

THE SOUL TRIBES BOOKLET



*a resource you might find useful
if you're interested in co-creating a new culture that's
decentralised, co-operative, conscious, and rooted in nature*

BY
MARK THE MYSTIC ACTIVIST



*I feel the threatening global Great Reset/New World Order is - ugly!
It has been called many things - from corrupt to insane.
To this list I would like to add 'ugly'!
I feel it is SO ugly that
All that Breathes, and Listens, and Feels, and Admires the Wonder of
Existence
shudders as it advances!*

*How is it that I see this, and so many of us see this?
I believe it is because, somehow,
there seems to still be some beauty in us!
But I feel we must take care -
that we must take care of our hearts, bodies and minds,
of the beauty of the way we relate,
of the beauty of the way we oppose,
and of the beauty of all we now co-create.*



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Preface To The Fourth Edition

This one, the one you're now reading, is the fourth edition of the Soul Tribes Booklet, and at the moment I'm busy preparing a fifth edition - which will be very different from any of the previous versions....

I will, of course, still be proposing we form Tribes. I will still be presenting Tribes as "the missing piece" we need to put in place if we are serious about co-creating alternative, conscious and connected communities - and not just ticking the eco box, and the localisation box, while continuing to live individualistically and competitively. I still feel just as passionately that we need to learn to travel together in small, intimate, committed, local Tribes if we want to cultivate a truly qualitatively different culture - a culture of presentness and connection.

So what will be new?

1. I will try to explain the four understandings I feel we need to all agree on when forming a Tribe, if we want the Tribe to endure and thrive. (I explain them in my article "Tribes of the Clear Mind", which is available on my Telegram channel, and on my webpage. This will be a rewrite of chapter 4.)
2. Whereas until now I have said "use whatever skills you have to come together in 'spiritual' unity", I will be presenting a specific, non-dogmatic practice to unite us. And not just 'impersonally', at the level of Being - but also personally, in our hearts. (The practice of "Conscious Relating" which I explain in my article "Love and Revolution" - also available on my Telegram channel and website.
3. I will be presenting a way of extending this spiritual/emotional unity into our Sharing Circles. (In other words, a way of applying the practice of "Conscious Relating" to the Heart Circles explained in chapter 5.)
4. I will be less insistent on the need for the Tribe to work towards local, land-based self-sufficiency and autonomy. Rather, I will be suggesting that each Tribe express its creativity as it feels to. In other words, I will be saying that although most Tribes will share a vision of the culture we want to leave to the generations to come - each Tribe needs to honour its unique situation, follow its own interests and contribute in its own way. (A rewrite of chapter 6.)
5. I will be recommending using the practice of "Conscious Relating" to initiate a local Tribe (or to integrate the Soul Tribes vision into an existing group or organisation), instead of the current recommendations outlined in chapters 7 and 8.

Yes! Those are a lot of changes! It's not just a new edition - it's a complete re-write! I have already begun, and hopefully it'll be ready in the Spring of 2023.

In the meantime, I feel this fourth edition of The Soul Tribes Booklet is still valuable, as it is - and I hope you find it inspiring.

Please feel free to get in touch if you have any questions at all. I can be reached by email at markthemysticactivist@protonmail.com, on Telegram where my username is [@markthemysticactivist](https://www.instagram.com/markthemysticactivist), or via the contact forms on my websites www.markthemysticactivist.com and www.hanuhanu.org.

With great respect, and my warmest well wishes,
Mark.
Cataluña, Winter 2022/23.

1

Soul Tribes In A Nutshell

*Soul Tribes are
face-to-face (i.e. not online) Tribes
of 10-20 people -
united spiritually,
emotionally,
and in action
(in becoming in-depenent of the dominant culture)*

Many of us share the vision of a decentralized, conscious, community culture embedded in nature. But how to make it real, without going to live in an eco-village, or an intentional community? Or another way to put this question might be "how do we weave ourselves together? How do we weave a new social fabric?"

The Soul Tribes proposal is to form small, local groups - tribes: tribes aligned with the culture we wish to co-create. And not just aligned at the practical, physical, creative level of permaculture, eco-construction, autonomous food production, alternative economics, and so on. I believe that, above all, we need to risk 'becoming family', and loving each other, and being-loved by each other - and learning to travel through The Great Mystery of Life in deep intimacy with each other, as we build our new culture. Why?

Because travelling in this way, our hearts stay gentle. And that's the Vision we Share: the vision of a Gentle Hearted Culture. And because travelling in this way, we all become more authentically Ourselves. And because travelling in this way, we come to know Our Oneness. And because whatever culture we now co-create will be Made of Us.

So becoming part of a Soul Tribe isn't like joining a club, or forming an association. It's about embarking upon a profound and intimate journey with others. The Journey, the Adventure, of the Heart. Soul Tribes are both places of activism - of participation in the practical, real, physical co-creation of an autonomous, alternative culture - and places of homecoming for the heart and soul - places that support us in living, in our everyday lives, in consciousness, humility, intensity, and love. Because then, as Gandhi said, We Are the Change.

This is perhaps the defining characteristic of Soul Tribes - that they are active on three levels: the universal or spiritual or existential level of our interconnectedness and belonging; the psycho-emotional level of our individual and collective conditionings; and the material or physical level of our action in the world. Whenever they gather, Soul Tribes give time to Nowness and Sacredness and Oneness. They give kind attention to their minds and emotions, and take good care of the shenanigans of their egos. And they advance their plans for the co-creation of an alternative community culture.

You could say Soul Tribes embody a holistic or integral approach to community co-creation. And they do. But they are also more than that...

Because they attend lovingly to the spiritual, emotional and physical levels of our being, they bring our consciousness, hearts and bodies into alignment. Which implies a journey of individual transformation for everyone. Soul Tribes become places of personal evolution.

And they're more than that too! Because, as each individual evolves, so does the energy field of the Tribe - which then becomes more and more palpable, and powerfully supportive for everyone.

And they're more than that too!! The energy field of the Soul Tribe also, inevitably, radiates out beyond the Tribe - and carries healing into the turmoil of the world - contributing to our collective evolution.

You can form a Soul Tribe, if you want. There's no need for any permissions! This booklet is essentially a resource to support you in doing just that.





*"We say we are committed, for example, to decentralisation -
but are we committed to each other?!"*



2

Soul Tribes

❧ ARE THEY FOR YOU? ❧

Who are Soul Tribes for? Are they for you?

Soul Tribes won't appeal to everyone. For some people they're too 'spiritual', or idealistic. For others, the depth of Intimacy of Tribe that they propose is just not their way. For others the idea that we need to build 'anew', or 'outside', seems divisive, or too radical. For others the Soul Tribe vision and understandings and recommendations are too prescriptive or directive - impositional, even.

Who then is likely to be drawn to the Soul Tribes approach? Who are these people?

- They are already concerned with questions like "Who Am I?", "where am I?", "why am I?" and "what's really going on, almost unnoticed, while I'm so busy, busy, busy being me?"
- Whatever their faith, or meditation practice, or mode of enquiry, they agree: we are Part Of Something that is totally interconnected within itself, and therefore One. That All is One. And that We Are One.
- Such people Acknowledge their Conditioning, but choose not to Be Lived By It.
- They love The Not Human Made.
- They're clear about the New World Order - and want nothing to do with it!
- They endeavour to take 100% responsibility for their reactions, choices and behaviours.
- They want to give everything - and Be The Change.
- They know we Need Each Other, at every level.
- They're open to being vulnerable, to needing, to depending, to receiving.
- They can laugh at their own posturing and pretentiousness, and judgemental minds.

Some such people might be demonstrating against the Plandemic, others might be busy counteracting mainstream misinformation and censorship, others might be involved in legal challenges - there are so many ways to resist - but they feel that, SIMULTANEOUSLY, we need to be co-creating autonomous, alternative, local Conscious Community Cultures.

And not just because of the Plandemic. Before the Plandemic and its blatant, dystopian, biodigital intentions invaded our reality - such people already wanted Conscious local Community anyway!

Such people see the sick and horrific Plandemic both as an Emergency and as an Emergence... These like-minds, and like-hearts, see the Plandemic as an Emergency in the expected sense: as a state of alarm. But they also see the Plandemic as an Emergence, as a Time of a Great Social Awakening - as a time latent with creative possibility.

Soul Tribes provide an atmosphere and a framework so that such people can come together, and unite, and thrive - inspired by this Sense of Emergence. By 'thrive' I mean spiritually, emotionally and physically - by 'giving birth' to a sovereign, grateful, joyful, local Community Culture. Not only by establishing independent food production, independent economies, and so on, but by together gradually understanding, more and more deeply, that it is how we relate to each other - the degree to which we relate in presentness and respect and love - that will determine the kind of culture we will now co-create.

❧ REGULAR GATHERINGS ❧

This booklet is going to get very practical, with all sorts of very specific recommendations. And let me stress: they are recommendations - not instructions! I make them having contemplated what I feel Soul Tribes are, and how I feel they can best be supported. And I offer them as Starting Points, with the idea that gradually, over time, each Soul Tribe can then adjust them, as it sees fit. That's my hope - that people will use them to get started - then adapt and develop them. They are intended to help would-be Soul Tribes come together, and find unity and direction.

I have four basic recommendations for Soul Tribe Gatherings. The first is to begin by giving attention to Our Consciousness: to returning to ourselves; to returning to the moment; to returning to our Belonging to It All - to our Oneness. This might be through meditation, dance, or whatever 'technique' the Soul Tribe prefers. (I'll say more about this in section 4.)

My next recommendation is to then Sit in Circle, and open to 'the emotional'. I call it opening a 'Heart Circle'. Here we Speak our Hearts, and Listen with our Hearts. We open to our Love for Each Other - AND our irritation and impatience and intolerance of each other! But, if we can remain alert (which takes practice) - the Consciousness of the first part of the Gathering stays with us. It's as if a peaceful, kind expansiveness arrives, and sits with us! From this comfortable place we look upon ourselves and each other, not only with kindness, but with fascination. We listen with empathy, not judgement. We speak to connect, not impress. We respect each other's struggles. And we remember the present moment, blissfully, in our bodies, together... Yes, it's not always as graceful as that! But when it is - it is! And when it is - we remember, viscerally, again and again - the mood of the Culture we have chosen to Co-Create. (I'll say more about this in section 5).

