

World Goodwill Seminar



A Day of Reflection on the Theme:

IMAGINATION AND SOCIAL REGENERATION



Geneva

Saturday 6 November 2021

Zoom meeting 10:00-13:30 CET

<https://us02web.zoom.us/join/tZArf-ihRtkvHNC0udjFTj5XFxaC6F2nPljW>

World Goodwill

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WORLD GOODWILL SEMINAR



Humanity and the Planet are facing multiple crises (health, climate, economic, political,...) at the same time. Old forms are making place for new ones. But what will these new forms be? Concepts such as sustainability, regenerative agriculture, circular economies and local initiatives and communities, among others, arise in a globally connected world. Imagination and vision of people of goodwill will be key to find workable solutions to the many problems of today. In this World Goodwill Seminar Kosha Joubert addresses some of these questions from a collective perspective, whereas Félix Torán does the same from a perspective of individual development, both aiming at a society where right human relations (including those with the kingdoms other than the human) will be common place.

IMAGINATION AND SOCIAL REGENERATION

Saturday 6 November 2021 --- 10:00-13:30 CET

<https://us02web.zoom.us/meeting/register/tZArf-ihvTkvHNC0udjFTj5XFxaC6F2nPljW>

Programme

10:00 **Opening and Introduction**

10:05 **Imagination and Social Regenation**

Head Quarters Group – Lucis Trust, World Goodwill – Geneva

10:30 **Collective Trauma and Social Regeneration**

Kosha Joubert – CEO of the Pocket Project

11:00 **Creativity and Individual Vision for Social Regeneration**

Félix Torán

11:30 **Discussion with the speakers**

11:50 **Visualisation**

12:00 **Group Discussion in Break-Out Rooms according to Language**

12:45 **Plenary Discussion – Sharing of Group Thoughts**

13:15 **Group Meditation - Strengthening the Hands of the New Group of World Servers**

13:30 **Close of the Event**

*This event is financed exclusively by donations.
Your contribution is warmly welcomed.*

For more information, please write to:
WORLD GOODWILL, Rue du Stand 40 - CH-1204 Geneva - Switzerland
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WELCOME AND INTRODUCTION

Welcome to this World Goodwill Seminar 2021 on the theme of “*Imagination and Social Regeneration*” in Geneva. If you live in Europe, you can follow the London session this afternoon, and the New York session this evening. Before we start the webinar itself, allow me a few technical remarks.

We are happy to have full interpretation in *English, French, Spanish and Russian*. We apologise that we only have partial interpretation in *Italian, German and Dutch*. We are very thankful to our interpreters, all of whom are volunteers.

To listen to the different language channels, please be sure to have the latest version of Zoom:

Prerequisites:

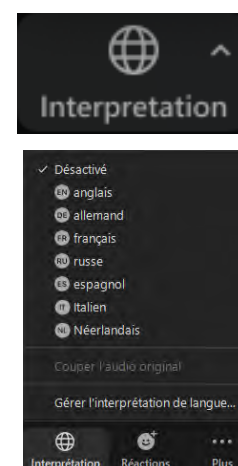
Zoom Desktop Client Windows: 5.7.8 or higher (macOS: 5.7.8 or higher)

Zoom Mobile App: Android: 5.7.8 or higher (iOS: 5.7.8 or higher)

To activate translation in your preferred language for Windows, click on the “interpretation” icon in your Zoom toolbar.

Thereafter select the language:

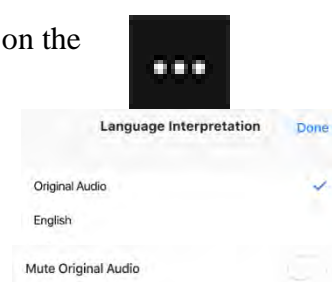
Optionally you can “mute the original audio” (“couper l’audio original”), so you won’t hear the original talk in the background.



To activate translation in your preferred language for MacIntosh or Android, click on the “more-icon” of your Zoom toolbar.

Thereafter select the language:

Optionally you can “mute the original audio” (“couper l’audio original”), so you won’t hear the original talk in the background.



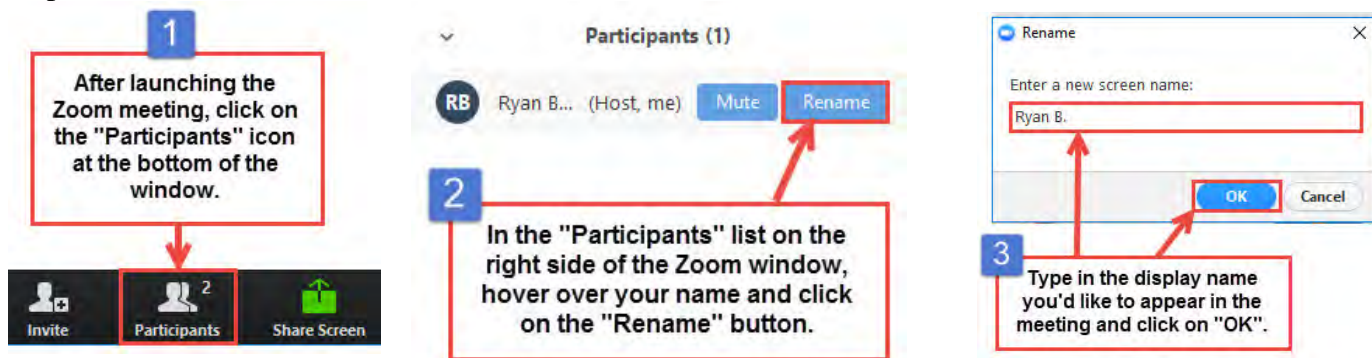
PLEASE TURN OFF YOUR VIDEO CAMERA AND MICROPHONE DURING THE TALKS!

We will invite you to turn on your camera and microphone *during the group discussions* in the break-out rooms. But if *you* don’t turn off your camera during the talks, *we* will do that – which means that you won’t be able to turn it on during the discussions.

We will be using break-out rooms in your own language for the discussions. To make it easier to assign you to a group of your language, we invite you to change your name for this meeting only in the following way. Please add two letters representing the language you wish to speak *before your name*, i.e.:

EN	English
FR	Français
ES	Español
IT	Italiano
DE	Deutsch (German)
NL	Nederlands (Dutch)
RU	Русский (Russian)

So, if your name is “Jean Dupont” and you wish to speak French, then please change your name to “FR Jean Dupont”.



Language packs are available for download on our web-site:

https://www.lucistrust.org/world_goodwill/seminar/homepage/homepage_upcoming_events/world_goodwill_homepage/world_goodwill_homepage_upcoming_events/2021_seminar_details#geneva

(Don't worry, we'll put the link in the chat-box for your convenience).

