

## ITPI Spring Newsletter 2020

### Working Theme:

COVID-19 as Practice Partner:

Learnings from the Experience and Practices for Staying on your Path

Roger Marsh, ITP Teacher

#### 1. What are you learning about yourself at this time?

What I'm learning is the incredible value of an integral practice! During challenging times like these I am finding that consciously, intentionally, lovingly, and consistently nurturing and cultivating all aspects of myself is very valuable, in fact, essential. I love the quote attributed to Bruce Lee that says, "Under pressure you will not rise to your expectations, you will fall to your level of practice." I feel that my more than 15 years of Integral Transformative Practice, as well as other, complementary practices and practices prior to my path with ITP, are really serving me now. Because of my practice, I feel more present, clear thinking, open to others, love-based, and more "immune" to fear-based messages, thoughts, and feelings.



#### 2. What practices are supporting you?

On the emotional and mental fronts (heart and mind), I am finding that extending empathy to both myself and others right now is very important. People are having a wide range of experiences and reactions to the challenges of these times - they are all over the map. However, it starts with me by allowing myself extra tolerance for my own irritability, tiredness, confusion, anger and even resignation. By allowing myself this greater freedom to have and be with these experiences I can then offer that to others.

On the body, or more physical front, I am finding that my ITP Kata is very valuable. It is keeping me balanced, integrated, flexible, and connected to all aspects of myself, both here and beyond. Also, getting outside for some fresh air, sunshine, and plant life is so important. In this respect I can see Newton's First Law of Motion at work in me - "A body at rest tends to stay at rest, and a body in motion tends to stay in motion." All this time indoors can become self-perpetuating. Pretty much every time I think, "Let's go outside," there is a part of me that says "Nah, just keep doing what you're doing." However, because I know how wonderful it feels to get that exercise and be outside, I am able to get those walking shoes on and head out the door. Then, after about 20 steps down the street, I've got a big smile on my face!

### **3. What insights and tools do you have to share with the ITP community?**

On the spiritual side, or for my soul, I'm finding my connection to a bigger picture and evolutionary arc is essential to maintain. For me, everything happens for a reason and that reason is there to serve me (and us, as humanity). Seen from this larger aspect, I can ask, "What good is coming from this challenge? What is wanting to emerge from these times on our planet?" This is akin to our Leonard Energy Training exercise called *Taking the Hit as a Gift*.

When I'm connected to the eternal aspect of myself that is never born and never dies, I know everything is OK and there is never, ever, anything to be afraid of. On the long arc of evolution something is ending and something is beginning - we are in transition. By staying connected to and coming from this place of divine perfection, I can then courageously step forward and intentionally shape the world to emerge in a more loving, compassionate, connected and inspiring form than the one we are leaving behind. I've learned this is how it works in my own life, and I'm learning that perhaps it can work that way for all of life.