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PRACTICES

The Art of Transparent Communication

AWAKENING IN THE RELATIONAL SPACE

The “mystic” for me is a professional in spiritual practice. A mystic is someone who dedicates his life to what I call the inner science of consciousness. Consciousness can be explored through practices like contemplation, meditation, exploration, studying, prayer, deepening our conscious awareness into the dynamics of our daily life. – Thomas Huebl

Throughout **The Art of Transparent Communication** course, Thomas articulated several practices that students can use to begin to embody the principles of transparent communication.

This document acts as an “index” to the practices and is split into two sections. The first section contains practices whose focus is more active contemplation and the second section contains the meditations Thomas did throughout the course.

Next to the summary of each practice you’ll find its name and a number (or numbers) in bold. The bolded number(s) refer to the course session in which that practice was introduced, explained or referred to. Page numbers indicate where in the course transcript you can find the text of Thomas speaking about the practice.

CONTEMPLATION

3 Sync Practice

(See also: Coherence Practice – Inner and Outer Awareness / Four Pillars / Looking at Coherence)

- 4** pp. 13-15 “3 sync” means that mind, emotions, and body are synchronized. Practice being aware of your mind, body and emotions in support of your coherent expression.

Presenceing / Mindfulness Practice

- 1** pp. 4-7
5 pp. 2-3 Mindfulness is the start of all practice. You can add several perspectives to it and deepen it. Practice ‘presenceing’ your current perception, meaning; practice expanding, or aligning your perception with the gross and subtle realities that you function in every day. This will support being congruent with what is so.

Looking at Coherence

(See also: Four Pillars / 3 Sync / Coherence Practice – Inner and Outer Awareness)

- 3** p. 28 Look at the coherence of physical, emotional and mental information in conversations.
- When people talk to you (or when you talk to people), see with less judgment in the sense of good or bad, and more with curiosity and awareness.
 - Practice observing yourself and others in conversation. Is your physical body, your emotional body, and the mental information you share coherent? What do you notice in others?
 - Notice the ‘small irritation’ you might feel if you notice a lack of coherence between the three types of information
 - Just presence the facticity of the small irritation. No need to name it, or do anything with it. Hold that awareness in your presence.

Coherence Practice - Inner and Outer Awareness

(See also: *Four Pillars* / "3 Sync" / *Looking at Coherence*)

- 4 pp. 13-15 Imagine your inner and outer life as each being projected onto a
- 5 meditation screen by a video projector. To support these coming together in a
- pp. 10-14 higher integration, practice metaphorically holding both projections on
- 6 pp. 2-3 the screen and learn to watch both movies with attention, awareness,
- and attunement.

Intrapersonal Awareness Practice

- 4 p. 32 Cultivate an intrapersonal awareness, have an awareness of the field around you, and note how much your feeling awareness participates in this space.

Four Pillars

(See also: *Coherence - Inner and Outer Awareness* / *3 Sync* / *Looking at Coherence*)

- 4 pp. 13-15 Four pillars that help us understand, practice, and arrive at coherence. See "Looking at coherence," "coherence practice", and the "3 Sync" for practices.

Triad Practice

- 1 pp. 24-25 Listen and attune to what your triad partners are sharing, without
- 6 p. 29-31 giving advice or semi-therapeutic feedback. Hold space for your triad partners, and then share your current present experience of the sharing. Stay with your experience while listening closely to your partners. This creates presence around what is being expressed.

Awareness Practice

- 4 p. 32 Cultivate awareness. You have an intrapersonal awareness, awareness of the field around you, and how much your feeling that awareness participates in the space. The space is the room that you sit in, the hall that you walk through, the team that you sit with, your intimate relationship. Are you becoming more aware?
 - a. Practice noticing the chronically unrelated parts of yourself, and the parts of your awareness that fade in and fade out.
 - b. Practice noticing how you feel when you watch other people talk. Are they expanded and open? Are they depleted or contracted? Pay attention to these subtleties.

Contemplating Essential Moments

- 4 p. 6 Contemplate the essential moments in your life. What do you define as "essential?" What relationships in your life do you consider "essential?" Contemplating this reconnects you to the perfume of essence.

Contemplating Your Social Network

- 6 p. 15 Sit down and take a bit of time to draw a relational network. After you draw your relational network, take time to contemplate it.

Exploring Becoming

- 2 pp. 13-18; 25 Becoming means I update my life whenever I need an update. Contemplate what that means for people and what actually becoming is for you.
- Contemplate how can you live a life that has both a “healthy belonging and a healthy becoming.”

Exploring Belonging

- 2 pp. 13-18; 25 Explore what belonging is for you. Really notice what happens when you attune, contemplate and take time to sit and explore the question, “What is ‘belonging’ for me?”
- See in others, and in yourself, the metaphorical ‘carpet’ of belonging. What effect does it have? Who are the people that you naturally relax with when you meet them? And what did you relax that was tense in the first place?”

