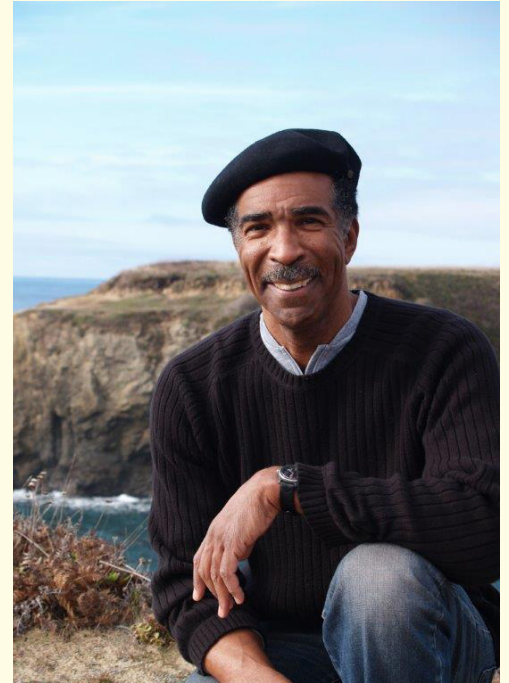


Spotlight on Tom Lewis

ITP Mastery Member

How did you become involved in ITP?

I discovered ITP at the Golf in the Kingdom tournament through my long time friend Bruce Nelson. My first glimpse of ITP was in the mid- 90's when Bruce asked if I might consider a special study group with George Leonard and Michael Murphy. Life took me in another direction at the time, though I always wanted to meet Michael Murphy and visit Esalen Institute. Years later, Bruce invited me to an ITP golf tournament. I had no idea what ITP was at the time. As it turns out, it was one of the most important experiences of my life. I learned that Michael would be at the event, so I brought my copy of *Golf in the Kingdom* for him to sign. I was thrilled! Not only that, my foursome won the tournament and the prize was...you guessed it, lunch with Michael Murphy! The practice continues and I feel whole, complete and hungry for more self-discovery and learning all over again. In life we call this Coming Around Full Circle.



• What do you appreciate about the practice?

The practice opens me up to the big picture and brings meaning, truth and purpose to my life. I am now living in the fullness of my being. Coming Around Full Circle, it allows me to continue the journey I started in the early 70's. I don't need to travel around the world again to find my practice as it is all within my reach now.

• What keeps you practicing ITP?

The balance it brings to life. The ability to discover the interconnectedness we have with self, other and universe we are in.

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

The benefits permeate throughout my personal growth, my family, the business I started 45 years ago and those I love. The path is the benefit.

- **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?**

Sharing feelings and affirmations in my business have helped me achieve true successes after many years. It's not the monetary type of success. It's the type of success that comes from a shared vision of respect, caring and appreciation.

I really love the LET practice and the wisdom that George Leonard brings to it. As an Argentine Tango dancer, teacher, performer and studio owner, I use the LET practice in most all my instruction. It's helped me break down barriers within relationships, bridge communication impasses and intuit solutions to situations that in appearance can be overwhelming.

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

Meditate and be kind to myself. Pause and continue to learn. Grace and gratitude is a practice. Ground, Relax, Awareness of the world I'm in, Center within and channel positive fruitful energy that contains gratitude for being alive and present.

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

I most appreciate the sharing, openness, evolutionary love and a sense of community that has enhanced and blossomed me on my path of fulfillment Coming Around Full Circle. Community has never come easy for me. However, I always knew that through the values of equanimity and listening to one's inner compass, we can teach each other and practice for each other calmness and well-being in body, mind, heart and soul, especially under the immense tension and strain of modern life.

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

Community is like a Great Teacher holding many gifts. While there is so much need in the world, we can offer our gifts freely to fulfill the need without expectation. Thank you, Great Teacher!

Tom Lewis