

INTEGRAL TRANSFORMATIVE PRACTICE

Living An Extraordinary Life Program

2023 Schedule & FAQ

Main Sessions 8-1pm Pacific Time
Momentum Sessions 9-10am Pacific time

Main Sessions go deep on program content. Momentum Sessions reconnect participants with the energy of the community to keep bringing alive and integrating key elements.

Mar. 19	4/2	Apr. 23	5/7	May. 21	6/11	Jun. 25	7/9	Jul. 23	Aug. 20
Vision	Momentum Session	Practice Part 1	Momentum Session	Practice Part 2	Momentum Session	Further Reaches	Momentum Session	Integration	Reunion

Why Living an Extraordinary Life?

The new book *Living an Extraordinary Life – The Magic of Integral Transformative Practice* was written to illuminate aspects of ITP that have grown and evolved since George and Michael wrote *The Life We Are Given*. Like life itself, the practice has been growing and changing to best serve the positive, evolutionary advance of individuals and society. ITP practitioners have discovered over the years that ITP does indeed provide access to living an extraordinary life! Many have experienced the truth in the words of Ramakrishna who said “The winds of grace are always blowing, but you must raise your sail.”

The book also brings a renewed focus to embracing and developing our extraordinary capacities. Michael and George characterized ITP as a marriage of George’s book *Mastery* with Michael’s book *The Future of the Body*: combining long term, intentional practice with the evolutionary advance of humanity. While they included development of metanormal capacities in *The Life We Are Given*, there was so much ground to cover just learning the basics, that development of one’s metanormal, or extraordinary capacities, often became a lesser priority. However, now, with more than 25 years of ITP in the world, there is a new energetic field of support offering new fertile ground for the further emergence of our extraordinary capacities and for living a truly extraordinary life.

How do I know if this program is right for me?

Do you sense an energy and current calling you forward into deeper connection with yourself, others and the world? Are you ready to explore and further develop your integral nature in body, mind, heart, and soul? Do you want to lean into your evolutionary edge and cultivate extraordinary capacities unique to you and your life’s purpose? Your impulse to connect more deeply with yourself and with others, to awaken and develop the extraordinary capacities already within you, is a sign that this program is right for you

What are the components of the Living an Extraordinary Life program?

- Live, interactive workshops offered via Zoom (30 workshop hours)
- Personal copy of the new book, Living an Extraordinary Life
- Program materials and online resources page
- A cultivated, strong container of integral practice offering community connections, interactions and insights
- Personal guidance and support offered by program leaders all along the way

What can I expect to get from this program?

- Explore your many-sided nature and delve into a deeper interpretation of body, mind, heart and soul – both ordinary and extraordinary – to enrich your worldview, practice and life
- Developing a greater sensitivity and responsiveness to the vital flow of energy
- Experiencing awe, wonder and joy in everyday encounters
- Deepening and enriching our relationships and sense of belonging in the world
- Enhancing connection to intuition, love and self-existent delight
- Cultivating a new understanding of personal autonomy, alive within us all
- Assemble key elements unique to you supporting your ability to embrace the miracle of the life you've been given and make it extraordinary

What, specifically, will we be doing in this program?

We will journey through the new book bringing each section alive in our lives: Vision, Practice, and The Further Reaches. Each session will cultivate an integral experience, working with body, mind, heart and soul. Using the book as our intellectual framework, we will tap into deeper wisdom of both ourselves and the community using movement, meditation, inductions, reflection, journaling, and sharing. Along the way you'll be supported by a diverse community of integral practitioners and facilitators who are there for your encouragement, guidance and support as you discover and unfold your evolutionary potential.

I've done other ITP training programs, how is this one different from others?

As with all practices, the practitioner goes deeper. There is an infinite depth of learning to discover about yourself, your capacities and ways your full potential is yearning to be realized. The more you practice, the greater your growth. You can never step into the same stream twice. As you are called to contribute to the world, you are also called toward a fuller realization of your innate potential.

And of course, this is a brand-new book! Building on the great work of George and Michael presented in *The Life We Are Given*, there are lots of new ideas, concepts and practices just waiting for us to unpack them into in our lives. While ITP has always been on the leading edge of human potential, in many ways this book and program is the evolutionary advance of ITP, bringing a whole new energy and vitality into both ITP and your life.

There are many powerful forces in the world, and some of them – cynicism, greed, ethnic hatred, heedless ambition, armies, and huge, impersonal organizations, to name a few – have a particular power to destroy. But a love that asks nothing in return is perhaps even more powerful, for it seeks to create, not destroy. Only a long series of close calls has given us this life. Again and again, over aeons of time, often against long odds, Eros has finally won the day. Are we willing to consider the possibility of a society in which love prevails?

– George Leonard & Michael Murphy
The Life We Are Given