

## ONLINE COURSE

# “CONSCIOUS RELATING, CONSCIOUS SOCIETIES”



### *An intimate, committed, five-week, online course with Mark The Mystic Activist*

*"We could establish alternative local economies, holistic health and education systems, and learn to live more naturally. We could, eventually, establish self-sufficient, sovereign local communities.*

*BUT, if we don't relate consciously, all we'll have done is reorganized ourselves. We would not have become the seed of a truly different society. We would have established better organized local communities - more ecologically organized, perhaps - but we would not have prepared the ground, or the energy field, for our grandchildren and their grandchildren to inherit a radically new culture of awareness, loving respect and beauty.*

*Does this mean that we have to abandon our resistance to the advance of Technocracy and Transhumanism? Of course not! Does this mean that we have to succumb to the dehumanization of humanity? No! Does it mean that we have to forget about decentralization, local community resilience, or respect for the other species (or 'nations') with whom we share this planet? Of course not! But it means that - simultaneously, and perhaps more importantly - we need to form Tribes of people who are educating themselves in the beauty and joy of conscious, deep and intimate relationships."*

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\* This five-week online course will explore - not intellectually, but through direct experience - how to relate with power, vulnerability, intimacy and presence. During the course, whatever topic we're discussing, or whatever we're sharing, our deeper focus will always be on HOW we relate to each other WHILE we are discussing and sharing.

This course is for people who are inspired by the Conscious Tribes vision - and who would love to be part of a Conscious Tribe - right there, where they already live!

We will be co-creating the atmosphere, or 'energy field' of a Conscious Tribe - so that everyone will not only understand the Conscious Tribes vision, but have a direct, personal experience of what it feels like.

During the course you will be encouraged to do the shared, dynamic, meditation practice of 'Conscious Relating' with other course participants and also with people you already know - your partner perhaps, your children or parents perhaps, and/or with friends and acquaintances who live near you - so that after the course you will already have begun forming your own, local Conscious Tribe. (I will provide you with guided meditation tapes to support you.)

*"We are constantly relating -  
with ourselves, with others, with our surroundings, with the moment...  
So what could be more important than the quality of how we relate?"*

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## **COURSE INFORMATION**

\* *Facilitation.* I call myself - as a joke, but seriously too - 'Mark the Mystic Activist'. I will facilitate the course. I was a Hindu monk for ten years, and a psychotherapist specialised in gender and group work for over twenty years. I have published half a dozen books on self-knowledge, gender and community. Now I'm a homesteader living off grid in Catalonia. I am the founder of the Conscious Tribes project.

\* *Conferences.* Every week there will be a video-conference of between 2 and 2½ hours.

\* *Course Content.*

Each week we will do the practice of Conscious Relating - gradually progressing from more structured ways of doing the practice to more natural, flowing ways. We will explore the practice in pairs, and then all together - as a Tribe. We will share our experiences of doing the practice. We will look at the integration of Conscious Relating into our everyday lives, and we will look at forming local Conscious Tribes.

\* *Maximum number of participants.* 12

\* *Time.* The video-conferences will be on consecutive Wednesday evenings at 20:00 CET (Spanish Time, Central European Time)

\* *Dates.* The course will start when a minimum of 8, and a maximum of 12, people have registered for the course.

\* *Cost.* Depending on your own evaluation of your income, the course costs:

High Income: 250€

Average Income: 100€

Low Income: 60€

No Income: a symbolic contribution. I also accept Junas (G1), and Hours (Time Bank).

\* *Practice.* As well as doing the Conscious Relating Practice every Wednesday during the video conferences, participants will meet in pairs to do the practice between conferences, and be

encouraged to share the meditation with friends.

\* *Telegram.* I'll create a Telegram group especially for the people on the course. You'll be invited to share your practice experiences with the group - your doubts, your inspirations... I will fully participate in this group - giving personalised attention to everyone throughout the course.

\* *Course Requirements.*

1. I ask that you read "Love & Revolution" - to ensure that the vision of Conscious Tribes resonates with you.

2. I ask that you commit to attending the five video-conferences, to meeting up (online) to do the practice between conferences, and to sharing your experiences of the practice in the Telegram group.

\* *To Reserve Your Place* please contact me - and I'll send you the registration information.

\* *Questions:* of course - if you have any questions at all, just get in touch...

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## **CONSCIOUS TRIBES**

*Seeds of a Conscious Culture*

*Telegram: (channel) <https://t.me/conscioutribes>, (chat) <https://t.me/conscioutribeschat>*

*Personal Telegram Username: @markthemysticactivist*

*Email: [markthemysticactivist@protonmail.com](mailto:markthemysticactivist@protonmail.com)*

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