

Spotlight on Richard Sigberman

ITP Mastery Member

How did you become involved in ITP?

I got involved in ITP in 2002 by being on the outside looking in, observing and deciding I liked what I observed.

What do you appreciate about the practice?

I appreciate how it has made me so much more conscious of everything I come into contact with, particularly myself. This practice has helped me become far more patient, and able to cope with frustrating circumstances in a far easier way than I once did.



What keeps you practicing ITP?

The idea of daily practice keeps one sharp. “If you don’t use it, you lose it” is true. Doing the kata most every day is far easier than starting all over once a week, as an example. Affirmations put me in a better state of mind, and remind me of goals I have set for myself.

How do you benefit from participating in Mastery?

Your ITP group? Both of these are communities of more or less like-minded people, all doing something to improve themselves. The Mastery immersion goes deeply into many of the facets of ITP, and the weekly group does so, as well, even if we go off on slightly tangential exercises.

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?

As a person with some arthritic joints that can hinder daily activity, I’ve had to do my best to take control of my body, and strategize on how to minimize the effects of pain. Affirmations and subsequent steps have helped me stay on target.

What do you do when you meet resistance with your practice?

It was for quite a few years that the skeptical voice in my head would respond to my affirmations with a sarcastic, “yeah, sure.” That voice is now gone, but it did take some 13 years.

Tell us about one of your most powerful affirmations.

Roger Marsh helped me put this one into words: “I see the greatness of my life and embrace it wholeheartedly.” As long as I remind myself of this affirmation, and do it some 7 or 8 times a day, little things rarely get to me, and I keep life in perspective. I really DO have a great life, so gratitude for my good fortune - antithetical to all I learned growing up - is good for me and all those around me.