My third recommendation is to then give time to addressing 'the physical', the material: the practical challenges that need to be met in order to establish a functional, harmonious, autonomous Conscious Community Culture. So now we discuss the projects we're involved in, or developing - but without letting-go of the Consciousness or Love of the first two parts of the Gathering. In this way, whatever we might be involved in, we hold a larger focus: on Conscious Loving Action. Again: in my opinion, a Conscious Loving Culture can only be built consciously and lovingly. (I'll say more about addressing the practical challenges in section 6.)

❧ ALIGNMENT ❧

Whenever people really unite, energy is liberated, released... In this third part of the Gathering the Energetic Flow that was initiated when we opened to Consciousness and Oneness (part 1), and that embraced us through the Heart Circle (part 2), now finds its completion. The Universal connects with the Earthly; the Infinite with the Finite; the Intangible with the Tangible - all is in alignment, and the circuit is complete... Individually, and collectively (as a Tribe, that is) - we often feel, well - fantastic! We feel blissful and powerful! We feel a delicious, purposeful, felt-bodily-sense of dignity, clarity and courage; and (furthermore!) a Sense of Belonging - a Sense of Being Held, of Being Loved, of Being Love! Always?! Every week?! Does it always happen like this for everyone, at every Gathering? Of course not! But that's what we're there to observe and explore - to remember and reclaim.

My final recommendation is to close the structured part of the Gathering respectfully - and to then just be together! To do whatever you want! To eat together. To celebrate, to party. To just be together...

The Energy Field of the Soul Tribe, like any energy field, is more than the sum of its parts. And its potency accumulates, Gathering by Gathering, as the Sense of Soul Tribe grows. It becomes palpable. A new feeling begins to become familiar - the one one feels when one arrives at Gatherings, and feels the Soul Tribe Energy Field again. The field is restorative, and healing, and transformative for everyone.

And as well as nurturing and revitalising the Tribe itself, the Energy Field of the Soul Tribe also transmits. Simply because in this world we're in, everything vibrates and transmits. Naturally, organically, effortlessly - the power of the united alignment of the Soul Tribe radiates out into the world - bringing kindness and courage to the contracted Collective Mind.

As the Dominant Culture declares its intention to reshape itself into a new totalitarian, digital One World Order, and biological families and hitherto-close friendships are split by rival visions - Soul Tribes can become places of deep intimacy and support, empowerment and inspiration... And they can they become very important to us.

❧ I WANT ❧

I understand, as I have said, that Soul Tribes aren't for everyone. But personally, I won't settle for less! I want the Depth of Tribe they facilitate. I want to look around at the others, and see myself surrounded by people committed to Letting Go of their dependency on the Dominant Culture - and feel admiration. I want to be surrounded by people who are Letting Go of the infantile and neurotic state of conformity and obedience - and feel respect. I want to be surrounded by people who no longer confuse vulnerability and weakness - and feel humbled. I want to be surrounded by people who are Turning Away from the alienated, disassociated, desacralised, dead lifestyle of the Dominant Culture - despite the relentless, insidious subliminal, mass hypnotic suggestion that it's glamorous, chic, cool and fabulous to live in a world of concrete - ripped-out of our natural Belonging; torn from the beauty and mystery of the elements, the seasons, the animals and the birds! I want to be surrounded by such noble souls! I feel honoured to be among them. They return me to my nobility! And I return them to theirs!

I want Soul Tribe. I want to be among people who are conscious and visionary and brave enough to give themselves WHOLEHEARTEDLY to co-creating alternative, nature-embedded, loving community cultures. Somehow, despite the Dominant Culture's omnipresent, mass-implemented suggestion that there is nothing else but itself; some people are Walking Away - straight into their Fear of the Unknown! These are my people! This is my Tribe! I feel grateful to be among them. I feel grateful to be one of them.

❧ TIME TO GET WEAVING? ❧

Today, as I write, I see Billionaire Technocratic Megalomaniacs entering the names of the Human Race, one by one, injection by injection, into the log of a Globally Centralised, Militarised A.I.. I hear them joking about genocide. I hear them boasting that in their Smart Cities, what's left of Human Life will be so intricately, biometrically controllable, that we will be like characters inside a video game they own and play. Yes, it's surreal. Are these our leaders? Have all the ridiculous Villains in James Bond movies jumped out of the cinema screen, and hopped onto a train to Davos? No - they are as real as Mao and Idi Amin, Hitler and Pol Pot!

People have said to me there's nothing new in all this, that institutionalised insanity didn't begin with the Plandemic. And I agree. But now, I feel, it's on genetically modified super-steroids! That's

why, I believe, we're in an Emergency.

At the same time, I also feel we're in a Time of Collective Emergence in which the Wizard of Oz's curtain has been lifted, and Governmental and Corporate Authorities have been revealed - not just, as a bunch of double-dealing, infantile, self-important villains - but as Technocrat Transhumanist Fundamentalist Fanatics who see us as needing-saving, themselves as our saviours - and believe their plans so universal, so worthy, and so grand that they need show no moral restraint.

Brick by crumbling brick, the once-majestic buildings of the Great Institutions - palaces and parliaments, court houses and universities - have come crashing down inside many minds. And without Faith in these External Authorities, many people are questioning their values, and their lifestyles; many are seeing they've been conditioned to make choices that serve the system, not them - and are opening their hearts to new possibilities. Many are seeking a more self-sufficient and sustainable, natural and ecological, heartfelt and conscious way of life.

Which brings us back to the question the Soul Tribes Proposal seeks to address: so then "how do we weave ourselves together? How do we weave a new social fabric?" This "whole new thing" we want to co-create: this decentralised, community-rooted, nature-rooted, heart-rooted new culture - how's it all going to hang together? Does it need to 'hang together'? Will it weave itself together by itself, organically?

Well, I hope it will weave itself together organically. But saying that - I don't mean to advocate inaction. Quite the contrary! Because we are the thread! Whatever Wants to Emerge needs us to act - that is its weaving! The Emergence is not a concept. We are it. It is woven out of us.

Which in turn, brings us to the more personal question - of whether the Soul Tribes approach resonates with you. And whether, if it does, you feel the moment is right for you to take a radical step - a step that, I imagine, would impact every level of your being...

❧ MORE DETAILED RECOMMENDATIONS ❧

❧ Recommended Soul Tribe Size: 10 a 20 adults, plus the children. I feel this small Tribe size is crucial, because vulnerability is almost-always easier in a more intimate atmosphere, with familiar faces, where trust has grown - and I feel it is vital we now share our outrage and impotence, and our grief and our fear, in vulnerability (so that they don't consume us). This size also means there's time for everyone to be heard - both in the Heart Circle, and in discussion about community construction.

And yet, at the same time - around-a-dozen adults is a big enough group for there to be energy in the room when we meditate or dance together; to be able to accomplish fairly big practical tasks together; and for there to be a spectrum of opinions, debate, dynamism, and creativity.

❧ Recommended Frequency of Gatherings: weekly (if they're fortnightly and you miss one, then you don't meet the Tribe for a month!)

❧ Recommended Commitment to Gathering Attendance: ideally, a hundred percent! Bear in mind that non-attendance will (almost certainly) weaken the unity and potency of the Tribe - just as everyone's full attendance will strengthen it.

☞ Recommended Commitment to the Soul Tribe: initially, three months. This is intended to support Tribe cohesion - especially through tough patches (because everyone's promised not to leave when there are difficult feelings!). At the end of the three months, or whatever timespan was agreed - commitments can be renewed; people can leave, new people can come in...

☞ Recommended Soul Tribe Gathering Structure:

1. (Consciousness Level) An 'Opening' (meditation, song, dance, tai chi, poetry, ritual... so many possibilities) - ½hr, at least (Section 4, Unity, explains this further)
 2. (Emotional Level) The Heart Circle (heart sharing, one at a time). Time it so that everyone can share! 1hr - 1½hr (Section 5, Learning to Relate in Consciousness and Love, goes deeply into this)
 3. (Physical Level) The planning and ongoing development of an autonomous, alternative Local Community Culture. 1hr - 1½hr (Section 6, Co-Creating Conscious Community Cultures, explains this further)
 4. A Short Conscious 'Closing' (an echo of the Opening. A moment of sending-out well wishes into the world, perhaps. Speaking our Gratuities, perhaps. And hugs all round!) - 15 minutes.
- After all of this structured time - just be together. Take food and drink to share.

This is the basic recommended structure. It might need to change sometimes - for example, when some interpersonal issue needs to be aired, and heard, and felt, and let-go-of. But once this has happened, I'd recommend returning to the basic structure (especially in the early days of the Tribe).

☞ Recommended for Facilitation (of each Gathering):

1. Take it in turns to facilitate.
2. The role of the facilitator includes
 - (a) reminding the Tribe of agreed timings (the facilitator might ask for an assistant to do this),
 - (b) reminding everyone, if necessary, to speak in the first person, subjectively - thus 'owning' their emotions (and opinions), and not pretending to know The Absolute Truth about anything!
 - (c) reminding everyone, if necessary, to speak from the heart - to FEEL what they are saying (and to practice the other recommendations for Conscious Communication outlined in Section 5).

☞ Recommendation regarding Children

1. Include all of the children, at least for a minute or two, in the Opening and the Closing of the structured part of the Gatherings (so that the whole Soul Tribe can see-and-feel itself as that - as a Soul Tribe).
2. Let babies, toddlers, children and adolescents be present during the structured part of the Gathering; and participate, if they want to.
3. Have a separate space ready for the children, so that they can come and go (during the structured part of the Gathering), if they want.
4. Take it in turns, Gathering by Gathering, to be responsible for the Children's Space.
5. After the structured part of the Gathering you might like to close the separate Children's Space, and all be together.

☞ Who to Invite? (Geographical Recommendations)

1. Invite people who live close by. Ideally within (what you consider to be) walking distance, or at least, cycling distance.
2. If this is not immediately possible, hold in mind the possibility that as Soul Tribes become more popular, your current Soul Tribe might subdivide into Tribes of people who live nearer to each other.

☞ Getting to Know Each Other (Recommendations)

1. As well as meeting at the regular Soul Tribe Gatherings, consider meeting as a Tribe for a whole

day sometimes - especially early on, when people are getting to know each other. I'd say once a month, or every six weeks, would be ideal!

2. In the early days, agree to all connect with at least one other person in the Tribe between Gatherings. Speak on the phone, or meet up. All try to connect with everyone else in this way.

