

## Spotlight: Barbara Brown

ITP San Rafael and Integral Leadership Member

*How did you become involved in ITP?* A long-time Mastery teacher, Tim Cleary, introduced me to ITP and suggested that I consider it. He described the nine commitments, and I felt as if he was describing the guiding principles by which I live. When I heard ITP was started by Michael Murphy and George Leonard, I wanted to learn more because I had been going to Esalen since the early 80s and greatly admired Michael Murphy. At Esalen, the first workshop I attended was led by George Leonard. In 2015, I read *The Life We are Given* and attended an introductory ITP workshop that was led by Pam Kramer and Barry Robbins. Then I was hooked! I joined the San Rafael ITP group and have participated in two cycles of Mastery to date, preparing now for the new Integral Leadership Program for Community Leaders.



*What do you appreciate about the practice?* I appreciate the focus on integrating body, mind, heart and soul. I am grateful for the shared sense of purpose and strong community. I always feel better after I do the Kata. It brings me a sense of peace and well-being, where I feel deeply grounded and centered. I appreciate staying current with people so that I can be my best self in relationships. My affirmations keep me aware of positive growth that is possible in my life. I particularly appreciate that there is no guru or dogma attached to ITP, and one can select their own meaningful practices. Dance is one of my favorite practices; it is a way that I connect my body, mind, heart and soul. I also have a daily practice of gratitude.

*What keeps you practicing ITP?* I appreciate the chance to continue learning and growing. As humans we have unlimited potential for growth, creativity and to feel and express love. I appreciate having the chance to bring transformative experiences into my everyday life, instead of having an awakening during a special weekend every year or two, and forgetting about it when I get home.

*How did/do you benefit from participating in Mastery? Your ITP group?* For much of my life I have felt separate and different from others. ITP and Mastery provide me with a sense of belonging in a community with shared values and worldview. I wish to be of service to other people and the world, and the group focuses on how to reach one's highest potential and help make the world a better place.

*What is now calling you to participate in the Integral Leadership program for community leaders?* Serving as Head of School at The Marin School requires me to make difficult and precedent-setting decisions on a regular basis. I want my decisions and actions to be based in love and not fear. I wish to

be a role model for the students at my school. I seek not only to be a strong and fair leader, but to teach the young people with whom I work how to be kind and thoughtful leaders through my example. I am passionate about providing an environment for young people where social transformation can occur. That transformation will provide positive change for our world.

*What drew you to the Mastery program? What is one of the things that you like most about the program?* I was drawn to Mastery when people I admired talked about what they were learning in the program. It seemed like “Advanced ITP” and I wanted to be a part of that deeper dive. I like that there are amazing people with whom I can share thoughts and experiences.

*Can you share a story about how something you've learned through ITP made a difference in your life and/or led you to take some major steps in your life?* There have been many positive changes in my life that have resulted from ITP. For example, ITP encouraged me to begin strength training. I sought out support in conscious eating by working with a nutritionist and have lost over 20 pounds. I have found that my affirmations have become true as I have developed clear intentions in my life.

*What do you do when you meet resistance with your practice?* Time is the main limiting factor for me. There just isn't enough time to do everything I want to do in any given week. I have found that the more I make my practices part of my daily routine, the more likely I am to do them. Lately I have been working on getting more sleep and that conflicts with getting up early to do the Kata. I just try to forgive myself for not being able to do everything perfectly.

*Tell us about one of your most powerful affirmations.* I am fond of saying that I have the world's longest affirmation. In order to memorize it, I created a dance that represents the words and feelings with movements in a moving meditation. The affirmation is: *I am comfortable in my tall, trim fit body. My tall, trim fit body is my temple and my home. I make wise decisions about food. I make wise decisions about sleep. I have clarity of mind and courage of heart. I dance with an overflowing abundance of security and love. I wish the greatest good for all. I encourage the full expression of my divine angel within. My soul sings. My soul dances. I am one with the infinite flow of the Universe. I lead with love. I receive love. I radiate love. And it is so.*

When I do the dance, saying the affirmation to myself, I feel the integration of body, mind, heart and soul. As I go through the day, my affirmation comes to life.

*Is there anything you'd like to say to the ITP community?* I am grateful to have ITP and all of you in my life. Thank you for providing meaning, depth and a strong sense of community.