

ITP Sweden

by Ann Storm Horn, ITP Sweden Group Leader

ITP has gone abroad! As of August 2013, there is a formal group meeting in Gävle, Sweden. It all started in 2011 when I attended an ITP pre-conference workshop at the IONS conference in San Francisco. And what a workshop it was. It exceeded all my expectations. When I thanked the workshop leaders, Barry and Pam, for a great day, I surprised myself by saying, “I would like to take ITP to Sweden.”



Said and done! When I returned to Sweden, I invited two friends to join me in exploring several aspects of ITP: the Nine Commitments, the Kata and the book *The Life We Are Given*. One of our big topics was the integration of ITP into the Swedish language and culture. What was the true meaning of such and such, how should it be translated and would this or that fit “the Swedish disposition?”

I believe that our talks on these matters helped propel our understanding of ITP and the value the practice offers us. We met on a regular basis and after two years of practice and study, we are now ready to make it real. We’ve formed an official group, ITP Sweden, and are excited about building our foundation and growing in numbers.

ITP Sweden currently has three members, myself (Ann), Kerstin and Per, plus a few visitors whom we hope will commit to ITP. On Tuesday evenings, my office converts to a dojo of sorts and we begin our meeting with the Kata. It is an excellent way to switch gears from our everyday lives and move into a quiet place for reflection and contemplation. Right now the Kata is the core of our practice.

Every third week we explore a new aspect of ITP. Currently, we are re-visiting the power of affirmations and visualization.

Focusing on *The Life We Are Given* and our own experiences, we have plenty of material to work with. I am fortunate to have two highly evolved practice partners. Simply sharing our stories as openly and honestly as we possibly can enriches our common ITP experience immensely!

We are excited to be a part of ITP International, a truly great community of practice.