* * *

We will now first start with the Mantram of the New Group of World Servers.

MANTRAM OF THE NEW GROUP OF WORLD SERVERS

(French)

**May the Power of the one Life
pour through the group of all true servers.**

**May the Love of the one Soul
characterise the lives of all who seek to aid the Great Ones.**

**May I fulfil my part in the one Work through
self-forgetfulness, harmlessness, and right speech.**

OM

* * *

IMAGINATION AND SOCIAL REGENERATION

World Goodwill – Geneva – in French

In this opening talk, I want to outline some aspects of the world we live in today. It is a rough and incomplete sketch, laying out a framework for the discussions of today on the theme: “Imagination and social regeneration”. Of course, goodwill – a powerful and transformative, yet much underestimated, energy – will play a central role.

The title of this year gives already much food for thought. As here in Geneva we have to translate that title into multiple languages, immediately various perspectives came up. In some languages, ‘regeneration’ comes close to renewal, making new again, or revival. The Oxford dictionary states for ‘regeneration’: the process of making something develop and grow strong again. Looking at ‘re-generation’, we have something existing before that is regenerated into something new. From yet another perspective, it can be associated with healing, making whole again. Finally, in our modern society we now also have regenerative agriculture, regenerative medicine, regenerative economy etc., where the word ‘regenerative’ comes close to – but is not the same as – sustainable.

The same Oxford dictionary tells us that ‘social’ means anything connected with society and the way it is organised. This is evident for most people in Europe. However, perhaps our friends in the USA may look at this differently, as for close to half of the US population, ‘social’ is often associated with socialism, which is then stretched automatically to communism.

Imagination is the ability to create pictures in our mind. We are told that the imagination is a creative activity, producing definite inner changes. It is one of the forces influencing substance itself. In a way, we could say that the imagination allows us to look beyond a border and explore new landscapes, unknown heretofore. It is this type of exploration – the creative imagination – that we will envision in our seminar today.

In the autumn mailing of Lucis Trust of this year on the theme, “Freedom through Community”, gives a number of quotes related to the topic of today. I would like to highlight two of them, inviting you to keep them in the back of your mind throughout this whole seminar:

“Anyone who thinks consumption can expand forever on a finite planet is either insane or an economist.”
E.F. Schumacher.

“.. Goodwill is a dynamic energy, which can bring about world changes of a fundamental kind, and ... its mode of expression is through the activity of the individual man and woman and through their massed intent. The massed power of goodwill, the dynamic effect of intelligent and active understanding, and the potency of a trained and alive public opinion which desires the greatest good of the greatest number, are beyond belief. This dynamic power has never been employed. It can, today, save the world.” *Alice Bailey.*¹

The world of today is facing multiple crises at the same time, as we all know too well. The fact that this seminar is again only by Zoom is a direct consequence of the Covid-19 pandemic – a crisis that for the last two years has overshadowed many of the other crises. Are we, as a humanity, learning something from this crisis? Nobody can ignore this crisis and I want to quote two perspectives thereof:

*Enrico Letta*², former prime minister of Italy stated at a conference at the Graduate Institute of Geneva: “Before the Covid-19 crisis the 193 nations of this world could be seen as ships sailing the ocean. If one would be at risk to sink, others might be there to help. After the Covid-19 crisis this picture is replaced by one big ship with 193 cabins. Sure, there are cabins of first, second and third class. But all are in the same boat and if that boat risks sinking, all nations will sink together.”

¹ Alice A. Bailey, *The Externalisation of the Hierarchy*, p. 211.

² 8 October 2021: <https://www.graduateinstitute.ch/communications/events/comment-anticiper-accompagner-et-partager-les-revolutions-scientifiques-venir>

*António Guterres*³, Secretary-General of the United Nations: “COVID-19 has been likened to an X-ray, revealing fractures in the fragile skeleton of the societies we have built. It is exposing fallacies and falsehoods everywhere: The lie that free markets can deliver healthcare for all; The fiction that unpaid care work is not work; The delusion that we live in a post-racist world; The myth that we are all in the same boat. While we are all floating on the same sea, it’s clear that some are in super yachts, while others are clinging to the drifting debris.”

We will not confine our discussion to the Covid-19 pandemic only (and we will certainly ignore the pro- or anti-vax discussion in this seminar). According to a recent UNICEF report⁴, 19 per cent of 15- to 24-year-olds in 21 countries self-reported in the first half of 2021 that they often feel depressed or have little interest in doing things. These young people face a world with a continuing increase in the gap between ‘rich’ and ‘poor’ as a recent Oxfam report⁵ clearly exposes. The list of issues reflecting the multiple crises the world is facing could of course be much longer. How are we going to deal with this? Or perhaps: how are we already dealing with these challenges? This is a multidimensional question with no simple answer, and it is here that we need the creative imagination. We might – and probably should – look for answers on a global level as well as a local level.

Looking at a local level, many initiatives to implement solutions on a local scale exist or are in the process of evolving. The World Goodwill newsletter *Goodwill in World Affairs 2021-3* with the title “*Re-weaving the Fabric of Society*”⁶ gives a review of only a few of these initiatives. At the same time, the fact that the number of NGOs (Non-governmental Organisations) has never been as high as nowadays is promising: There are an estimated ten million NGOs operating worldwide⁷. That we do not read about these NGOs in the newspapers or in the standard media (TV, etc.) does not mean that these NGOs do not exist: The Internet is a magnificent resource for civil society and these NGOs to expose their activities. Of course, the Internet is also a big source of misinformation or fake-news. Nevertheless, let us not forget that much of the “good news” is to be found there too.

On a global scale, the UN Human Rights Council approved the creation of new special rapporteur on climate change!⁸ Of course, this is not going to change the climate overnight, but it gives a voice on a high level to many NGOs and activists of civil society. Also on the global level we could mention the “Global Compact for a World beyond COVID” by Agnès Callamard, Secretary-General of Amnesty International as expressed in her 2021 Dag Hammarskjöld Lecture⁹. She said: “It is time to recommit. It is time to reset. It is time to reboot. It is time for a new and global compact; a compact for a post-pandemic world that is grounded in equality, human rights, founded on our common humanity. One that radically resets the relationship between rights-holders and the planet. It should put rights-holders in control of technology. And it must fearlessly tackle inequalities – including those of racism and sexism. What I am calling for is a future-minded, bold, ambitious, human rights itinerary to the world of 2048 in the spirit of the vision of 1948.” Remember that the 1948 generation, through the creative imagination, conceived the Charter of the UN as well as the Universal Declaration of Human Rights.

