

# CONSCIOUS TRIBES

## *Seeds of a New Culture*

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### THE PRACTICE OF CONSCIOUS RELATING



**AUDIO SUPPORT WITH MINIMAL PROMPTS, 30 MINUTES  
(FOR PEOPLE WITH SOME EXPERIENCE OF THE PRACTICE)**

#### INTRO. NOTES

- \* This is a transcript of the CONSCIOUS RELATING Audio Support with Minimal Prompts. It is less directive than a normal Guided Meditation Tape - asking less of your attention, and giving you more time to be with yourself.
- \* You can also create your own Audio Support!
- \* And you can always, of course, do the practice of CONSCIOUS RELATING without any Audio Support at all.
- \* Another way to do the practice of CONSCIOUS RELATING - perhaps "the Ultimate Minimalist Audio Support" way - is to set alarms to go off after 10, 20 and 30 minutes - to mark the ends of the first and second parts, and the end of the practice.
- \* This is Audio Support to guide you through the practice of CONSCIOUS RELATING between two people, "As Expression". If you have chosen to do the practice of CONSCIOUS RELATING between two people "As Conversation", just stop this audio at end of the second part - and begin your conversation. Remember to both continue with the same breathing as in the second part ("breath to self, breath to other") - as you allow the freeflow of self-revelation. And bear in mind that you only have ten minutes, so keep your sharings concise.

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*Sit facing each other, at a comfortable and connected distance, both close your eyes, and then...*

## **PART 1: "UNIQUENESS & BELONGING"**

### **BEGIN**

with "Breath to Yourself" (whole body exhalations). Feeling, not thinking the breath.

### **AFTER 3 MINUTES**

begin "Breath to Yourself, Breath to the Universe" \*

### **AFTER 6 MINUTES**

become more deeply aware of yourself as a Unique Expression of The Totality.

## **PART 2: "CONNECTION & EQUILIBRIUM"**

### **AFTER 10 MINUTES**

open your eyes. Hold each other's gaze softly. Maintain the "Breath to Self, Breath to the Universe".

### **AFTER 11 MINUTES**

begin "Breath to Self, Breath to Other" \*\*, offering 50% of your attention to yourself, and 50% to your Practice Partner. Find equilibrium.

### **AFTER 14 MINUTES**

become more deeply aware of your equality - your sameness.

### **AFTER 16 MINUTES**

With "Breath to Self" let yourself be-seen - be energetically naked. With "Breath to Other" - see... Open to The Great Mystery sitting in front of you.

## **PART 3: "EXPRESSION"**

### **AFTER 20 MINUTES**

Holding the same gentle gaze, and both continuing to breath ""Breath to Self, Breath to Other" - one of you now shares their present-moment experience (physical, mental, emotional, and energetic/spiritual). Speak concisely - you only have five minutes. The other holds the space with their gaze and breath. Please begin.

### **AFTER 25 MINUTES**

Gently swop roles: the one who has been speaking now holds the space, the one who was holding the space now speaks. Please begin.

### **AFTER 30 MINUTES: END**

by expressing gratitude.

\* Offering alternate exhalations to your own body, and then to The Universe - to Life, Existence, The Tao, God, The Goddess, The Totality, The Great Mystery of which we are all part...

\*\* Offering alternate exhalations to your own body, and then to your Practice Partner.