3. Finally, if you can't attend the Regular Soul Tribe Gathering - send in a message with your Heart Circle sharing, and ask that it be read aloud. This helps us stay connected.



3

Equality & Love, Authority & Power

❧ DEEP EQUALITY ❧

Deep Equality - the absence of any Existential Hierarchy - is fundamental to the Soul Tribes Vision of Community Co-creation. I say 'Existential Hierarchy' to differentiate it from temporary Task-Based Hierarchy, which can be practical and efficient.

But Equality is no small matter. The world's Dominant Cultures, it would seem, have lived restricted in hierarchical structures throughout the Patriarchal Era - for thousands of years, that is - at least! And almost all of us have been educated (that is to say, conditioned) into them. We are creatures of hierarchy.

Deep Equality, as against philosophical or political ideas about Equality, is a Radical Collective Evolutionary proposition. It is usually only experienced gradually - as one comes to Know Our Oneness; and begins to see everyone is oneself, dressed in a different body and personality - with a universe as vast as one's own. (I talk more about this in Section 5, Learning to Relate in Consciousness and Love). This is Deep Equality. It is an Experience. And not one (I imagine you'll agree) that most of us Live In unshakeably. The experience is Indiscriminate Love.

This doesn't mean that everyone in a Soul Tribe has to somehow suddenly start loving Everything and Everyone! It means Soul Tribes are devoted to Learning to Live in Deep Equality.

❧ AUTHORITY ❧

In Deep Equality nobody is above or below anyone else, so nobody could possibly be The Existential Authority. (And again, I say 'Existential Authority' to differentiate it from temporary Task-Based Authority, which can be practical and efficient.) Where then is authority/power held, in a Soul Tribe? Is this booklet The Authority that each Soul Tribe should follow?

As I have already said, all of the concepts and recommendations in The Soul Tribes Booklet are intended as starting points - for Soul Tribes to then evolve in their own ways. My proposal is to let the Soul Tribes Framework shape the way you meet, initially; and see how it feels, and see how it goes - before then adjusting it, if you need to. It's about taking the Soul Tribes framework seriously, respectfully, and giving it a chance - but not being limited by it. It means not adjusting the whole Soul Tribes Approach at the first Gathering!

"But still, to have chosen the Soul Tribes approach, out of all possible approaches, gives the booklet a certain authority - doesn't it?"

"No! Because YOU choose it. YOU use it. And YOU have the power to evolve it!"

If you choose it, it's because you resonate with it. It's because you want Tribe and Community - and you think there's a chance the Soul Tribes Approach might just work! But no External Authority will ever order you to form or join a Soul Tribe! You are Your Own Authority. And in a Soul Tribe everyone remains their Own Authority. It's an absolute necessity! Because: otherwise - how can there be authenticity? And without authenticity, how can there be real relationship, and intimacy, and Tribe?

I will say more about dogma and hierarchy at the end of the next chapter.



*"If the Great Reset / New World Order wants to completely disconnect us
from The Great Mystery,
and separate us from each other -
what could be more revolutionary
than our closeness and connection to The Great Mystery -
and each other?!"*



4

Unity

❧ COMMON GROUND ❧

Soul Tribe Gatherings open by everyone putting all of their daily concerns aside, and coming together to connect-with, or relax back-into, Presentness, No Time, God, Blessedness, Love, Grace, Goddess... However caught-up we might be in our everyday ups and downs - we create a space to nurture our connection with our deepest, essential selves - with that-in-us which, whatever we might be going through, remains fascinated, still, and In Love.

How each Soul Tribe goes about this, is up to it. I wouldn't presume to prescribe a specific technique. As Rumi says, "there are a thousand ways to kneel and kiss the ground." That said, I believe there needs to be some solid, underlying Common Ground, for us to all be able to receive from each other.

In fact, I feel it is crucial that when coming together, and beginning to become a Soul Tribe, we check we're Standing on Common Ground. This doesn't mean that we all need to adopt the same religion, or follow the same guru, or follow the same diet. But it does mean, for example, if someone wants to incorporate Tai Chi into the Opening of the weekly gatherings, someone else wants to include some Mindfulness Meditation, and someone else Expressive Dance - that we will all be able to be nourished by each other's Modes of Self Discovery.

What is this Common Ground? At the spiritual, universal, existential level, I would describe it like this: firstly, we are undogmatic. We accept that one person might talk in terms of Oneness, another in terms of Consciousness, another in terms of God, and another in terms of The Goddess. And we all look towards the essence inside the forms of each other's paths. We are all focussed on the sameness of that essence, not on the differences in the forms.

Secondly, we come together, not only understanding that We Are One, or all Children of The Goddess, or however we might like to put it - but also recognising that, for the most part, in our daily lives, we do not live In Oneness, or as conscious Children of the Goddess. So we come together wanting to live our philosophies and beliefs more deeply. In other words, we come together with a sense of all walking a spiritual path - of sharing a path of self-discovery.

And finally, and very importantly, all of this implies that we value each other's spiritual approaches: that we all acknowledge that none of us is in a position to say "this is the way", "this is the best way", or "this is the only way". We all recognise that we only have access to our own subjective experience - not to The Objective Truth. We remain humble. We don't impose upon each other. We respect each other. We remain equals.

At the psychological, mental and emotional level, I would describe our Common Ground like this: that we come together recognising we have inherited a soulless conditioning, and need de-conditioning and re-souling. And we want that too. (We don't want to obsess about our wounding - but nor do we want our lives to be shaped by our inheritance.)

And at the physical, tangible, material level, our Common Ground is that we all want to live in congruence with these recognitions - that is to say: in Oneness with Nature, with Sacred Reality - and with each other. And since we see the Dominant Culture, for the most part, as alienated, superficial, infantile, frightened, divisive, belligerent and (currently) psychotic - we all want to

lessen our dependency on it - and nurture alternative, autonomous, conscious, earthy, local community.

❧ ALL THREE ❧

Our Common Ground honours all three levels - the spiritual, the emotional and the physical. And I feel this is important to note, because not everyone honours all three levels. Different people exclude different levels. Some people exclude the spiritual level from their lives completely. If YOU do, I'd ask you please don't join a Soul Tribe! You would hate the Openings! Other people don't value transformational work at the emotional level. For them it's self-indulgence. Again - if that's you: I'd ask you please don't come! You'd hate The Heart Circles! And finally, some people 'spiritual people' don't honour the material - they denigrate the physical level of our lives. Once again - if that's how you feel, then please don't join a Soul Tribe! You'd hate the hands-on community activism!

In my personal opinion, the exclusion of any level is due to a lack of understanding of their interconnectedness. I believe we need the Knowing of Our Oneness (spiritual level) in order to not be so tightly caught-up in our Egos (emotional level). And that we need our humanity and humility, and kindness and compassion (emotional level) for our Action in the World (physical level) to be a genuine contribution. And that we need to be Present in our Bodies, in our activities, in the here-and-now (physical level), for both our Consciousness (spiritual level) and our Love (emotional level) to be able to anchor in the world.

As I have said, I call this anchoring 'Alignment' - the experience of spiritual, emotional and physical coherence. In Alignment it feels as if there's gentle, blissful electricity circulating through our limbs. We find ourselves buzzing with the sweetness and comfort of Trust. And we find ourselves energised with confidence, and a calm power. But, of course, if one excludes any of the three basic levels of perceiving, or experiencing, or being - then one cannot enter coherence, and one doesn't experience Alignment.

❧ THE VISION OF THE EMERGENCE ❧

In times like these, when the advancing Tyranny is Global; when it is equipped with technologies and weaponry only dreamt of by previous Tyrants - and when it is, ABOVE ALL, fuelled and emboldened by a Grand All-Controlling Vision of a New Earthly Reality, many-of-us have A Unified Vision of Our Own. Not One Grand Centralised Vision for All Humanity; but a Vision of Visions - of multiplicity, of communities, of harmony with nature, and of emotional maturity - and therefore, of gratitude, celebration, and peace.

We feel we need Our Own Great Reset! But not one we would want to trumpet as 'great'. We don't want to be part of some glorious crusade! Nor would we put it quite so (tellingly) digitally! But, as we have already discussed, we feel we are part of An Emergence. There has been Mass Disillusion and Redefinition. As the Sociopathic Centralists attempt to impose their Vision of a Digital Earth - with their rhetoric and needles and databases and guns - millions-of-us around the world can now testify that whatever little trust we had left in the Our Leaders' Good Intentions has been cast to the gutter for good - and that we now feel blessed with an unfamiliar freedom. We feel The Emergence inside us. This too is our unity. This thrilling, daunting feeling is also our Common Ground.

And for many-of-us, this Emergence DOES have a Vision. A Shared Vision to parallel the centralists' Grand Vision of a Reset Earth - of a Digital Global Gulag. Sometimes this Unified Vision is only implicit, sometimes it's only understood sentimentally, or intellectually. But it's

there, bubbling away, Under the Surface of our Resistance: the knowing that there is only One Human Heart; that the Earth is Erotic and Abundant; that To Exist is To Be Blessed...

This Vision implicit in Our Emergence is a vision of empowered local communities, not of Absolute Centralised Control; of people living embedded in nature, not in Smart Cities on lab food; of a culture with emotional intelligence, not brattish squabbling... And Soul Tribes make The Vision of The Emergence explicit - by embodying it, by living it, by real-ising it...

Some people see Our Emergence as prophesied - as an astrologically-unavoidable Rite of Passage of Collective Awakening that heralds our entrance into a New Age - an Aquarian Age, a Satya Yuga, a Time Ahead of peace and plenty. Personally, I am not sure it's as conveniently-predestined as that.

Some people say that pushed by the patterns of the stars, or by the weight of the turning of the Yugas, or by the force of some other Cosmic Energy more powerful than human intention - we are now destined, as a species, to cross a threshold into a New Age of harmony and happiness. In other words, that there's nothing we need do. But Soul Tribes stand on the understanding that even if a New Age IS prophesied, that doesn't mean we can be passive.

