

The Four Steps of ITP Affirmations: Language, Imaging, Emotion and Grace

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The first months of stepping on the ITP path can be exciting on one hand, and very challenging on the other. The thrill of entering a new community and meeting new people, of becoming deliberate about daily practice, and of learning to use intention to realize our affirmations is balanced by the challenges of memorizing the Kata, creating the time and space to practice, and finding the perfect language we can use to clearly express the positive changes in body, mind, heart and soul that we desire. We need to give ourselves ample time to find that language and try out different phrases until we experience a deep surge of energy in our bodies, an indication that our affirmation integrates us fully. Then we can proceed to roll down the path of practice like a car whose cylinders have been perfectly tuned by a gifted mechanic.



Once the process of finding language is complete and we can repeat our affirmation while doing the Kata many times during the day, we can use imaging—the creation of a strong picture, complete with visuals, sounds, smells, and sensory impressions—to vividly experience the alternate reality of our affirmation. Remember, we’re not denying reality as it is, but holding two realities at the same time. Humans are fully capable of doing this, whether for better (as in positive affirmations) or for worse (cognitive dissonance, for example).

Imaging our affirmations may bring forth emotions, whether joyous or fearful. Change, even desired change, disrupts our homeostasis. This can be unsettling. Staying Current, communicating our feelings to our ITP community or to our practice partner can help us stay grounded and safe emotionally. And the daily rhythm of our practice can open us to a state of grace.

Ramakrishna said, “The winds of grace are always blowing, but we have to raise our sails.” Because the vision of ITP affirms that divine grace was involved in the universe from its inception, and evolution is the means by which that grace is manifest, our daily practice prepares the way for us to open to divine grace and allow it to enter our lives, transforming us according to the laws of divine energy. We might find that our affirmation is one small step in a process of transformation that will engage us over many lifetimes, proving larger than our current ability to conceive.