



METAFOCUS

“FREEDOM & AUTHORITY, EQUALITY & BROTHERHOOD”

THE ONE FOR ONE FOUNDATIONAL SEMINAR

In this two-day experiential seminar you will be invited to be really honest with yourself – more honest than the speed and fullness of our everyday lives usually allows – and you will then be invited to communicate with others from this state of personal awareness, and to observe how it impacts your relating.

Mark believes it requires great courage to be really honest with ourselves, to not hide behind beliefs, certainties, judgements, identities – to “face reality full on” - but that, despite our fears to the contrary, it leads both to personal freedom & authority and to deep connection with, and heartfelt respect for, our brothers – and for everyone.

People sometimes say that personal freedom and authority are the opposite of unity and belonging and brotherhood – that to belong one has to sacrifice one’s freedom, that it has to be one or the other. But is this true? Or is it possible that by each man staying intensely faithful to his own, unique, moment-to-moment experience of reality - and thus in his personal authority - we achieve an utterly unexpectedly powerful unity?

In a focused, intense, yet warm, unpretentious and often humorous atmosphere, during this weekend seminar you will be invited to answer this question for yourself, to be alongside other men as they also respond to this question - and to consider whether the utterly simple and utterly profound commitment to each of us staying in his own unique experience might actually be the unifying Metafocus that we need to be able to rise up together and not only experience personal transformation, but co-create communities that offer an alternative to our superficial, suicidal modern culture.

Mark’s interest though is not just to offer you a powerful and inspiring weekend – another great experience to put in your scrapbook of experiences! His intention will be to equip you with a foundational understanding of the essential concepts he has written about in *The Uprising of Man: A Proposal*, and with the tools/techniques to be able to walk this Path of Radical Honesty in your everyday life. There will also be follow-up possibilities, should you wish to explore further.

If you’d like to invite Mark to facilitate this seminar for your group or in your local area, please fill in the [Request Form](#)*.

Thank you!

We’ll get back to you within a week.

* <https://goo.gl/forms/JxNhJCLAE7rXKzI93>