We are told that the motto of Geneva is “*I seek to fuse, to blend and serve.*” Not only is Geneva host to the United Nations with its Human Rights council, it hosts thousands of international conferences, meetings, etc. per year. Much has been slowed down by the Covid crisis – imposing virtual Zoom events –, but the city is ready to re-boost its role, thus honouring its motto. Geneva also hosts the Graduate Institute, which delivers

³ Tackling the Inequality Pandemic: A New Social Contract for a New Era. UN Secretary-General’s Lecture for Nelson Mandela’s International Day. <https://www.un.org/sg/en/content/sg/statement/2020-07-18/secretary-generals-nelson-mandela-lecture-%E2%80%9Ctackling-the-inequality-pandemic-new-social-contract-for-new-era%E2%80%9Ddelivered> .

⁴ <https://www.unicef.org/reports/state-worlds-children-2021>

⁵ *The Inequality Virus: Bringing together a world torn apart by coronavirus through a fair, just and sustainable economy.* <https://www.oxfam.org/en/research/inequality-virus>

⁶ https://www.lucistrust.org/world_goodwill/world_goodwill_homepage/newsletter_2021_3_re_weaving_the_fabric_of_society

⁷ <https://www.standardizations.org/bulletin/?p=841>

⁸ <https://www.reuters.com/business/environment/un-passes-resolution-making-clean-environment-access-human-right-2021-10-08/>

⁹ <https://www.daghammarskjold.se/wp-content/uploads/2021/09/2021-dh-lecture-callamard-final.pdf>

many international diplomats and political leaders. Currently there are more than a thousand students from all over the world. If you were to think that the Institute is some kind of an “old boys club” delivering diplomats in striped suits, you are mistaken: *Dr. Felwine Sarr*, humanist, philosopher, economist and the Anne-Marie Bryan Chair in French and Francophone Studies at Duke University, gave the opening lecture of the academic year on 22 September 2021.¹⁰ It is promising that a well-established institute as the Graduate Institute invites such an avant-garde and thought provoking speaker as Dr. Sarr.

In his lecture entitled “*A Rise in Humanity*”, Dr. Sarr explained how societies need to take ownership of their present and future, and proposed paths to reengage at a collective level in order to fill them with meaning. He stated: “to take care and to repair the living is necessary for us because through this gesture, we repair and preserve ourselves”.

According to Mr Sarr, rising in humanity first requires facing the present and its challenges by acknowledging “the multiplicity of collective ways of being and of societal forms of life, the plurality of histories as well as the possibility of several worlds, within the world”. In his approach, Dr. Sarr did not single out the human kingdom as a special one, but included all kingdoms (mineral, vegetable, animal and human) as important when imagining the future of a sustainable world on planet Earth. In Dr. Sarr’s approach relationships – right relationships – with all kingdoms of nature is a key concept for a future world beyond the world of today, which is dominated by a liberal capitalist approach. He also noted that when looking at the history of humanity many of the changes originated as a dream or an idea of one man, generating momentum through a small minority, but eventually making a difference – seldom change came about by a sudden majority. This is how the creative imagination works and corresponds with what we call “Energy follows thought” – a powerful tool in the toolbox of all workers of goodwill.

Dr. Sarr stated: “Rising in humanity is thinking beyond humanity” and a central question in his lecture was: “How to establish new relationships with the Earth (including the living and non-human realms)? How to establish economic forms that meet the needs of all beings, not just the human, while preserving life?”

He concluded his lecture by stating that to be alive implies building or constructing *meaning*. The rising of humanity also implies asking myself: “with my actions, what type of world am I contributing to? Do my actions contribute to a condition of inequity, devastation and domination or to a flourishing, open and livable society?”

These examples show a growing need to fundamentally rethink, reimagine, the structure and functioning of our societies and the way we live together on planet Earth. Let me therefore try to put the above initiatives in a context of World Goodwill. I will give only a short summary of a more extensive explanation available on our web site¹¹.

The energy of goodwill, as stated above, often is as taken for granted and therefore largely underestimated. Yet, people of goodwill always think and act with a measure of loving understanding and of concern for the well-being of all. The energy of goodwill is potentially a powerful force for social change. World Goodwill fosters understanding of this energy and the role it is playing in the development of new forms of society and a new humanity.

Through their words and actions, people of goodwill from all cultures, faiths and professions are creating a new world where sharing, cooperation and right relations are taking root and spreading. Although news channels apparently are dominated by negative and fear installing news, never before in the history of the planet has goodwill been so active. To such an extent that some of these news channels are now paying attention to some of the goodwill activities too.

Because of the diversity and variety of initiatives, people of goodwill will never be organised into one unitary movement or network: every community has its people of goodwill. It is goodness and love, in their most basic human expressions, that are driving the momentum of change, challenging all of the habits of separative thinking and action. Recognition of the sheer abundance of goodwill action as it exists today and

¹⁰ <https://www.graduateinstitute.ch/communications/news/rise-humanity> Talk in English, discussion mainly in French.

¹¹ https://www.lucitrust.org/world_goodwill/about_wg

the countless movements drawing on the energy of goodwill changes the way we see what is happening in the world. It is empowering and it gives us grounds upon which hope and faith in the future can grow. As the logo of World Goodwill says: goodwill is Love in action.

To face the challenges of the world of today, we need a deeper sense of reality based on spiritual values, and a new perception of humanity as a unit of divine life within an ordered and purposive universe. The following few recognitions can provide a basis for this deeper understanding:

- This universe did not come about by chance and humanity is not following a haphazard course – there is a Plan, which is part of the greater design of the Cosmos. This Plan has worked out through the evolutionary developments of the past, and because of the special impetus given to it from time to time by the great leaders, teachers and intuitives of the human race.
- All forward-thinking evolutionary progress in human consciousness is inspired by ideas of enlightened beings who form an inner spiritual governance of the world. They are known under such different names as the spiritual Hierarchy, the society of Illumined Minds, or Christ and His Church, according to various spiritual traditions. Humanity is never left without spiritual guidance or direction under the Plan.
- Little as it is realised, all world religions advocate a widespread expectation that we approach the “Age of the Coming One”. Despite different wording of these religions, the “Coming One” corresponds in our words to the World Teacher and present head of the spiritual Hierarchy, the Christ, Who will reappear among humanity to sound the keynote of a new age.
- Millions of mentally alert people in all parts of the world are in touch, either subconsciously or consciously, with the Plan, and work to give it expression. They regard the many differing national, religious and social systems in which they serve as modes of expanding human consciousness and ways by which humanity learns needed lessons. It is through their living example that they give humanity a new and better vision of what life should be.
- Despite the outer appearances, the heart of humanity is sound! Our era is notable for the growth of goodwill and altruistic endeavour. All the crises, wars and catastrophes of the twentieth and twenty-first centuries – including the multiple crises we are facing today – have been unable to crush the human spirit; on the contrary, they are fostering and empowering the growth of goodwill.
- The Plan for humanity is based on the principles of sharing, co-operation, practical brotherhood, and right relationships between all people and between nations. For the expression of the Plan to work out, a climate of trust, mutual respect and cooperation between all people and all nations as well as individuals is a first requirement – and goodwill is the basic ingredient to bring this about.

