

## Spotlight on Doran Blinderman

ITP San Francisco, Journey of Practice and Integral Leadership member

**How did you become involved in ITP?** I used to own the wine bar around the corner from Aikido of Tamalpais. Lots of ITP members would come in, and I got to know them over time and hear about George and the dojo. I read *Mastery* during that period, but it didn't land for me at the time. Pam invited me to a weekend workshop on the kata, and it was such a clearing experience for me. I remember how it helped unclutter my mind after just 45 minutes.

A few years went by, and I hadn't done any further work with ITP. I brought along *Mastery* with me on a quick vacation in Arizona, and reading it a second time, each sentence seemed to connect with me. I still think it's one of the best written and practical books I've read.

Energized from rediscovering *Mastery*, I reached out to the SF ITP group as soon as I got home, and have been on my path since then!



**What do you appreciate about the practice?** On a daily tactical level, it is grounding. I love the framework to continually grow and improve, and really get into the untapped parts of who I am at my core.

**What keeps you practicing ITP?** I feel change in myself, and that keeps me coming back for more as I imagine even greater possibilities.

**How did/do you benefit from participating in Integral Leadership? Your ITP group?** The SF ITP group has been a great community to be part of. There is an aspect of accountability to being in a group that serves me well (otherwise I'd really rather sleep in Saturday mornings). Having a community of like-minded people also has given me a sense of emotional safety and support that is at a level deeper than I have experienced with casual friends. I also really love learning from others and witnessing their great transformations.

**What drew you to the Integral Leadership program? What is one of the things that you like most about the program?** The focus of a short sprint really drew me to integral leadership. I was drawn to the idea of having a very specific goal, and a timeframe to accomplish it! After all, "doing" is such a good western way to show value!

What I liked most about the leadership program, is that over the 6 months I kept then focus and

attention on my goal, but my intention became less and less about “doing” my goal like a checklist, and more about “being” and really embodying the changes I wanted to see in my work team and myself.

*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?* The play between focus and surrender is fascinating to me and I could write about that forever.

During our second Integral Leadership weekend, we were practicing the Energy Arm. I didn't really know at the time why, but could feel a sense of the importance of the lesson. Barry was my partner and left me with a sense that I could meet any challenge face-on as long as I was composed and kept my energy focused in the right way. That evening I found out I was going to be a dad, and am sure glad I had that sense of energy and strength from within :).

*What do you do when you meet resistance with your practice?* I'm not kind to myself yet, but know I should be when this happens. I try to just pick back up practicing without too much judgement.

The discipline of staying in practice also creates a freedom in my mind, so I try to use that as energy to blend with the resistance and stay on the path.

*Tell us about one of your most powerful affirmations.* I'm free!

*Is there anything you'd like to say to the ITP community?* Love you guys!