

MASTERY IN THE HEARTLAND

Cycle Two - 2017

Tulsa, Oklahoma



"We have suggested that cosmic evolution as we know it, from the big bang to the present moment, is finally an expression of Eros, of love. If this is so, how then can we doubt that love stands as the highest and most fundamental human impulse?"

- George Leonard and Michael Murphy

Introduction

The Mastery program was created to provide a deep experience of ITP and its power to transform your life, your relationships and your place in the world. The curriculum is designed to richly enhance your personal and professional growth by intensely exploring the ITP core practices and teachings in a safe, yet stimulating manner.

The Mastery program holds true to the vision and form generated by ITP's co-founders, Michael Murphy and George Leonard. At the same time, the program remains open to new ideas that reflect the evolving nature of the practice and creative spirit of the Mastery teachers and members.

Mastery promotes the development of extraordinary leaders, teachers and practitioners. The spirited community that forms over the course of the Mastery cycle is the result of dedication to long-term practice, love of play and exploration, and the joy of learning and growing together. Surprises are part of the joy of this examination. What you get is not always what you expect and often far more valuable.



VALUE FOR PARTICIPANTS

Personal

- Distinguish what you are called to do in the world
- Create your intentions, vision, and action plan for the coming year
- Improve your health and enhance your sense of well-being
- Receive guidance from ITP teachers and the Mastery community to deepen your practice while encouraging your individual autonomy

Community

- Improve your leadership capacities and communication skills to facilitate more harmony and understanding in all your communities
- Integrate ITP principles into your daily life and use them to improve your productivity and effectiveness in the world
- Learn to participate in and create exceptionally generative environments
- Enrich your contribution to your ITP group, friends and family

PROGRAM OVERVIEW

Mastery in the Heartland is a four-month program beginning February 17 and concluding on May 21, 2017. Each session will be led by senior ITP teachers. Sessions run from 7:00 p.m. to 9:00 p.m. on Friday, from 8:30 a.m. to 6:00 p.m. on Saturday, and from 8:30 a.m. to 1:00 p.m. on Sunday. Saturday and Sunday sessions take place at the Doubletree Hotel at 6110 South Yale Avenue, Tulsa OK.

PROGRAM ELEMENTS

- 60 hours of class time
- Monthly small group conference calls

PROGRAM FEE: \$1,250 – \$100 deposit required



MASTERY IN TULSA SCHEDULE

DATES	FOCUS	TOPICS	TEACHERS
February 17-19	Grounding: <i>Finding Your Vision</i>	Visioning Commitments Theory & Philosophy	Pam Kramer Roger Marsh Bob Doenges Lucy Piper
March 10 -12	Relating: <i>To Self, Others and World</i>	Affirmations Staying Current Customizing Your Practice	Pam Kramer Max Gaenslen Bob Doenges Lucy Piper
April 7-9	Establishing a Practice: <i>Body, Mind, Heart & Soul</i>	Leonard Energy Training ITP Kata Meditation	Charlotte Hatch Tim Cleary Bob Doenges Lucy Piper
May 19-21	Going Forward: <i>Creating Your Future</i>	Integral Fitness Integral Leadership Review of Vision Next Steps & Celebration	Donita Decker Roger Marsh Bob Doenges Lucy Piper

Senior Teachers

Pam Kramer - lineage holder

Tim Cleary

Donita Decker

Bob Doenges

Max Gaenslen

Charlotte Hatch

Roger Marsh

Lucy Piper



MATERIALS AND LITERATURE INCLUDED WITH THE PROGRAM

- Mastery Binder with study materials
- Visioning and Affirmation Materials
- Core Practice Handouts
- *The Life We Are Given* by George Leonard and Michael Murphy
- *The Tao of Practice* DVD by George Leonard

RECOMMENDED READING

- ***LET Manual by George Leonard (discounted for Mastery members)***
The Leonard Energy Training (LET) Manual contains comprehensive instructions and illustrations of LET exercises and philosophy. Originally inspired by aikido, LET is a body-centered method that teaches practical ways of dealing with everyday life situations while enhancing the flow of vitality.
- ***The Future of the Body by Michael Murphy***
Michael Murphy presents evidence for metanormal perception, cognition, movement, vitality, and spiritual development from more than 3,000 sources. Surveying ancient and modern records in medical science, sports, anthropology, the arts, psychical research, comparative religious studies, and dozens of other disciplines, Murphy has created an encyclopedia of exceptional functioning of body, mind, and spirit. He paints a broad and convincing picture of the possibilities of further evolutionary development of human attributes.
- ***Mastery by George Leonard***
Drawing on Zen philosophy and his expertise in the martial art of aikido, George Leonard shows how the process of mastery can help us attain a higher level of excellence and a deeper sense of satisfaction and fulfillment in our daily lives.

Please visit our [online shop](#) to order or contact [Robert Stewart](#) to order.

To reserve your space, complete the application below and visit our [Mastery in the Heartland registration page](#) to pay the \$100 deposit.

Or send a check to:

ITP International
PO Box 544
Corte Madera, CA 94976

For additional program information, please contact one of the following people:

Lucy Piper at lcpkwips@outlook.com
Pam Kramer at pam@itp-international.org
Bob Doenges at robertdoenges@me.com



ITP MASTERY PROGRAM APPLICATION
(Please fill out completely and print clearly)

Name: _____

Date of birth: _____ Occupation: _____

Address: _____

Home phone: _____ Cell phone: _____

Email address: _____

Emergency contact/phone:

How did you hear about this program? _____

What ITP literature have you read? _____

Why are you interested in participating in this program? _____

What are your expectations of this program? _____

Are you involved in an ITP group? _____

What is your current physical exercise program? Are you currently involved in any integral practices or self development program? Please describe.

Do you have any challenges that may affect your participation in this program?

