



The Mystical Principles of Healing

PART 2

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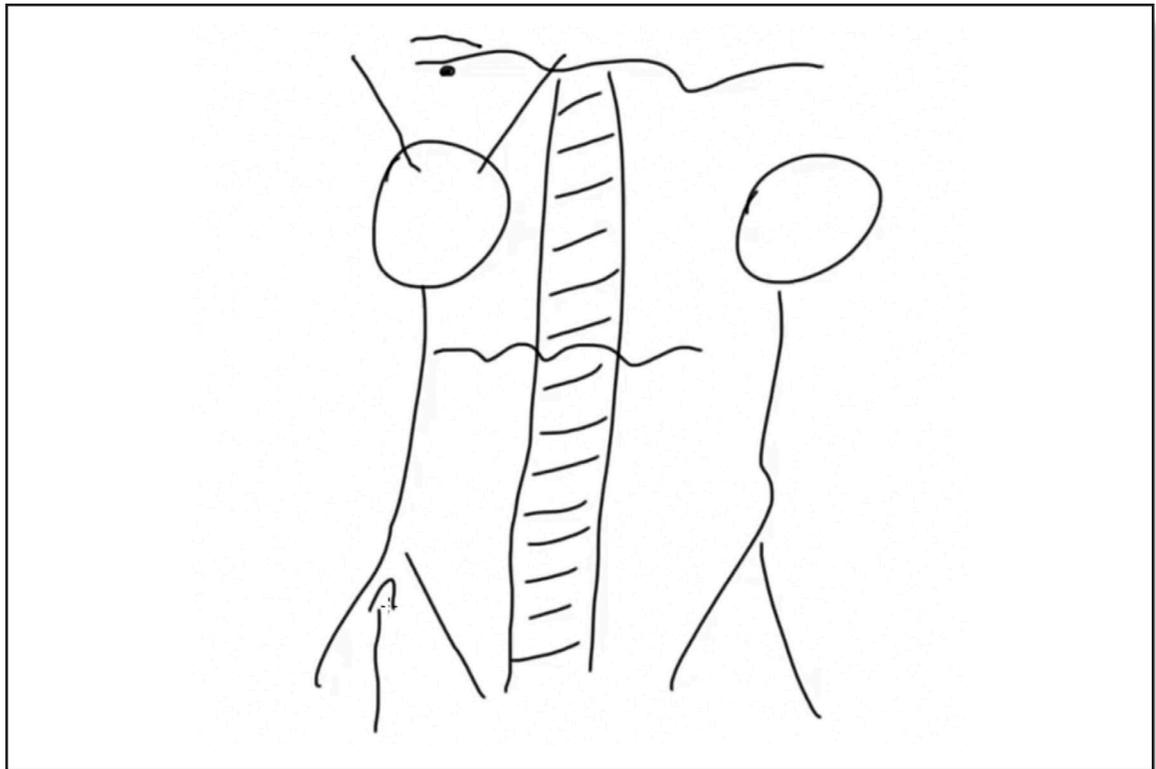
Thomas: Hello and welcome, everyone. Yes, we are off to another step in our exploration. Last time, as you remember, most probably we said for everybody who wants to join in, we do have an experiment together and I want to remind us of the commitment to this experiment is that we create a kind of a field of healing together, that we will also use today's meditation to charge that field that we create. But if you participate it's great if you really do it everyday so that we can get some empiric data about our social experiment, how people that carry a healing stream, a healing intelligence inside, that are part of the self-healing mechanism of the world in their external expression and what happens if we create coherence.

Tuning Into Collective Trauma

As we will explore today a bit deeper we will look at okay, what are now tools to work with collective trauma. And last time we already said that, you know, in order to work with collective trauma, even if it takes us some steps to come to maybe a way of working or a way of a kind of method, so to speak. But on the way there we need to collect some capacities and in order to be able to touch the, what we said last time, vibrational states. That's something that I would love to invite you to more and more experiment with if you're not doing this anyway already. That what we said that certain contents in consciousness are part of a vibrational state in a human being, in an organization, or in the collective consciousness's energy field.

So, the energy field that we tune in with, so is it okay, if there's a person, I tune in first with the cosmic address of the person, okay, I feel the person. Through the relational aspect of the nervous system we find a way in, into the relation, it clicks. We feel a ding-dong, the response of the nervous system of the other person. Then in the more and more coherent relational flow we can actually zoom into any kind of vibrational state that the person went through or is potentially going through in the future.

When we said, okay, there's a human being [*draws a human being*], we feel, in a way, the second human being can feel into the vibrational [*draws a second human being next to the first*], creates a coherent relation to the energy depending from where we are able to tune in. Then we can move up and down the ladder. Let's say here is a ladder, the ladder of the vibrational states that the person radiates [*draws a ladder next to the first human*]. That includes the light meditation, the different layers of the light here [*refers to above the head of first human*]. Up and of course, where we come from [*draws up arrow below first human*].

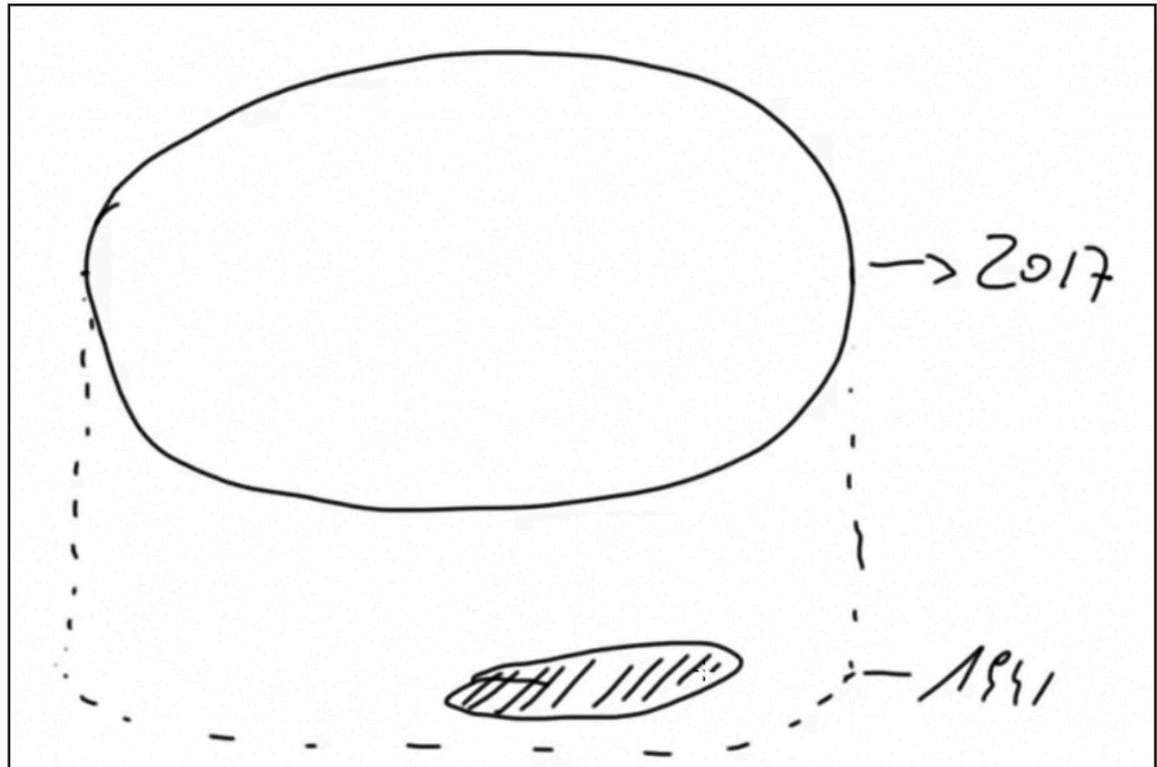


Drawing 1

[00:05:00]

Relational Coherence

I want to start off from here because we say we create relational coherence. That relational coherence, when we now go and say, “Okay, what actually, if we want to work on collective structures, what do we need?” One thing we need, I believe, is a group of people [draws a large circle]. But a group of people, if there are now many people in this group, let’s say this group exists 2017, but eventually this group goes back and has a history, let’s say 1941 [draws a dashed line circle under original circle]. Here is a huge lake of information that is still stored. Most probably it’s much bigger than that, but let’s say this is it. Now I believe in the collective work we need a collective resonance field.



