

FOREWORD

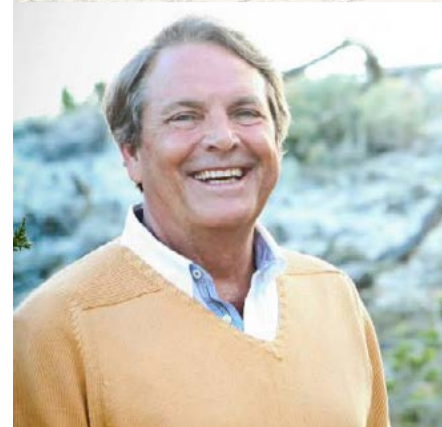
In these turbulent times, cooperation is surely the most important component of a solution to the challenges that our society faces. Like a gentle rain on a parched plain, if we could douse the flames of confrontation and discord with a steady dose of cooperation, we could then have the ground for a rebirth of civility. If we could bottle up cooperation and put it on sale, it would likely become one of the most valuable commodities imaginable. And here you have it, in a nifty and practical packet — this guidebook to create a more cooperative culture.

The knowledge gleaned from the Integral Leadership program sponsored by Integral Transformative Practice International (ITPI) is blended with the historical wisdom of Appreciative Inquiry, Non Violent Communication, Leonard Energy Training and some of ITPI's core practices into a readily accessible guide to foster cooperation.

This guide begins with an exploration of cooperation within, and then builds on that to outline methods and exercises to develop expanding levels of cooperation in relationships, communities and the world, with a final emphasis on putting it all into practice.

Here is the key, or better yet the ki, to find a way through the destructive emotions of our inner struggles, the challenges in our personal relationships and our group interactions, and move fluidly forward, centered and balanced, with a touch of grace, into a more rewarding and productive method of getting things done

This little booklet is an indispensable resource for anyone who hopes to build kind and compassionate relations in a world of strife. Like the ki that drives it, the wisdom in this guide promises to lead you with the natural flow of energy and infuse your life with a cooperative spirit in all of its dimensions: body, mind, heart and soul.



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