

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 received a PhD in Wisdom Studies from Ubiquity University in 2022. He has been a Senior Advisor and lead faculty member for the Mobius Institute since 2016 and teaching workshops and presenting trainings for Harvard Medical School since 2019. Hübl works with leading consulting companies and is a supervisor to coaches, international NGOs, university professors, physicians, therapists, and CEOs.

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

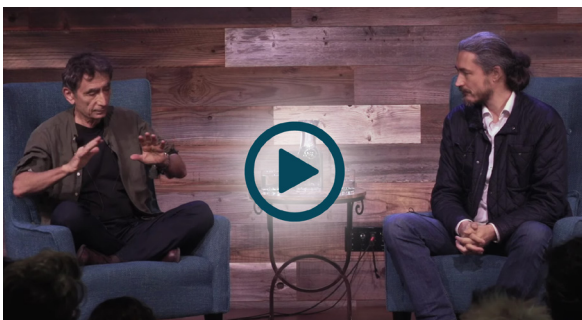
Healing Collective Trauma at Wisdom 2.0



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 Trauma and Spiritual Growth: Peter Levine & Thomas Huebl



Peter Levine and Thomas discuss the relationship between healing trauma and spiritual growth, how we are all connected through the traumatization of the world, and that the healing of trauma is a way of returning to the wholeness and fullness of living.

Length: 56:22
Recorded in October 2018 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.

Since 2018, Hübl has been actively developing academic programs that explore new frontiers in research and discoveries in the interdisciplinary field he has coined as “Inner Science.” To this end, the Academy of Inner Science offers a [master’s](#) and [doctoral studies program](#) in cooperation with universities in Europe and the US.

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 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://timelesswisdomtraining.com>



NON-PROFIT INITIATIVES

THE POCKET PROJECT

RESTORING A FRAGMENTED WORLD

THE POCKET PROJECT

An initiative founded in 2016 by Thomas Hübl and his wife Yehudit Sasportas, an Israeli artist. The mission is to inspire, educate and train both professionals and civil society on the global impact and processes for the integration of individual, ancestral, and collective trauma. The organization develops social impact projects that support trauma-informed service and action in areas of crisis around the world. By healing the wounds from the past, humanity can shift towards a path of collaboration, innovation, and emergence.

CELEBRATE LIFE FESTIVAL

THE CELEBRATE LIFE FESTIVAL

The Celebrate Life Festival began in Germany in 2004 and has since grown to become one of the largest consciousness events in Europe. 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.

Thomas hosts the annual Collective Trauma Summit, a 10+ day online event, to explore how to work with individual, ancestral, and collective trauma. In 2021 the event drew 100,000+ participants from over 150 countries, featured over 50 interviews with expert speakers, and included online events, guided somatic experiences, poetry readings, and musical performances.

Speakers have included Dr. Gabor Maté, Sharon Salzberg, Dr. Peter Levine, Krista Tippett, Dr. Dan Siegel, Esther Perel, Jack Kornfield, Dr. Stephen Porges, Justin Michael Williams, Dr. Monica Sharma, David Whyte, Dr. Richard Schwarz, Dr. Otto Scharmer, William Ury, Dr. Jack Saul and many more. The expert talks included discussions on the most pressing issues of our time such as racism, climate change, global health care and the pandemic, war and conflict legacies, intergenerational trauma, and more.

Thomas is also a guest speaker in many online summits including The Wisdom of Trauma, the Global Resilience Summit, the Trauma and Mind-Body Super Conference, Trauma Skills Summit, Global Solutions Summit, The Coaching Summit, the Ancestral Healing Summit, and many more.

AUDIENCE REACH

Email list subscribers **200,000+**

Facebook followers:

- English-speaking page **52,000**
- Spanish-speaking page **18,000**
- Facebook group **15,300**

Instagram followers **31,500**

YouTube subscribers **25,000**

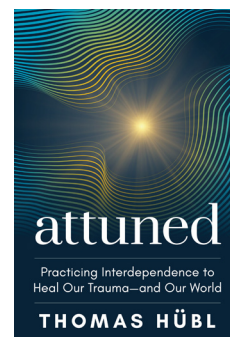
Views of most popular YouTube video:
316,000

Total video views: **1,242,000**

PUBLICATIONS & MEDIA COVERAGE

Attuned: Practicing Interdependence to Heal Our Trauma—and Our World

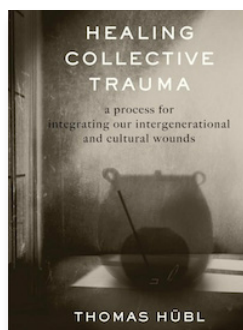
will be published September 12, 2023 by Sounds True, and is currently available for preorder on [Amazon](#), [Barnes & Noble](#), [IndieBound](#), [Bookshop](#), and more!



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

An important and timely book exploring the symptoms, habits, cultural shadows, and unconscious social agreements that lead to unhealed collective suffering. Additionally, new possibilities are offered for how we can shed light in the darkness and come together in revolutionary ways to directly address generational and cultural wounds. Learn the outline for Thomas' methodology "the Collective Trauma Integration Process", a safe framework for guiding groups through collective trauma. [Sounds True](#) - November 2020

Available in five languages:



[English](#)



[German](#)



[Dutch](#)



[Spanish](#)



[Croatian](#)

The 'Tender Narrator' Who Sees Beyond Time: A Framework for Trauma Integration and Healing

In this article, reference is made to the "tender narrator" as an exploratory framework for understanding the role of narrative in voicing trauma as part of the healing process, specifically in group settings. [Journal of Awareness-Based Systems Change](#) - November 2022

The Anatomy of Inaction

Looking underneath our paralysis to move forward on the climate crisis lies a complex web of trauma. [Unpsychology Magazine](#) - Spring 2021

Numb from the News?

Understanding why you may be numb from the news, and what to do. [Harvard Health Publishing](#) - March 2021

The Metta Hour Podcast - Host Sharon Salzberg

Where Buddhist wisdom meets everyday life in a practical, common sense vernacular. [Healing Collective Trauma](#) - January 2021

The Art of Happiness Podcast - Host Arthur C. Brooks

Conversations about research in the worlds of science, philosophy, theology, art, and literature. [Healing Collective Trauma](#) - April 2021

“This conversation with Thomas Hübl expanded my horizons and made me think about things that I hadn’t thought about before. Despite the fact that he’s talking about trauma and some of the most painful things in life, he’s also saying that we can learn from these things, we can grow from these things, and we can all love each other better through our experience together of these things. I think it’s true.” - Arthur Brooks

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

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

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 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. [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

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

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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

A dialogue between spiritual teacher Thomas Hübl and jurist/entrepreneur Dr. Stephan Breidenbach on mystical principles in everyday life. [In German](#) - 2016. Also available in Spanish and Chinese.

CONTACT

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