The Unity of a Soul Tribe, I believe, needs to be passionately idealistic, but it also needs to be brutally realistic. After all, if we live absorbed in thought, inside buildings; if we cannot circulate our grief and rage and pain; if we never talk to animals; if we blame others, pity ourselves, or live zoned-out in the Television or Religion... If our bodies are stiff and afraid; if we are not spellbound by the moonlight; if we are addicted to materialism and obedience; if we don't meet God, or the Goddess, or The Genderless Divinity when we have sex; if we still think we know something about The Absolute Truth - then... please!... let's be realistic! Do we honestly believe that one day we will all, unexpectedly, despite ourselves, wake up Enlightened in Eden?

We who unite to form Soul Tribes do not feel defeated. We SEE the possibility of something new emerging. We are bold, and we are determined. And we feel uplifted and empowered to be part of The Emergence of Our Times. At the same time, we also take full responsibility for ourselves, and how conditioned we are - and we acknowledge there is individual and collective de-conditioning and re-education to be done!

This is our Unity: we believe there IS a Global Emergence. We believe WE ARE that Global Emergence. And we believe that if we don't act (spiritually, but also emotionally, and also physically, practically) then the Unified Vision of the Emergence won't activate. It will remain implicit.

☞ MAINTAINING UNITY ☞ **(CO-CREATING OPENINGS, RITUALS, FESTIVALS: FLEXIBLE FORM)**

If every person comes to the Soul Tribe with their own spiritual/existential path and practices, then how, practically, do we co-create the Openings and Closings of our Weekly Gatherings, as well as, for example, a ritual to honour the birth of a child, or the death of someone in the Tribe, or a celebration to honour a solstice or an equinox? If different people have different ideas about how things are done - then how do we maintain our unity?

I have stressed the importance of "recognising that we only have access to our own subjective experience - not to The Objective Truth". This might seem obvious. But it does mean that a Christian with the pre-modern belief that Jesus was The Only Way would be unable to unify with a

Soul Tribe. He or she just wouldn't fit in - whereas a Christian who walked their path in humility, in subjectivity, in honesty, in faith and in respect of the faiths of others, would fit in perfectly.

That said, there are plenty of fundamentalist Christian Churches, where Only-One-Way Christians can experience community. And of course, I wish them well. However - Soul Tribes are a post-modern formulation, and it is important to understand this. We could frame it like this:

In 'the west' pre-modern Cultures were characterised by rigid, immutable, unquestionable, inherited, descending truths and power structures. And, at the same time, they tended to acknowledge a spiritual/existential dimension, and place value upon community. Modern Western Cultures have been purged of much of the fanaticism of the pre-modern. They stand in the rubble of the pre-modern's once all-dominating structures. They are freed from many of their inequalities. And they tend to be materialistic, superficial, individualistic and fragmented.

So why do I say that Soul Tribes are a post-modern proposition? Because they attempt to unite the spiritual community of western pre-modernity, with the equality and respect for the individual of western modernity. They attempt to unify the depth of the pre-modern (stripped of its blind faith, obedience and disempowerment), with the freedom and empowerment of the individual of the modern (stripped of its shallow materialism and competitive individualism). How, exactly?

By using what I like to call 'Flexible Form'. Flexible Form is a tool, a technique, that we can use to maintain our unity. For example: a Soul Tribe wants to gather to celebrate the Summer Solstice... (And by the way, if we want to co-create communities that are embedded in the natural world, I would strongly recommend celebrating the turning of the seasons, the turning of the year). And so... in this particular Soul Tribe there are people influenced by the Celtic Traditions, people influenced by Buddhism, and people whose spirituality was forged at raves, on MDMA, on the dance-floor. How do we celebrate the Solstice then?

We sit together, and agree a structure that includes everyone - we include, perhaps, Celtic nature-based ritual, Buddhist silent meditation, song, dance, and MDMA for whoever wants... NOW we have a form, a structure, for our celebration - our own, co-created form. And we try it out. And then, sometime before the next Summer Solstice - we meet again, and we talk about what we felt worked, and what we felt were the shortcomings - and we add and subtract to the form we had, as we feel best. In this way, year after year, we begin to establish our own tradition! A tradition that has the beauty and power of repeated form - and yet the freedom and freshness of flexibility. Our tradition has sacred form, as did the rituals and celebrations of pre-modernity, and in a very modern way, we ourselves structure and re-structure that form, together.

And Flexible Form can be used, in exactly the same way, to structure and evolve a way of Opening the Tribe's Weekly Gatherings. Personally, I would recommend this - even if everyone came from a similar spiritual background. And I would recommend trying this for a year - staying awake to what you each feel 'works' and 'doesn't work', and reviewing and adjusting quarterly. In this way you will avoid dogma and disempowerment (the pre-modern legacy), as well as the dispersion of doing something different every week (the superficiality of the modern spiritual supermarket). And, gradually, as the months pass, I wouldn't be surprised if you begin to find yourselves united in, and carried by - a beautiful, evolving tradition of your own!

As descending authority has been rejected and abandoned with the advancement of modernity, traditions have decayed. Few people would want to resurrect them. But perhaps new traditions can grow to take their place. Traditions, festivals, celebrations - they help hold communities together.





*"Setting up eco-villages can be quite complex,
but we can weave Deep Community where we already are,
with those who are around us right now!"*



5

Learning to Relate in Consciousness and Love

"Recommended Soul Tribe Gathering Structure:

- 1. (Consciousness Level) An 'Opening' (meditation, singing, dance, tai chi, poetry, ritual... so many possibilities)*
- 2. (Emotional Level) The Heart Circle (heart sharing, one at a time). Time it so that everyone can share!*
- 3. (Physical Level) The planning and ongoing development of an autonomous, alternative Local Community Culture.*
- 4. A Short Conscious 'Closing' - then just be together. Take food and drink to share."*

The Soul Tribes Booklet, Chapter 2

❧ THE DETAILS OF UNITY ❧

The 'Opening' of each Soul Tribe Gathering connects us with Our Oneness, and with Love in its most cosmic sense. This prepares us for the second part, The Heart Circle, in which we study, experientially, How to Relate In Love ...

In these circles we Speak our Hearts for five to ten minutes each. We share the emotional textures of our lives - our fears, our challenges; our joys, our adventures...

Here our Unity will be tested! To share deeply - with vulnerability, yet boldly; nakedly, in trust - is not something we learn at school. Of course, some people will join a Soul Tribe having practiced Speaking their Hearts for years - in therapy perhaps, or on self-development weekends; while for others it will be unfamiliar territory. That's not a problem. We can have different levels of experience. But to synchronise, to be truly traveling together; and for our Unity to become fully Explicit - I believe we need to not only share the Big Vision of The Emergence (as we discussed in section 4), but that we also need to share an understanding of what it means to RELATE in Unity and Love.

At demonstrations people chant "freedom! freedom! freedom!" And we all feel resonant. But what does each of us envision as they chant? And even if (unlikely as it is) we all understand 'freedom' in the same way - we certainly don't share a detailed understanding of what it means to Relate in Freedom, or Oneness, or Love.

If, as we walked - beneath our banners declaring our Sovereignty, and Innate Rights, and reminding Governments of their Mandate to Serve, not Enslave - if, as we walked, Some Great God were to suddenly intervene and say "there you are - it's yours - you've got your freedom!" - we do not have the Shared Understanding to be able to live it.

I am stressing this because, in my experience, if we do not have a clear, detailed, shared understanding... well, obviously - we have different understandings. And sooner or later, these different understandings begin to pull in different directions. And ultimately, they can pull the Soul Tribe apart. (This doesn't mean we can't have differences, it means we have a shared way of looking at them, and being-with them.)

So in this Section I want to recommend what I consider to be the most important aspects of a Shared Understanding that would put some flesh on the bare bones of words like 'freedom' (so to

speak) - so that we can not only Recognise our Unity, but Relate in Unity; so that we can not only defend our freedom for an afternoon on a march, but be able to Live In It - and pass on that experience to our children, and grandchildren...

Once again, as with all the ideas and recommendations in The Soul Tribes Booklet - I propose you use them for a while (which will help with Tribe cohesion); before, if you need to, adjusting them to fit your Tribe's particular needs...

I am going to divide this Shared Understanding of what it means to Speak one's Heart, and Relate in Love, into five 'aspects':

In the Heart Circle I practice:

1. speaking My Own Experience
2. speaking in Equality
3. speaking in Emotional Connection
4. speaking from Self Love
5. listening with the Heart

❧ ALL I EVER HAVE IS MY OWN EXPERIENCE ❧

The first aspect of this understanding of Relating in Love is to only speak Our Own Experience. Why? It is based on the perception that, ultimately, all we ever have is Our Own Experience - that I will never have your experience of this moment, or of reality - and you will never have mine. We might lie together at night - but I will have my dreams, and you will have yours. We might even merge - but even then, I will have my experience of merging, and you will have yours.

And if I only ever have My Own Experience, integrity demands I speak in the first person singular; that I should make no pretence to objectivity. I am a point on the circumference of the circle, like everyone else. I have my unique perspective, like everyone else. But to speak in this awareness requires practice. We speak objectively, habitually. "It is a beautiful day!" we say. Is it? Or is it a beautiful day - for us. Is it, perhaps, a miserable day - for someone else?

And to only speak My Own Experience is not only to Speak Subjectively. It is to speak my Actual Experience. "Such-and-such a person is arrogant" we say (for example). OK. But that is our judgement; or at best, our assessment - it is not Our Actual Experience. What we Actually Experienced when we were in-the-presence of the person we're judging as arrogant, is quite another matter. Perhaps we felt small. Perhaps we felt inferior. Perhaps we felt angry. THAT was Our Actual Experience - and that is what we share. And there is a world of difference between "that person is arrogant", and "when I'm in front of that person I feel small"!

"That person is arrogant" is our habitual, judgmental way of speaking - and, obviously, it provokes conflict. "I feel small when I am in their presence" on the other hand, is an accurate articulation of our Actual Experience, and elicits empathy and understanding. And in letting ourselves be-seen in our Actual Experience, in our humanity, in our 'imperfection' - we let ourselves Be Loved.

Only Speaking Our Own Experience is honest, real, and non-conflictive. It returns us to an appropriate humility, and Lets Love In.

❧ YOU ARE AS IMPORTANT TO YOURSELF, AS I AM TO ME ❧

Next: Speaking in Equality. This might sound obvious, and theoretically, for many people, if not most, it is. But in practice (as you will no doubt have noticed!), just as we don't tend to only speak Our Own Actual Experience - we do not tend to Speak in full acknowledgement of the Equal Validity of each other's Existence.