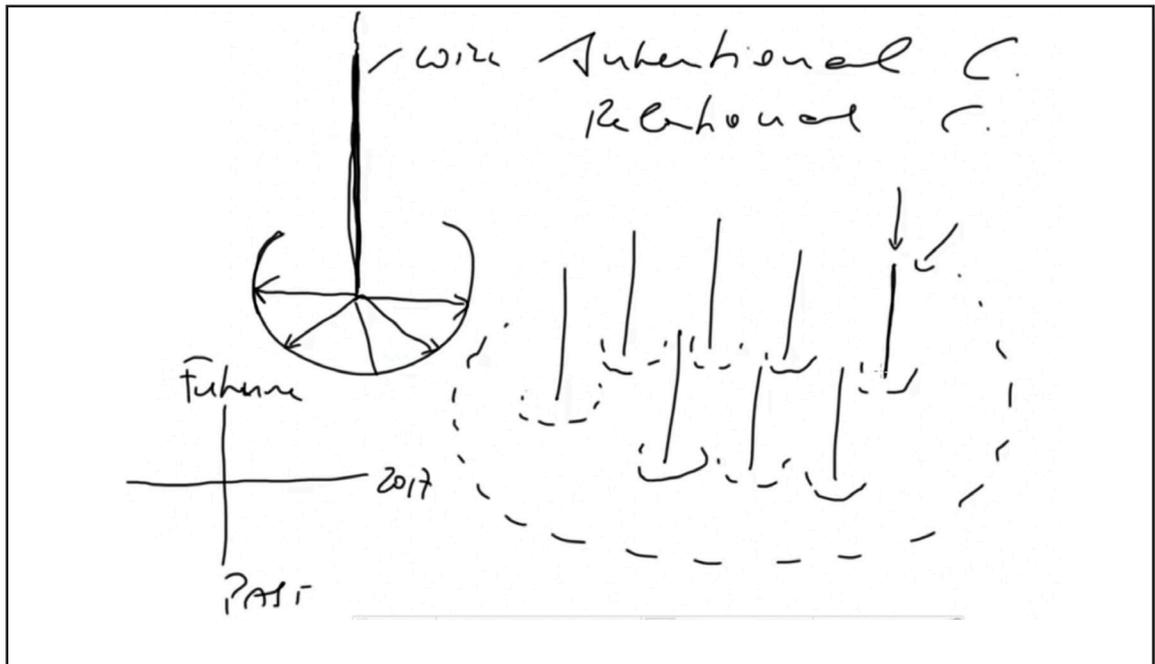
Drawing 2a

I will switch a moment, so we come here, and we say, “What kind of—we need a coherent field, but what kind of coherence do we have?”

What we learn so far on the course is we have intentional coherence. This means we said that according to the mystical understanding of energy, through our spine there is a will, and that will has a certain level of coherence [*draws a vertical line with an open arc under it*]. When somebody says, “Okay, I’m going to start a project.” There’s an inspiration and we start the project. The coherence of that energy is, of course, we say that a line creates a field [*refers to the space in the arc containing the line*]. That field is our life; is our experience, so there’s the line through our spine. Somebody asked, “Is that line when I feel my core?” I feel it in the core of my body, but now I’m saying it’s in the spine. Let’s say when we tune in with the core we might have the feeling that it’s in the center of our body. Doesn’t need to be located exactly, like the feeling of it doesn’t need to be exactly in the spine.

But let's say we have a will, and that will creates a field. So, when a group of people come together and there are multiple wills, let's say we all want a similar thing so we create a field [*draws many vertical lines with arcs beneath them*]. Same as we do at the moment with the healing, so every one of us has healing power that comes in here [*refers to arcs beneath the vertical lines*]. So, the core intelligence comes down here and creates a field [*refers to the top of the vertical lines*]. That's me being a healer, a therapist, a doctor, and nurse, a body worker, whatever. This is in my life, here in my life I have certain experiences [*refers to space inside the arc*]. But actually, the inner architecture is that there's a certain energy vibration that creates that field. When we create a coherent field so we need first an intentional coherence so that we want to work on a collective chunk of shadow. We want to work on a collective traumatization.

There's a coherence that is a superimposition as a bigger field that we create out of that intentional coherence [*draws a dashed circle beneath the many vertical lines*]. So that's basically the vertical line that comes from the future, the past [*draws a vertical line on the left*]. Then we have a horizontal line that's 2017, that's our relational coherence [*draws a horizontal line crossing the center of the vertical line*]. So, because not only is the vertical coherence important for how strong is the manifestation of my energy—if a lot of energy runs through the whole body and manifests in the world, so that field is quite big.



Drawing 3a

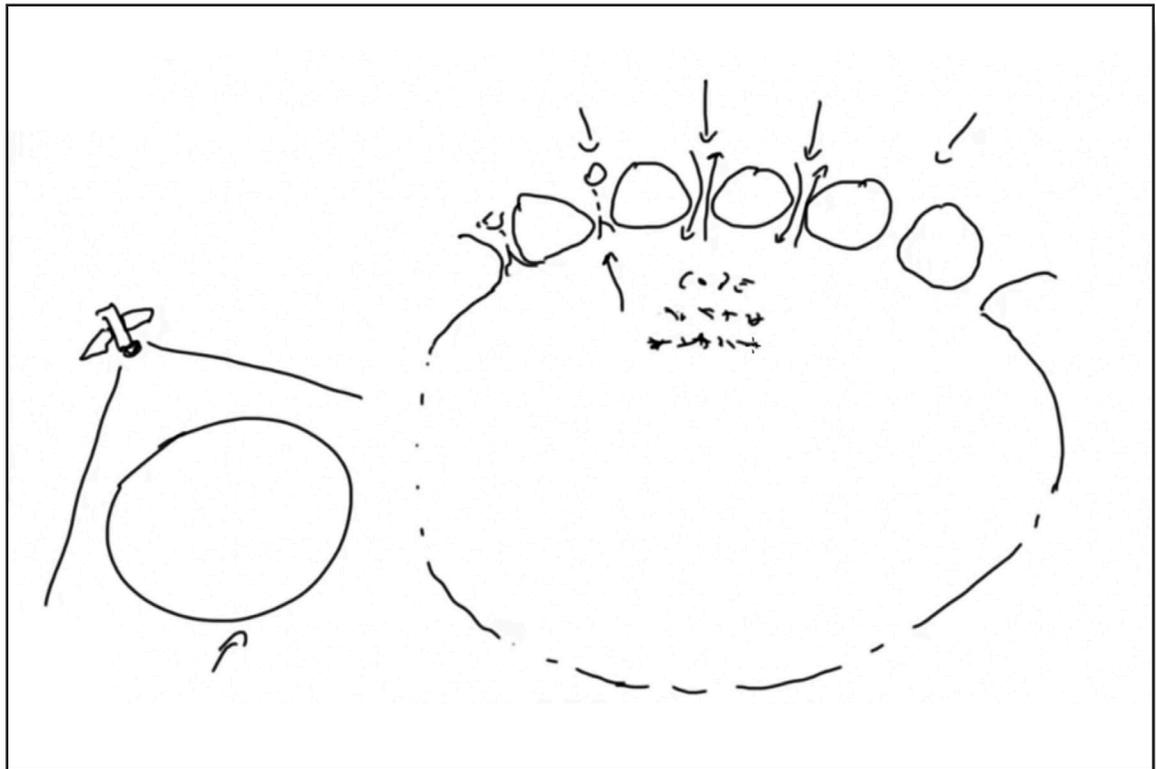
The Planet's Energy

But before I come back to this I want to open another window here and say—we could say the world is a sphere [*draws a small circle in bottom corner of screen*]. So, for many people when we look from the satellite, here's the satellite somewhere [*draws a small satellite above circle*]. The satellite, it's here up flying, and it looks at the planet so it sees this blue ball, and it makes a photo and sends it to the planet and that's how we see our planet.

[00:10:00]

But actually, when we take it a step further—I think we said this already last time—the planet is through us, not a closed surface but an open surface. If that's the planet and everyone of this is a human being [*draws several small circles with humans in between*]. They're all—on one hand we could say there is an energy coming down and an energy going up, an energy coming down and then energy going up. There is the open surface of the planet, if this continues now, let's stop here. The surface of the planet is not closed as it's here [*refers to the original circle*] but it's open, it's breathing and it's breathing through us. So, humanity is basically like an open nervous system that where we are breathing the future and we are coming from a past, because the water—as we said—the whole substances of my body are the planet. We are animated earth walking around, but it's open, so that field is open.

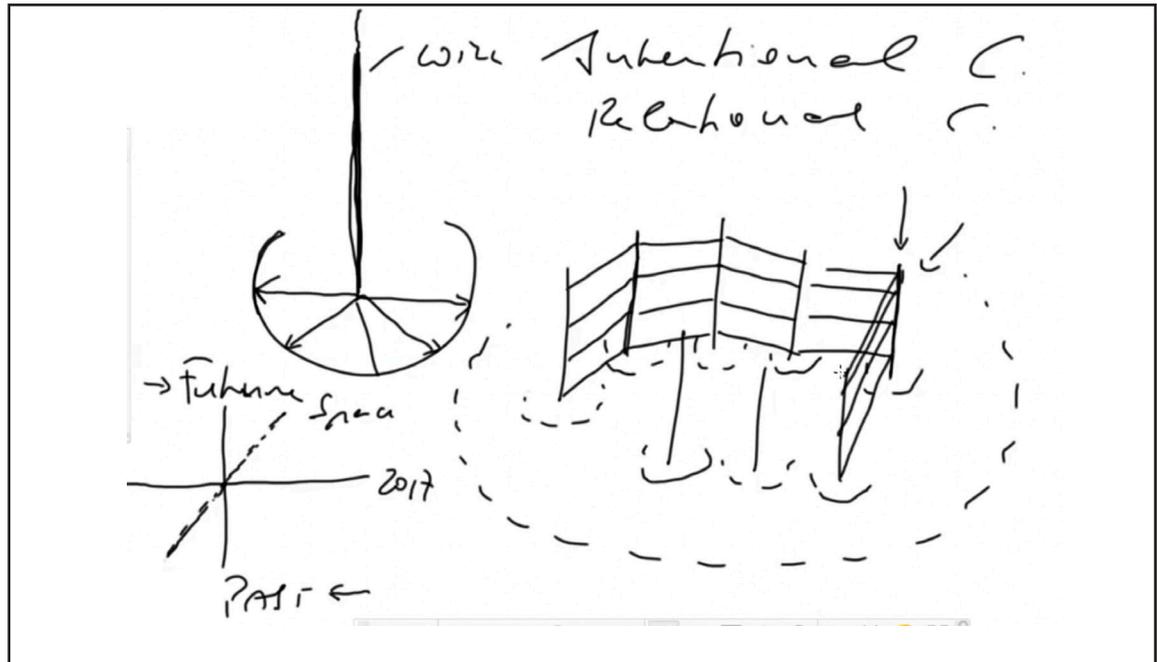
Through also our evolution we download light into the seeming physical planet. There's light coming in, which last time we said light is a code and many codes enrich the field. Our field, our body is a bio-computer, but obviously the planet is also kind of a bio-computer, because otherwise we weren't, we wouldn't be. Let's state this for a moment that we are not separate of the planet but we are the planet in action.



