

The Awe and Wonder of Sport

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The winds of grace were blowing at the 2nd annual SEC Sports Festival at Dominican University in San Rafael on June 23-25. ITP and Esalen Co-founder Michael Murphy was the keynote speaker, starting off the festival with his talk, "Expanding the Zone." The weekend was rich with experiential breakout sessions, panels, technology application displays, a science experiment, and demonstrations of energy practices such as ITP (Integral Transformative Practice), EEM (Eden Energy Medicine), EFT (Emotional Freedom Technique) and HeartMath.

World-class athletes and coaches from all over the country attended the festival where they shared their interest in the expanding world of integral fitness and athletics. Excitement was in the air as participants exchanged their lore and learnings with each other.

Themes for the weekend included:

- Sport as a transformative practice
- Sport as a spiritual practice
- The unification of body, mind, heart and soul in sports
- The extraordinary that is revealed through sports

New integral training methods, presented by leaders in their respective athletic fields, showcased strategies for addressing emotional and physical stability and creating resilience. Emerging world-views were exchanged on how extraordinary experiences occur while engaging in sports, athletics and all forms of movement.

Many of the discussions centered on the similarities between the athletic world and the world of spirituality, including elevated states of consciousness (such as flow states and being in the zone), and satori or Samadhi states. Other shared phenomena included experiences of unity, pre-cognition, sixth sense, time slowing down, ESP, intuition, synchronicity, déjà vu, remote viewing, clairvoyance and telepathy.

Technology apps attracted many attendees who had the opportunity to measure consciousness through brain wave measurements, coherence through heart rhythms, and flow states through breath work, and more. In a special presentation, Beverly Rubic, PhD, conducted a science experiment

where she helped create a unified field of coherence and entrainment with the entire group, incorporating her “Sputnick” device for measurement.

The SEC Festival offered an example of the current wave of interest in the evolution of sports and a rich, vital environment to nurture this transformative movement. Stay tuned for SEC updates and presenter spotlights in the coming months!