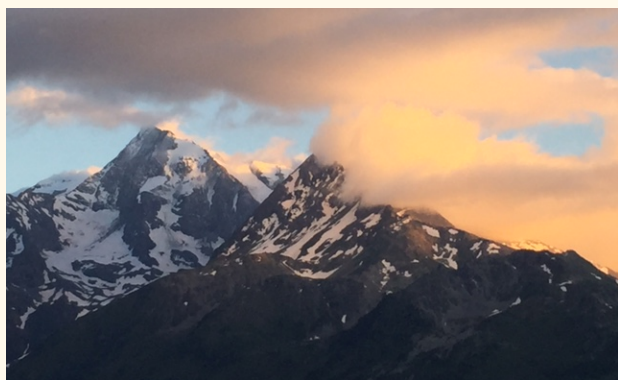


Taking ITP on the Road

Do the French Alps count?

By Rich Sigberman, ITP San Rafael group member and 6th year member of Mastery



The phrase, “wherever you go, there you are” can be amended to, “where you go, there’s Integral Transformative Practice” as it is quite portable. Of course, one can ground and center multiple times during a day, and recite one’s affirmations throughout a given day, too, without anyone noticing. Even a meditative state of sorts can be one’s companion all day long, and all that makes a difference in the

way one perceives a given situation and how one reacts to it.

Recently, Pam, Barb Brown, Tim Cleary and I had the good fortune to take a trip to La Rosiere in the French Alps. Since three of us are long-time practitioners, and Barb is in the San Rafael ITP group, working with our practice was pretty well ingrained in all of us.

Here, then, is a recounting of how our time was spent and how ITP figured into it. For starters, I took *The Life We Are Given* for reminders. I grounded and centered continually, which can come in very handy with air travel. Grounding and centering seems to help give me a better sense of perspective, among other things, like staying calm and steady when life throws a curveball my way.

It’s easy to do the standing portion of the Kata just about anywhere, and waiting areas in an airport are as good as any. The stretching is especially useful for a 64 year-old body anticipating an 8-hour flight. The practice of ‘Taking the Hit as a Gift’ came into play almost immediately, as our first flight was delayed two hours, which gave me the time to begin journaling. An affirmation was made up on the spot: “I arrived at my destination safely and easily.” Finally, for those of us who enjoy sketching, airports are excellent places for figure studies, so I got to practice my craft.

When traveling, mindful eating is especially important, since one’s normal diet is bound to be thrown off, and what’s readily available may not be ideal. I thought about every bit of food that went into my mouth prior to eating.

On our first hike, the four of us did the standing Kata, and then finished with the floor series later when we got back. Also, I had just read a passage in *The Life we are Given* about staying in touch with our own divinity as well as that which is all around us, and kept that idea close to my heart throughout our travels.

The next day we got our aerobic practice in and then some, enough to cover this day and probably the next two, as our hike in the mountains was a vigorous four-hour exercise in endurance. We would repeat this a few days later.

We began one day with a 6-person Kata (we had two visitors from Switzerland) led by Tim in the living room, again of the “educational variety” for the benefit of our “newbies,” who took to it very well. The Kata was followed by personal sharing where we all expressed gratitude for the many blessings in our lives, including the one we were involved in at that moment.

Later that night, we worked on our intellects, with an epic game of Scrabble, Barb starting it off with a 77-point turn! As for the part about entertaining oneself, Barb, Tim and I engaged in some fine 3-part harmony on some folk/rock songs. I don’t know if that fulfills an ITP commitment, but it was a lot of fun. Maybe “fun” needs to be one of the commitments for ITP. How about a weekly allotment of at least 5 hours a week devoted to it? On our trip to the French Alps, we certainly achieved that and more!