Drawing 4a

Then we come back here. In a way, we can say there is the future, the future potential, the past is where we come from, 2017, is where my senses are plugged in right now, foremost. The more I liberate myself of their identification with my body-mind, my physical, emotional, mental experience, the more space I have.

There's a depth dimension also that is space, depth, there's a third [*draws a dashed line angled across future/past and 2017 lines*]. When we create a field, that field is, as we said, intention, and intention creates a field of experience. Then we have relation and relation creates a horizontal coherence and that strengthens the intentional coherence, the horizontal and the vertical coherence, and so on [*draws horizontal lines connecting vertical lines*]. We create a container.



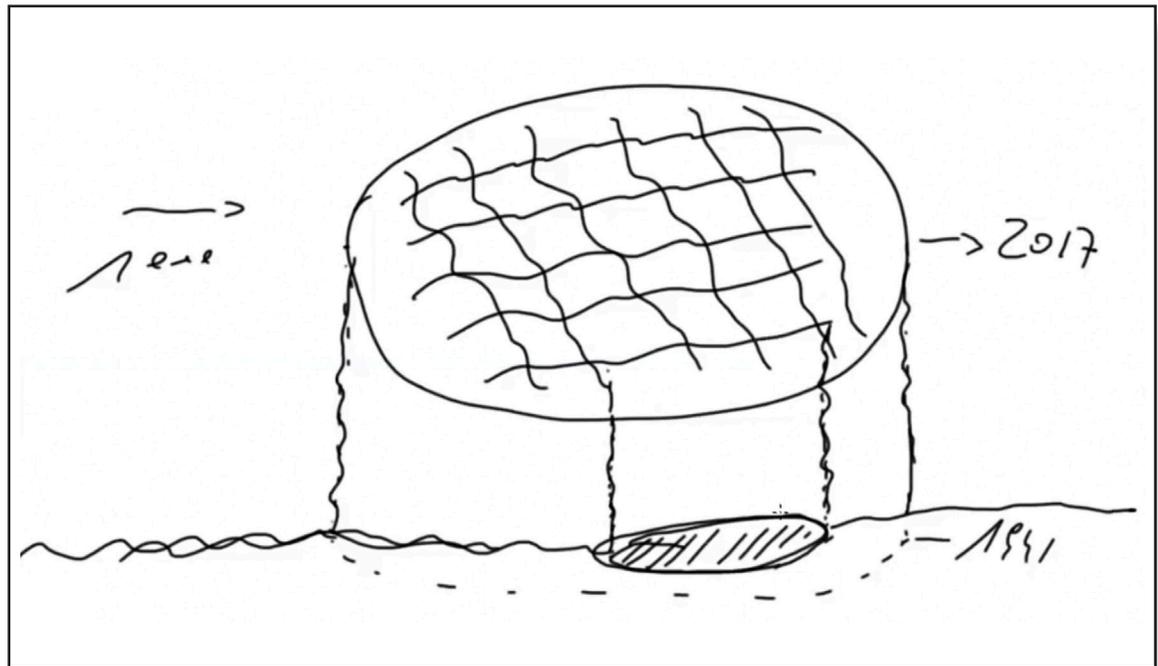
Drawing 3b

Strengthening Coherence in the Field

So if I come back to the first image here, so let's say in 2017, a thousand people come together, as we did it already in the past, we had a thousand people in a university in Berlin for a Holocaust integration event. What happened? Two thousand—whatever at that time—let's say it's now 17,000 people come together and form a field. Through relational and intentional—first, there's a common intention, and secondly, there is a relational practice. Like we do exercises to strengthen the coherence in the room to transcend the isolation of being new in a group and to create a field [*draws wavy horizontal lines inside circle*].

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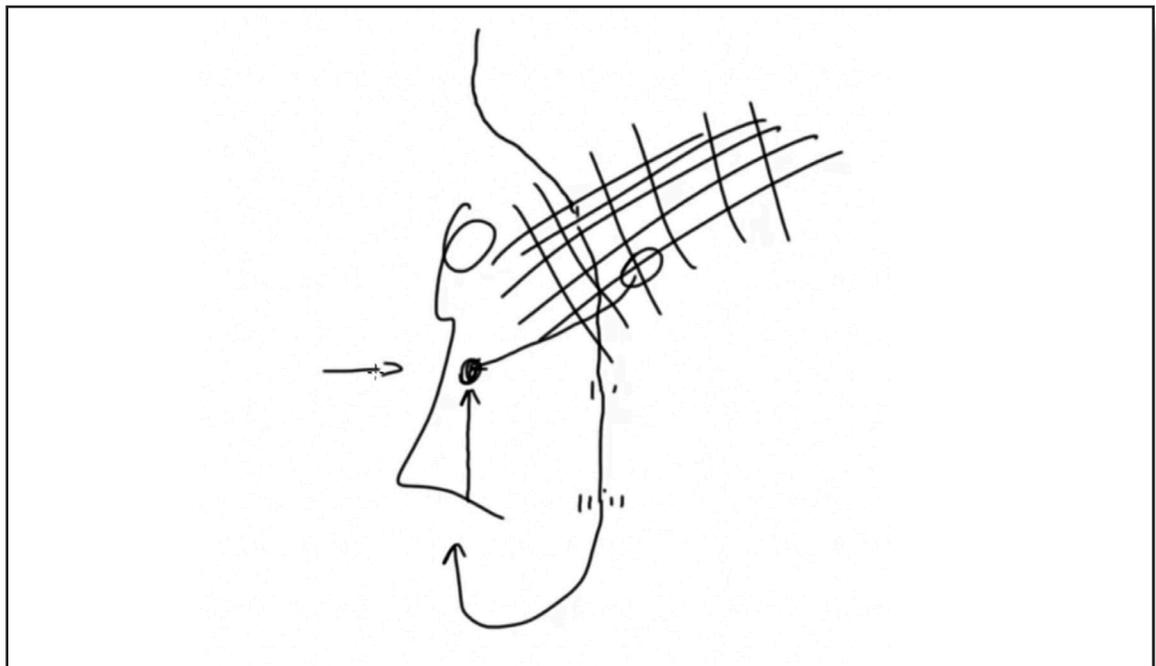
But because this field consists out of many, many people it's a kind of a very complex field with a lot of information [*draws wavy vertical lines across the horizontal lines*]. It's kind of a membrane, a fluid membrane. That fluid membrane has potentially the capacity to surface part of that energy that is stored on a certain vibrational level of the planet and humanity [*draws a wavy horizontal line at bottom of screen*]. With our skills of attunement, which is creating a connection from 2017 to a different vibrational layer. So here's a different vibrational layer [*draws lines connecting the circle to the horizontal line at bottom of screen*]. We need to have the capacity to find that vibration because that vibration is modulated with a lot of unconscious information. When I allow myself to tune in with the collective field and I find, and I set the intention, for example, to touch the collective unconscious field of the Holocaust, so my whole nervous system starts to resonate. Now we hit another complication, which is that—I close this for a moment.



Drawing 2b

Fields of Karma

I open this. That we said when the light comes in and we all came in like this, there are those fields of karma [*draws a grid with horizontal and vertical lines*]. So, we go through this field of karma and have it potentially on, like we take this energy on and when we are in life as a human being, that energy that is stored here, an aspect of this lives now in me [*draws a line going down through the grid*]. There's maybe a personal history like I lived in a family and the family was abusive and I got beaten or I experienced an unhealthy emotional environment, and now that energy lives in me as a seeming individual issue. This looks like my issue, but actually it's a small bite, a portion of the collective scars that lives now in me.



Drawing 5

If I come back to here, so that means that here are many, many people creating a field. But eventually most of the people when they live, when we look at the shadow of the United States or the shadow of Argentina, the shadow of Israel - a trauma, or the shadow of Germany, we will find many people coming to that event that have this kind of individual portion also [*refers to lines inside the circle*].

That portion, as we said last time, creates also kind of agreements that are built out of shadow. When we tune in now with that collective field and the complexity is like a magic pond. The wave dimension when it's not just that we are people in a room but we also a more complex field of information, when we tune in with the 1941, as an example only, so this will show itself as a pattern in that field [*draws a reflection of the 1941 circle inside the 2017 circle*].

