

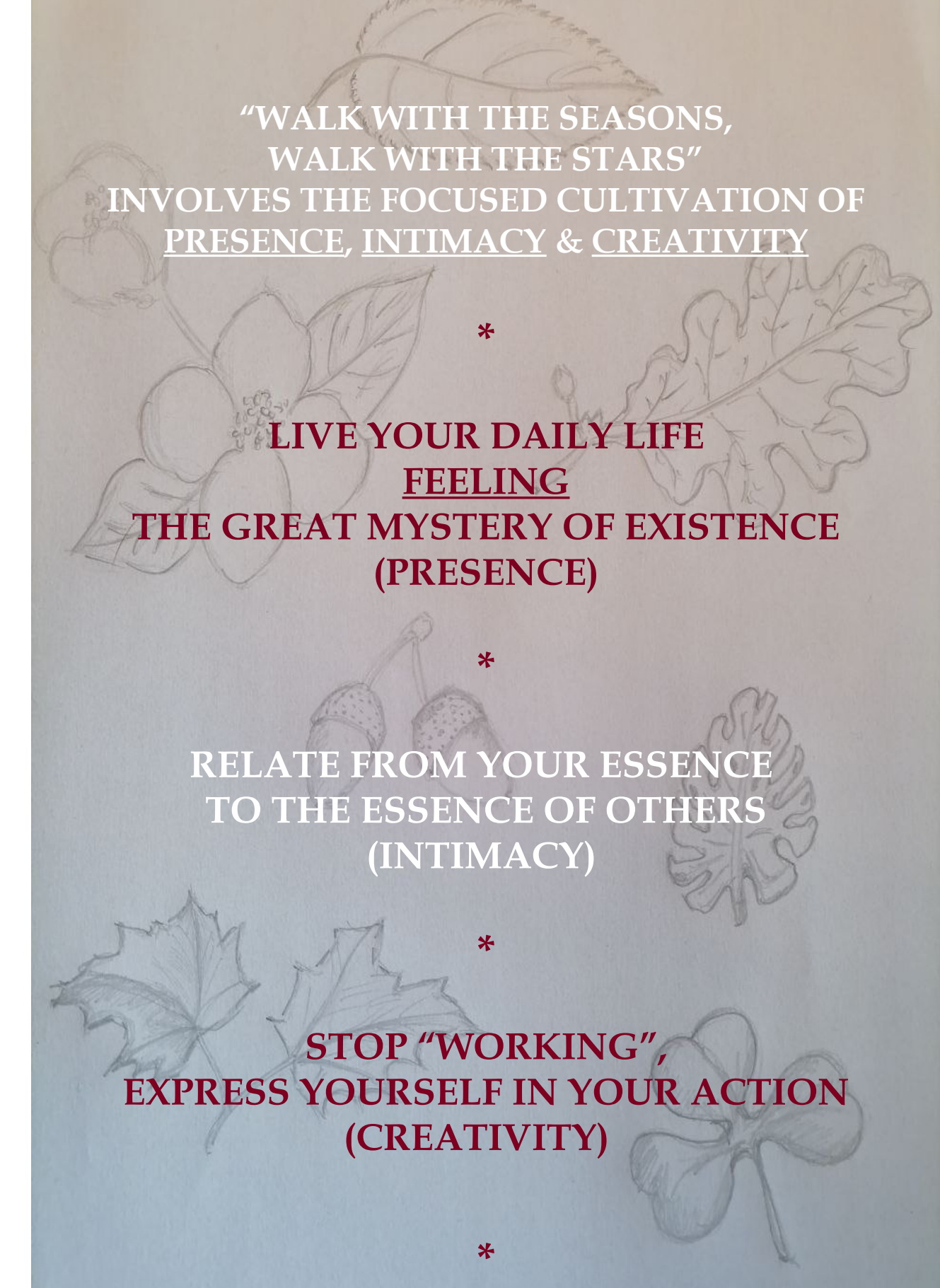
**“WALK WITH THE SEASONS,  
WALK WITH THE STARS”**



**PRIVATE SESSIONS FOR INDIVIDUALS AND COUPLES**

**TO GATHER  
KNOWLEDGE & SKILLS  
TO WALK THE PATHLESS PATH**

**WITH  
MARK THE MYSTIC ACTIVIST**



**“WALK WITH THE SEASONS,  
WALK WITH THE STARS”  
INVOLVES THE FOCUSED CULTIVATION OF  
PRESENCE, INTIMACY & CREATIVITY**

