

Personal Sharing Guidelines

Personal Sharing is an opportunity for members to communicate their feelings about their practice and deeply listen without judgment or considerations. It is one of the basic foundations of ITP and one of the most sacred parts of the practice. Certain protocol has proven to enhance communication and group support. The guidelines, listed below, are for the purpose of ensuring safety, freedom of expression and mutual respect.

1. Sharing is optional. No one is obligated to share.
2. Each person's experience will be honored in silence.
3. Each person speaks once before anyone speaks a second time.
4. What is shared stays in the room, unless there is expressed permission given by the person sharing.
5. Members shall refrain from discussion of interpersonal issues, personal attacks, interruptions, cross-talk, unsolicited advice or help, questions, or offering opinions on political or social issues.

Integrating Personal Sharing

Members are encouraged to share their feelings, highlighting how they relate to their ITP practice. Consider the difference between the story of the week's activities and the feelings that flowed from these experiences. By sharing these feelings, others can benefit from your experience and find ways to relate more compassionately to you, themselves, and one another.

Members are encouraged to share from a heart-based perspective, including their feelings about what it is they are sharing. This encouragement extends to the act of listening as a gift of love. As we listen through the ears of our hearts, we hold each member in evolutionary love, seeking the greatest good and growth for all.