These recognitions give a new perspective on spiritual reality and place our present crises in a wider context. They provide opportunity for co-operation with the spiritual evolution of humanity and increase our capacity for freedom.

There is no group so likely to ensure that humanity achieves this most difficult goal as people of goodwill. *Provided they can overcome inertia*, they are in a key position, requiring only courage to express goodwill, and – making use of the creative imagination – to initiate action to prepare for a new global civilisation. We are fortunate today to have two renowned speakers: *Kosha Joubert* of the Pocket project, who specialises in collective trauma and *Félix Torán*, who specialises in individual development. Two complementary approaches to the topic of imagination and social regeneration. After the two talks, we will have time for a discussion with the two speakers, followed by group discussions in break-out rooms – which I will explain to you later.

* * *

We will now continue with a talk by *Kosha Joubert* - who serves as CEO of the Pocket Project, dedicated to restoring a fragmented world by addressing and healing personal, ancestral, and collective trauma. She holds an MSc in Organisational Development, is an experienced facilitator, coach, and consultant, and has worked extensively in the fields of systems regeneration, intercultural collaboration, and trauma-informed leadership. Kosha grew up in South Africa under Apartheid and has been dedicated to transformational edgework ever since. She has authored several books and received the Dadi Jan-ki Award (2017) for engaging spirituality in life and work and the One World Award (2020) for her work in building the Global Ecovillage Network to a world-wide movement reaching out to over 6000 communities on all continents.



THE POCKET PROJECT

Collective Trauma and Social Regeneration

1



OUR VISION:

We restore fragmentation by addressing and integrating individual, ancestral and collective trauma. We heal wounds from the past, thus shifting humanity towards a path of collaboration, innovation and emergence.



OUR MISSION:

We inspire trauma-informed awareness, and contribute to the healing of collective trauma, thus reducing its disruptive effects on our global culture. We induce a shift from trauma-inducing to trauma-informed and trauma-integrating institutions and societies.

2



OUR THEORY OF CHANGE:

We cultivate presence, relational sensing and coherence in individuals and groups. Once a certain level of synchronisation and resourcing is reached, we can turn our witnessing presence consciously towards trauma contents and allow information to naturally arise. When trauma contents are touched upon, so are our protective layers of denial and resistance. Our we-spaces need to be resourced and coherent enough to be able to provide a hosting space of witnessing presence for what arises. Then, we can begin to acknowledge and digest what could not be processed before. The ensuing integration and restoration leads to a decrease in isolation and polarization and an increase in compassionate and collaborative ability. Our creative and innovative potential can flow more easily into the world.

3



OUR CORE TEAM:



THOMAS HUEBL

CHAIR & CO-
FOUNDER



**YEHUDIT
SASPORTAS**

CO-FOUNDER



KOSHA JOUBERT

CEO




ANNE VOLLBORN

PROJECT
MANAGER

4

1. INSPIRE – PARTNER TO THE ONLINE SUMMIT

We reach out to a broad audience to inspire awareness on the global impact of collective trauma and possibilities for collective trauma healing through social media, festivals and online summits



The third Collective Trauma Summit will be hosted from 19 Sept to 29 Sept 2021 with inspiring talks from leading psychotherapists, neuroscientists, indigenous wisdom keepers, biologists, artists, and social activists. During this 10-day global event, we aim to create a powerful container to share awareness, while providing key action steps you can take to be part of the solution.

Participants in 2020
108.000



Collective Trauma Summit 2021
COLLECTIVE HEALING IN ACTION

FREE 10-DAY ONLINE EVENT
SEPTEMBER 19 - 28, 2021

45+ SPEAKERS
LIVE EVENTS
POETRY, MUSIC
& MORE

5

1. INSPIRE – BOOK ON COLLECTIVE TRAUMA

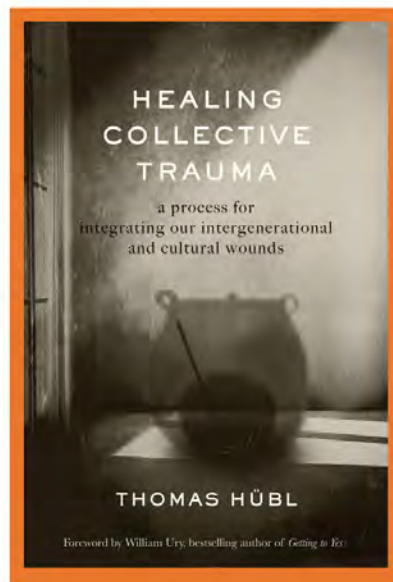
SOCIAL MEDIA OUTREACH



PP	5.750
PP Field	91.769

NEWSLETTER

PP	7.285
PP Field	162.100



HEALING COLLECTIVE TRAUMA – a process for integrating our intergenerational and cultural wounds

Thomas Hübl's book (2020) provides a comprehensive guide to understanding and healing trauma that is shared among communities and transmitted over generations.

Translated into English, German and Dutch
Being translated into Spanish, Finnish, Korean, Croatian.

6

2. ENGAGE - SCHOLARSHIP PROJECT

We offer scholarships for participants from diverse cultural backgrounds and the Global South.



Collective trauma integration prepares the ground for the emergence of healing institutions and evolutionary development in our societies. Our aim is to offer access to information and skills to as many people from diverse cultural backgrounds and the Global South as possible. We allocate scholarships to multipliers who will have impact within their communities.

"We in Afghanistan feel numbness and detached from ourselves and our emotions so these meditations help us to be in touch with our inner true self."

*Spozmay Oriya, Assistant Professor,
Kabul University, Afghanistan*



In 2020, we allocated 214 packages for the Collective Trauma Online Summit and 73 places on the Principles of Collective Healing Course. In 2021, we allocated 68 places on the Trauma-Informed leadership Course.

Recipients	382
Amount	€72.898

7

2. ENGAGE - COMMUNITY CALLS

We create opportunities for engagement and collective competence building to both civil society and professionals. We offer public calls for both trauma integration and trauma prevention.



RELATEDNESS AND COMPASSION

Our relations are an essential part of who we are – and we can consciously cultivate this aspect in our lives, even and especially during times of crisis. The Pocket Project is committed to develop spaces for collective learning of skills for relatedness and compassion. We need these skills to activate the healthy response mechanisms of our global immune system.

