

Spotlight on Georgie Weston

Mastery graduate and ITP San Francisco group member

How did you become involved in ITP?

I became involved in ITP as the result of a delightful presentation at our local Institute of Noetic Sciences (IONS) group meeting in late 2003. Pam Kramer, Barry Robbins and Stan Savage shared some of the theory and practice of ITP, and it was clear to many of us then and there that evening, that this was something special we wanted to explore. After their presentation, about 25 people signed a list expressing interest in learning more about ITP. The Lafayette/Walnut Creek ITP group was then founded and started meeting in March 2004, with most of those original 25 as group members.



What do you appreciate about the practice?

It's not possible to articulate all that I appreciate about the practice of ITP within the limits of this article! My top two would be:

The concept and practice of *HARA* - holding energy and awareness within the central point of my body. Moving and living from a centered place brings almost limitless benefits to my day.

Second would be the concept of Integration - seeking balance and activation in body, mind, heart and spirit supports me in living a life of rich integrity.

What keeps you practicing ITP?

After practicing now for over a decade, I can't imagine life without this practice. Everyday life brings new challenges and the capacity that I have developed for meeting those challenges is largely due to my practice of ITP. So while the principles of ITP may remain the same, I find the applications both infinite and practical!

How do you benefit from participating in Mastery?

Mastery, just the idea of training in a program with that title provided me with inspiration. I suspect that there are two basic approaches one can take to life. One would be that life 'just happens to us,' that we are pawns or victims of some larger enterprise we have no say in. The other is that somehow we are all co-creators, able to participate and contribute to creation and life as it unfolds.

I'm a fan of the latter, and I found being able to practice elements of Mastery within that co-creation both humbling and exhilarating.

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?

Something I've learned is just how valuable and rare it is to be walking around in the world in a grounded, and balanced state! I've had friends stand next to me and comment on how peaceful and grounded they feel being near me. Aspiring to move through the world being as present as possible has become a habit for me as a result of this practice. There are certainly days and times when I fall short of my goal, but in general, I find my awareness and ability to remain calm and objective are enhanced.

Tell us about one of your most powerful affirmations.

"I'm open to ALL of Life as it comes to me with ease, joy and Grace. All the support and guidance I require are with me now and all is well."

I find this affirmation powerful because it reminds me to be open to all that life brings, not just the pleasant or 'desirable' parts. Affirming that I can be present to any experience keeps me open to meeting all energy from the joys to the hits.

What has ITP taught you about leadership?

The practice of ITP has informed and strengthened my leadership ability in every aspect of life where I am called to step into a leadership position!

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

I participated in Mastery cycles 3, 4 & 5 (2011-2013). The draw was to be able to deepen both my experience and understanding of every aspect of the ITP practice. One of my favorite aspects of the Mastery training was the opportunity to experiment and explore with fellow travelers. Learning in a dedicated community where each is respected and encouraged to play full out is just plain fun!

Is there anything you'd like to say to the ITP community?

Enjoy your practice! The fruits continue and ripple out in the most wonderful and life-sustaining ways.