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As global citizens, it is incumbent upon us to express global citizenship. We must also recognize the fundamental human responsibility we share, which is to practice making conscious the dark energies of human suffering so that those energies can be digested, integrated, and returned to the life flow of future potential. --Thomas Hubl

Attuned: Global Social Witnessing

"What would trauma-informed media look like? It's a question that deserves critical research. What's clear is that contemporary societies need to focus as much or more attention on healing and health as they do on increasing gross domestic product. Imagine a new media and economic landscape that is grounded, professional, and ethical, whose leaders value human health above personal profit. Imagine global news media that engenders wider understanding and compassion as it informs us. You see, collective trauma is not an academic abstraction or even a sociological concept. In the most real sense, it is the mass of unmetabolized energy that exists within and all around us as a result of toxic stress, adversity, shock, and trauma. Even if we don't know it's there, the energy of mass trauma affects us. All of us." Thomas Hubl shares more.

Be The Change:

For more inspiration, check out this session on Healing Collective Trauma, with Gabor Mate and Thomas Hubl.