Participants since March 2020

8

2. ENGAGE - GLOBAL SOCIAL WITNESSING

Join us for our next free call on Monday, 27 September
 Afghanistan - Witnessing, Relating and Responding from our Bodies and Hearts.



BE PRESENT - FEEL WHAT YOU SEE -
 BECOME A GLOBAL SOCIAL WITNESS

Global Social Witnessing teaches us to gently turn our attention towards rather than away from challenging information. We mindfully attend to global events with an embodied awareness, thereby creating an inner world space that mirrors and brings compassion to these events.

Participants since March 2020

3. WITNESS - INTERNATIONAL LABS

Initiate International Labs that convene geographically and thematically specific groups to address collective trauma and initiate a restoration process for respective countries or topics.



The International Labs convene geographically and thematically specific groups that meet with the support of trained Pocket Project facilitators over several months to explore the history, expression and possibilities for restoration of specific thematic or localised fields of collective trauma.



Labs	23
PP Facilitators	42
PP Trainees	48
Participants	692

The Labs started with a 9-month cycle from November 2020 to June 2021. We are currently in a period of reflection, digestion and integration, teasing out and publishing our meta-learnings. A second cycle of the International Labs will start in 2022, continuing and deepening the journey for those Labs already established and expanding to include more topics and countries.



COLLECTIVE TRAUMA INTEGRATION - STAGES



Synchronising & Resourcing

FORMING RELATIONAL COHERENCE AS A GROUP. ACCESSING INNER AND OUTER SOURCES OF RESILIENCE. PRACTISING FOUNDATIONAL SKILLS.



Meeting the Collective Trauma

EXPLORING THE HISTORICAL BACKGROUND AND ACKNOWLEDGING DISCREPANCIES IN INFORMATION. ACCESSING DENIAL OR REPRESSION OF THE TRAUMA. MEETING THE ENERGY LANDSCAPE



Exploring Individual & Collective Conditioning

HOW AM I AFFECTED BY THIS FIELD OF TRAUMA? HOW DOES IT SHAPE OUR CULTURE AND SOCIETAL INSTITUTIONS? BECOMING A CONDUIT OF THE PAST, TO BE VOICED, EXPRESSED AND WITNESSED.



Listening to Voices from the Field

TRACKING THE SPECIFICITY OF INDIVIDUAL AND COLLECTIVE VOICES THAT ARISE. CONNECTING TO ANCESTRAL ROOTS. CLOSING IN ON THE ETHICAL VIOLATION THAT TOOK PLACE. AWARENESS OF HOW SACRED LAW WAS CROSSED.



Integration and Reflection

RETURNING TO SYNCHRONISING BODY, EMOTIONS, MIND AND SPIRIT TO BEGIN INTEGRATION. WHEN THERE IS STILL TOO MUCH TRAUMA CAPTURED IN THE PERMAFROST, RESTORATION REMAINS A CONCEPT.

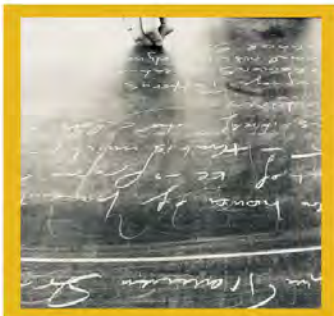


Transforming & Meta-learning

WHAT STEPS ARE NEEDED TO ALLOW FOR RESTORATION? MIGHT THERE BE CONCRETE STEPS ARISING FROM OUR JOURNEY TOGETHER? WE ARE RESTORING THE FLOW OF LIGHT IN THE FABRIC OF LIFE.

4. LEARN - META LEARNING FRAMEWORK


We provide access to the outcomes of our learning and research in our Study Room and Resource Library. We are building circles of contributing experts, researchers and PP facilitators.



RESEARCH

We are working with surveys to elicit information from our CTIP and LAB teams and participants. Our central research questions is: 'Can coherent we-spaces and a process of witnessing collective and intergenerational trauma lead to an integration and eventual healing of collective trauma?'

"I loved how the arc of our experience in our course community of 1,500 participants made it possible for me to understand how overwhelm and numbness shows up in the collective."
Naser Al S. - Artist, United Arab Emirates

Surveys  56
Responses
2.820



5. APPLY - TRAUMA-INFORMED LEADERSHIP

We offer training on trauma-informed leadership to NGOs and Global Aid Organisations.



We live in the effects of the shadow of karma coming up through our roots from the past. In our work we loosen it up in a resourced way to open the nervous system to become more fully responsive again.

PP EDUCATION



Crystallised knowledge is being transformed into trainings which can be offered to NGO's, global aid organisations, health workers, etc. We consult organisations to integrate trauma-informed practices and policies.

Participants 370
Countries 64



As leaders, we are called to raise our awareness of the multifaceted nature of trauma and understand its impact on us, our teams, and our work in the world.

13

5. APPLY - COMPETENCE CENTERS

We are setting up Competence Centres for the further refinement and application of knowledge on Collective Trauma Integration to specific sectors.

COMPETENCE CENTERS



The meta-learning that takes place throughout the Pocket Project is applied to specific sectors:

- Global Social Witnessing
- Restorative Justice
- The Healing Professions
- Climate Change & Trauma
- Racialised Trauma
- Women & Gender-based Trauma
- Trauma-informed Leadership
- Relational Competence



Collective trauma integration initiatives are like global acupuncture - the newly released energy transforms us, liberating our creative potential by feeding radical new solutions and rapid innovation.

PP CONSULTANCY



We support NGO's and Aid Organisations to understand the larger cultural and historical dynamics of collective resilience and trauma which they are working within and become trauma-informed and trauma-integrating.

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6. INTEGRATE - CTIP

We are setting up Collective Trauma Integration Processes for organisations or countries in partnership with leadership circles and governing bodies.

COLLECTIVE TRAUMA INTEGRATION PROCESS



We are currently working with specific countries and universities to use Collective Trauma Integration Processes in order to heal polarisation and work towards democratisation and violence prevention, e.g. in Boulder/Colorado and Germany.



Trauma exists as an interruption of our true condition, but connectedness, true intimacy and love belong to us by birthright.

Collective trauma integration initiatives are like global acupuncture - the newly released energy transforms us, liberating our creative potential by feeding radical new solutions and rapid innovation.




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7. PARTNER – PRESENCE AT UN COP26

Cultivate generative international partnerships with like-minded organizations and prepare for consultative status at the UN.


PP @ COP26
Trauma-Informed Leadership & Climate Change



Trauma is at the root of our inaction in the face of Climate Change. Trauma symptoms of apathy and hyper-activation dramatically slow down our ability to respond adequately. Our lack of relationship to the crisis is part of the crisis. The Pocket Project aims to restore our collective ability to relate sensitively and compassionately thus opening up to an increased flow of information and possibility.



