

The Ki of Cooperation

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The Ki of Cooperation, an ITPI grant project funded by The Global Purpose Movement, is a guide to embodying the spirit and flow of cooperation. Its lessons and activities follow a process that begins within the individual and step-by-step builds skills, attitudes and practices that encourage cooperation within one's relationships, in group endeavors and as a world citizen.

There are three foundational premises upon which the Guidebook to the Ki of Cooperation is built. First is that cooperation at any level is a phenomenon that begins within each individual and then flows outward into the individual's connections with others and the world. Underlying that premise is the notion that as individuals we are made up of many "parts," specifically, body, mind, heart and soul. In order for one to embody the Ki of Cooperation it is necessary that all our "parts" are recognized and then integrated through ongoing practice. The exercises in this Guidebook introduce a sampling of these practices.

The second foundational premise in the Ki of Cooperation Guidebook is that cooperation is evidence of an unimpeded flow of energy that is fundamental to our individual being and to the evolving cosmos. As we become more integrated as individuals, which involves attending to our body, mind, heart and soul and the messages we receive as to their current states, we are better able to adjust in order to experience that flow of life within us and in our connections with others.

And, finally, the Ki of Cooperation Guidebook emphasizes that process and change are endemic to life and to realizing Ki, or the flow of life, so that practice is, therefore, necessary. Ki is not static – it is not a place where we arrive but a thread that we follow as we move through our lives. Practices like the ones offered in this guidebook are prompts on the journey toward cooperation within, in our relationships, with groups and, ultimately, as world citizens.