# Notes on Thomas Hübl Video[[1]](#footnote-1)

*Thomas Hübl[[2]](#footnote-2) exposes climate change as a relational crisis, and explores the role of collective consciousness. Thomas explains how understanding that we are an integral part of our planet makes climate change a part of me, and how we can find the healing in this direct relating*.

These notes cover the first 7 of 10 sections of the video.

## Introduction

Hübl introduces the thesis that collective and intergenerational trauma affects our ability to address the current state of crises.

## What is consciousness in our lives and in relation to climate change?

There are different levels of consciousness:

1. Basic awareness of my surroundings that I can relate to.
2. Awareness of bigger systems such as the universe.
3. Awareness of mystical elements and inner states.
4. Extended awareness with altered states of consciousness.

There is a process of more and more awareness that involves looking from a higher perspective. We are free to choose our level of awareness.

If we are within a level of awareness, then it is bigger than we are. If the level of awareness is within us, then we can be aware of it and act on it.

If consciousness happens in our lives, not “out there,” then we need to increase our awareness, so we can see climate change in us and integrate it into the next level of collective human development. This entails making the current subject of consciousness the object of the next bigger level of consciousness. If all of us are fully part of climate change, then we need the next level of consciousness to survive. Climate change then becomes a signpost to the next level of collective human development we have to go through. The more urgent the crisis, and the louder the voices of climate change, the faster that development is needed.

Wisdom (“inner science”) is the capacity to listen to (to be aware of) the whispers and subtle voices ***before*** a crisis occurs This is our work, and implies that we need to change strong, long-standing habits, and become aware of the resistance in us to listen to those voices.

## Collective consciousness as an answer to the crisis of climate change

We feel very small in the face of this crisis of climate change. How can we move to a level of consciousness that is bigger than (includes) climate change?

Universal principles can be illustrated with simple examples. If the water in a bottle (symbolic for the degree of complexity) is greater than the capacity of a glass, it’s overwhelmed. The glass is our level of consciousness. To function at the higher (next) level of consciousness, we need a larger glass, that is, we need to create an environment in which the complexity of climate change becomes simple. Individual consciousness is too small; we need a collective consciousness to make the transitions.

## Trauma as a survival mechanism

Trauma is a normal, intelligent response to something that is too much, something we can’t control that causes us to shut down. We have all been traumatized by cultural and intergenerational dysfunctional relations. Trauma is the nervous system shutting down in order to survive. It is a state of separation and overwhelm. In terms of climate change, it’s a collective issue.

Yet, separation, trauma and hurt relations are basic in the world into which we’ve been born. It’s important for us to realize that even if I know cognitively about climate change (through books, etc.), I cannot necessarily live the higher consciousness. As a result, we often repeat the same dysfunctional behaviors, in spite of knowledge to the contrary.

I need to open my inner world a bit and you need to open yours a bit so that our inner worlds overlap in a mutual space and we can overcome our separateness and be in relation to each other (rather than stay separated and protected). That’s the place where we can go to deeper levels of consciousness. Spirituality is a relational art, and is only meaningful if I relate it to life.

## Climate change is part of ME

Climate change should not stay an abstract concept. It needs to be part of me, personal. We need to take it down to the level of care, care for myself, my family, my community, the planet. Care opens the door to a personal relation with climate change - through “centers of intimacy.”

## Climate change is a collective issue

Our personal “glasses” (as in drinking water) are too small; they are overwhelmed by climate change, but the community glass is large enough. The bases of the community glass are our collective intelligence and our relationship to nature.

We have to waken the collective intelligence and become aware of our personal and collective hurt and traumas. Colonialism, the holocaust, wars, apartheid, domestic violence, relatonship violence —all systems of violence—create a hurt society that is now required to live at its highest level of intelligence.

Collectively our society itself is overheating and causing the planet to overheat. We are responsible for the hurt society to the extent we’re not present to the relationship crisis with each other and with the planet. Climate change is one expression of a larger crisis.

## Stepping out of old habits

We need to open up and become vulnerable and able to listen**. Why are we not changing?** Trauma does not want to open up. It wants to cling to its own certainty and protection.

[Add something about karma.]

We need time to digest the aftereffects of violence, but we are already riding a wave of having postponed dealing with the effects of trauma.

“Not enough time” is a sign of trauma, that we are not taking the time needed to learn to digest and integrate my life’s experiences. “Health” is learning to take the time to digest my life and be more aware of and available to what is actually happening. In parallel, we need to be less transactional in our relations with others. [“I will relate to you only if I get something from you.”]

In order to increase our awareness, it’s often helpful to engage in awareness practices such as meditation. Awareness practice involves not hurrying but being available in the present. Collectively we do not have enough time.

Topics not covered:

1. We are an integral part of our planet

Envision not my body **on** the planet, but my body **in** the planet.

1. Leadership and fear
2. Playfulness and joy

1. Source of video: <https://summit.ecovillage.org/> [↑](#footnote-ref-1)
2. Thomas Hübl at [**https://thomashuebl.com/**](https://thomashuebl.com/) is a contemporary spiritual teacher and modern mystic, known around the world for his work integrating ancient wisdom with modern science. [↑](#footnote-ref-2)