Join us from 1-12 November for live conversations, interviews, witnessing and shared meditation, with Thomas Huebl and many others.



Our team will be present at 26th UN Climate Change Conference in Glasgow, bringing in the themes of:

- Collective trauma and its impact on both burn-out and apathy in response to Climate Change
- Trauma-informed leadership and its importance in allowing for more effective Climate Change action
- Global Social Witnessing as a collective tool that allows us to relate to Climate Change
- Collective Healing in Action

If everybody looks through broken glass, then together, we are looking at a world that looks broken.

When I notice my crack in my window, and you notice yours, and we start healing our cracks, then we begin to look at the world through clear glass. And that's what trauma healing does.

It starts unifying the world.

Thomas Hübl

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Félix Torán combines his dedication to science and engineering with more than twenty years of study and dissemination in the field of personal growth. A recognised expert on personal development, leadership, time management, spirituality and meditation, he has given hundreds of conferences on these subjects. He has published 19 books on personal growth, including bestsellers such as *El tiempo en tus manos* (Planeta, 2012) and *Ecología mental para dummies* (Planeta, 2014). One of his personal growth books for children reached the bookshelves of HRH Princess Leonor and HRH Infanta Sofía. He holds a PhD in electronic engineering with a Doctor Europeus mention. He is the author of more than a hundred publications in various scientific and technical areas, as well as co-author of a patent. He has received several international awards and has been working as an engineer at the European Space Agency since 2000 - working in various research & development projects related to autonomous vehicles. In 2013 he was the spokesperson in Spain for the Axe Apollo Space Academy (AASA). He was a finalist in the project "[Españoles hechos de talento](#)", being the second most voted candidate in Spain, and number one in the category of Literature and Communication.

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CREATIVITY AND INDIVIDUAL VISION FOR SOCIAL REGENERATION

Felix Toran – in Spanish

It is a real honour for me to be able to participate in this event and to have the opportunity to contribute and share with you. Many thanks to Mintze for the kind invitation and to the whole team of World Goodwill Geneva. In this talk, I will address the power of imagination to create a better society, from the point of view of individual development.

Today's world is based on fragmentation; on the illusion of separation. This false sense of distance is at the root of all the problems of humanity. Different spiritual paths (religious, philosophical, initiatory, esoteric, etc.) propose different approaches to present the problem and provide a way forward as a solution. But it should be noted that, in general, the problem tends to be the same (the false sense of separation) and the solution has a common substratum (the return to unity).

Indeed, within various cosmogonies we can find this idea of reintegration, of return to the source. For example, in the Luranic Kabbalah, we find the same concept of separation, expressed in terms of the "breaking of vessels", which represents a rupture of communication with the world closest to the divine; a rupture considered by this cosmogony as the origin of evil. It also includes an idea of correction, as a solution for a gradual return to unity, called 'tikkun'.

In the Tarot, the sages of the past suggested the identification with a false idea of separation in the thirteenth Arcanum, "The Devil". Here we see a naked man and woman chained to a block of stone. This represents the bond that human beings have with matter, precisely because of the illusion of separation. However, there is a curious detail: the knot around the necks of these two figures does not bind them at all; they could untie it if they wanted to! It is a message of hope: we have a problem of our own making. We have chained ourselves to an illusion by abusing our little will for centuries. If we wished, however, we could remove these chains and be free again. If the problem has been created by the misuse of our will for centuries, by using it correctly we follow the path to the solution: the path of return to unity.

Humanity is a common organism, larger than ourselves, of which we are cells. Unfortunately, these cells feel separated, due to the problem outlined above. The society of today, far from solving its problems, keeps creating, every day, new sources of fragmentation. It follows the path that fosters the problem, and not the solution - the path of separation instead of the path of union.

How to solve this issue? Ideally, we should be able to do it directly, in a global way. But for this to happen, humanity would have to work as a common organism, and this is not the case... This does not mean that we should forget global thinking. Quite the contrary: it is crucial. We must think globally, about humanity and its common good, and about the goal of reconciling it, within the framework of the plan for a return to unity. Then, to contribute to this mission, we must work individually on ourselves. This will enable us to work on our own correction (the 'tikkun' mentioned above) and thus to be better servers down here, in our environment, in society, in humanity. Just as, on a commercial flight, we are asked to put on our oxygen mask before helping others, we need to help ourselves, in order to better help others.

Of course, it is necessary to work in groups, at different levels. Individual work, however, is essential to contribute to the goal of the group. In other words, we must think globally, work on ourselves and act, starting first with our environment, then extending the scope as far as possible. It is therefore necessary for each individual to do some inner work. In this way, he or she will regenerate him- or herself as a cell of this larger organism and help to heal it.

But we must recognise that the fissures created by the illusion of separation have made the task very difficult for human beings. So what tools do we have to get the job done? Among those that exist, I would like to highlight the enormous power that the creative use of our imagination puts at our disposal.

Imagination is the power to create mental images. It can be used in a variety of ways, so it is necessary to clarify certain nuances. For example, when an image appears involuntarily in the mind, the imagination is controlled by the subconscious. It should be clarified that the imagination has its origin in the subconscious. Yet, here we are not talking about origin, but about control: in order to use our imagination creatively, we must control it voluntarily.

This voluntary control of the creation of mental images is what is often called “creative visualisation”. It has two aspects. On the one hand, there is imagination. But, in addition, a second aspect must be added: concentration. It is the ability to keep our mental focus on a single object of concentration for long periods of time, without wandering or being distracted.

Through imagination we can create a mental image of what we want to manifest in the material world. Then, using the concentration, we keep this image in the mind for a certain period of time. In this way, this mental image is transferred to the subconscious as a mental form. It is made of mental matter, which has a much higher vibratory rate than physical matter.

Then the universal laws begin to function, and this thought form attracts others of a similar vibratory level. This is on the condition that the thought forms we create are based on a good-oriented goal, otherwise they would be in opposition to the universal laws themselves, which are always constructive and positive and do not contravene.

In order to descend to the material plane and manifest visibly, this thought form needs us as a channel. To do so, we must be prepared, and it must be stressed that our will must necessarily be oriented towards the good. Our emotions offer us an excellent guide as to know whether we follow this path. Even from the moment of visualisation, if we feel bad, we have an early signal that we should make adjustments to the mental image. And this is highly recommended!

