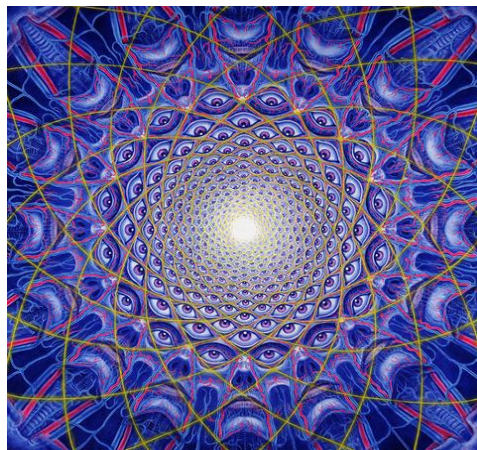


THE PRACTICE OF 'CONSCIOUS RELATING' AS A TRIBE



TRANSCRIPT OF GUIDE AUDIO MINIMALIST TRIBE

40 MINUTOS (ALTHOUGH IT CAN BE EXTENDED)

FOR TRIBES WITH SOME EXPERIENCE OF THE PRACTICE

NOTES

* This is a transcript of the Guide 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.

* This is a Support Audio to guide you through the practice of Conscious Relating As A Tribe either as "Expression" (the more 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, about whatever subject they want (not only about their direct experience of the moment), 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 Guide Audios! You can also do the Conscious Relating practice As A Tribe without any Guide Audio. And another way to practice Conscious Relating As A Tribe, perhaps "the ultimate minimalist Guide 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.

* This is a transcript of a 40 minute Guide Audio. But if the Tribe is big, or you just want more time, you can extend the third part of the practice. You can decide beforehand how long you want to do the practice for, or whether you just want to leave it open...

* Decide beforehand whether you'll be doing the second part of the practice with the person sitting

on your right or your left.

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PART 1: "UNIQUENESS AND BELONGING"

Sit in circle, comfortably and connected - and all close your eyes...
Begin with "Breath to Myself". Nothing else. Exhale through your whole body -
feeling (not thinking) your breath.

AFTER 2 MINUTES

begin alternating "Breath to Myself, Breath to the Great Mystery..."

AFTER 6 MINUTES

become more deeply aware of Yourself as a Unique Expression of The Great Mystery.

PART 2: "CONNECTION AND EQUILIBRIUM"

AFTER 10 MINUTES

in silence, turn towards your practice partner.
Look gently into their eyes, and let them look gently into yours.
Continue with "Breath to Myself, Breath to the Great Mystery".

AFTER 11 MINUTES

begin "Breath to Myself, Breath to 'Other'",
offering 50% of your attention to Yourself, and 50% to your practice partner.
Feel their presence, and feel your own. Find Equilibrium..

AFTER 14 MINUTES

become more deeply aware of your equality - and of your sameness:
you in your unique experience of the moment,
your practice partner in their own unique experience of the moment.

AFTER 16 MINUTES

with "Breath to Myself" let yourself be-seen - be energetically naked.
With your "Breath to Other" - see your practice partner.
See and be-seen as two unique Faces of God, of the Goddess, of the Great Mystery.

PART 3: "EXPRESSION OR CONVERSATION"

AFTER 20 MINUTES

in silence, turn back towards the Tribe, and feel your equality with everyone.
Let your eyes connect briefly (for 10 or 20 seconds) with the eyes of every member of the Tribe.

Continue in 50/50, but now offer 50% of your attention to yourself,
and 50% to the Tribe as a whole.

Now breathe "Breath to Myself, Breath to 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).

Everyone holds the space together - with their soft gaze, and conscious breathing.

If you're doing the practice as "Conversation", anyone can talk about any subject they wish,
and what people respond is now related to what has been said.

Everyone is aware that whatever they share is a revelation of their subjective perspective.

It is a conscious conversation.

Speak concisely.

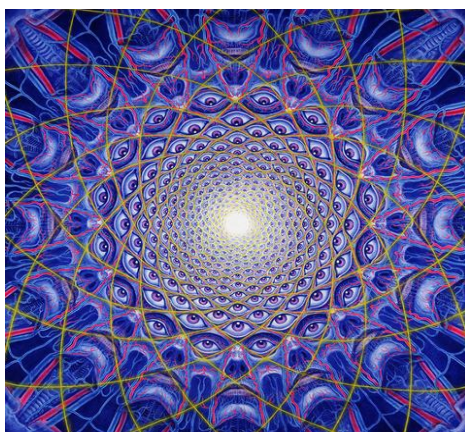
Please start - whether as "Expression" or as "Conversation". You have 20 minutes.

I will tell you when it's time to end.

AFTER 40 MINUTES

finish by expressing gratitude.

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CONSCIOUS TRIBES

Seeds of a New Culture

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