

CONSCIOUS TRIBES

~ *Seeds of a New Culture* ~

THE PRACTICE OF 'CONSCIOUS RELATING' AS A TRIBE



AUDIO SUPPORT WITH MINIMAL PROMPTS, 40 MINUTOS, FOR TRIBES WITH SOME EXPERIENCE OF THE PRACTICE

NOTES

* This is a transcript of the Support Audio for the practice of CONSCIOUS RELATING AS A TRIBE with minimal prompts. It's less directive than a normal guided meditation tape. It asks for less of your attention, and gives you more time to be with yourself.

* If the Tribe is big, or you just want more time, you can extend the third part of the practice.

* This is a Support Audio to guide you through the practice of CONSCIOUS RELATING AS A TRIBE either "as expression" (the most structured way), or "as conversation" (allowing the free-flow of self-disclosure).

If you do the practice "as expression" - in the third part, you do 'rounds': you go around the circle, and each person reveals their experience of the moment (physical, mental, emotional, energetic, existential), using concise sentences - without needing to respond to what the previous person, or people, have said.

If you do the third part of the practice "as conversation" then anyone can speak whenever they want, and they respond to what has been said - from within their own experience, of course - and their Belonging, and in Intimacy...

* You can also create your own Support Audios! And you can always, of course, do the CONSCIOUS RELATING AS A TRIBE practice without any Support Audio. And another way to practice CONSCIOUS RELATING AS A TRIBE, perhaps "the ultimate minimalist Support Audio way", is to set alarms to go off after 10, 20 and 40 minutes - to mark the end of parts one and two, and the end of practice.

Sit in circle, comfortable and connected - and everyone closes their eyes...

PART 1: "UNIQUENESS AND BELONGING"

BEGIN

with "Breath for Yourself" (exhaling throughout the whole body). Feeling (not thinking) the breath.

AFTER 2 MINUTES

begin "Breath for Myself, then Breath for the Universe/for Existence/for The Great Mystery..."

AFTER 6 MINUTES

With "Breath to Self" feel your Uniqueness, with "Breath to Great Mystery" feel your Belonging.
Become more deeply aware of Yourself as a Unique Expression of The Great Mystery.

PART 2: "CONNECTION AND EQUILIBRIUM"

AFTER 10 MINUTES

open your eyes. Look at the Tribe gently, without looking at anyone in particular.
Continue with "Breath for Yourself, Breath for The Great Mystery"

AFTER 11 MINUTES

begin "Breath for Myself, Breath for the Tribe",
offering 50% of your attention to Yourself, and 50% to the entire Tribe. Find Equilibrium..

AFTER 14 MINUTES

become more deeply aware of your equality with everyone - and of your sameness:
feel yourself in your unique experience of this moment,
and feel everyone else in their unique experience of this moment.

AFTER 16 MINUTES

with "Breath for Yourself" let yourself be-seen - be energetically naked.
With "Breath for the Tribe" - see the Tribe, and feel it:
open to the "assembly of Faces of God, of the Goddess, of the Great Mystery" all around you,
and of which you are one.

PART 3: "EXPRESSION OR CONVERSATION"

AFTER 20 MINUTES

hold the same soft gaze, and continue with "Breath for Yourself, Breath for the Tribe"...

If you're doing the practice "as expression" go around the circle and one by one share your own, unique experience of the moment (physical, mental, emotional, energetic and spiritual) - while the others hold the space with their soft gaze and breathing.

If you're doing the practice "as conversation", anyone can share their subjective perspective on whatever they want, whenever they want - although now your 'self-revelations' relate to what has already been said.
It is a conscious conversation. Speak concisely.

Please start - whether "as expression" or "as conversation". You have 20 minutes.
I will tell you when it is time to end.

AFTER 40 MINUTES

finish by expressing gratitude.