

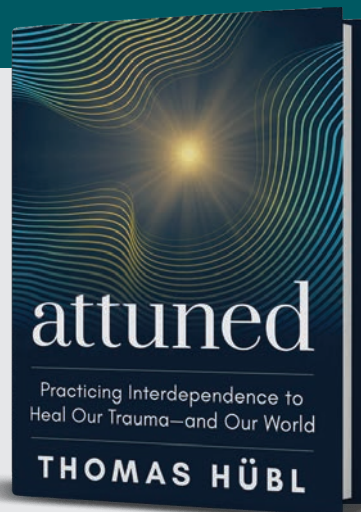
Attuned: Practicing Interdependence to Heal Our Trauma – and Our World

A book excerpt by Mobius Master Transformational Faculty member Thomas Hübl's visionary guide for tapping into our collective human consciousness to help heal our traumatized world.

SUMMARY

We are all connected – and we are all dependent on each other and the world we live in. Yet even though technology has allowed us to virtually share our lives with more people than ever, the result has been a growing pattern of personal isolation, alienation, and division. Why is this? “We are seeing the manifestation of collective trauma,” says luminary Thomas Hübl. “The profoundly complex challenges we face demand a new level of human collaboration.”

With *Attuned: Practicing Interdependence to Heal Our Trauma – and Our World*, Thomas shares a bold and empowering guide for anyone committed to the healing



of our struggling world. He gives a compelling exploration of the “relational field,” through which we transmit and receive experiences, hopes, fears, and dreams within the collective. In this book, Thomas offers practical ways to process individual, ancestral, and cultural trauma; draws on deep resources for resilience; and uses the multifaceted tool of

“transparent communication” to enliven and deepen our relationship with all beings.

By embracing our interdependence, we can activate what is needed to respond and evolve through the challenges of our age.

“It may take only a small number of us to establish a new level of collective coherence – to share our light, heal our wounds, and realize the unawakened potential of our world.”

– THOMAS HÜBL

Perhaps, rather than finding ourselves alive in a time of exponential, unstoppable decline, we will discover the power to awaken and initiate newer, higher, evolutionary gifts. Though, to accomplish any or all of these things, I believe we must do them together – not separately, but in relation.

THE ART OF ATTUNEMENT

An excerpt from Chapter 3

An essential proposition of transparent communication is that every human being is comprised of a vast living library filled with all possible information; nothing is left out. The ancestral wisdom of our most primordial ancestors resides in our DNA and in every cell of our bodies, brains, and nervous systems. This living library is intricately patterned on all that has been learned by life over countless millennia – much the way your web browser contains records of all of the websites you visited today and every other day since the last time you cleared or integrated its content. If you want to know everything you could about how you have spent your life or what people and events have impacted you and how, you need only take a look in your inner library.

Nothing gets deleted; everything is stored right inside you. The moment you were conceived, the day you were born, your first-time crawling or walking, your first and last kiss – everything you have ever learned, felt, or experienced is all safely filed away.

This library contains many levels and tiers, each of which stores the knowledge and wisdom you acquired at every stage of your physical and psychological development, plus all that has been passed down to you from your ancestors. When you are in relation with a highly attuned person – someone who is attentive, available, curious, and aware – they can review many of the “files” that are housed within you. Are you intellectual? Are you highly social? In what ways are you intuitive? Did you experience a childhood trauma at age three? Or perhaps at age ten when your parents

divorced? All of this is readable at the subtle level and is accessible within your subtle body or energy library.

Attunement, like listening, is essential to authentic relating. By practicing attunement with others, you grow in relational wisdom – the facility to see others more clearly, to feel (and feel with) them more deeply, and to connect in altogether richer, more authentic ways.

To extend the library metaphor, imagine books on a shelf. If you went looking for a certain book but decided to jog past all the shelves, you’d have a hard time reading any of the titles. In order to select the right book, you need to slow down and tune in to absorb the information before you. The same applies when attempting to connect with another person. Mature relationality requires you to slow down and tune in. It’s about learning to adjust your “speed” to the other person’s so you can better meet and connect. It’s about developing the capacity to align your frequency to their frequency, your perception to their perception, your biofield to their biofield.

Every person we meet is a particular movement or arrangement of energy, like a piece of music. Only through deep listening – by attuning and receiving – can we adjust the speed of our movement in order to meet and receive the other deeply and well.

We have all heard the axiom that two heads are better than one. It speaks to the higher intelligence of attunement, a cornerstone of relational wisdom. Whether you notice or not, each time you meet eyes with someone – a stranger, a coworker, a dear friend – a full-body transmission of energy/information is exchanged.



