

Ten Ideas for Catching Fire

by Ken Piper Mastery Cycle 6 Member & ITP Tulsa Co-Leader

Leaving a rain-soaked Oklahoma prairie and arriving at the Earthrise Retreat Center in the dry California coastal mountains of Petaluma was a sort of induction to the *Catching Fire ITP International Conference*, held May 15-17th. The weekend was a coming together of flame and kindling, wisdom and intellect, history and future.

Coming from an engineering and medical background, I must admit that some discussions were too sun-bright for me, but after reflecting on the entire weekend, all speakers effectively used prisms that offered a rainbow of insights.



Below are ten ideas I recorded during the conference that have acted as my personal pieces of kindling currently catching fire on this ongoing journey of transformation.

- All aspects of life are in flux and movement. We are breaking the spell of solidity.
- Evolution in areas such as biology, politics, religion and culture are illuminating more broadly by enhanced concepts and new integrations.
- Tipping points have evolved from a slow crescendo based on mass and number, to a rapid crescendo based on intensity of conversation and communication.
- To receive the divine, empty the mind and let loose of heaviness. Don't escape the world, but come to alignment with it. We have a choice to be open and allow healing.
- "The first half of our life is biography, and the second half autobiography." – Jung
- "I have a body, but I am not my body" - Hindu, and Buddhist.
- The flame is latent in the log. We can all catch fire. One flame, to one flame, to another flame to fire.
- Intentionality allows receptivity to grace. Our emotional charge can divert intentionality and receptivity.
- Consider the "adjacent possible." Take smart risks, build on what is possible, don't overreach and go for the very small but achievable.
- Notice how "what I know may get the best of me." Imagination and fantasy are necessary to visualize the outcome. This enhances the power of affirmation practice, central to ITP theory and philosophy.

Thanks to ITP International for imagining, planning and delivering a valuable and appreciated program.

[Click here](#) to read an article by Loriliai Biernacki, one of Catching Fire's key presenters