We-Space

What we see here appears suddenly here in our consciousness of today as a group, but as a group we are an interconnected complexity. We are a field, and that field has space in between. And the space in between, as we said, space represents the capacity of a we to download its own future. When I have a space in me and I'm a gardener of space, transpersonal space, allows the future to come in. That's why we have here a lot of light coming in that is potentially there, but if I'm not open to it, it just stays there [*draws arrows pointing to top of circle*]. I even don't recognize that I'm showered, I'm bathing in light. That if I'm too identified with my ego structure for me it's dark because if a person is identified with the ego structure, the light, the transpersonal light has a hard time to come in. I need more space in order to open up to receive the light. That's what we do in the light meditation.

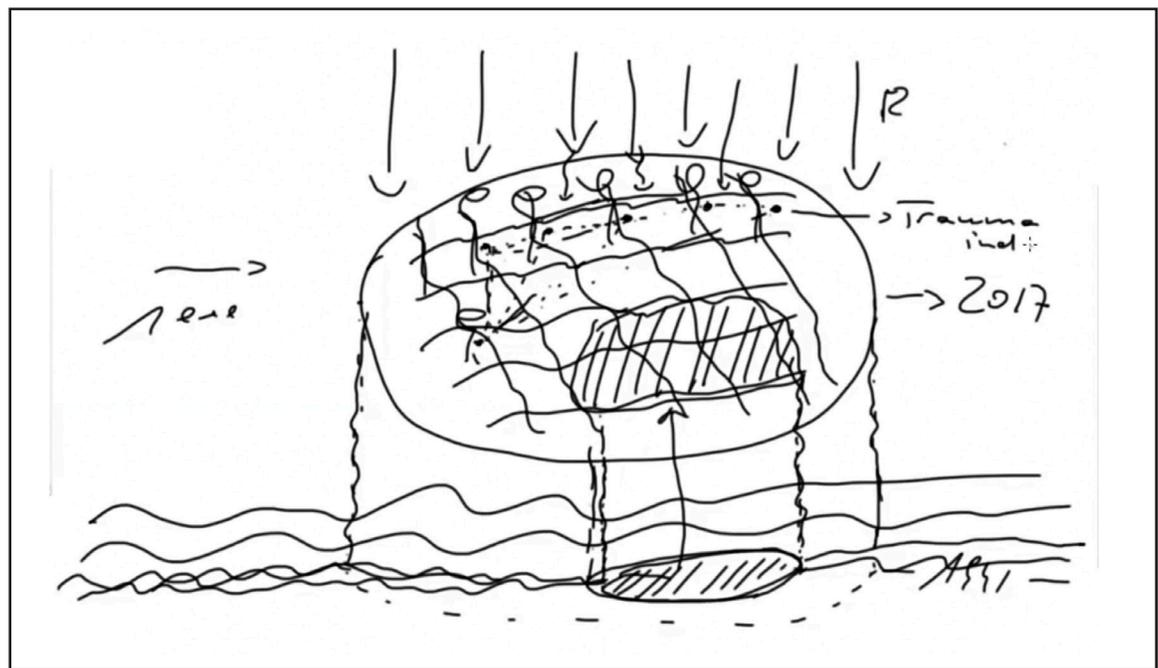
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We intentionally first always go into space and then we open up to receive the light. A group, the inter-subjective space, the space between you and I, is where the light can come in. That's why I believe we space is so powerful because same as in inspirational conversations and therapeutic conversations basically, all of it plays also on the fact that in between us is consciousness, in between us is presence, in between us is the potential future taking its place. It resonates with our nervous systems, but I believe our nervous systems are only open to the future and we have a certain amount of space that allows the new information to come in. If I'm too tight and too holding too much inside onto what I know, it's going be hard to open up to what I don't know.

But the future I don't know. It's just a potential, which means in the spiritual practice that the light of the divine is all the time kind of a bright bath that we are sitting in. But often it's unrecognized. So, for the light meditation we just open our eyes. It's like when you open your eyes that room is full of light, but we need to look. I think we have two questions. One is through vibrational attunement [*refers to wavy lines at bottom of screen*].

We can surface unconscious material that is stored in certain archeological layers of life, but they are just vibrational states. Their waves modulated with information and those can appear in our conscious awareness as a group today. The difficulty that might appear is that the individual portion of the trauma that sits in the room in everybody is a kind of a filter, an interference, or a potential high activation when that happens because this goes in resonance with each other.

So, my individual trauma might get, or most probably will get activated by the information that surfaces. On the other hand, through relational practices we use the capacity of the intersubjective space in order to download the future, which is the highlight into the process. We have a resource in the light, and we have the trauma, the individual trauma that sits in the room that is a potential interference and can be magnified or strengthened through the process.



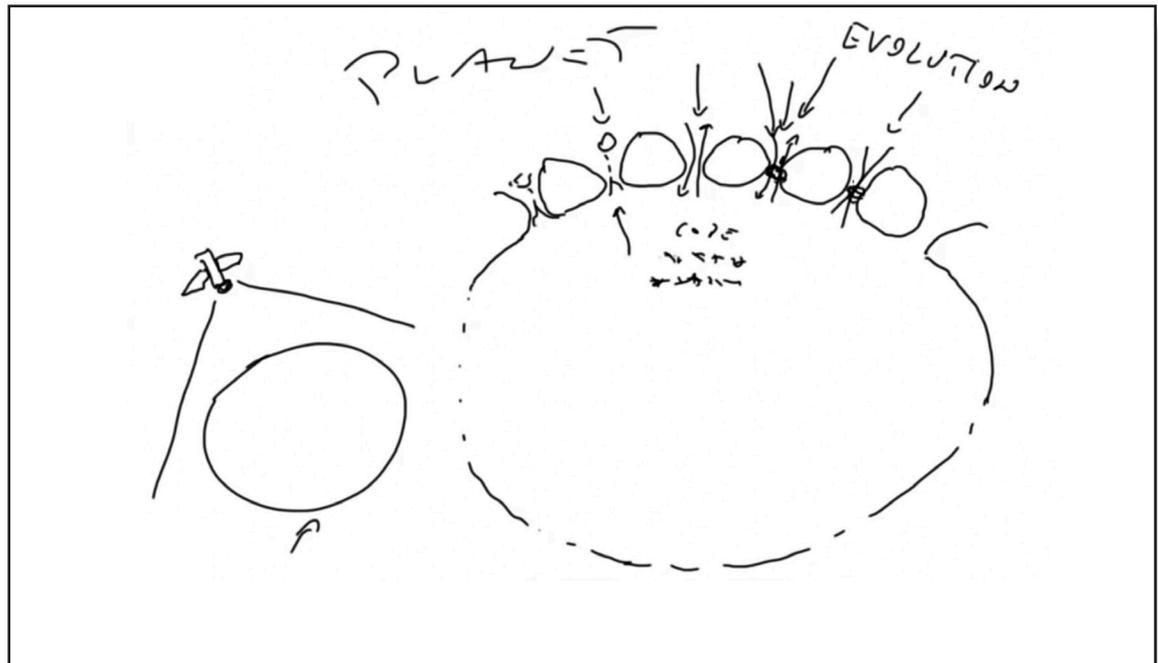
Drawing 2c

Collective Trauma Includes the Energy of the Planet

Not to forget—let me see, where was this? Yeah, yeah. Not to forget that when we talk about collective trauma in the archeological layers we are also talking about the energy field of the whole planet. We are talking about the energy field of the whole planet because it has a physical, and emotional, and mental and so on dimension, that is part because we are not separate of the planet. We are the breathing planet here.

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The thing is only that when those pathways are somehow more blocked, the energy that is actually available for us for evolution is not fully coming in and creating eventually, a pressure here where these collective scars live. Okay, good. That's to start with.



Drawing 4b

The Attunement Practice

Why am I saying all of this? We had, as some of you know, we had in the past bigger events already where we worked on that or in this kind of dynamics. Especially, in Germany or in the relation between the German and the Israeli or the Jewish history. Basically, many of the principles we have applied, and we looked: okay, when information surfaces, and we can be aware of the potential traumatization that is already in the room. So the question is also: is there a kind of a way to steer the process. That's why I think the attunement practice—that's why I talked so much over the course about this vibrational state and the attunement practice.

Because as a facilitator or as a group of facilitators of such a process we can actually invite collective unconscious material to surface in a group, or we can allow it to minimize its intensity. But for that I need to rest, first of all, in a transpersonal capacity that I have the capacity at all to be dialed in the archeological layers of the collective field in a way that I mentioned of light that comes through can either stimulate or, take the foot off the gas, like take the acceleration out/down so that we drive slower. I think that that's a very interesting phenomenon that I have experienced that there is a capacity, and of course that's something that I believe we have to train and learn, and it might, at the beginning, sound abstract.

It's also good to see okay, what can we do and what can we not do. I think that's a very healthy self-clarity, some things I can do and some things I'm learning to do. But eventually, I believe that we all get to a level of consciousness through our spiritual practice that we have more and more access to the layers, that the archeological layers are not just in the substance as we—you know, when we go to the desert and we dig in the sand, and then we find all kinds of archeological sites that are a thousand, or 2,000, or 3,000 years old, but the same is actually true for the landscape that we are walking in. Then a good question is: if we look at the DNA as a storage of the archeological layers or the condensed substance also of humanity. So when we—interesting—I believe an interesting thought experiment would be to think: don't think of the DNA as something that's residing in the nuclei of our cells, but that we are actually walking in the animated landscape of that information also.

