

Supernormal Capacities – It's in our DNA

By Roger Kenneth Marsh
ITP Mastery Teacher, GLEE Co-leader

Supernormal Capacities are in the DNA of ITP. To see this you don't have to look any further than *The Life We Are Given* and the two group experiments run in 1992 and 1993. For each of these cycles the participants included in their affirmations one metanormal affirmation representing "human functioning that in some respect radically surpasses the functioning typical of most people living today."

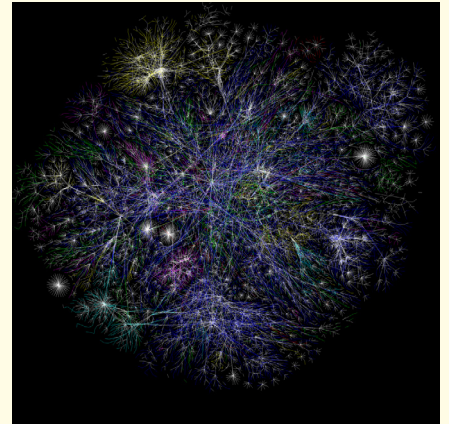
However, when it comes to developing supernormal capacities today, a somewhat surprising yet common question circling the larger ITP community of practitioners is...WHY? Why should I do it? It's a good question, and one that we should all consider.

If you think of supernormal capacities as demonstrating some magical power (e.g. levitating) with no clear, practical application or purpose in your life, or even as something you feel you *would* have use for (e.g. bi-location) but does not at all seem possible to you, and may even seem like fantasy or wishful thinking, then you will likely have very little interest in developing supernormal capacities. Add to that a concern for, or perception of threat to, your well-being and safety - since indeed developing supernormal capacities can be mentally, emotionally, physically, and spiritually challenging - and now you're *really* not interested. You might even be skeptical and cynical, or worse justifiably thwarting the effort, both yours and others, since "it is not a valuable or safe thing to do." You could even invoke the Buddhist saying "Moksha before siddhi" as evidence for this foolhardy path of distraction.

However, through consistent integral transformative practice, there comes a time when a solid base camp has been built and, driven by your evolutionary impulse, you're called to higher levels of your being. You're ready to intentionally, consciously, and even systematically boldly go where you've not gone before. It's time to go beyond chance occurrences and random openings and experiences and move into a more skillful, consistent development of your capacity to experience and demonstrate supernormal capacities.

"Integral practices orient us toward these emergent attributes so that the full spectrum of grace can operate in us. To do this, they must be sustained by a philosophy that embraces our many parts, by an aspiration for many-sided development, and by surrender to an existence greater than the one with which most of us are presently familiar."

Michael Murphy, *The Future of the Body* (pg. 586)



But again the question may arise, why? Why do this? Why go for the SUPER normal? Isn't regular old normal good enough?

As human beings we are always, most of the time unconsciously on myriad levels, calculating the energetic cost / benefit of any action. This is an intelligent, built-in survival mechanism that serves us well. We must take actions that produce an equal or greater amount of energy *for* us than they consume *from* us: energy IN must be equal to or greater than energy OUT. If you consistently took actions that took more energy than they gave you, eventually you would run out of energy and die, hence our constant calculating to ensure survival.

This mechanism of course also applies to the development of our supernormal capacities. If we see no purpose to them and as well perceive potential risk to their pursuit, the perceived costs are bigger than the perceived benefits making the energy equation unfavorable to embark on the endeavor. So, if we are going to do this, we must shift the balance of the energy equation so that we get equal or more energy than we expend. Fortunately this is mostly a shift in our perception, understanding, and mindset.

One of the greatest sources of energy in my life comes from successfully living my soul's purpose, listening to and following my daemon, aligning with my dharma. I get energy when I'm on my life path and I lose energy when I'm off. This is so important and energetically relevant to our lives that it has been said *"It is better to fail at your own dharma than to succeed at someone else's."*

In ITP Mastery programs we always link our practice to our daemon, to our life's vision, to the unfolding of our life as we know it from the inside. This is where we start. This gives our practice purpose, meaning, and makes it relevant to our day-to-day lives and reason for being here. In short, it gives us energy. It's a simple extension of this approach to link the development of our supernormal capacities to our daemon, our life's purpose, the unfolding vision we see for our world and ourselves. By making this move, we connect the development and realization of our supernormal capacities to the most important and energetically uplifting thing there is for us: the fulfillment of our life's purpose.

If you're with me thus far, what will arise now are three questions: 1) what is your life's purpose? 2) What supernormal capacities could really supercharge and support the realization and fulfillment of your life's purpose? And 3) what supernormal capacities are already arising in your life? It's the intersection of the answers to these three questions that is the sweet spot for developing your supernormal capacities through integral transformative practice.

While we can wait for grace and wait for our supernormal capacities to emerge on their own, just like with any affirmation, when we get really clear and consciously and consistently partner with the

unfolding energy of our life, really positive things can start to happen.

“Personal intention carries great power. Intention is what you consciously or unconsciously aim for or establish as purpose. Your intention, if strong enough, has an almost unbelievable power to create your reality.”

George Leonard, *Principles of Leonard Energy Training* (#8)

Intentionally developing our supernormal capacities is in the DNA of ITP and in the DNA of human being. With a strong foundational base camp of integral practice established, the time is now for venturing forth and fulfilling our soul's purpose in extraordinary, supernormal ways!