

Spotlight: Jac Brown

Mastery in the Heartland Member

How did you become involved in ITP? My involvement with ITP began through a mentor, Matthew Cobb, who was helping me with my meditation practice and becoming more centered and balanced.

What do you appreciate about the practice? The depth of the core commitments and how they help me to increase my awareness and understanding of my own being and being in the world.

What keeps you practicing ITP? My ITP practice is, now, a part of who I am. My center and life-balance are better when I am grounded in my practice.

How do you benefit from participating in Mastery? Your ITP group?

Mastery brought me closer to knowledge that I need to grow in my practice and established a connection to the wider ITP-I body of practitioners. Participating with my local ITP group helps me to be grounded and centered on a regular basis when sometimes everything around me is exactly the opposite of that.

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? GRACE. That simple, and powerful, acronym teaches me every day how to be better in the world. The 5 things embodied in that word teach me how to best show up and connect with others no matter what my inner state may be or what challenges I'm facing. (Even when shopping at Wal-mart.)

What do you do when you meet resistance with your practice? I settle in, dig in, and further root myself into my practice. Resistance has usually been a sign that a breakthrough of some type is close so I know that when resistance shows up I need to deepen my commitment.

Tell us about one of your most powerful affirmations. My most powerful affirmation came during my first time at Mastery in the Heartland and it was the affirmation I used for 'going under the sword' which made it extremely powerful. It still is a powerful affirmation for me. "I forgive myself and others." Those 5 words helped me change my perspective and still help me to move forward in my daily life.

Is there anything you'd like to say to the ITP community? Every connection I have had, continue to have, and will have with other members of this community enriches me as a person and strengthens my abilities to connect with and share what I am with ITP. Never underestimate what each of you bring to those around you and those you connect with – no matter how long or brief the connection.



What impact or influence has being a part of an ITP group had on your practice and how do you believe you have made an impact on others? I don't know about my impact on others except to say that I hope that somehow I have shared something of myself that brought each of them something good in their lives. My ITP group, for me, is that safe place, that place of calm, joy and peace where no matter what else is going on I find myself centered, loved and in 'grace'.

What drew you to the Mastery program? What is one of the things that you like most about the program? I knew that I needed to attend Mastery in Heartland to enrich my own knowledge, to be of greater service to my ITP group and community, and to further the connections that I felt I needed to continue to grow my practice. Picking just one of the things I liked most about Mastery is almost an unanswerable question since every part has so much value and richness. Mastery enabled me to reach further within myself and to reach further outside of myself with guidance and work on affirmations and LET. (And I know that is actually 2 things. ☺)