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How would that look like? What is actually the animated information field that is stored in that evolutionary USB stick or cloud? When we take all the pieces together we can say okay, we are with our conscious awareness sitting in the story of humanity, but through the spiritual practice eventually have the capacity to transcend that to a certain degree or very far. And that we are all sitting in this continuous river of embodiment. But that embodiment, as we said last time, when we do the light meditation, or even if we do presence meditation and we are not aware fully of light coming in but some people feel it as energy sensation, some people hear it as a kind of an inner high pitched sound, and a kind of meditation sound here in the center of our head or above our head, that there are different ways how to have access to the potentiality that constantly walks above us, in a way, as a potential field that is looking for a possibility to download itself.

For the human beings that open up to that inner download, that information comes in naturally. So when we open up and we do prayers, contemplations, meditations, inspirational dialoguing, all kinds of practices that induce inspiration, it's with us. It wants to come in, so the future wants to manifest itself through us. It's not that we need to ask it to come. There is enough future to manifest itself and the future is higher consciousness potential. So, it's there potentially, it's just energy, and it's not yet cast into substance, that's why it's energy. Every new generation brings in a new wave of that energy. Every inspiration, every genius, every saint, anything that manifests, or anybody who manifests that higher consciousness.

Creating a Container for Collective Trauma

I would love to bring all those puzzle pieces together in a way to say okay, how do we approach collective trauma? We need a container, we need a container with a certain relational coherence, like, to do certain exercises to create connection and relation and deeper attunement and presencing. So, we need presence, attunement to create a deeper horizontal coherence and we need an intentional coherence, we need to know why we are in the room, what do we want to do together in order to create enough lines; wills, that are coherent enough to create a coherence field of intention because that field of intention has a creation, means an experience.

That gives us a vertical and a horizontal coherence presence in a group space, which we experience as—once the coherence is established—we experience it as a very concentrated presence, aligned field, like the moments in a group where you feel [*makes a woosh sound and indicates with hands coming together*]. All the different aspects in the field come together and join in very high presence state. That's a beautiful state. We will call it the group energy's high. What does it mean its high? We reach together a vibrational state that doesn't immediately disintegrate again through very personal processes so that we cannot keep a we space awareness. So that we space awareness is something I believe that we have to train, we have to do some shadow work for it that we are able to stay present and connected inside and outside and create that coherence.

I believe then the next step is how to surface wherever we are in the world the unconscious lakes that are full of information. In my experience as far as I did it until now, the first layer, how that comes up, is through the denial.

[00:35:00]

The fact that it's unconscious, that it's not flooding us all the time when we sit at the computer or now when we listen, or I speak and we are doing this conversation here together, that we are not flooded by unconscious, collective unconscious material has a reason. We have enough cultural agreements—which we are going to talk about still—cultural agreements in place, how to stop that. But that stopping it is not something that happened, it's something that happens since every moment.

We are stopping to not be flooded, like we are stopping that river of self-healing that wants to happen through certain processes. And those regulation functions in the collective consciousness will appear first, because without them being noticed we can't progress. Because obviously, life needs those collective regulation functions in order to— and that is something to be discussed. Why is it important that a culture can keep a collective unconscious material, like for example, the Holocaust in that lake and we are not flooded every day by that stuff. I think that's an interesting research question.

We talked about that many particles together create a field, and that field has an intelligence. Why? Because it has space in between and where there's inner space there's a future. When we contract and we tighten up, we reduce our capacity to have a future so we reproduce the patterns of the past. When you run into a relationship argument and you feel the same last year, six months ago, and yesterday, so we know that we didn't have a future, we just have the capacity to recreate what we already know, and that led us up to here.

So, in order in a conflict situation or any kind of challenging situations to have a future, not just use past behaviors, thoughts, emotions, body sensations, we need to allow space for the future to come in. Suddenly, I say something new, I do something new, I surprise myself. The same is also true for the collective healing work because the higher consciousness has a potential to transform the energy that comes up. I think we have a resource in the transpersonal dimension. We have a resource in, of course, the grounding the group and the maturity of the group, and the inner integration of the group. We have energy that comes up. What I want to do, I want to give us a break for a moment from the theory and let those things sink in a bit more, and after the meditation to come back to it.

I would love to continue our inner exploration during the meditation and strengthen the field aspect of who we are, because we are talking about fields of collective trauma work. But those, like one field we keep establishing here even if you don't see each other, we can feel each other. And so we can more and more precisely dial in to our group meditations because that's the practice, how to create a coherent field.

Of course, sometimes it's easier when we sit or maybe from many people it's easier when we sit in the same room because we can feel each other. But actually, here we have a kind of a study with closed eyes. We don't see anybody but we are still sitting in the same energetic living room and let's use that function.

[00:40:00]

Say, "ah, you have many people, there's lots of intelligence, there's a lot of expertise and we can cohere and synchronize that energy to a field of a mutual intention." We have an intentional coherence and the relational coherence. We actually practice immediately what we talked about before.

Begin Meditation

Well, so let's do it. If you want you can again close your eyes and let the first breaths take you into your inner body experience. And after listening to more theory: to enjoy sitting in the simplicity of just sensing into the body, and grounding some of the principles that we talked about in the body-bio-computer, where we download light and information. And enrich a bio-computer that is a fraction of the planetary body, water, carbon, organic substances, metals, mineral, vitamins, oxygen, and much more.

And we made it, matter, substance, animated and touched by spirit, life, intelligence, creation. Sitting in the most manifest or in a matter of condensed evolution. Intelligence that is already stored in this bio-computer of lines and lines and lines of history, ancestors, leading up to this very moment. All the amazing functions, the refined networks, a refined balance. Amazing communication through that body that gives so many processes synchronized, organized. An organizing principle keeps a highly refined biotechnology collaborating. If you feel that part of this organizing principle is this line through the center of your body, this line of the will, a line of energy flow through the core, where we participate in the law, we participate in the meridian.

[00:45:00]

Let's sense the quality of that line from above our head, through our body, and below our feet. How is this, the line of your life as a coherent? Is that a bit more shaky, does it have magnetism because it's a coherent grounded line in the air, a bit more insecure? And however it is, just to notice the quality of the will pulsing through the spine or the core of the body. Keep noticing the refined perceptions of this line. Is it coherent, is it a little bit incoherent, blurry, just the will that there's strong will, hesitation, the fear, shame, held back energy, expressed energy? How does that line appear in you right now?

Then if you want a short experiment, you tune in: let's see if you can feel the level of our DNA, and if that's abstract maybe at the beginning let's say there is lot of information stored in a very sophisticated data package. That since my conception that's constantly energized, that level of my existence where I participate in the genetic landscape of life, it's a vast landscape, a vast field of information. There is a certain quality to that code in myself. Imagining that information so how would the landscape look like? How animated that information? The feeling that I get. Some people they're very visual, they get very visual impressions. A few people get more feelings, a kind of an inner knowing and I just see when I tune in, I see wow, there is so much information stored out of thousands and thousands of years of life.

[00:50:00]

Is there a way to refine my perception, to get an impression of that information? Even if that's something that maybe mainstream education is not part of our training, that our perception can be pretty refined. I just stay with what really appears in me. Maybe visually as a—maybe it's even reflected in my body as sensations, kind of a knowing, feelings. For now, let's see of course that encoded information is embedded most probably in the landscape of information. The fact that it's not a separate code or DNA but that the world that the DNA lives in is a whole field, is a whole landscape. It may be much more intelligent communication than we assume sometimes, if we see it more separate.

Then coming back from that journey we let this rest and maybe take it into our homework, come back to this line and let's have a line of our will that is connected above us to the higher, a future consciousness, connected to the light above me. That inner intelligence is, of course, as we said, connected to my mission in the world and the manifestation of my mission in the world, magnetism and the reach. And it is also part of the field right now, we're a part of the field of many, many lines of will, lines of core intelligence.

Let's get a sense of being attuned to our own line of creation, that there are hundreds of people forming a whole field together. Let's see if we can sense that field, take a few moments to presence the we space. We feel our mutual intention expressed through many people. A kind of healing energy or intelligence within that container. When we tune in with the we field or us as a group, the level of spaciousness of presence and then there's a level of energy and information and movement. Let's play a bit with both our degree of presence and what's the quality, information or energy that runs through. To trust the first impressions that you get and then presence them, stay with them, allow them to deepen, move, change.

[01:00:00]

If you want you can also use the field synchronization, kind of a surface for intention or a prayer you say in your own words to invite the next level of your own capacity, however you express it in your life of healing, integration, intelligence, to invite the next step of the capacity to come through. And just say this internally in your own words and then let it go high above your head or into the core of your heart, repeat it two times. And whenever you're ready let it fully go and just sit in a receptive listening to whatever emerges inside.

[01:05:00]

Great, and then slowly take a deeper breath, and another, and another deeper breath. Slowly feel your body, the feet on the ground, and slowly come back.

End of Meditation

Daily 5-minute Attunement

Great. First of all, again I want to remind us, for everybody who wants to take a five-minute daily, kind of similar to the attunement process that we did now, so okay: we are a field, I tune in with that field before I start to work and I charge that field and I also participate in the resources and the intelligence of this field. And we see how a growing coherence in the field supports everyone in the field in their daily work. If there's a we space effect onto every one of us when we work because we bring a lot of energy and in the world seen as capacities, intelligence, trainings that we have, and crystallized abilities that create together a strong kind of a laser, joint laser and presence.

