[Stephan Breidenbach / in German](#) - 2016, 120 pp. Also available in Spanish and Chinese.

The Power of We: Awakening in the Relational Field

This audio CD provides more than seven hours of insights, accessible wisdom, and practical tools for expanding spiritual practice into the relational field, with teacher Thomas Hübl.

[Colorado: Sounds True](#) - 2014

CONTACT

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