

## Create a Different Picture

by George Leonard

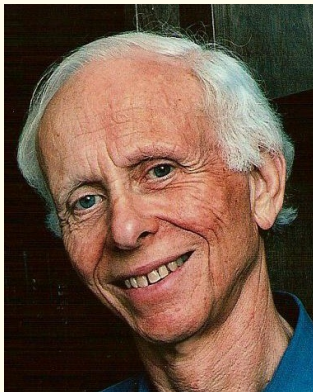
ITP Co-founder & President Emeritus Esalen Institute

"How much easier is it to take refuge in our essential helplessness than take responsibility for our godlike powers! Here, too, our picture of reality shapes our attitude and actions. When we see the body as a structure of heavy, intractable meat and bones, all we can do is cut it or drug it or otherwise manipulate it from the outside. But let us create a different picture and see the body as rhythm and emptiness, as elegant, ethereal fields of waves joined in innumerable feedback loops to maintain a relatively stable structure.

Thoughts and feelings can set off sympathetic vibrations in this structure; the deeper intentionality can produce transformation in in days, hours, sometimes and minutes. No longer are we concerned with questions of "inside" or "outside," for these limiting categories do not exist in the realm of pulsing waves. Each body completes the universe and is involved in the universal evolution."

- George Leonard, *The Silent Pulse*

## For the Love of ITP on March 29!



Join us to celebrate and honor the spirit of George Leonard at *For the Love of ITP*, a gala event to benefit ITP International on March 29, 6:30 - 9 pm, at Falkirk Cultural Center, San Rafael, CA. Stay tuned for further details and tickets.

[Click here](#) to listen to George share his reflections on Balancing and Centering.