

A FREE, EIGHT WEEK, ONLINE COURSE

(THE COURSE WILL RUN ONCE IN THE SPRING, ONCE IN THE AUTUMN)

CONSCIOUS RELATING, CONSCIOUS COMMUNITIES



*An intimate, committed, 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."

*

* This 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. (We 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?"***

*

COURSE INFORMATION

**** Facilitation.***

Mark, who both jokingly and seriously calls himself 'Mark the Mystic Activist' will facilitate the course.

**** Format/Dates/Times.***

There will be a 1½ hour Video Call every Tuesday evening, from 7.30pm CET (Spanish Time) to 9pm CET (Spanish Time).

SPRING COURSE: from the 9th April to the 28th May, 2024. (The first Video Call will be on the 9th April, the last on 28th May.)

AUTUMN COURSE: from the 8th October to the 26th November, 2024. (The first Video Call will be on the 8th October, the last on 26th November.)

You will receive the necessary login information once you have been accepted onto the course.

**** Course Content.***

The course will be structured around The Practice of Conscious Relating. Each week we will do the practice of Conscious Relating together, we will share our experiences of doing the practice and, perhaps above all, we will be looking at how we can integrate Conscious Relating into our everyday lives.

**** Private Meetings.***

As well as doing the Practice of Conscious Relating during the Video Calls, you will be invited to meet each other privately (online, or face-to-face if possible) to do the practice once a week,

between the Video Calls.

** Telegram Group.*

There will be a Telegram Group especially for the people on the course, where you'll be invited to share your experiences, your doubts, your inspirations... Mark will fully participate in this group - giving personalised attention to everyone throughout the course.

** Cost.*

The course is free. Donations to the Conscious Tribes Project - in any currency, including Junas or Hours (Time Bank) – are, of course, always gratefully received. To donate, please request our bank details.

** Commitment.*

Sometimes, when an online course is free, people don't commit as fully as they would if they were paying. This attitude wouldn't serve the other participants on this course – which is a very deep, personal, intimate, shared journey. Nor would it serve you!

** Language*

The course will be in English. There is another course in Spanish. Details are on the website.

** Registration.*

To apply for a place on this course please send Mark a paragraph explaining why you'd like to take part. Please send this to him by email at: markthemysticactivist@protonmail.com

** Questions.*

Please feel free to email Mark with any questions you might have.

*

CONSCIOUS TRIBES
Seeds of a Conscious Culture

Website: www.markthemysticactivist.com

Telegram: t.me/conscioustribes