The mind thrives on comparison and evaluation and judgement. And most of us, it seems, most of the time, are Mind Identified - and therefore addicted to superiority and inferiority. Our Egos and Identities delight in putting others down, and/or putting others above us. But to truly Speak in Equality we need to be Disidentifying from our Mind's Self Image, and re-opening to Our Essence - because then we begin to feel the presence of that Essence in Everyone.

For the Ego, this Freedom from Specialness might feel disconcerting, but if we cannot tolerate it - then how can we Speak in Equality?! We might have political or social Theories of Equality - but until we can Feel in Our Hearts that we are all equally-unique beings, with equally-unique and equally-valid destinies - then we won't be able to fully Relate in Equality.

As we renounce inferiority and superiority, we SEE our brothers and sisters. We Experience Equality. And that Experience is Amazement and Admiration.

❧ I SAY WHAT I FEEL; AND I FEEL WHAT I SAY, WHEN I SAY IT ❧

Then there's Emotional Connection. This is our third area of observation and practice. And all of this does take practice... To 'say what we feel, and not what we think'; and 'feel what we say, as we say it' is not on the School Curriculum, nor something we imbibe naturally at home, nor something supported by the Social Norms of Modern Societies.

To not repeatedly re-state our beliefs and opinions; to not just recount facts; to say what we feel, regardless of whether it's what we judge we 'should be feeling', or not; to let others See Into Us, and not mask our feelings with our understandings; to risk being accepted or rejected; to Speak the Truth of Our Hearts boldly, humbly, respectfully - none of this is familiar to us, unless we have already devoted time to our own emotional re-education.

But unless we practice Emotional Connection ("I say what I feel; and I feel what I say, when I say it") - together - we will almost inevitably re-create the dry, dusty and claustrophobic world of egos and ideas and conflicts with which we are familiar - the alienated and numb, emotionally-destitute Energy Field of Modern Cultures. Whereas, if we practice Emotional Connection, we co-create another Energy Field; a field of authenticity and closeness - the Spirit of Another Culture...

❧ SELF LOVE ❧

This is perhaps the most important aspect of this understanding of what-it-is to Share Our Hearts and Relate in Love: that we Speak, not with self-judgement, but from Self Love.

It is based on the perception that to Love and Care for ourselves is only possible to the extent we have Disidentified from our Egos; and Identified, beyond it, as Oneness. Why? Because we have to be Outside of our Egos to Love them. The concept of Self Love, therefore, implies the presence of two: that there is one who loves and cares, and another who is loved and cared-for.

Our Essence is Conscious of its Belonging - of No Time and No Place, and endless creative possibilities. Our Ego, or Conditioned Self, is the part we play, our unique personality structure -

the Everyday 'Me' with which we tend to be identified. And 'disidentification' means that we shift Our Identification from our Conditioning to our Essence. And that, from this Expanded Identification, we are then able to perceive our Ego/Conditioned Self, and understand its motivations, and care for it - and love ourselves.

This is no small matter. This is not a matter of a few Soul Tribe Gatherings, and we've 'got it'. Grasping Disidentification intellectually is quick - but to Live It is quite another matter... For most of us, the Disidentification that enables us to Speak Our Hearts, and Relate in Love, evolves over decades.

The Peace and Stillness that allow us to see our Own Personalities clearly; the sense of Love and Universal Belonging that allows us to share even that of which our Conditioned Self is most ashamed; the ability to let go of the Conditioned Self's obsessive insistence on blaming, and playing-the-victim, and escaping into numbness - for most of us, all of this arrives, as if by grace, gradually, over the years, as we Disidentify from our Conditioning, and Re-Identify as the Essential Loving Beings we always were.

In fact, I would say, without this Re-identification as Beings of Loving Oneness and Belonging, unavoidably, our Heart Circle sharings will tend to be superficial and tedious - even if we have highly developed Spiritualised Egos, well-trained in 'Speaking from One's Own Experience', 'Speaking in Equality', and 'Speaking in Emotional Connection'! This is why I said this fourth aspect is perhaps the most important of them all.

This is why Soul Tribe Gatherings begin with a Conscious Opening that nourishes our connection with The Totality, and our dis-connection from our habitual, Everyday Egos. The Openings not only prepare us for The Heart Circle by helping us relax and find Center, after a long day at work, say - and by thus creating a peaceful atmosphere in which to share: they also prepare us by nourishing the Re-identification that will enable us to bravely Speak the Truths of Our Conditioned Hearts.

As we Disidentify from the small-minded Conditioned Self, and Re-Identify as what-we-always-were - as Beings whose Hearts are Beating, just as they are beating in every animal, in every bird, in every insect; ceaselessly, symphonically - we become increasingly capable of Speaking our Hearts, and Relating In Love... Slowly, slowly - we look around at our Soul Tribe, and we realise we're becoming the Loving Beings out-of-whom a Loving Community Culture could arise!

❧ WE DON'T ONLY LISTEN TO WHAT OTHERS SAY, WE FEEL THE WAY THEY SAY IT ❧

Finally, a note about the Quality of Our Listening, during The Heart Circles (and beyond)... A note on what I like to call 'Listening with the Heart'. The core of this is that Listening is not a passive exercise. It is receptive, but it is not passive. The WAY in which the Soul Tribe Listens; the Quality of its Listening, will open or close the energetic field of the Tribe...

How to Listen with the Heart, actively? Everything we've said about 'How to Speak In Love' could be rewritten as 'How to Listen In Love'. And so, while another is sharing:

- we stay Present to Our Own Experience,
- we Rest in Loving Equality,
- we don't lose Emotional Connection with ourselves, and
- we Rest, 're-identified', in Self Love.

If the group listens in this way it becomes a supportive mirror for the person who is speaking. Because we are Present to Our Own Experience, that helps the Speaker sense when they are speaking from Their Own - and when they have become disassociated from themselves. Because we're Rested in the Loving energy field of Equality (not theoretically, but experientially), that helps the Speaker feel when they are there with us - and when they have exit into their own specialness and separation.

Because we don't lose Emotional Connection - and hear not only the Speaker's words, but the way they say them - that helps the Speaker stay emotionally connected. And because we're Rested in Re-identification - and perceive, quite precisely, the shifts in the Speaker's Identifications - that helps the Speaker be aware of how ego-identified they are as they speak.

In this way, our Listening with the Heart is vibrant and supportive - and fundamental to Soul Tribe Heart Circles.

❧ TAKE CARE ❧

In practice, these five aspects of Relating in Love can't really be separated. Nevertheless, by way of self-education, you might like, one week, to all focus on Speaking from your Own Experience, and another week, on Speaking in Equality, and so on. How each Soul Tribe chooses to engage with our emotional re-education is up to it. But we do need to take care - because (as I intimated earlier), the Emotional Level is the where the Soul Tribe is most likely to struggle, and stumble, and even fall apart...

As children we naturally depend on our biological families for our security and sense of belonging. Then in adolescence we transfer our sense of belonging to our society, to the collective. But if then, as now, our faith in the good intentions of our society is shattered; if, as now, we come to feel that not only does our society not care for us, but that it seeks to digitalise us, and transhumanise us, and use and abuse us - on what do we depend?

We might answer that we transfer our sense of belonging to The Whole, to Our Oneness, to being Human Creatures alongside so many other wonderful Creatures on this Earth; to recognising we ARE the Life Force that animates it all! But while we might be quick to answer, the heart is much slower - and trembles. This transference of our Sense of Belonging shakes us through and through. Our identities crumble around us. We are suddenly naked and free!

For some parts-of-us this can feel like a liberation, but for other parts-of-us it can feel terrifying. The society we once believed in, and depended upon, is gone. And a real, substantial, felt sense of 'being part-of everything' is not yet our direct experience. What then?! Endeavouring to protect itself, the psyche sabotages our progress. We find obscure objections to our freedom. We create conflict in the Tribe. We create distress, deviation and division.

And so, once again, I suggest we take care. I suggest we be aware - not only of the enormity of our stated material aim (to co-create autonomous, nature-embedded Local Community Cultures), but of the enormity of our psychological, emotional and spiritual endeavour. And I suggest we respect our fears and resistances, and care for them within ourselves - but that we don't let them sabotage the clarity and beauty of our Soul Tribes, and all we envision co-creating.





"Now, with these 'biodigital passports' - do they want to marginalise us?"

"Yes!"

"From What?"

*"From Urban Techno Concentration Camps called Smart Cities
where everyone's every burp and fart is recorded and evaluated and
rewarded, or not -
and A.I. prescribes one's every next step."*

"Then I thank them for their marginalisation!"

*And here among The Marginalised,
beyond the margin, even - on a whole new page -
the Smart Cities far behind us -
we look at each other and realise
we have become Social Scribes -
to write something beautiful
for ourselves; for We Who Refuse to be Biodigitalised -
and for our children's children.*



6

Co-Creating Conscious Community Cultures

"When is the Journey of Self-Knowledge activated - kundalini-like, ecstatically?"

"When our Consciousness, our Heart, and OUR ACTIONS all align!"

❧ BUILD A NEW CIVILIZATION?! WHO?! ME AND MY FRIENDS?! ❧

I agree that we need to "build a new civilisation" - but put that way, it sounds such a dauntingly vast task that we can easily feel impotent and overwhelmed... However, "weaving Soul Tribes together, into Autonomous Local Communities" WOULD BE the building of a new civilisation. I feel we don't need to go about it with grand pretensions. We just need to focus on our own local endeavours. Then, if we are REALLY doing what we say we're doing - if, conversation by conversation, and decision by decision, we really ARE Students of Reality, learning to Be and Do in Consciousness and Love - our communities will weave themselves together naturally and intelligently - and we will have our new civilization!

And just to be clear: by 'autonomous local communities' I mean people living in the same area, interacting and exchanging with each other without depending on the services or institutions of the Spellbound, Smart-City-Bound Dominant Culture. I mean people cultivating sovereign, nature-embedded, co-operative, respectful, creative cultures of their own.

Seeing it this way, we might not feel ourselves under pressure to "build a new civilisation" - but maybe even "weaving Soul Tribes into Local Communities" sounds daunting and overwhelming. I would just say that we don't need to have 'all the answers' in advance. We can learn as we go. We can approach our endeavour the way artists approach their art. They don't know exactly what the final outcome of their creativity will look like, but that doesn't stop them creating.

