

## A Creative Collaboration: Mastery in the Heartland

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*Practices can nurture creativity and “help to catalyze new richness of awareness and broader repertoires of behavior. They help bring new enjoyment, beauty and creativity to our relationships and into everyday life.”*  
- Michael Murphy, *The Future of the Body*

Mastery in the Heartland is a beautiful example of “broader repertoires of behavior.” The Mastery Program in the Bay Area drew ITP practitioners from Middle America and deepened the life experience of each participant in a way they never imagined. As a result, participants became committed to expand the richness of the experience to the Heartland.

This new adventure will explore how a deepened integration of ITP core practices creates heightened expressions of awareness and enhanced capacities. Practice is at the heart of these expansions, and Mastery in the Heartland, like Mastery in the Bay Area, will focus on the practices shown to be effective in providing a rich consciousness of the present moment. This consciousness can mold a life of joy and satisfaction, from the inside out, impacting all around us.

The Mastery program’s success is in no small part due to the fact that the participants are drawn, not driven, to deepen their practice. There is something that calls them to celebrate the life they have been given in new and creative ways. The path of Mastery unfolds along natural and unknown channels. By tapping into underlying creative forces we are able to go deeper into our practices. What manifests is a state of grace. One’s ability to receive and open to the gifts awaiting us are enhanced and heightened by the challenging Mastery vision and program.

Mastery in the Heartland participants will be coming from the four directions into the Heartland. We are so grateful for the gifts we have been given by ITPI and the Mastery Program. As the Native Americans have taught us here: “A gift is not a gift until it is given twice.” Yes, come join us and receive your gift. We’ll celebrate together!