

Spotlight on Bob Doenges

ITPI Board Member, ITP Mastery Teacher and Founder of ITP Tulsa

Can you share a story about how something you've learned through ITP made a difference in your life or led you to take some major steps in your life?

I am reminded of meeting George Leonard for the first time and watching him tap his hara repeatedly as he walked towards the stage to present with Michael. Just to witness his level of dedicated practice was inspirational! I've been touched by the humanity and commitment of both Michael and George, which motivated me to step on the path that continues to this day.



How did/do you benefit from participating in Mastery?

Your ITP Group?

It's a combination of the community, in particular, the community of Mastery and ITP Tulsa and all those on the path of Mastery. Recently my ITP Group planned to meet, and it was a challenging day for me. It would have been more comfortable to stay home, but there was a voice that said, "Bob, you go." So, I went and found an extraordinary and uplifting group discussion going on. It's the ongoing unfolding that comes forth from a group of committed practitioners on the path of practice that keeps me engaged. Doing the kata is the same. There's something in my body that does the kata. I don't do the kata, the kata does me!

What do you appreciate about the practice?

ITP is integral. It is body, mind, heart and soul helping us to get into our soul connection, so that the natural process of Evolutionary Love can begin to unfold. There are no shortcuts with ITP, it's the "long-cut."

I think this question also relates to the theme of "yes and what's next," something that came to me a number of years ago while working with a great teacher. On the path of mastery and the path of practice we say, "Yes and what's next?" What's next is a wonderful question mark because it answers itself, in that all the answers are waiting to be lived, like an inventor, the key to the invention is right there in the universe.

What keeps you practicing ITP?

It's a life-long commitment that keeps opening doors for me. I am reminded of the period of going out to the Bay Area and meeting George and Michael, when I also met with a teacher in the UK. The first time I met him he said, "Tell me where you are," and I was set back on my heels! His question somehow made me realize that I had said "Yes" to life and had surrendered. Once I surrendered, I began allowing things to happen in my life. Once I allowed things to happen, my life started to unfold. So, ITP is a path of allowing and unfolding.

Is there anything you'd like to say to the ITP community?

I'd just say that we are blessed to have this practice and the level of teaching that's unfolding at this time in our groups, in the Mastery programs and ITPx. It is a blessing to have Michael still flowing-forth along with the lineage holders, Pam and Barry.

I wanted to share a book that I like to read with my breakfast, *The Book of Awakening* by Mark Nepo. The subtitle that I love is called *The Life You Want by Being Present to the Life You Have*, and I think ITP is a practice of awakening into the full awareness and witness of what's going on within, between and beyond each one of us.