

ITP Doubleheader in Chicago!

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This past May, the ITP Mastery team hit the road for an historic double-header in Chicago - a day and a half Mastery Intensive on May 28-29 followed by a three day Leadership Transformed 2014 retreat co-sponsored by Greenheart International and ITPI.

The Mastery Intensive was a deep dive into the heart of ITP's core practices - the Kata, Staying Current, Affirmations, and LET (Leonard Energy Training). The 32 attendees enjoyed a spacious "teaching" Kata each morning, preparing the mind and body for the learning to follow. An introduction to the lineage,

theory and philosophy and the 9 Commitments of ITP was offered as well as the practice of Staying Current. LET practices ranging from basic balancing and centering with soft eyes to more advanced practices designed to cultivate sensitivity and blending were interspersed throughout each session. Affirmations were also addressed, emphasizing the basic guidelines for crafting personal affirmations designed to foster transformation. A highlight of the event was a beautifully led discussion of ITP theory and philosophy by Christina Grote and Barry Robbins. They discussed the concepts Evolutionary Panentheism and expanded capacities that can surface in every day life.

Eighty participants were present at Leadership Transformed 2014. This was the 2nd collaboration between ITPI and Greenheart - the first taking place in 2013 at the beautiful Asilomar Conference Center in Pacific Grove, CA. ITP's emphasis on personal transformation and Greenheart's emphasis on social change beautifully support each other in their shared vision of a more balanced, healthy and sustainable world.

Emanuel Kuntzelman, the president of Greenheart International, opened Leadership Transformed. He reminded us of our untapped potential and encouraged us to harness it for the greater good. He also raised the importance of radical inclusion in our efforts to create a sustainable and peaceful existence for everyone. [Click here to read Emanuel's article on transformative leadership.](#)

Well-known intuitive Penney Pierce offered insight and simple practices designed to cultivate intuition and made a compelling case for developing this expanded capacity. Intuition functions only in the present moment when the conscious mind is centered and merged with the physical body, a concept that is integrated in the ITP practice of balancing and centering, a simple but powerful approach to establishing presence.

Presence was further explored by Rachel Hamilton, a brilliant improv artist and former Second City comedian who has been presenting improvisational skills to a wide ranging audience as a tool for personal growth. Rachel explained improv as a mindset of "YES, AND": an openness and acceptance followed by a contribution. "I honor your contribution and here is what it inspires in me." Her intention with improv is to help others to become ever more present, courageous, empathetic, fully-expressed and joyful!

Pam Kramer and Barry Robbins offered insight into the ITP practices of Staying Current and Blending as methods for cultivating relationship. These practices were embodied in related LET exercises throughout the conference, allowing the opportunity to move energy and adding a unifying coherence to the over-all intention of developing more harmonious communication.

Indira Johnson, founder of the Shanti Foundation for Peace, captivated us with tales of her work using art as a catalyst for social change. She involves local communities in art projects and she believes that art and activism are a powerful combination for social transformation. Part of her presentation involved a community art project. After passing out blank CD's and art materials such as glue, markers, feathers, sticks and leaves, she instructed us to write a personal statement on one side of the CD and decorate the other side. The decorative CD's were mounted over the doorway in the main presentation hall for all of us to pass under for the evening event. The result was strikingly beautiful and drove home the point that we all have the ability to create art!

Dr. Katia Peterson, Executive Director of Education for IONS, offered a World Cafe, a process designed to facilitate large group dialogue. After artfully arranging the room into a "cafe" (small groups facing each other in a circle) a question was posed for the groups to reflect on. After a period of time, people switched tables, leaving one person at each table to act as host for the incoming group. At the end of the session one person from each table shared their insights to the larger group. It was a lively and creative process that seemed quite effective for brainstorming thoughts and ideas.

A highlight of Leadership Transformed was the panel discussion and Q&A session with conference presenters Pam Kramer, Penney Pierce, Rachel Hamilton, Katia Peterson and Emanuel Kuntzelman. The combined depth of wisdom and experience of the panel was remarkable - every one a true leader in their own right and shining examples of what we are all capable of if we allow our own leadership to emerge.

All in all, the road trip was a huge success. The combined contributions and whole-hearted participation from all involved helped to create a brand new game - a game where everyone wins!

