

## Healing Trauma so that Our Good Intentions Can Manifest in the World

### Kosha Anja Joubert

**Kosha Anja Joubert**, CEO of the [Pocket Project](#), has worked extensively in the fields of systems regeneration, intercultural collaboration, and trauma-informed leadership. The author of several books, she received the Dadi Janki Award (2017) for engaging spirituality in life and work and the One World Award (2020) for her work in building the Global Ecovillage Network into a worldwide movement.

The following edited extracts are taken from the transcript of a talk she gave during the World Goodwill Seminar on 6 November 2021 on the theme: Imagination and Social Regeneration. A video of her talk is available at: [worldgoodwill.org/video#kj](https://worldgoodwill.org/video#kj). The Power Point presentation she used can be seen [here](#). Further information on the theme and the seminar at: [worldgoodwill.org/regeneration](https://worldgoodwill.org/regeneration).

One of the most underutilized resources we have on our planet today is the good intentions of citizens around the world, and our wish to be part of the solution, rather than the problem. However, it seems as if there is 'sand in the system', preventing our good intentions from manifesting in the world. Take the UN COP26 Climate Conference for example. The pledges and agreements that have been signed by 195 countries at UN COP21 have been an incredible accomplishment. Yet the lack of effective action on pledges to address climate change are deeply painful and threaten our very survival. Many are suffering, e.g. there has been a sharp increase in past years of the numbers of youth taking anti-depressants and anti-anxiety medicines.

As people of goodwill, we tend to want to look away from the parts in ourselves, others and the world that we experience as difficult or challenging, where pain is stored and touched upon. And that is part of the problem. It impedes the functioning of our goodwill in the world.

The Pocket Project, founded by Thomas Hübl and Yehudit Sasportas in 2017, builds pockets of increased awareness, healing communities, that start addressing pockets of trauma, residues of experiences that were too intensely painful to be processed at the time they occurred. We have built up 'archaeological layers of trauma' collectively throughout humanity's history, through wars, colonialism, enslavement, racism, gender-based violence, and so on. We have been born into this web of trauma. These hidden pockets of pain we bring from the past shape the way we see the world, the ways we communicate, and they shape our institutions and societies.

The Pocket Project is aiming to increase awareness of individual, ancestral and collective trauma and open up pathways towards integration so that wounds from the past can be healed, shifting humanity towards a path of collaboration, innovation and emergence.

We create group environments (sometimes involving large numbers of people) to cultivate presence, relational sensing and coherence in individuals and groups. Participants become fully present in the body, in the heart, in the mind, and in the higher self. Once there is a certain level of group integration, the shared witnessing presence can be consciously turned towards traumatic content, meeting first the protective layers of denial and resistance that surround such content. In meeting these places within ourselves and each other, our

deepest capacities for goodwill and compassion are called upon: to embrace what was too painful. Slowly, we can begin to acknowledge and digest what could not be processed before. The ensuing integration and restoration lead to a decrease in isolation and polarization and an increase in compassionate and collaborative ability.

Through programmes using social media and online summits we have reached large audiences –over 100,000 took part in the 2021 ten-day online Collective Trauma Summit. Beyond these large public events, training courses are offered to civil society groups and professionals - scholarships ensure that the Global South is well represented. International Labs bring together specialist groups to focus on specific collective trauma themes and geographical regions.

<https://pocketproject.org>