So, if you feel drawn to this and you want to commit to it for—kind of regularly, every day not just once a week, then you're most welcome. There we see also what we felt now in the meditation like there's a mutual stream or energy presence building up. I believe exercises like this are—like coherence exercises like this—are also powered by the very technology that we use right now are the foundational practice to develop more and more skills as a collective intelligence to take care of our collective scars that are in the field. And when we bring it back to the drawing, I will come back once more to our melon, we have a planet, here. As we said, seen from the satellite it might look like a bowl, but actually it's more like a breathing membrane into the universe, obviously receiving information or light that maybe not might be visible. Or maybe not with the current technology but it's visible in us, through us, through the subtle energy field that we all participate in. [*Refers to Drawing 4b*]

[01:10:00]

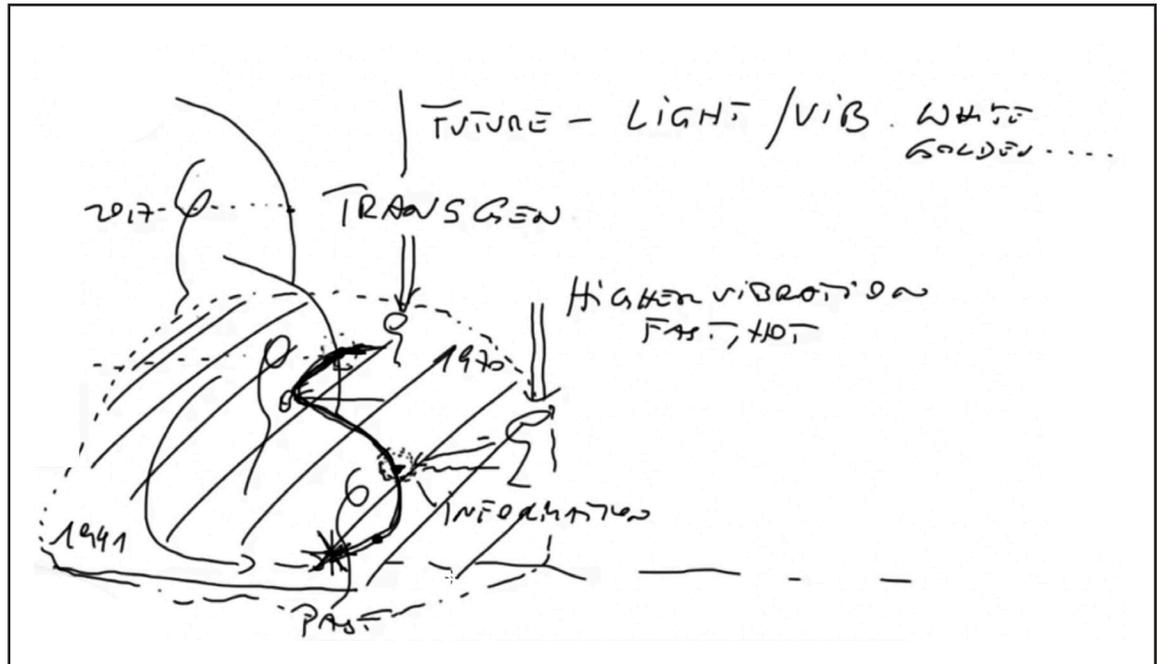
Healing Collective Trauma with Light

We said before on the one hand, we might have like, something happened here in this lifetime [*draws human figures on side of screen*]. It created a trauma and that trauma is somehow wired in the energy that's being passed on from generation to generation and appears here, transgenerational trauma [*draws trauma as dot on a line that connects to all the human figures*]. We talked about this also in MPH1. We said when energy crystallizes itself, so it's actually deeply manifest in the matter of life.

So, in the healing process we also need—because it's wired already—we need light, energy that comes through the facilitator, and that that light that comes in is, in a way, we could say a higher vibration [*draws a facilitator figure with line of light entering trauma*]. It's faster and it's hot. And this heat, the heat of creation, can help us to heat up something that it's more manifest into, kind of a more fluid possibility, which allows us to take the crystallized information that is bound in the substance, to open it more into possibility and feel it again as energy [*refers to dot of trauma on the human figure at bottom of drawing*].

So, then information can be felt as a vibration. Of course, that vibration or, if it happens here [*refers to central human figure*] goes back to any event in space and time [*draws line to bottom figure*]. In 2017, so if you work here [*refers to top figure*] it has a certain vibration that has been passed on across the generation, but still that information of an event X that happened here [*refers to bottom figure*] is in the ancestral line. Of course, the person comes to us with an issue in life [*refers to central figure*], but actually it goes back to, and corresponds to a transgenerational trauma transmission. And we said through attunement, so I tune in with this, of course, issue that a person comes with, but then I feel it's deeply related to here [*refers to the dot of trauma*]. This goes back to this event [*refers to trauma at bottom of figures*].

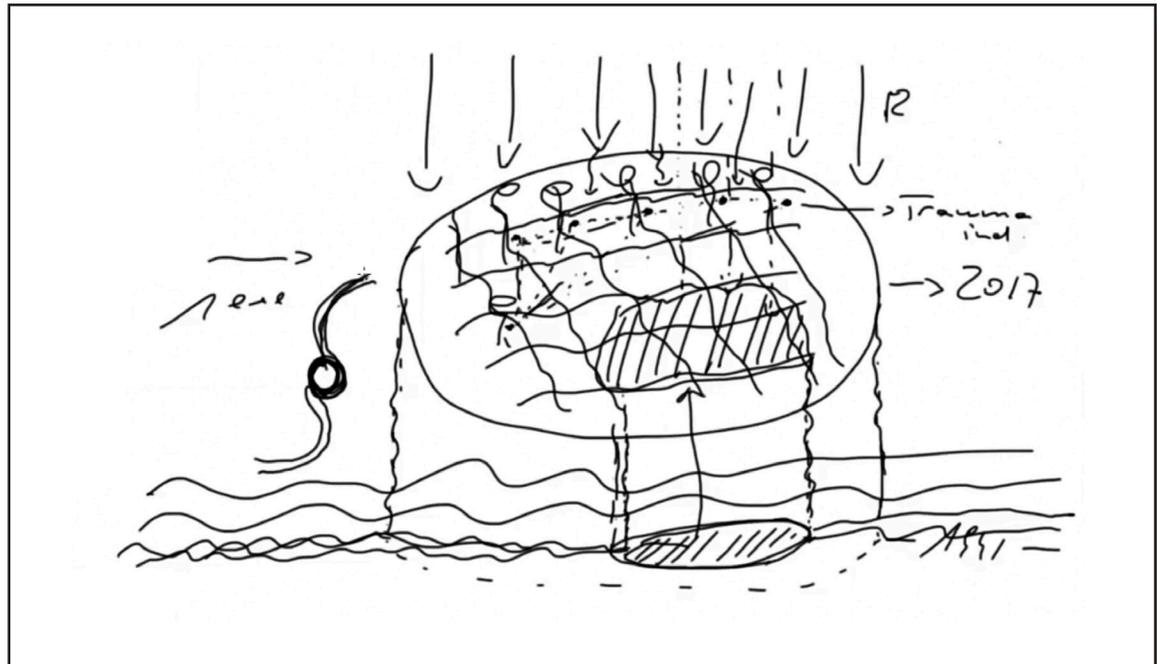
My job is actually to create a big enough field of consciousness that can embrace the whole system and that we can either here or potentially here bring light in to open this information [*draws circle from facilitator around central and bottom figures*]. And see through conscious awareness we actually bring that light goes back all the way to event X, traumatizing event X [*refers to original trauma*]. The light, it looks like we're working here in 1970 [*refers to central figure*], but actually that energy goes back all the way here and illuminates this event [*refers to original trauma*], because this event is now the past and here comes in a potential future [*draws line going through facilitator*]. This is light in a certain vibration, white, golden, and so on. And presence, the capacity to have a big enough presence to embrace the whole field [*refers to the larger circle*]. We have these two processes, as we said, I will close this here.



Drawing 6

[01:15:00]

We have the process of surfacing information in a we space and through our physical, emotional, and mental representations we create a relation to the material that surfaces as emotions, strong inner visions, memories that come up that could reactivate that physical sensations of tension and contraction. Of course, through the intersubjective space if we are connected to the light that comes in [draws dotted line coming down into top of circle]. We have drops of light that help us to illuminate and, in a way, clear part of this information through the higher consciousness that comes in. So that eventually, there's information coming in and there's information coming up [draws two separated lines coming up to the circle]. Here there's a transforming energy, so that helps us through contact [draws a small circle connecting the two lines], we re-own what has been disowned, but we also have a resource in the future to transform that past and open it up to a new possibility.



Drawing 2d

I think that's basically one of the main principles to work with it in the individual work or in the, let's say, collective work that we say, okay, there's information running through all the time. There are different layers of connection to the light and the capacity to hold the presence, and of course, the relational attunement. With like, energy comes in with the relational attunement we can connect precisely to the, let's say, transgenerational trauma transmission, bring light into the storage of information, loosen it up, feel it, create more relation to it, and in a way, also that light is being sent back in time into the event. Like, embraces the event where the original dissociation or traumatization happens, that is now stored only as energy or information in the field, of course.

The Principle of Grace

But if go back in time I actually join that moment, which means the human experience allows through a voluntary act, the aspect of grace to potentially take place. So, there's a grace in the higher consciousness, but it needs us to sign up also, in a way, to connect to the past and then in that moment, the principle of grace happens. Then of course, I think I asked that question already—the more interesting question is if we, as the self-healing mechanism in 2017, are doing this with the past that we are aware of, so what is the potential future that is doing this with now? But in the future the same principle is true then a certain amount of grace takes place in 2017, that is actually an effect of the future, same as we are the future for the 40s or the 60s or any other trauma in space-time that we are working on worldwide to restore.