This Section is about the Physical Level of our endeavour - and it is written in that spirit. It is not a 'how to' guide, or an assembly manual, for piecing together the infrastructure of autonomous, local Community. It offers a framework for Soul Tribes to engage in their own creativity

❧ STEP ONE: THE SHORT-TERM ❧

The Third Part of Soul Tribe Gatherings is devoted to the Physical Level - to setting up our own, stable, independent food production; and access to drinking water; and skill sharing facilities, and means of exchange...

However - as the propaganda drums of the So-Called-Great Reset beat ever-louder, firstly, many people feel - there is some Precautionary Work to be done... Might there be a knock on the door from a kindly, intelligent-looking lady with a needle, backed up by soldiers with guns? Might 'We Who Refuse to be Biodigitalised' be blocked from the shops, from healthcare, from education, from work, from money? Or confined to our homes. Or escorted to disinfected Detention Centres? And might manufactured climate chaos, or manufactured war, or social chaos, be part of the plan to take full control?

Given the history of the twentieth century, I feel these are not unreasonable concerns - or paranoid fantasies! But different people feel differently about this. I have often heard people who recommend Precautionary Preparations be accused of 'living in fear', and being fear-mongers... Perhaps some ARE caught in fear. Perhaps not unreasonably. But perhaps some are realistic, logical, and sensible. Personally, I would recommend giving some space to this question, as follows:

Ask who in the Soul Tribe feels such possibilities are imminent - or that they could suddenly become imminent, overnight - and wants to be prepared? Ask who is asking themselves these questions:

1. If I have to flee - am I prepared?
2. If conflict or chaos come - am I prepared?

(NOTE TO THE THIRD EDITION: Re-reading the previous paragraphs, written during the Plandemic - when we didn't know how far the authorities were going to go with their 'vaccination' campaigns, their insistence on 'health passports', and so on - I feel that now, for many people, this section on 'short-term' action might seem less relevant. However, I have decided to continue including it because, as it says below, "Perhaps nobody wants to do this kind of Precautionary Preparation, which is (of course) fine too - and in that case the Soul Tribe moves straight to Step Two." I think it's clear that our main focus is not precautionary action, but establishing local communities that are more and more sovereign, and less and less dependent on the dominant society.)

So I'd still recommend that you support everyone in the Soul Tribe who wants to be prepared, be prepared - very simply, thus:

Each person who wants to be prepared in case they have to flee (question 1), lists what they believe is the proper preparation, and what they need to do (to be prepared). Each person makes their own list. And anyone who wants to be prepared for social chaos (question 2), lists what they believe is the proper preparation for that - and what they need to do. Again, each person makes their own list.

Then, over the next few weeks (and this shouldn't take longer than that), the Soul Tribe supports them in arranging everything on their list. I'll give some examples in a moment.

I feel that if we're discussing the Physical Level, the level of food and water and shelter, the level of our biological survival - then we need to respect these concerns, if people have them. Perhaps nobody wants to do this kind of Precautionary Preparation, which is (of course) fine too - and in that case the Soul Tribe moves straight to Step Two. This Precautionary Work is not the *raison d'être* of the Soul Tribe.

It is not even the *raison d'être* of the Soul Tribe at the Physical Level, or the *raison d'être* of the third part of the Gatherings! But (whether individuals want to do Precautionary Preparations themselves or not), I think you'll find that helping each other like this can be nurturing for the Soul Tribe in subtler ways...

STEP TWO: THE LONG-TERM

Step Two IS the *raison d'être* of the Soul Tribe - or part of it: the co-creation, at the Physical Level, of a self-sustaining, autonomous Local Community Culture...

There might not be an absolutely clear line between Steps One and Two - for example: someone might want to study Wild Foods (in case they need to flee); and this will be ongoing. But as soon as everyone (who wants to) has their Precautionary Preparations in place, we begin to address the Physical Level of the Co-Creation of our Community Culture.

The couples and families within the Soul Tribe who made Preparatory Lists will, of course, have collaborated. But Step One is essentially a personal process - with personal lists, and personalised support. Now we start thinking collectively. Now we're not with "if chaos comes, is MY larder stocked with enough bottles of water?", but "how do WE get water to drink, and cook, and bathe, and for our allotments - long-term: for ourselves, our children, and theirs?"

Again: we begin with questions:

1. What is primary? What do we prioritise?
2. Is this realistic where we are? Do we need to relocate?
3. What support already exists in our area (or wherever we decide to settle)? What doesn't exist?

(Relocation can, of course, be a huge enterprise - especially if one has children. However, as many commentators have noted: if you have to flee, or even if you can sit out Social Chaos fairly comfortably - then what? Beyond our short-term precautions, we need our long-term vision and plan.)

And so - each person contemplates and writes out their responses to these questions; and again, I'll give some examples in a moment - but let me first say I have observed that, as soon as we start to discuss practical matters, we often COMPLETELY FORGET everything we were practicing five minutes previously in the Heart Circle! Again: let's take care! Let's avoid this - after all, if we can't discuss practical matters in Presentness and Love, then how are we going to Act in Presentness and Love, and co-create Present and Loving Community?!

One way to avoid this is to appoint someone (a different person each week) as the 'Heart Keeper' - a person who has permission to interrupt at any point, and invite everyone to Return to the Heart. Another way is to use a Talking Stick, or agree there will always be a short silence between speakers. There are many ways, of course. But I feel that, ultimately, the QUALITY of our dialogue is even more important than the content!

Let everyone read out their responses to the three questions above. Hold to Oneness and Love. Make agreements. Decide to acquire information, if you need to. Form alliances with other Soul Tribes, and with Brothers and Sisters who are not in your Soul Tribe, who are already working in the areas you have prioritised (after all, This Revolution didn't begin with the Plandemic - it has just been accelerated!) Make plans. Initiate action. Not everyone has to do everything. Report back to the Tribe. Set your Soul Tribe's creative process in motion...

Remember: you are not just in service of your Soul Tribe - you are contributing to the co-creation of a Local Community Culture that will serve your Soul Tribe, but that will also serve others in your area...

EXAMPLES

Someone has taken on Short-Term Question 1 ("If I have to flee - am I prepared?) The Soul Tribe has invited them to make their list. This is what someone felt they had to get ready:

backpack	important (until now) documents	appropriate clothing/waterproofs
tent/tarpaulin	map	compass
water purifier	sleeping bag	radio
penknife/swiss army knife	rope	survival foods
fishing line/hooks	matches/lighter/fire stick	A PLAN!
knowledge of edible wild plants	bushcraft skills	solar/dynamo light
non-digital list of each other's addresses, etc.	agreed places/times to meet the others (in case phones don't work)	

This is just an example. Almost undoubtedly, on presenting it to the Soul Tribe, it got adjusted.

And (as alluded to before), this person believes that they will not only need 'things' (like a tent or sleeping bag), but also new knowledge (in this case - of bushcraft, and edible wild foods). So the Soul Tribe not only supports them in acquiring the 'things' they feel they need, but in pursuing the knowledge they feel they need.

Next, here's an example of a short list made in response to Short-Term Question 2 ("If conflict or chaos come - am I prepared?"):

drinking water storage	food storage	light (without depending on the centralised grid)
heat (without depending on the centralised grid)	interesting books	musical instruments
creative/playful stuff	radio (to communicate with the Soul Tribe, and others)	secret places/times to meet with the Soul Tribe
non-digital list of each other's addresses/other contacts	solar charger for digitally stored music	

Again, over a few weeks - over three or four Gatherings perhaps - the Soul Tribe supports each person in realising their list. People get busy between Gatherings, and report back to the Tribe.

Once this is done... things start to get REALLY interesting! Now we move on, to The Long-Term - to manifesting, or real-ising, Our Shared Vision: to setting things up for the generations to come - to co-creating the physical infrastructure of our Autonomous Community Culture! And we begin with Long-Term Question 1 ("What is primary? What do we prioritise?). In other words: where do we start?!

Here's a fantastically succinct list made in response to Long-Term Question 1:

In Order Of Priority:	1a. Access to water	1b. Food production (soil, seeds and chickens)
1c. Shelter (heat and light)	2a. A local Currency/Exchange System	2b. All be able to produce something, or offer a service (Skilling)

3. A Health Co-Op	4. An Education Co-Op (for adults, as well as children)	(Ongoing) minimisation of my dependencies
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Each person makes their list. We hear each other. We question each other. We question ourselves. And from our various lists, we make our Soul Tribe's (Physical Level) Priorities List - or Lists.

I say 'lists' because if we don't all live within walking/cycling distance, then we might decide to not have One List for us all. But we begin as best we can - with one list, or several, or overlapping lists - bearing in mind (as mentioned in the detailed recommendations at the end of Section 2) "that as Soul Tribes become more popular, your current Soul Tribe might subdivide into Tribes of people who live nearer to each other".

In response to the second Long-Term Question ("Is this realistic where we are? Do we need to relocate?") - some people, or perhaps everyone, might feel they DO need to settle somewhere else. This might especially be the case if a Soul Tribe has formed in a city.

If a few people are going to go elsewhere, we support them in sticking with their intention - in making it happen. And whether a few of us, or all of us, want to move - we can use our Soul Tribe's (Physical Level) Priorities List(s) to help decide where. Considering Long-Term Question 3 ("what support already exists in a certain area - and what doesn't?") might be especially helpful in deciding where to go.

It is important to remember that many, many people have been working on matters such as these for decades! So, for example, when looking at setting up an autonomous economy - investigate: is there already a Local Currency in your area? Perhaps there's a Time Bank; perhaps there are people with experience of Barter; perhaps there's a Community Second Hand Exchange Centre... Let yourselves be inspired by what others have already achieved - and perhaps they'll be inspired by your Soul Tribe, by your Sense of Tribe, and by the coherence of your vision! Link up, collaborate, co-create...

Finally, a note on the word "skilling", in the list above... We look around our homes. We look at the clothes we're wearing. Can we weave? We look at our shoes. Could we make a pair? We reach for a mug (it was so cheap in the shop!), and so on... We realise both how dependent we are, and how unskilled!

This brings us back to the words "minimization of my dependencies (ongoing)"... It's a process of simplification. It's a process of letting go of the complexity of the lifestyle we've been sold. It's a process that takes years. And it's important to recognize all our small - and big - achievements... Someone switches to a fluoride-free toothpaste; someone else stops buying products made by unethical companies; someone learns to weave, or to sew -and to make their own clothes; someone learns to make candles; someone one else stops watching TV, and so one... Every little letting go is a step on the path to sovereignty, to autonomy - to freedom from our dependence on, and trust in, an untrustworthy system. And...

