

Spotlight on Armando Cardenas

Journey of Practice member

How did you become involved in ITP?

About three years ago I was invited to a new position in my job. My old boss was pushing hard on me to apply, but I was not sure because of the big challenge and radical change the new position involved. After a long internal struggle, I finally decided to take the step.

During the promotion process I was interviewed by the new manager and what was supposed to be a traditional interview turned into a friendship convo. I even recall me talking about meditation at some point. I was accepted for the new position, and this new manager turned out to be Doran Blinderman, ITP SF co-leader. What could have been a really tough change process was considerably lightened by his leadership and advice.



After some time, I received a priceless gift from Doran of the books *Mastery* and *The Life we are Given*. He also invited me to join my first *Journey of Practice* series where I met Pam and the ITP community. Everything after that is just magic!

What do you appreciate about the practice?

Commitment to a long-term practice involves quitting well-established patterns and can sometimes destroy your entire belief system. It's a leap into the unknown, and taking the step requires bravery. I have experienced that, when pursued with divine guidance and sincerity, those abandoned patterns find the connections to a new Love, Consciousness, Energy and hidden potential. The now-empty container is filled with the always renewing joy of the practice.

What keeps you practicing ITP?

The sense of community is really strong. Sometimes during the meditation time before the start "journey of practice" sessions, I can feel this life-giving energy flowing around, and that's something hard to find nowadays. I feel a real and transcendent connection here. Also, discipline requires a backup system that inspires you to keep going when hard times come and I have found this support here.

How did/do you benefit from participating in "The Journey of Practice" online sessions?

For me it's like having an invisible rope that keeps me tied to my commitment. By participating in each session, I remember that I am connected to something bigger and transcendent.

What drew you to the Journey of Practice program? What is one of the things that you like most about the program?

The mission in general of ITP reverberates with me, to practice a lifestyle that includes developing respect, trust and love for all and discovering our full potential as true human beings.

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

I was inspired not only by *Mastery* and *The Life we are Given* but by people that honored and practiced what I read in the books. That was key, and I will always be grateful for that.

That leadership and friendship experience was so inspiring to me and helped me to discover some kind of hidden potential to the point that I started my own Veggie restaurant in León, México (Pozolería Vegetariana) near Guanajuato and San Miguel de Allende. Then I opened a second location and created a community which supports local commerce and growing up startups.

Through *Journey of Practice* program the community helped me to create a vision. The energy of intention and power of concentrated thought of the group helped me to create the change desired. In spite of the ordinary problems that the human experience entails, ITP provides an integral and powerful tool to overcome them.

What do you do when you meet resistance with your practice?

I used to be very hard judging myself and feel guilty due to my lack of discipline, but now I try to see myself as a "work in progress," with the awareness that I am walking the path of mastery (a long and uncommon road not everyone dare to go), trying to be compassionate with myself. As long as I know I am 'working on it' that's ok. I can hear this internal voice whispering from the inside...don't give up and keep practicing :)

Tell us about one of your most powerful affirmations.

I am renewed and strengthened by God's life-giving energy.

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

I want to express my gratitude and love to each one of the ITP members here, especially to Pam and Doran by honoring and exemplifying what ITP represents. Thanks for all the selfless service you guys are doing and happy to be part of this connectedness and energy flow.