[01:20:00]

But then it's interesting what are already the effects of the future taking place in our generation, that we see as effects of the restoration process in the future. Well, it's another question to maybe contemplate or for everybody who is interested it's a kind of an abstract question, and still it's an interesting question when the future is not another point in a linear time, but when the future is a higher consciousness. What the higher consciousness holds is qualities of restoration.

Well, maybe that's enough information. Maybe let's have an exchange and use the last half an hour for an exchange. We can still play a bit with the attunement to the DNA. I think that's an interesting question. We also, in the meditation, looked at our own line of will because the coherence of our will, the line through our spine is also the coherence of manifestation. When I'm kind of concentrated, when I'm connected to what I'm doing, when I have a direction and I can keep a focus and energy, of course, the field that that line creates is going to grow because more energy goes in.

We are, as we said—the world doesn't consist out of separate particles but out of an interconnected field. So, when the line, the energy of the soul is very coherent also the creation is very coherent. We could say somebody unfolds his or her potential in a very strong way. But then seen from the energetic perspective it's a coherent line that creates a field. And a coherence of the core energy can be disturbed of course, through doubts and fears and insecurities and held back fields of energy, so that limits what we call the potential. It limits the creation.

When we do shadow work or trauma work or inner expansion practices more light run through and opens the field for a bigger coherence until up and down are more synchronized. Which means I have the feeling, yes, I'm living my potential or I feel kind of an inner synchronization between the potential of my soul, or of the soul with the manifestation, or how my life looks like.

So, up and down are more in balance, where the 150 gigabyte of information also happened in the world. That's, of course, different for everyone of us, how that looks like. But inside the meridian the flow is open so, whatever we have to manifest in our life can manifest through us. We can explore more this kind of line through our spine or through the core of our body, so often felt more in the core of our body. To play a bit with the thought of okay, with this if we are walking through the landscape of our DNA as an experiment. And, of course, our collective experiment that we have with the healing.

Q&A: The Meeting of Collective Trauma with an Individual's Life

Host: Wonderful. So Thomas, there were a number of questions that came in around the collective trauma work and I'm just going to ask the first one which really related to—well, actually it's two people's questions. One was: "Can the engagement with collective trauma work serve as a bypass for personal trauma work and how does one differentiate when one needs to turn inward to work on your own personal healing versus engaging some of these more collective topics?" That's part one. Then Thomas, asked I think a related question which is: "How the collective trauma work and touch into our own well of grief or suffering?"

So I'll read you his question. He asked, "In the meditation I had the picture of a face like Munch's Scream where a thousand of suffering people were walking with the tongue out of the screaming mouth." That vivid image, he said, for him, connected him to his own grief that he was and is still carrying around to a certain degree. So, maybe you could speak to when personal trauma work versus collective and where the collective trauma work is evocative of our own trauma work.

[01:25:00]

Thomas: Right. That's a beautiful question, and very important. As I said before, when I drew the field, the challenge that we are facing is that if people from a certain cultural context come together to work on their own collective traumatization, so we will, in many cases, have an overlap so that that part of the collective material is now embodied in the individual. Which means there is most probably or most likely always that interference—or very often.

Which also makes, for example, people from other cultural contexts, that have a kind of a not that close relation to that trauma because it's not part of their lineage, so, open space qualities within that exploration. That's also interesting, how a current kind of global world expansion of consciousness actually can serve us as space holders. Like, that people from other cultures are actually space holders, which makes diversity actually an amazing resource for our more expanded cultural work. So, there the beauty of the diversity becomes actually a very important resource in us being able to surface material in this pond or lake of the bigger group with kind of inserted space, which is a very important ingredient. So, that's number one.

Then of course, let's start when we looked at the circles of intimacy. Let's say, kind of an overall rule is that we start always with the self-contact. If I know already that in my inner experience I'm only partly connected to me. In more life situations it's hard for me to be in the 3-sync. Like, to feel my body, to feel my emotions, to feel my mind, and that I'm coherent in let's say, the majority of my moments in me. Then I know, wow, the first work that we do is the individual trauma work because that's where I establish a healthy inner self-contact. I process and integrate stuff out of my own biography.

But, as we said, on the way of doing that, we will most probably come to the intersection of the bigger field meeting my individual life experience. I believe that there must, or should be, a good degree of inner work that I do within my own personal biography first in order to be grounded enough. And also in order to actually be able to perceive collective material because what I have seen also as a potential trap is that we are fantasizing a lot about collective material in the processes. That our imagination can be very vivid but not at all connected to the process.

Next time I want to talk a bit more about the precision in following a collective process. Like what it means to precisely be where I am, and not that I want to be already three steps ahead, and therefore, I'm not making properly the step that I'm taking right now - that I'm making right now. So, this step like this what—the precise information that arises is important, not where I will arrive. And that's so key because then, only then I will give my attention enough to the regulation functions that arise even if they're uncomfortable. I've seen processes where before collective material arose there was such a heaviness and stuckness and breathlessness in the room that most probably the majority in the room was thinking, "How can I get out of this room?"

[01:30:00]

Because when we hit the collective denial we surface the symptom of collective denial which means I don't want to be in it. So, if I can host that feeling in me because I have already a certain amount of transpersonal presencing capacity so that my emotions, and my physical sensations, and my mental process is not absolute, but relative in my experience. So, then I can surface those symptoms but I'm not totally bound to it. I don't have to leave the room because I can see there's a reflection of the bigger process and presence it as the thing. Not that's the thing that we need to overcome in order to get to the next station. That's the information that arises that needs to be related to in order to restore a certain amount of relation to the regulation function that was and is necessary.

And so, I believe in the precision of walking. We are going to surface that, and when we did kind of, the prerequisite work that it needs, then in a skilled facilitation we will be able to discern what is more personal or individual stuff and what is collective stuff. If we are precise and we are not in a hurry, but we can walk precisely in the facilitation of a collective trauma process, we need to take that apart. So, many people will maybe want to talk about their experience that they're having during the process and we will need to precisely take all the ingredients apart and put them into the place where they belong. I think that's one of the key abilities that we need, that we can hear oh, this person talks from a personal sphere; this person talks out of the collective; it's a voice out of the collective process.

So, because if I hear the voices of the collective, it's different than a personal trigger of a personal trauma. That needs to be taken apart precisely, until I believe we develop a field capacity that has that clarity installed. Once it's installed, it's kind of a creative prototype, and a blueprint, and that blueprint will multiply. Once the blueprint multiplies, it will be much easier because we have a much higher clarity. As I saw it in the processes that I saw until now, it needs a very high level of precision. Oh, this is this, this is this, this is this. This belongs into this level of consciousness. This here, this here, this here.

Like walking through a forest and clearing up the forest so that we can look through it and we don't get blurred by the fog of energetic kind of, incongruency. That's, I believe, something that we really need to trust, that we can walk into a jungle where there are no paths so far or very little. So, we walk through that jungle and we trust that our groundedness, our capacity to relate, our attunement, presence, and the light, and the intuition are strong enough to guide us through that process. I think that's a huge—I believe it's a huge and very refined step that we are taking into most probably for most of it, unknown territory.

The capacity to not run, but walk precisely, I believe, is a key resource in the process. So, in order to answer the question, to summarize my answer, so yes, there is individual trauma, and we have to first take care of that in—to a certain extent because the danger is that I will—that I as you said, I will want to bypass my own trauma by talking a lot about the collective. But a good group facilitator needs to get this immediately and put this back into place. Like through a reflection, we reflect this back into their own process. If we cannot, so we need to hear, ah, this person [*closes eyes and listens*].

[01:35:00]

And there's also a difference. So some people are traumatized but they have a wider mission on a global field or on a collective field, so they have both forces in them. Once the one talks, and once the other. Sometimes it's mixed up, and I believe a healthy facilitation can discern that. We need to discern this step by step, every moment again, every moment again, every moment again. That's a very demanding practice because there's nothing that we can say, "Oh, that's how it is." Like, "Do it like this, and it works." No, it's every moment new. It's every moment new. It's like relating to life every moment new, forever. I think if I'm committed to that, then facilitation will be great.

Host: Yeah, Thomas. So you were already starting to take us into the territory of a few of our questions, which related to the competencies that somebody needs to facilitate a group in a collective consciousness healing process or to hold the space for that process. What should the facilitator be paying attention to? What carefulness needs to be in place for that to be done safely? I wondered if you could speak to that both generally and also perhaps, a little about what the upcoming Pocket Project training in June will be focusing on in terms of various, precisely, cultivating those competencies.

Q&A: More About the Pocket Project Training

Thomas: Yeah. Yeah. As you said, the Pocket training is also—has in-person process—like, chunks of time that we spend together in person. Exactly because of this, that we—I think the biggest challenge is to be skilled to walk through a jungle of energy and to hear precisely which level of consciousness speaks right now, I think that's key. And so we are walking and everybody that speaks up in the group, every moment, every process, has a certain layer in consciousness that it arises from. My job is to find out what that is, moment to moment to moment to moment to moment. Kind of like being in a kind of a martial art movement.

