

Spotlight on Marlene Frothinger ITP Mastery Member

How did you become involved in ITP?

From the very beginning it was the conversations and the idea of community that drew me to ITP. My family had experienced a culture shock of sorts when we returned to the US after living in a small village in Nova Scotia for twenty years. At that time in Nova Scotia, 'community' was highly valued. We understood that everyone's survival depended upon everyone else. In the fall of 2006, after attending an introductory ITP workshop, I joined the newly formed Berkeley ITP group.



I had recently completed the Sophia Center's Art, Culture and Spirituality Master's program at Holy Names University in Oakland and was ripe for a new community*. At Sophia, I was introduced to Aurobindo in Eric Weiss's class and liked to compare Teilhard's work to Aurobindo's. In joining the ITP community, I had the privilege of attending Michael Murphy's lectures, which opened the door to further richness. It was 'the icing on the cake' as Michael added little bits here and there and connected so many of my wanderings and wonderings. Within all of the magnificent wisdom he shares, the fantastic stories he tells, the brilliance he communicates, the gems he places ever so gently within our hearts continue to accumulate at a pace I never imagined possible.

The beautiful people I meet at ITP groups and workshops share the same questions I ask about us: our human beingness, our potential beingness, how we are being on this planet, how we are being in this world NOW. Seem like important questions given the stories we are privy to these days. In practicing ITP, one discovers the gap between what we could be and what we are, and opens us to a more expansive field.

It appears obvious that some sort of universal harmony does exist and that it is tantalizing close. All things *already are happening*. One small step over an invisible line will get us there, to the place where everything flows and neither effort nor waiting can be. When these delightful moments come, the thrower is not separate from the thrown. We blend in a single motion, a small ripple in the endless sea of existence.

—George Leonard ~ Transformation

What drew you to the Mastery program? What is one of the things that you like most about the program?

In these past five years that I have been a member of the Mastery group, I've experienced a huge expansion as I've contemplated the field of 'what IS possible' and 'what else may be possible.' It is awesome to be inspired by over twenty people; to study together, to learn together, to share ourselves at deeper and deeper levels, to learn to love ourselves and others with a more opened heart and commitment to each other's growth and peaceful loving action in this world.

Through our scientific and technological genius, we have made of this world a neighborhood and yet...we have not had the ethical commitment to make it a brotherhood. But somehow, and in some way, we have got to do this. We must all learn to live together as brothers (and sisters) or we will perish together as fools. We are tied together in this single garment of destiny, caught in an inescapable network of mutuality.

—Martin Luther King, Jr.

I love the Mastery program because I am able to look at 'me' with gentleness, to see where and how I am limiting myself while at the same time being able to dance with gratitude and love – balanced, centered and grounded on this Divine Earth. I am embraced by a community of open-hearted, relaxed, peaceful and loving souls committed to creating the "WE" space. So here's to the sense of oneness with all experience, here's to Evolutionary Panentheism!

Would you share one of your affirmations?

My affirmations this year are:

My entire being is balanced, vital and healthy.

My imagination is empowered and flowing with Divine loving action inspiring healing, creativity and joy for myself and others.

I am focused and organized; my projects are up-to-date. I am writing zestfully and with exuberance.

I support my husband and my children. We have a joyful life and abundant money.

In my non-resistant, relaxed state, I write an outrageously creative and awesome book that serves the mother, the earth and all the earth's children.

Is there anything you would like to share with the ITP community?

I highly recommend Jeff Kripal's new book, *Comparing Religions*. This book is HOT! Watch out you don't get burnt by the quotes. I love Jeff Kripal. He has clarity, courage and genius. I am thankful Michael introduced us to him. Here's a quote from the book's introduction.

"Still, it is worth admitting up front and immediately that we are already on paradoxical ground, claiming to study that which we cannot know from this side of what we can know, acknowledging both the terror and the beauty of the subject, poised as it is between the problems and the promises of our own future, with the whole world hanging in the balance. How on earth did we get here?"

*Thankful for the opportunity to take 'Sophia's gift to the streets ☺