\*

**LIVE YOUR DAILY LIFE  
FEELING  
THE GREAT MYSTERY OF EXISTENCE  
(PRESENCE)**

\*

**RELATE FROM YOUR ESSENCE  
TO THE ESSENCE OF OTHERS  
(INTIMACY)**

\*

**STOP “WORKING”,  
EXPRESS YOURSELF IN YOUR ACTION  
(CREATIVITY)**

\*



## PRESENCE


*The only thing we ever have  
is our own, unique experiencing  
(which is only ever of the present moment),  
but we tend to live "out of ourselves" ~  
not experiencing our experiencing!  
As we learn to "be inside" our experiencing  
we discover The Great Mystery.  
We come to know that we are Part of It ~  
That We Belong.*

## INTIMACY

*As we learn to stay "inside" our own experiencing,  
and Our Belonging,  
through our daily lives  
(not just when we're meditating!)  
we discover that we are, and that every person is,  
a unique face, a unique expression of  
The Great Mystery of Existence.  
We see gently beyond the often unkind behaviours  
of those who are "out of themselves",  
and when we meet others who are Also Present  
we find ourselves together  
inside the exquisite beauty  
of unsentimental Universal Love*

## CREATIVITY

*As we learn to live in Presence and Intimacy  
our capacity for Free Choice increases.  
We can choose the part we want to play in the world.  
We don't need to "earn our living" ~ we are already living!  
Our focus is less on making money,  
and more on self-expression, contributing and sharing.  
We now have no boss - we are our own boss!  
Our action becomes our offering to The Great Mystery ~  
to The Sacred Miracle of Life.*



TO "WALK WITH THE SEASONS,  
WALK WITH THE STARS"  
MEANS...

*~ facing our aloneness, and our 'not-knowing',  
and entering the Magic of The Mystery*

*~ recognising our wounding and conditioning*

*~ relating tenderly  
to our wounding and conditioning*

*~ taking total responsibility for ourselves*

*~ experiencing deep equality with everyone*

*~ holding everyone in one's heart*

*~ overflowing with gratitude*

*~ letting the world be our canvas.  
Acting with daring and courage,  
boldness and freedom,  
originality and joy!*

## Mark The Mystic Activist

*I was born in the suburbs of London in 1954. As a young man I traveled as a hippie ~ "searching for the truth" while mostly stoned out of my head! I then spent a decade in the clouds as a Hindu Monk!*

*After that I got bashed about, and bashed into shape, by my greatest teacher: Intimate Relationship! I also spent those decades posing as a psychotherapist ~ offering private sessions and workshops for groups of men, mixed groups and groups of couples in Spain, England and the United States.*

*I have had the audacity to publish seven books on gender, community development and self-knowledge. That said, I find some of them profound and hilarious!*

*For the last five years I have been living simply, off-grid in Northern Spain ~ developing the Conscious Tribes Project, and looking after my allotment and chickens...*

*(You can find out more about me, the Conscious Tribes Project, my books, articles, stories and poetry on my website.)*

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## "WALK WITH THE SEASONS, WALK WITH THE STARS" IS NOT THERAPY

*When I say "Seasons & Stars" isn't therapy, I don't mean it isn't healing. I mean that we won't be focused on any specific "problems" you might be encountering. We will be cultivating a Way of Walking "The Pathless Path" within which ALL "problems" dissolve.*

## Interested?

*If this is stirring your interest ~ please get in touch.*

*We can arrange an initial session.*

- ~ Sessions last 1½ hours.*
- ~ Sessions can be face-to-face in Catalunya, or online.*
- ~ If you then want to go deeper I will ask you to commit to a "journey" of 6 weekly 1½ hour sessions, and various practices and enquiries at home between sessions.*
- ~ I will walk alongside you throughout this journey.*
- ~ A session costs £60 / 65€ (couples £110 / 120€)*
- ~ All online sessions must be paid in advance.*

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## Contact

*You can get in touch with me  
by email ~*

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*Or via my website ~*

*www.markthemysticactivist.com*