Then, in the realm of everyday life, we must be prepared to see the signs and to take action. Signs will appear in various ways. For example, we may experience revelations in dreams. It is also possible to have intuitive revelations at any time. Even “synchronicities”, as Carl Gustav Jung called them, can appear. These are coincidences between different lines of cause and effect, which come together in a non-causal way, i.e. by their meaning. It is in this linkage that our thinking comes into play. There is causality, of course, but also a non-causal link. This offers degrees of freedom to the universal laws to adjust the outcome of the chains of cause-effect of the material world, which cannot be manipulated, as they follow automatic and deterministic universal laws. This is how our thinking stands somewhere between the most spiritual planes and the material world. If we use this great power correctly, we can bring the spiritual laws to bear upon the laws prevailing in the material world. Thus we convert infinite potentiality into finite manifestation, as the Tarot arcane “The Magician” shows so graphically and clearly. In this process of mediation, the concentration and the imagination together (i.e. creative imagination or visualisation) are absolutely essential powers.

But how can we use these great powers we have, to achieve our own correction and to create a better society? First of all, it is essential to begin by having a clear mission, which must be related to a goal of service: it

must be oriented to serve in one direction, which is to unite. In other words, it is about reconciling humanity; breaking down the separations that exist now. This may take the form of a life mission, which may take many forms, but it must be in harmony with this higher purpose.

The mission of our life is not something we have to create, but to discover in ourselves. There are three key questions that, if we submit them to the power of our subconscious, will help us find the answers:

- 1) What talents have I brought into this world?
- 2) How am I going to serve with them?
- 3) Who (or whom) [am I going to serve]?

These questions will ensure that our mission relates our talents to a mission of service. The third question must be oriented towards the creation of a better society.

If we ask ourselves these questions frequently, the subconscious will soon provide us, little by little, with elements of an answer, which will have to be collected. Once we have gathered enough elements, we can write a first draft of our mission statement. It is a matter of putting our mission in writing, as clearly and as briefly as possible.

It is a 'living' process that should therefore accompany us throughout life. The first drafts will easily lead to somewhat lengthy texts. No problem: it is a starting point. If we read this statement frequently and continue to ask ourselves the three questions, revelations will continue to appear that will allow us to mature the text. Our mission will become clearer and clearer, and we will find ourselves in greater resonance with it. This will allow us to reduce the text, until one day it will become a short and simple sentence. This process of reduction is synonymous with maturity.

The mission is a necessary but not sufficient component. It must be complemented by a vision. Contrary to *mission* (which we must discover), *vision* is something we must create.

And this is where the power of the creative imagination comes into play. We must be able to hold in our minds a clear picture of what we want to see accomplished. A vision is not an anecdotal or short-term desire. It is an ideal, or if we prefer to call it so, a kind of utopia (at least it has a certain resonance with it). It is a real dream in which everything is as perfect as we would like it to be. It should also not be a selfish desire for possessions, nor should it be oriented towards selfish gain, if we want to have the support of the universal spiritual laws. One should think of creating a better society! An ideal society!

An infinite number of visions can be created, but how to choose the most practical one? This is where the mission plays a key role. Our vision must be coherent and aligned with our mission. If there is even the slightest clash, then we do not orient it correctly. To take an imaginary example, a person whose mission is to "sow peace in the world" and whose vision is to become the world's largest arms manufacturer has a clear conflict between his mission and his vision, which will not help him to fulfil his mission or move towards his vision. This is obviously an imaginary and almost comical example in a sense, but it serves to illustrate the point.

Our personal vision should not only be aligned with our mission, but can also be in harmony with a broader, external vision (a possible example could be the vision of an international humanitarian project).

When the direction we need to give to our vision is clear and we try to make it in harmony with the mission, that is when we need to apply our imagination and our mental focus. It is a good idea to withdraw, find some time and silence, and concentrate. There are numerous techniques for this. To cite one that many people practice, we can count our breaths in our mind.

When we have reached a sufficient level of mental calm, we must mentally create the utopian scenario we want to see in the world. It is necessary to consider that everything is possible, and that there are no possible obstacles. All the power that exists is at our disposal. It should be envisioned as clearly as possible.

There is often a mental resistance that I call “the resistance of *how*”. It is not uncommon that when visualising this ideal society, we ask ourselves: “but... *how* to achieve it, it's impossible!” And, in the absence of an answer, we are tempted to abandon the visualisation, truly leaving it as impossible.

This is a big mistake! At this time, it is worth remembering that the human beings who have preceded us and who have written the great pages of human history also started with a vision, but without knowing how to do it (at least without knowing the whole way). The vision must concentrate on the ‘*what*’, not on the ‘*how*’; the universal laws will help us to find the way if we are prepared!

As in the case of the mission, it is also a good idea to write down your personal vision in the form of a statement. When you have both elements written down, it is very important to read them frequently, preferably every day. No one can say that he or she does not have time for this exercise! At most, it may take you a minute. However, the impact is incredible. This mission and vision will be etched in the depths of our mind and will begin to guide what we think, feel and do. The results of our actions will, little by little, be at the service of the goal we have been talking about, and will contribute to creating this society we have imagined. It should be noted that visualisation is not a one-off task. It should be a recurring process, so that we build an ever clearer and more defined mental shape with greater power of attraction.

To transform this vision into reality, we must act as leaders, whatever our scope. In this context, we must be able to share our vision with other people. We need other people to mentally hold this same image, surrounding it with well-oriented emotions as powerful as our own. In this way, similar thought forms will be created at the group level, and they will be attracted to an even more powerful mental “macro-form” with a greater chance of manifesting.

Since I am talking about leadership, I would like to share an opinion on this: for me, a good leader is what I call a “conscious leader”. This is a person who does not have a lot of people behind him, but with him. His goal is not to create more *followers*, but to create more leaders. He or she does not want to have more people behind him or her... He or she wants to have more leaders with him or her... That said, when we talk about sharing our vision, it must be clear that we are not talking about manipulating others. Coordination of our vision is necessary, but we should not try to force others to serve as we see fit. Nor should we judge how others serve. In this sense, micro-management is not recommended, except in cases where we are helping other people to solve a problem by mutual agreement.

The word has enormous power. It can both build (unite) and destroy (separate), depending on how it is used. As Uncle Ben said to Peter Parker in the film *Spiderman* (2003): “With great power comes great responsibility”. Therefore, we must be very mindful and responsible when using speech and, mind you, also silence (sometimes, being silent is not the smartest option, and can even allow unjust harm to be done to other people). If we use speech in the wrong way, even if we have done a formidable job with creative visualisation, we may create thought forms that are equally powerful, but opposite to what we intended to manifest. In this regard, among the numerous pieces of advice that could be given, I would like to draw attention to the triple filter of Socrates. Before speaking, one must ask oneself whether what one is going to say:

- 1) Is true?
- 2) Does speak well of others?
- 3) Is useful?

If the answer to all three questions is ‘yes’, then it is worth speaking up. If not, it is better to keep quiet. I also recommend a tip that works very well. Before you speak or act, ask yourself: “Does what I am going to say or do, unite or separate?” And if it separates, don't do it or say it.

