

Spotlight on Michael Choy

ITP Palo Alto Group Leader & Mastery Graduate

How did you become involved in ITP?

Years ago, my friend Father Seán ÓLaoire, PhD, took an ITP workshop with Barry Robbins. Seán believed that our path of spiritual growth could best be developed through long-term integral practice and encouraged us to start an ITP group with our spiritual community, *Companions on the Journey*. In 2004, Barry Robbins, Pam Kramer and Erik Riswold supported Brenda Greene in starting ITP Palo Alto, and I became a member of the group at that time.

Why is ITP important to you?

ITP helps me find my true path for human evolution. Our culture has created an illusion that tells us to move toward quick fixes and instant gratification. ITP sees through the illusion and supports growth and transformation through long-term practices.

I believe that we are spiritual beings living a human experience. My mission in this human incarnation involves the evolution of body, mind, heart, and soul. Since our culture emphasizes the development of the mind, I find balance because ITP leans toward embodiment.

Will you share a story about something you've learned through ITP that made a big difference in your life?

Prior to ITP, I had two distinct lives, a work life and a non-work life. Through ITP I have integrated my different ways of being into one integrated authentic self that now shows up fully in all aspects of my life.

Over this past year, I am grateful that I have been able to bring ITP into my workplace. I am a CPA and Chief Financial Officer of a software company in Silicon Valley. Since I have the trust of employees and the board of directors, I have the freedom to introduce some helpful ITP practices to employees. Here are a few examples:

- Last year I gave an affirmations workshop to employees.
- I find it helpful to do LET exercises with colleagues, such as showing them how “getting off the line” and “blending” are more effective responses than “fight, flight, or freeze”.
- I have *The Life We Are Given* books in my office that I give to employees who are interested in transformation.



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

I first recognize homeostasis. I sit up straight, breathe deeply and create some physical and emotional spaciousness. I feel compassion for myself. Then take the first step toward returning to our practice.

Tell us about one of your most powerful affirmations.

I am most powerful when I am in the "flow" and in alignment with the divine. The following affirmation helps me to connect with my higher nature, align with the divine, and sense spiritual guidance: "I concentrate without effort. I turn work into play. Every yoke I accept is easy, and every burden is light."

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

I am grateful for the ITP friendships. Over this past year when I see transformations within myself and others, I hear an inner voice that says, "With love, all things are possible."

I sense a palpable quality when I see people let go of their egos and make a deep connection with one another. I sense this quality when I am with people who are mindful and joyous while they are eating healthy food. I sense this quality when new members join our ITP community and say "this feels like home." For now, I call this quality "love."