Inner Body Attunement

- 2 pp. 8-12 Practice becoming aware of the finer sensations, the more subtle sensations, within. Start by noticing your posture, and the movement of the breath. Then notice a lot more happening as you turn your awareness inwardly. Notice the field of aliveness, the field of movements within.
- 3 p. 3
- 3 pp. 8-12
- 5 p. 5

Integration Practice

- 6 pp. 21-28 Practice three steps to integrating shadow material:
- 1) Pay attention.
 - 2) Stay very aware of what you put your life energy into. Perhaps refrain from saying something, but instead give it space so that incongruence can be revealed and a higher potential realized.
 - 3) Practice appropriate attunement so that you can find out, and learn in that moment, how to respond.

Intimate Relationship Practice

- 1 pp. 26-27 Inquiry: how do we come to a deeper and deeper honesty, so that the relational space can stay open, connected, intimate, and that we process the relating within that space? Practice looking at each other with fresh eyes: “I don’t know you. I commit my love to you is that I will find out again and again and again who you are.”

Listening to Another Practice

- 1 pp.14-15;
p. 23
- There are two modes of listening. The first mode is open, receptive, and spacious. The second mode attunes to the other person. It is specific. It feels the other person, anchors awareness in the other.
- Practice and explore the two modes of listening—just on your own. How do you listen when you receive? How do you become more spacious and taste the spacious quality of listening and receiving?
 - Practice listening to the “song of the other person”, to awaken a bit more out of habit, and to see people with fresh eyes.

Listening to the Inner Whisper Practice

- 7 pp.10-12;
pp. 12-14
- The future is more subtle than the current experience. Mystics—the great masters—practice a state of being that is receptive to the future, or to a higher coherence, or super-coherence.
- Practice being receptive to the future by listening to the inner whisper, the quieter, low voice inside.

Paying Attention to the “Its”

- 4 pp. 32-33
5 p. 21
- Paying attention to the “its” is about your awareness. Often we find a language to describe the unconscious part of our process as an “it.” Look at that and experiment with it, and don’t take it too seriously but have fun exploring it:
- Notice how often you participate in other people’s shadow language. The shadow language often reveals itself through the fact that we make the process an “it” that we feel disconnected from. Is your heart, your body, your solar plexus contracted? Who contracts it? Does a conversation deplete you? Explore how can that be.

Reading “T-shirts” Practice

- 7 pp. 21-22
- Pay attention to and contemplate the following within yourself.
- Pay attention to your “t-shirts,” in order to become more aware of what you may send out. Take some time to notice if you have more t-shirts than you had realized, a collection of t-shirts. And notice any subtle aspects that you may not be aware of. These co-create your cultural design.
 - Practice with your practice partners (your triad and/or within your community), to read each other’s t-shirts. Make suggestions to each other.
 - Then, in public spaces, notice if you can hear what people say without words, what’s written on their t-shirts.

Revisiting my Day/Rewinding the Day Practice

- 5 p. 16; p. 21 Sit down and “rewind” your day. Tune into the situations that you experienced throughout the day and your responses to them on the physical mental, emotional, and spiritual levels. Say “yes” to whatever you find. Notice if you see any patterns.

Small Irritations Practice

- 5 pp. 27-28 Pay attention to subtle irritations in your life. Listen to the “small cows.”
- Notice when something happens in your reality that is not congruent with what you’ve experienced until now.
 - Practice being aware of these irritations. Focus on the awareness, rather than what to do about it.

Stillness and Movement

- 1 pp. 23-24 Practice paying attention to the two capacities of stillness and movement. Think about stillness and movement, contemplate these capacities, watch them, witness them.

MEDITATIONS

Meditation Practice

- 1 pp. 5-8 Mindfulness and ‘Presencing’
- Do this meditation to “presence” yourself. Pay more attention, in a relaxed way. Don’t create effort. Relax into your body, and at the same time, pay attention.

Meditation Practice

- 2 pp. 8-12 Accessing Your Systems
- Do this meditation a few times throughout the week, even a shorter version of it. Explore your body as an instrument; look with your whole body. Notice how “we look with our emotional system. We look with our minds, and of course with our external senses. And we also look with our own essence.”
 - Look “to see, to train, that your physical ability can be filled with awareness, your emotional ability filled with awareness.”

Meditation Practice

- 3** pp. 9-12 Inner body communication
Do this meditation to focus on how the different aspects of your body communicate with each other.

Meditation Practice

- 4** pp. 7-11 Future practice
“I’m here and I’m available.” Mapping your inner body, practicing intrapersonal competence, inner body competence and presencing are crucial functions, which we need to arrive at a place of deeper awareness and listening; of receiving blessing and higher knowledge.

Meditation Practice

- 5** pp. 10-14 Take a physical, emotional, and mental inventory without any self-judgment. Whatever you perceive, see it, feel it, listen to it, and let it go.

Meditation Practice

- 6** p. 12-15 Ask the question to your energy field: What’s the quality of substance in my life? Do I have a good storage of substance? Is it strong? Is it weaker?

Meditation Practice

- 7** pp. 12-14 Scan your relational field and see if there is anything that needs some clarification or growth or development, maybe something that you’ve been avoiding for some time.