And for everything that is formed in the group mind to end up manifesting in humanity, it is necessary to take action. We must be prepared to act, sometimes courageously, and to apply the best of our talents.

Our talents represent an enormous, but as yet unmanifested, potential. For this to happen, the conditions must be created to allow it to happen. To this end, appropriate skills, abilities, interests, etc., must be developed. It is a job that requires action on our part, as well as a lot of perseverance and discipline. But if we have a clear mission of service to humanity, we will do it with pleasure and find the energies where it seems that they do not exist.

We have gone through a chain of elements necessary to convert infinite potentiality into finite manifestation, and we have seen that all this cannot work properly without the aid of the enormous power of the creative imagination.

Obviously, it is very important that we train ourselves to create mental images, for in this way, with regular practice, we will come to master this power. As mental concentration is involved, its regular practice is therefore of great importance. And for all of this to lead to the results that create a better society, we must not neglect the work of discovering our talents, of associating them with a mission of service, of defining our vision and of acting as authentic conscious leaders.

In the words of George Bernard Shaw: “Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.”

May Light illuminate your minds and may Love fill your hearts! May your minds be filled with service-based thought forms through individual work, and may you inspire other human beings to share them with you! May your will be oriented towards good and contribute to the reconciliation of humanity!

Let me close this address in my own words and in my mother tongue (Spanish): “¡Gracias por Ser y Estar!” (“Thank you for Being and Being!”)

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VISUALISATION **IMAGINATION AND SOCIAL REGENERATION** *(in Italian)*

1. Sit quietly and relax. Deal not with problems but during the period of this exercise endeavour simply to be a point of focussed vision, with the eye of the mind directed towards the soul.
2. When your focus seems adequate then see (by the power of the creative imagination) a distant peak or pyramid and on its summit there shines a clear pure light of great intensity.
3. With that light you seek to identify yourself, to merge within and thus to avail yourself of its illumination in order that in it the lesser light may shine. You say, after some minutes of careful identification.

“Dim light am I and yet the pure light shines. Not distant is that light but daily,
hourly drawing nearer.

The light that is my little self must disappear within the greater Light.

So with that Light, that all-pervading, all-consuming Light, I blend and merge.

I can no longer see the two—the greater Self, the little self, the pilgrim and the way, for only one is seen—the greater lighted Whole.”

4. Picture the fusion of the light of the personality and the light of the Soul and see that light focussed in the personality upon the astral plane.
5. Then produce stabilisation of the light appropriated by the sounding of the OM.

* * *

GROUP DISCUSSIONS IN BREAKOUT ROOMS

We are now going to have group discussions in so-called breakout rooms. In a break-out room the group of people will speak one language (English, French, Spanish, Italian, German, Dutch or Russian). You will be assigned to a room of your language.

If you have not yet changed your name to indicate your language preference (as indicated on page 4) please do so now.

During the discussion we suggest that you:

- Activate your camera (unless you prefer not to).
- Activate your microphone.

Please assign one person – preferably speaking English besides the main language of the group – as a rapporteur for the plenary sharing at the end of the event.

We will have about 40-45 minutes of group discussions, whereafter we will all come back to the main meeting for a plenary sharing.

To enter a breakout room, you will see a pop-up window with the question

***“You have been assigned to Break-out Room:
Name of the room”***

Followed by a button:

“Join Breakout Room”

To join, please click on that button.

If ever you get lost:

1. Click ***Breakout Rooms*** in your meeting controls. 
2. Click ***Join Breakout Room***.

To leave a breakout-room:

1. Click ***Leave Breakout Room***.
2. Choose if you want to leave the ***breakout room*** or the ***entire meeting***. You can leave the breakout room and return to the main meeting session at any time, or you can leave the meeting entirely from the breakout room.

When the host ends the breakout rooms, you will be notified and given the option to return to the main room immediately, or in 60 seconds.

We invite you to select one (maximum two) topic of the following list of themes for discussion:

1. What conditions are required for our imagination to create something that goes beyond our individual consciousness and contributes to social regeneration?
2. Does humanity as a whole has *“self-healing ability”* and what is the relation between this and imagination?
3. How could the practice of goodwill lay the foundation for a new type of sensitivity (i.e. for the intuition)? And what would it mean when *clear thinking* would be the core quality of world goodwill?

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PLENARY DISCUSSION

IMAGINATION AND SOCIAL REGENERATION

(in English with French, Spanish and Russian interpretation)

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GROUP MEDITATION: WORLD GOODWILL

STRENGTHENING THE HANDS OF THE GROUP OF WORLD SERVERS

I. GROUP FUSION

We recognise our place, as a group, within the heart centre of the group of world servers:

**I am one with my group brothers, and all that I have is theirs.
May the love which is in my soul pour forth to them.
May the strength which is in me lift and aid them.
May the thoughts which my soul creates reach and encourage them.**

II. ALIGNMENT

Mentally extend a line of lighted energy towards the planetary heart centre – the spiritual Hierarchy; to the Christ, the “heart of love” within the spiritual Hierarchy; and towards the planetary head centre – the centre where the will of God is known.

III. HIGHER INTERLUDE

Hold the mind focused for a few moments on the planetary role of the group of world servers mediating between the spiritual Hierarchy and humanity, responding to spiritual impression and meditating the Plan of Light and Love into existence.

IV. MEDITATION Meditate on the seed thought:

***Through the impression and expression of certain great ideas,
humanity must be brought to the understanding
of the fundamental ideals which will govern the new age.
This is the major task of the new group of world servers.***

V. PRECIPITATION

Visualise the precipitation of the will-to-good, essential love, from the centre where the will of God is known, through the spiritual Hierarchy and the Christ, the group of world servers, all people of goodwill everywhere in the world, and finally through the hearts and minds of the whole human family.

VI. LOWER INTERLUDE

**May the Power of the one Life pour through the group of all true servers.
May the Love of the one Soul characterise the lives of all who seek to aid the Great Ones.
May I fulfil my part in the one Work through
self-forgetfulness, harmlessness, and right speech.**

Reflect on the seminar theme working out through applied goodwill in all walks of life by all peoples everywhere

VII. DISTRIBUTION

As the Great Invocation* is sounded, visualise the irradiation of human consciousness with light and love and power:

**From the point of Light within the Mind of God
Let light stream forth into human minds.
Let Light descend on Earth.**

**From the point of Love within the Heart of God
Let love stream forth into human hearts.
May the Coming One return to Earth.**

**From the centre where the Will of God is known
Let purpose guide the little human wills—
The purpose which the Masters know and serve.**

**From the centre which we call the human race
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth

OM OM OM

* We use the adapted version of the Great Invocation

*We heartfully thank our translators without whom
this review would not have been possible.*