

## ITP stands for love

by Pam Kramer, ITPI President

Anthropologist and author Rachel Carson wrote in one of her letters to her dear friend, Dorothy Freeman:

“...one’s capacity to give love grows with the exercise of it, so perhaps the more love we have received, the more we are able to absorb and in that sense no one ever has enough.”

In our ITP community, there are countless ways we practice giving and receiving love. As we engage in practice, attention is placed on cultivating connection to oneself, another and the group. So it is with love, as we hold ourselves and one another in the highest state of the realization of our potentials. This act of love infuses the giver and receiver with a greater, more expansive and felt sense of his or her divinity and limitless capacity for inner and outer expression.



The simple act of witnessing without judgment that occurs in our sharing and discussion circles is a gesture of love. Our personal sharing guidelines reinforce the power of deep, sensitive listening to evoke access to one’s truth and acceptance of it. Love in this manner is funneled through intention and action.

Affirmations, LET and Staying Current are all practices aimed at bringing forth a fuller understanding of love, as we envision our positive growth, energetic connections and healthy means for sharing our feelings.

It’s time now that we make explicit what has, perhaps, been implicit in our practice: love was the motivation for creating ITP and our means for sustaining and evolving it - and our planet.

ITPx is an example of how we lovingly embrace our evolutionary nature through heightened awareness of the extraordinary in the ordinary and glimmerings, small and large, of untold wonders beyond our conscious understanding.

Love is the root of all possibility.