

Spotlight on Sally Mahe

Mastery Teacher & ITP San Rafael Group Member

What do you appreciate about the practice?

ITP practice invites me to explore inner and outer living and provides juicy opportunities to connect and integrate parts of myself that used to feel separate. I'm committed to the ITP Mastery program (now finishing my 4th year) and a weekly ITP group in San Rafael, because it's fun, comforting, exhilarating and the benefits keep streaming in and transforming me.



Tell us about one of your most powerful affirmations.

I never would have thought that my first affirmation a few years ago, "I'm graceful, free, beautiful and healthy at 133," would bring benefit to my inner world. I had felt embarrassed to assert an affirmation that focused on external appearance. I assumed I needed to choose other more spiritual affirmations to advance my soul. I was wrong.

How do you benefit from participating in Mastery? Your ITP group?

Prompted by a few facts offered by a Mastery friend, I joined a strength training program (something I swore I would NEVER do). In a few months, my body shifted precisely to match my affirmation. More surprising was what happened on the inside: my spirit took a leap, and my body/soul began to meet and dance!

One change led to another and to another. My stronger energized body responded with exaltation as I used it more. Strength training, regular Kata practice and a loving ITP community resulted in increasing surges of energy, selfhood and well-being.

Can you share a story about how something you've learned through ITP made a difference in your life and/or led you to take some major steps in your life?

I had been dabbling tenuously with dancing tango for a few years. Opportunities opened up to dive in deeper: take private lessons, learn the music, even immerse in a week-long intensive class in Buenos Aires. Giving and receiving energy, being grounded, connecting to and moving from center, feeling tango emotions and rhythms all tapped my soul. A new affirmation emerged, "I dance - grounded, connected, moving in beauty, in rhythm and in stillness." I loved that affirmation. Yes, of course I wanted to advance skills as a dancer, but the unexpected gift was the impact "inside" on what we usually refer to as inner life of spirit or soul. I felt full and free. Body expresses spirit, spirit enlivens body. Inner beauty bursts out, soul fills the body, body and soul dance. Conscious awareness of this delightful interchange taught me that spiritual-Sally and physical-Sally are not separate but an integrated whole.

Is there anything you'd like to say to the ITP community?

Yes, resistance comes. Energy depletes. In the face of challenges, courage to keep dancing tango flags.

Gratefully, like ITP, dancing tango is a life long practice. I don't anticipate mastering it, just like I don't anticipate mastering the nine principles of ITP. I'm in tango, like ITP, so I can keep practicing what I love and value and can keep noticing my transformations along the way. I would say to ITP readers to keep going. Keep finding the dance for you. Body/soul dancing is Divine and so very personal to each of us.