

CONSCIOUS RELATING

the foundation of an alternative, conscious culture

A FREE ONE-DAY WORKSHOP



*How can we co-create an alternative, conscious culture
if we ourselves are not becoming conscious?
Good question! But what does it mean “to become conscious”?*

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I understand it like this... The only thing we ever have is our own, unique experiencing (which is only ever of the present moment), but most of us, most of the time, tend to live “out of ourselves” ~ not experiencing our experiencing! For me, “to become conscious” is to live our daily lives increasingly “inside” our experiencing. And when we do - we gradually come to know ourselves to be miraculous, mysterious creatures embedded within The Great Miraculous Mystery of Existence.

But cultures are relational systems. No one can be a culture by themselves! So if we want to co-create an alternative, conscious culture, the next question is “how do we relate consciously?”

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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 living increasingly consciously we find ourselves together inside the exquisite beauty of unsentimental Universal Love.

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*Are these grandiose, even pretentious, words?
They can only be evaluated experientially. Which is why our day together will be devoted to The Practice of Conscious Relating – to experiencing deep, present, intimate relating.*

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When? Saturday October 5th, 11am – 7pm.
Where? In the countryside, not far from Huesca, Aragon, Spain.
The day will be facilitated by ‘Mark the Mystic Activist’,
creator of ‘The Conscious Tribes Project’.

The workshop is free. (Donations in Euros/Junas optional.)
Places are limited.

To apply for a place please send a short paragraph outlining your interest to:
markthemysticactivist@protonmail.com

There will be an optional, free, follow-up workshop on 16th November – and you will be invited to set up private, one-to-one meetings (face to face, or online) between the two workshops, to continue exploring The Practice of Conscious Relating together.

To find out more about Mark, The Practice of Conscious Relating, or The Conscious Tribes Project, please visit: www.markthemysticactivist.com

(The workshop will be in English. There will be separate workshops on 12th October and 23rd November in Spanish. Details are on the website.)