Let's not be romantic about this! Many, if not most of us, have been suckling on luxury all our lives! The Co-Creation of a Conscious and Loving Community Culture might be ideologically beautiful, it might even be the only sane survival option for those of us who Refuse to Be Injected, or Carry/Be-Implanted-With The BioDigital Chip - but let's be realistic: there's a good chance that if we choose to break ranks with the Masses who March, willingly (they believe) into Smart Cities where they will be imprisoned in sparkling, techno, human-faced efficiency, and their every inefficiency punished - for us, life is not only going to be more nourishing and more beautiful, it is going to be tougher - at least at first!

Me - I am about 70 years old. Do I love this world? Yes I do! Do I love the animals and trees and the sunshine and the snow? Yes I do! Do I love my irritating, foolish, judgemental fellow Human Beings? (That's a joke, btw!) But, yes, I do! I do! And just as there have been other Eras of Existential Choice; just as so many of our ancestors have resisted That Which Hates Life, and sacrificed their days, and even their lives, in the Name of their Love of Life - I choose to gently surrender my dependencies, and find new comforts. I choose to simplify, and toughen-up a bit. And I choose to gently surrender my individualism and isolation, and come together with my brothers and sisters, in Tribe - in Soul Tribe. I choose to give and receive warmth and strength, and learn to Live Together in Oneness, and Become the Change, and live aligned and free.



7

Initiating A Soul Tribe

I want to outline three ways of ways initiating a Soul Tribe - two more Activist Ways, and a one more Organic Way...

❧ AN ACTIVIST WAY ❧

1. Committing to What You'll Ask of Others

After reading The Soul Tribes Booklet, sit with it. Don't rush to invite people to form a Soul Tribe. To initiate a Soul Tribe is a considerable undertaking. Make sure, if you're going to do it, that the Soul Tribes Proposal resonates with you completely; that it puts words to your Own Deep Knowing - as well as a Deep and Soulful Longing.

Remember: the essence of the Soul Tribes Approach is that to co-create Conscious and Loving Community, we are called to Become Conscious and Loving People. Not 'to be' Conscious and Loving People, but 'to become' Conscious and Loving People. In other words, you are inviting people to come on a Shared Transformational Journey.

In fact, you are inviting people to co-create a Soul Tribe - an energy field of Consciousness and Love - to become brothers and sisters on a journey of Letting Go and Oneness; a journey of psychological and emotional individuation and closeness; a physical journey into a more direct relationship with the Earth; and a political journey of autonomous Local Community Co-Creation. So that's quite an invitation!

Ask yourself - before you put out your invitation - whether YOU would reply "yes, absolutely!" to such an invitation - whether you yourself want to embark upon Such a Journey.

And if you feel clear - if you DO reply "yes!", and you DO want to embark - then Call your Tribe! No one can co-create alone!

2. Sharing And Inviting

Begin by sharing The Soul Tribes Booklet with people in your Local Area who you feel might be interested. Find your own ways to do this, and be creative.

When you share The Soul Tribes Booklet digitally, say something personal about how it has touched you, and explain that you want to start a Soul Tribe locally. Explain that in order to do this, you are inviting everyone to the First of Three Gatherings. (Nobody needs to agree to come to all three in advance.)

The idea is that these Gatherings will be a whittling down process, beginning with lots of people, and lots of general interest - and ending up with a small, committed group. So in your own words and way, let people know that these Three Gatherings will be structured, as follows:

Gathering One: The Proposal

- We'll begin with a short meditation, or dance - with some way to arrive and settle deeply.

- Then we'll Sit in Circle, and one by one, we'll introduce ourselves, and share the way in which the Soul Tribes Proposal has touched us. Once everyone has spoken, we'll open the circle for general discussion.
- After that, we'll close the circle with due respect, and just be together. (Please bring food and drink to share.)

Gathering Two: Agreements

- We'll do the same as at the first Gathering, except that when we Sit in Circle everyone will be invited to share specifically about the More Detailed Recommendations at the end of the Section 2 of The Soul Tribes Booklet.

At Gathering Three: Becoming Tribe

- Once again, we'll do all we did at the previous two Gatherings. Plus, this time, after meditating, or dancing, or whatever we do to Connect with our Deepest Selves and Our Oneness - we will co-create a way to formalise our Commitment to the Tribe, to each other, and to the Journey Ahead. By the end of this Gathering we'll be sitting together, for the first time, as a Soul Tribe!

3. Other Considerations

- Ask everyone to please make sure they've read The Soul Tribes Booklet before coming to Gathering One.
- Ask everyone to please re-read the More Detailed Recommendations (at the end of section 2 of this booklet) before coming to Gathering Two.
- Ask (after Gathering Two) that whoever comes to Gathering Three please be clear that they want to commit to being part of a Soul Tribe.
- You might want to read out section 1, 'Soul Tribes in a Nutshell', near the beginning of Gathering One - to tune everyone in. (You might want to read it aloud at all three Gatherings.)
- If you don't feel confident to facilitate meditation/dance, or a Sharing Circle - just ask for help.
- If you want to share your experience of this process with me, I would love to hear from you. And please do get in touch if you feel stuck or unsure in some way, and feel I might be able to support you.

❧ AN ORGANIC WAY ❧

A Soul Tribe is a group of people who have chosen to Learn to Relate and Co-Create in an energetic field of Consciousness and Love. As I have said - this is a mega endeavour! To form such a Tribe, and embark upon such a sacred, shared Learning, would almost-certainly radically change most people's lives. It is to take full, living responsibility, together with others, for the fact that we ARE Evolution.

We see the Dominant Culture - perhaps disintegrating, perhaps entering Transhuman Smart City Dystopia, perhaps both... Some of us, I believe, need to take the risk, and form Soul Tribes, and step outside, and co-create in the spirit of the culture we wish to bestow upon our descendents.

In the first part of this Section I suggested an Activist Way of Initiating a Soul Tribe - by calling public meetings. Here's another, more Organic Way...

1. Plant Yourself First!

Decide to Become a Soul Tribe of One! This is essential. If you, personally, aren't committed to Learning to Live with others in Love, and to the manifestation of a new culture out-of the energy field you create together - then how can you expect others to join you?! So first: Become a Soul Tribe of One! Look in the mirror, whenever you're ready, and Declare yourself a Soul Tribe of One!

Then look over the More Detailed Recommendations in section 2 of this booklet, and see what seems relevant to a Soul Tribe of One. Begin to hold regular Soul Tribe Gatherings - by yourself!

2. Scatter the Seed.

If you have a partner, or close friends - share The Soul Tribes Booklet with them. Tell them you've become a Soul Tribe of One - and are open to new members! And if one other person is touched by the Soul Tribes Proposal, and moved to join you - then you become: a Soul Tribe of Two! And so on... Keep meeting regularly.

3. Let the Tribe Grow

No need to sell anything. No need to preach. Just share The Soul Tribes Booklet with people you feel close to, or drawn to - and invite them to your regular Gatherings. If the atmosphere is unpretentious, and intimate, and creative - the Tribe will soon grow...

Once you're a dozen-or-so adults, review the More Detailed Recommendations in section 2, make your agreements, and then dream-up a simple Ceremony of Commitment to each other, to the Soul Tribe - to the Shared Journey Ahead! I feel this is a necessary, as well as a beautiful and empowering way, to unite and Initiate the Tribe.

And once again: If you want to share your experience of this process with me, I would love to hear from you. And please do get in touch if you feel stuck or unsure in some way, and feel I might be able to support you.

❧ A WEEKEND TOGETHER ❧

I love to facilitate weekends to initiate Soul Tribes - and if you want me to come to your local area, just get in touch...

Another possibility is to organize a weekend gathering, with other interested people where you live...

For a group of people from the same area - all interested in the Soul Tribes proposal, all wanting to start a Tribe - to come together to spend a weekend together, could obviously be a deep, nurturing and powerful experience. Potentially, everyone would arrive as individuals, and everyone would leave as a Tribe!

So here are some quite detailed recommendations, in case this way of forming a Soul Tribe resonates with you.

And please don't forget that these are recommendations, not instructions! They are recommendations to support the organization and facilitation of weekend gatherings aimed at

forming a Soul Tribe . So please receive them in that spirit - as support. Take what you feel could serve you, and leave aside whatever doesn't resonate with you!

And again: if you have any questions - please don't hesitate to contact me...

1. General Recommendations

i. Requirements

- that the people who attend have read The Soul Tribes Booklet
- that the people who attend feel a resonance with the proposal, and are interested in forming a Soul Tribe in their area.

ii. Money and Commitment

- that it's not a paid workshop
- that expenses are shared
- that people agree to attend the full 'weekend workshop' (in other words, that the fact this is not a paid workshop doesn't mean it requests less commitment)

2. The Structure of the Weekend

i. Place

- if possible, hold the weekend at a residential venue, where you can spend the whole weekend together (without going home every night) - but if, for whatever reason, this isn't possible, bear in mind the energetic dispersion, or lack of group cohesion, that this can cause
- choose a place in nature. Again, if this isn't possible, try to include some natural elements in the room

ii. Structure

- divide the weekend into sessions, and in each session include:
 - (i) an 'Opening'. This might include sitting meditation, and/or a meditation with movement (dance, tai chi, etc), and/or other practices/techniques the group knows, or is inspired by.
 - use these Openings as an opportunity to practice Flexible Form. Quickly design an Opening in the first session, then quickly review it (and perhaps adjust it, or refine it) at the beginning of each subsequent session. When I say 'quickly', I mean in about 5 minutes. (See the final section of chapter 4 - Unity - 'Co-Creating Openings, Rituals, Festivals: Flexible Form')
 - (ii) a 'Heart Circle' (explained in chapter 5 of this booklet)
 - (iii) a theme (see below)
- you may (or may not) like to include a short reading from The Soul Tribes Booklet, or some other relevant/inspiring text, at the beginning of each session.
- have five sessions: Friday evening, Saturday morning, Saturday afternoon, Sunday morning, Sunday afternoon - or four sessions, if people can't come on the Friday evening. But in my opinion it's much better to start on the Friday (so that the psyche soaks up the subject matter before going to sleep on the Friday night, and doesn't spend the Saturday morning situating itself within the subject matter)
- start on Friday at 6:00 p.m., and end on Sunday at 6:00 p.m.
- the workshop could be organized like this:
 - Friday: session 1 + supper
 - Saturday: session 2 + lunch + session 3 + supper
 - Sunday: session 4 + lunch + session 5

(or: Saturday: session 1 + lunch + session 2 + supper; Sunday: session 3 + lunch + session 4)

3. Session Themes

The theme of each sessions is not only the 'focus' of the session, but also an opportunity to stay - as a group, as a Soul Tribe - together - within a sacred, conscious, intimate and empowered energy field.