Body and Soul by Mobius Featured Artist, Jim McManus

The body-mind is the system with which I relate to others and to my world; it is my instrument. By developing the subtle capacities of my instrument, I learn to tune in – to hear, feel, sense, and see – to any unresolved energies in myself or others, such as the shock and fear felt by the child. I could track the location of these energies in his body by tuning in to my own body and reading the information it conveys. This is all done gently, subtly, quietly. Yet, for the other person, it creates a powerful feeling of being seen, or what Dr. Daniel Siegel, clinical professor of psychiatry at UCLA School of Medicine and founder of the field of interpersonal neurobiology, describes as “feeling felt.” It is intrinsic to the nature of children (and all people) that feeling felt is experienced as positive feedback. Feeling felt is a function of relational safety and belonging, and it allows a growing child to open and express even more of who they are. Put simply, *feeling seen* encourages the human will or soul to continue to flower.

This is very important: only when we are grounded and in tune with ourselves can we feel connected and in tune with another person. Using higher attunement, you can connect more fully with yourself and make yourself more available to the other person. Without grounded co-relation (in which both parties are embodied, attuned, and intentional in their interaction), you might find yourself activated or triggered by something in a

friend’s story. Or if your fear remains unconscious and unfelt, you might try giving them advice that is coming from your fear. However, if you are in true relation with the other person, you will be able to host her within you. With grounded presence, you will begin to notice subtle details that had been invisible to you before.

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Being truly present with another person is among the most precious gifts you can offer. After just a short time together this way, your friend will start to feel a little more grounded and relaxed too. Your grounded, relaxed nervous system has a co-regulatory function for their nervous system. By consciously choosing to stay open and

connected to what you are feeling or sensing, you provide an unspoken but very real support for others who are connecting with you.

Our task then is to anchor ourselves in the authentic process of listening: to connect with the other person’s mental energy, to witness and host his emotional energy, to be present with his physical form. When we are more retracted and energetically closed, the amount of energy and higher intelligence that can flow through us is likewise restricted. We cut off the valve to emergent wisdom, to future flow. Rather than feeling connected with others and open to what is present, we exist in relation to the past. But by consciously practicing grounded attunement, we make ourselves more available to the process of being and becoming. Grounded attunement raises our capacity to respond to our experiences and enhances

our resilience. It increases our ability to intelligently respond rather than react. These are all important ways that we accept *response-ability* for our lives, allowing us to live more deeply into the “wake up, grow up, clean up, and show up” directive described by American philosopher and integral theorist, Ken Wilber. Really showing up takes commitment and practice.

Of course, we may set out to be grounded, intentional, and embodied as we relate with others, yet find our interactions uncomfortable or even difficult. I’m often asked, “What do I do when I encounter resistance from the other person?” If your intention is to be in a space of healthy relation, then the answer is quite simple: be with it. Be with the resistance. Notice it, feel it. After all, if you have set a precondition that the other person must be fully open throughout your exchange, you have already limited the interaction! Any resistance you feel from them will cause you to contract, to pull away. You may have shown up to the experience with a yes, but when you felt the other’s no, you quickly expressed a no to match it. Meeting resistance with resistance is rarely effective at sustaining connection. Bringing awareness to the process is the point; awareness enhances coherence, which increases space and clarity and opens the door to healing relation.

By creating a daily, ongoing awareness practice, we cultivate mature perspective and the capacity to relate with others, which is an ongoing process – one that requires humility and a willingness to stay open to the new and to accept not knowing. ■



THOMAS HÜBL, PHD, is a teacher and author who works within the complexity of systems and cultural change by integrating modern science with the insights of humanity’s wisdom traditions. Since the early 2000s, he has trained thousands of people in the US and Europe, and serves as an advisor and guest faculty for universities and organizations. In addition to *Attuned*, he is the author of *Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds*, which was listed in Oprah Daily as one of “10 Books to Help with Old, Painful Traumas.”

For the past several years Mobius has been privileged that Thomas has guided many of our practitioners in the professional development of state-of-the-art healing practices and trauma-informed approaches to executive development. Through the Next Practice Institute, Thomas offers workshops, supervision groups/hyper-learning circles, and study groups exploring mystical principles.

You may wish to consider joining our supervision/hyperlearning circles led by Thomas with a small group of dedicated practitioners. Our supervision circles are intended as both a profound healing resource and professional development immersion for our global practitioner community and our alliance partners. These groups are process-centric opportunities offering intimate access to Thomas as you undertake your own healing and integration work for personal, family, collective and ancestral trauma. Participants learn through first hand experience his unique way of supporting this transformative process. For more information about joining a group please write to NPI@mobiusteam.com