

## ***Practice The Nine Commitments***

*You don't have to wait to do every part of this practice before beginning it.*

*Learning the practice is part of the practice— and the learning never ends.*

1. I take full responsibility for my practice and for all transformations of my body and being that flow from it. While respecting my teachers and fellow practitioners, I fully understand that I am the final authority.
2. I seek to join in community with other ITP practitioners. While maintaining my individual autonomy and authority, I commit myself to my ITP community in vision and practice. I understand that just two people can make a community. I also know that I can create a community through electronic networks, or even practice alone, bolstered by the greater ITP community.
3. I do the ITP Kata at least five times a week. I understand that, time permitting, I can lengthen any part of the Kata, and that extended periods of meditation at the end of the Kata and at other times of the day are recommended.
4. I accomplish at least three hours of aerobic exercise every week in increments of no less than 20 minutes. (Three hours a week, in increments of no less than thirty minutes, is recommended). Three sessions of strength training a week are also recommended, but there is no commitment on this.
5. I am conscious of everything I eat.
6. I develop my intellectual powers by reading, writing, and discussion. I thoughtfully consider the visions and the readings set forth in chapter 12 and, commensurate with my own best judgment, seek to integrate cognitive understanding into my practice.
7. I open my heart to others in love and service. I stay current in expressing my feelings to those close to me and take care of my emotional needs in appropriate and healthy ways, seeking counsel when needed.
8. For each six- to twelve-month period, I make at least one affirmation having to do with significant positive change within. I also make the following affirmation: "My entire being is balanced, vital, and healthy." I include my affirmations during transformative imaging in my Kata and seek, in appropriate and healthy ways, to realize those affirmations.
9. I am dedicated to finding ways of reaching out and offering help to those in need. I understand that an important part of Integral Transformative Practice is to help ameliorate the unnecessary waste and suffering in the world and advance the evolution of our species and society to a more balanced, more peaceful, more joyful condition.