After all, the personal experience of each participant is the most important thing. What each person will take away from the weekend, over and above anything else, will be their EXPERIENCE of the energy field.. They will remember their felt experience. And if it has been an experience of unity - of having felt part of an intimate extended-family - united on a spiritual level, but also on a very personal, human level - and also at the level of a shared commitment to becoming sovereign, autonomous and free from the domination of the system - well, they will take away THE EXPERIENCE OF WHAT IT IS to belong to a Soul Tribe in their hearts - and this, more than anything, will ensure the beauty and continuity of the Tribe.

- Session 1 - Friday Evening: everyone introduces themselves, and shares what prompted them to come to the workshop - and what it is they long for.
- Session 2 - Saturday Morning: How everyone understands, and what everyone feels about, the Soul Tribes vision.
- Session 3 - Saturday Afternoon: deepening into the suggestions given in chapter 5 of this booklet on Herat: 'Learning to Relate in Consciousness and Love' (a first practice-experience of a Heart Circle)
- Session 4 - Sunday Morning: deepening into the subject matter of becoming independent of the insane dominant culture. Sharing situations and personal challenges: what has already been achieved (although they may seem like small things, such as having stopped buying certain products, or having stopped watching TV); and personal next steps (even small ones). The important thing is to have clear shared direction - and not stop!
- Session 5 - Sunday Afternoon: the formation of the Tribe (or Tribes, if there are people from various locations). Here you can use the recommendations at the end of chapter 2 to make concrete agreements/commitments. You can also co-create a small ritual in which each person expresses their commitment out loud, in front of the others.

If you can't meet on the Friday evening, and there will only be four sessions, you can merge the first two. So in the first session each person introduces themselves, talks about why they have come and what they long for, AND their understanding of, and feelings about, the Soul Tribes vision.

4. Other Notes

- i. there are some recommendations on Facilitation at the end of chapter 2.
- ii. In the session to deepen into what a Heart Circle is (explained in chapter 5 of this booklet: 'Learning to Relate in Consciousness and Love') a possibility would be to choose only one of the suggestions (instead of trying to focus on all of them at once). So, for example, everyone would focus on "all I ever have is my own experience", and go deeper into what it feels like to only speak from that understanding.
- iii. many insights, connections between people, and all sorts of unexpected interactions take place

BETWEEN sessions. So I'd like to remind you not to overlook the importance of the lunch and supper breaks, of the informal time after supper - and also of the importance of the dreams that come to us during the night.

IV. If, for whatever reason, you can't spend a weekend together, you could organize the five sessions as five two-or-three hour meetings, on a weekday evening, over five weeks. This format would be an alternative to the other 'activist way' I proposed (above) - in which I recommend a series of three meetings.



8

Integrating The Soul Tribes Approach

(into Existing Groups, Organisations, Communities, and so on...)

1. Smaller Groups

Another possibility is not to Initiate a Soul Tribe, but to Integrate the Soul Tribes Approach into a group, or association, or community to which you already belong.

By 'integrate' I mean: letting your existing group's Sense of Itself absorb the Soul Tribes Proposal, and be transformed by it - so that, as well as continuing to do whatever it was already doing, the group now also becomes a Soul Tribe. This may or may not mean adjusting the structure of how you meet, but it will almost-certainly mean a deepening - a deeper Unity, a deeper Intimacy, and a deeper, more expanded Sense of Purpose.

Structurally: let's imagine a Meditation Group that meets regularly - and let's imagine the Soul Tribes Proposal has resonated with everyone... They might decide to add Heart Circles (the emotional level) to their meetings, and Conscious Community Co-Creation (the physical level) to their concerns.

Or let's imagine a Local Action Group that meets regularly to campaign, say, for citizens' rights - and that the Soul Tribes Proposal has resonated with them too... They might decide to add Sacred Openings, and Heart Circles, to their meetings.

Or a group might decide to include specific structures from the Soul Tribes Approach. For example, a Support Group might already be meeting regularly to share their emotions - but then decide to give attention to the five aspects of Speaking one's Heart, and Relating in Love, outlined in section 5 - and find that this helps them stay more connected and present.

But, as I said, 'integration', as I mean it here, is more than structural adjustment - it is a deepening, and an expansion. Friends become Family - and the group's Sense of Itself expands, as it comes to situate itself as part of The Emergence, in service of our Collective Evolution.

2. Organisations, Eco-Villages and Communities

If an organisation resonates with the Soul Tribes Proposal, and decides it wants to integrate it - it can do so by 'subdividing by locality' - in other words, whatever the organisation's overarching purpose, it can invite its members to cluster in Soul Tribes of people who live near each other. And these Soul Tribes can then be woven together in a horizontal, egalitarian power structure - such as Sociocracy - and collaborate, and inspire each other, and all meet together sometimes - all of which will utterly transform the organisation!

Similarly, an Eco-Village, or Intentional Community, might want to integrate the Soul Tribes Proposal - and it too can 'subdivide by locality'. Even if a Community is already organised in overlapping, interdependent Circles of Equals (as in Sociocracy) - the Circle responsible for the animals and allotments, the Circle responsible for maintenance and construction, the healthcare Circle, and so on - another 'layer' of interdependent Circles (the Soul Tribes layer) can be

superimposed upon the existing, task-based layer.

3. Support

Finally, as I said in the last chapter: if you want to share your experience of this process with me, I would love to hear from you. And please do get in touch if you feel stuck or unsure in some way, and feel I might be able to support you.



9

Mark the Mystic Activist

I

I was born in 1954, in London. I have been a hippie, a monk, an author, a psychotherapist, and a homesteader. Today I live off-grid, not far from Barcelona, and am absolutely serious when I jokingly call myself 'Mark The Mystic Activist'...

I was born into a non-religious Jewish environment. There was Tribe, there was community. But I couldn't accept the authority or the beliefs, which seemed too rigid. I came to feel I had to leave this first experience of belonging to a Tribe, to a community - my first, cosy, childhood experience of belonging - and at 17 I left...

Then from 24 to 34, I spent ten years as a Hindu monk - and had an even deeper and more intense experience of the unity and closeness that being part of a Tribe can bring. But at the same time, it was also a deeper and more intense experience of rigid authority and hierarchy, and of unquestionable beliefs - so that, finally, I felt I had to leave that community too.

I wrote a book 'Sex, Spirit & Community' in the late 1990s - trying to clarify what kind of Tribe I was looking for. And in my forties and fifties I co-founded and co-directed a project that promoted community based on a collective understanding of gender. We formed self-knowledge, growth and personal development groups for men, women and couples (not just heterosexual). At first it was wonderful, but little by little, I came to feel that this collective approach to gender was provoking too much anger in the women, and too much guilt in the men - and although I'd co-founded the project, I felt that, once again, my search wasn't going to end there...

And so, at almost 70, after a lifetime of exploring how community is woven - I started the Soul Tribes project - still convinced, in fact more convinced than ever, of the beauty and importance, perhaps for almost all of us, of having our Tribe - and trying to unite everything I'd learned.

As I said at the beginning of this booklet: Soul Tribes are experiential (not online) Tribes of 10-20 people - united spiritually, emotionally, and in action (in becoming in-dependent of the dominant culture). After so many years of exploration it might seem a very simple vision - and it is - but sometimes it takes quite some struggle to arrive at simplicity!

In my long-term vision, these Tribes interweave and form Local Communities; and these Local Communities interweave together to form a new extended culture - little by little... But the first thing is to form Tribes, extended families - not biological extended families, but extended values-based families - families of the soul.

And when I say "the first thing is" - I don't mean to imply that a new culture hasn't already been emerging for years. I recognize, of course, that many currents - from psychotherapy, to permaculture, to meditation, to holistic nutrition - have already been influencing mainstream culture for a long time. At the same time, I feel that there is a space we have to fill, if we are going to transform the culture in a radical way. This is the space between the individual activist, and the masses who come out to demonstrate. It is the space where The Tribe fits. We can't do it alone. And we're not really united if we only come together on the streets, or online. We are not really united if we don't even know each other!

Perhaps the Plandemic is over. Maybe that's true, maybe not. For me, it doesn't matter. For me, the

Plandemic was/is just a strategic manoeuvre, just a step on the ruthless and relentless march of the Dominant Culture towards a Transhuman and Inhuman Global Dictatorship.

In my opinion, we have to continue resisting. But for our resistance to be real, it has - deep down - to be affirming another way of being. And we have to practice this way of being, we have to learn it - and we don't learn it by ourselves. We learn it in Tribe, together - in an atmosphere of trust, creativity and courage.

And we can co-create this atmosphere for ourselves, in our local areas. We don't need every person on the planet to sign up - we just need a dozen daring souls to choose a life lived in the present, in the sacred present, in the magic and mystery of the moment - brothers and sisters, children and grandchildren - a dozen 'grounded-dreamers', 'realistic-idealists' - who also refuse to have their minds cropped by the Technocrats; who also want to live in openness, appreciation, and gratitude for the Gift of Life...

Make the call! Convene your own Tribe! Don't expect someone else to do it for you!
And as I have said, several times, in this booklet - I'm here: happy to support you in whatever way I can...

With love and respect always,
Mark the Mystical Activist.



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Contact

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(There's also a Spanish Telegram Channel: <https://t.me/tribusconscientes>)

This Soul Tribes Booklet and the articles "Tribes of the Clear Mind" and "Love and Revolution" are available for free download in English on the Telegram Channel t.me/soultribes, in Spanish on the Telegram Channel t.me/tribusdelalma - and in both English and Spanish on my website <https://www.markthemysticactivist.com>

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THE SOUL TRIBES BOOKLET

A Resource.

A Framework.

An Approach.

A Vision.

A Proposal.

A Plan.

