

THE NINE COMMITMENTS

The Heart of ITP



About the Nine Commitments

The Nine Commitments are the heart of ITP. You will find that the commitments harmonize together to support your transformative growth. They help you to remember that *the journey itself is what is truly important*.

Through adherence to these commitments, you can move forward with grace and intention, on the road to transformation. The Nine Commitments help guide us in a positive, affirming manner and give us a foundation for further exploration.

The Nine Commitments focus on personal responsibility, relationship, community, the ITP Kata, physical exercise, conscious eating, intellectual understanding and affirmations.

Just as air traffic controllers constantly bring airplanes back on course through the use of radar, we can constantly bring ourselves back on course through our commitments. It may be challenging to follow these commitments, and it takes discipline to incorporate them into our daily lives. But through practice with these guiding principles, we can make long-term improvements in our mental, physical, spiritual and emotional lives.

The original eight commitments were developed based on the experiences of the participants in the first two cycles of ITP in 1992 and 1993. The ninth commitment was added in 2007 as a response to questions about our responsibility to those who are less fortunate than we are. As ITP practitioners we commit ourselves to provide service to others whenever possible.

The Nine Commitments

You don't have to wait to do every part of this practice before beginning it. Learning the practice is part of the practice and the learning never ends.

1. I take full responsibility for my practice and for all transformations of my body and being that flow from it.
2. I seek to join in community with other ITP practitioners. While maintaining my individual autonomy and authority, I commit myself to my ITP community in vision and practice.
3. I do the ITP Kata at least five times a week.
4. I accomplish at least three hours of aerobic exercise every week in increments of no less than 20 minutes. Three sessions of strength training a week are also recommended, but there is no commitment on this.
5. I am conscious of everything I eat.
6. I develop my intellectual powers by reading, writing, and discussion.
7. I open my heart to others in love and service. I stay current in expressing my feelings to those close to me.
8. For each six- to twelve-month period, I make at least one affirmation having to do with significant positive change within.
9. I am dedicated to finding ways of reaching out and offering help to those in need.