



Spotlight on Charlotte Hatch, Mastery Teacher and Co-Leader of ITP SF

How did you become involved in ITP?

In 1991, when I was an Aikido student at Aikido of Tamalpais, George Leonard told me he was starting an ITP group at the dojo and invited me to join. So I did!



Can you share a story about how something you've learned through ITP made a big difference in your life?

I've been an insomniac off and on for years. I get into my head in the middle of the night. After reading "Hara: the Vital Center of Man," by Karlfried Durkheim for the second time, I have really begun to feel my center and relax into it more fully than ever before. This has helped me to release the energy left over from the day and allowed for some truly memorable sleeps!

Tell us about one of your most powerful affirmations.

I have a new affirmation: I'm a conduit for Evolutionary Love. I got the idea of Evolutionary Love from a workshop I took from Adam Crabtree last winter. It means the kind of love that helps yourself and others along on the path towards integration and wholeness. I've barely scratched to surface of this affirmation and what it will mean for me in the future is a mystery. I believe I may have it for the rest of my life.

What do you do when you meet with resistance with your practice?

When I meet resistance to my practice, I take the pressure off and have that be ok. I go along with the resistance and honor it, or, if the resistance is to the kata, for example, I tell myself, "Okay, you don't have to do the whole kata, just do the standing part, or, if that's too much, just do Grace."

Is there anything you'd like to say to the ITP community that's not covered in these questions?

Just practice, have fun, make friends, challenge yourself a little, relax about it all, have fun and have fun. Did I say have fun?

What has being co-leader of ITP SF taught you about yourself?

Being a leader of ITP SF has been very rewarding, although scary at times. When I thought about starting a group in SF, I didn't know if I could do it. Leading LET was especially challenging. At first, I would get very nervous before the group. These days, ITP SF is pure joy. I've especially learned a lot from teaching the kata, leading LET exercises and explaining ITP philosophy to newcomers. Group leading is like planting seeds. It's exciting to see the seedlings sprout!