It's like every moment to address exactly the level of consciousness, the questions, comments, experiences, processes, emotional releases, come from. That means also, in order to do it responsibly and grounded, is we need to be grounded, we need to have enough magnetism to the ground. We need to be able to use the whole instrument like our physical, emotional, mental, spiritual, social, and so on capacities as a resonance body. Then also, to hear the intersection because sometimes people really speak voices of the collective process. I call these kind of 'voices', like that we switch, when a collective process comes into the room, we say, okay, from now on, when we feel a wave of collective material entering a group, it's like a wave that comes in.

You can feel that the group energy changes. And from that moment on, we say, okay, everything that happens from now on is not anymore kind of only personal experiences, but we will hear people expressing voices, and some people expressing still their individual processes. That's I think the highest discernment, what are actually regulation functions of the collective that speak through that person. I need to notice them because they create a pattern. And if they are identified, we feel them with conscious awareness. And then, we allow the collective consciousness to reveal its own unconscious aspects. On the other hand, we need to know when somebody thinks they speak about the collective, but it's deeply personal. It's a deeply personal experience.

The intersection is sometimes very fine, or it's sometimes at both ends, and that's I believe like something that we need to refine. That's why I deeply believe that the mystical and the current scientific perspective need to be combined. Because there's lots of stuff that we know about, development and human development, from psychology and psychotherapy, and other related fields, and sociology. There is a lot of information about energetics that comes from the inner science. That's why I think that the partnership between inner and outer science is so key.

[01:40:00]

That's also what we want to do in this in-person training, to train those capacities. So, what do we need as facilitators to go through that jungle? Because I believe—because there are no highways yet in that jungle so we need to create our pathways in, and that's kind of a pioneering work. I think it's a deeply pioneering work. And because also, the time that we live in, triggered also a lot through technology, and as I said last time, the global time that we spend and the triggers that come through a very fast information system—so, trauma in me has potentially many more trigger points because the information—the speed of information channels much more global information to me.

So I'm exposed to a bigger landscape, which on the one hand is super exciting because there are so many more possibilities that can happen now. Because the we, the complexity of the we expanded. So, much more space for information to come in, like a leap in consciousness, is possible. On the other hand, the trauma structures, the individual and collective trauma structures will be highlighted. As we see it at the moment in the world, we see them highlighted. It's like as if the shadow becomes even darker, and the light becomes even brighter, and there's a kind of a tension in between, like the old world that doesn't exist anymore but many people still live thinking that they live still in an old world.

Then, there's already the new world that we are realizing more and more. And there's a tension between the old and the new world. That's I think what we see in some political situations at the moment and in personal experiences. That actually, the old world doesn't exist anymore but still, we might hold on to this old world that is already gone. That creates a strong tension in the global consciousness at the moment. I think it's a very interesting and exciting time. Yeah, so I hope that answers the question, Amy, I'm not sure if I answered the question, but I think many of the competencies that I talked about are being needed and I think we need to be exposed to the transmission of the work. We need to be exposed to applying it and to give ourselves and bodies a chance to learn like, there's a whole body-learning necessary.

Host: Yeah, it's a wonderful answer. What I hear you saying is really three parts. One, it's part of the competency to really, as a facilitator, know the difference between when a voice is speaking an individual part of a collective field versus personal trauma. Two, that the training is very interdisciplinary, it's not a singular thing, and three, because it's an uncharted territory, we're all going to learn together by doing it. It's really a sort of collective exploration of what this kind of work looks like, that is really on the frontier now of a new kind of therapeutic intervention into the culture.

Thomas: Yeah, I deeply believe that in exploring those collective structures and also the collective function—I want to talk next time a bit more about what are all the parts of the house that are actually based on unconscious agreements and they are holding a lot of energy within the cultural body. Once we release that energy, there's actually an enormous amount of intelligence released as a fuel for into the future. But there's still a lot of energy stored in those lakes. Yeah, and I think that's an exciting trend because a lot of insights will come like as inventions and scientific breakthroughs and new understandings because we release that shadow. It's like we are going to see the new world more and more fully by releasing the filters of that shadow because it sits on our view of evolution.

Q&A: Discerning Types of Personal Resonance with Collective Trauma

[01:45:00]

Participant: Thank you very much. First, I would just acknowledge my appreciation of being with you generally and collectively through this medium, Thomas, and also for this specific opportunity to meet with you personally at this moment. I thought I would have to travel to Tel Aviv to do that sometime this summer. So, as it relates to the question that arose, it showed up when you were speaking to collective trauma and I have no awareness of a family inheritance or relation to, say, the Holocaust period or to other times, specific times in history that I find I had a very strong resonance with or interest in.

I wonder if that points to—I think, part of—you've addressed my question to a large extent both in the meditation and in some of your wonderful drawings about our DNA carrying cultural traumas from different time spans. But I wonder if that points also to somehow, some personal something that might be, something like other lifetimes or something where there's for me, like been a fascination for instance to the time of the Holocaust. Also, I found myself very drawn to things having to do with slavery and I wonder if that points to something that is personal or just are somehow, my somehow, connecting to what's collectively in our human DNA as a collective. Is that question clear?

Thomas: Yeah, yeah, kind of. Yeah. So, first of all, thank you for coming on and sharing. I really appreciate everybody who shares in front of many people. Yeah, that's a multiple thing. So, one is a—so, I think we might be interested in things in life out of two different reasons that might have a both-and dimension. That is, that I might feel a resonance, a strong resonance in me with a certain collective trauma because it's part of, let's say the history of where my family and my ancestors, whatever, like, my culture comes from. So, there are fields of resonance, even if we're—we can be closely affected by it or there is a kind of a wider radius of being affected.

But still the fields in us starts to resonate with the issue. Then, at the same time or often, it's simply connected, is also that the intelligence that we embody has a huge interest in it because that's close to the intelligence that comes through us into life. And so, as I said, often there is an intersection, but as we said, there is that inner line, self-contact, the closest circle of intimacy and so on. So, my resonance might be on every layer of that circles of intimacy. So either it's closely in my family, but it might also be in my closer radius of life, in my wider radius of life, or in the collective field of consciousness that I plugged in.

There are different degrees, it's kind of there are different volumes of resonances, but inside there is an intelligence that keep—that makes me simply highly interested in something. As I believe that there are multiple ways how those can be combined. And I might be interested in something because I feel it as a resonance in me or I might be interested in something because the light that runs through me, that's its purpose. As I said often, there is an intersection. Then, of course, there are two levels of resonance, one is in my direct lineage and one is more in the soul body that there is a kind of an echo of a connection.

[01:50:00]

But that's not directly in the line of my kind of, genetic inheritance but it's more in the subtle field of the soul. So that I also discern between those two, so that some souls simply connected to a certain culture, cultural background, religion, certain quality in life. But they don't have a direct kind of genetic connection with that event. So, that makes it a bit more complex, but that's kind of the map that we are working with. I don't know if that answers your question, but I wanted to open a map, how I look at those things, and if you want to add anything or say anything, you're most welcome.

Participant: Thank you. I think that the last piece that you spoke to of the soul connection perhaps touches on my question in the sense that, I'm not aware and no, it doesn't appear that there's any direct family lineage to those areas that I've been drawn to. But yet, there's been some sense of real familiarity, or resonance with them even though it's not been my personal, cultural background or my known family of origins in any way lineage.

Thomas: Yeah. Thank you. That's my sense as well.

Participant: Yes. Maybe one question lingers around that. This is more curiosity, but I wonder, what's your perception of the notion of multiple incarnations or reincarnations and having memories or resonating from something that may have been somewhere along our evolution, or is that just sort of getting way out of my field, and not related to this subject.

Thomas: No, no. I think that there is something to that. That in the subtle information field where also our soul is a part of the higher subtle field. That there are information layers that are wrapped around the kind of spark of light in the center. It's like you're looking through a subtle field that in the density of the body is like, becomes more and more evident and dominant as an experience.

The more we can loosen up our mere identification with the physical world and with the world that my senses are being plugged in. But so the subtle—the more I wake up into this subtle field, those kind of, it's kind of like a colored fog around the light. When you sometimes see at night, when you have cars and you are driving through fog, and the light illuminates the fog in front of the car and that's a bit like that. The subtle field is a substance, but it's a subtle substance. So there's information stored and that's kind of, sometimes people say, when their souls are connected to other lives, or other dimensions, there's literally information kind of coating the spark of light in the center.

The more we become sensitive and aware, so this gets stronger like, same as the whisper where the inner guidance gets stronger. That's definitely a part of in our energy field that we awaken to and then transcend into a kind of even higher light that opens that soul body and plugs us into a higher divine dimension of consciousness.

So, it's a stepping stone. For me, the soul is a stepping stone in the awakening into the subtle field. Then it's something that opens up so that an even more profound consciousness can land. In that dimension, we have resonance fields. So, that's why sometimes people that have no connection at a certain religion feel drawn to a foreign country or foreign religion or tradition, but without anything in their life that indicates that. Often, that's also part of the information in this subtle layer has a strong resonance with that field in life. Yeah.

Participant: Thank you very much.

Thomas: Yeah. Thank you. It's a lovely dialogue. Thank you so much for these questions. Very rich, but of course such—.

[01:55:00]

Participant: I'm so glad that Paul encouraged you to come out in the world with all that you're sharing with us. It's been such a gift to experience where you've taken this work. Thank you.

Thomas: Yeah, I'm very grateful to him, too.