

ITPI Spring Newsletter 2020

Working Theme:

COVID-19 as Practice Partner:

Learnings from the Experience and Practices for Staying on your Path

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1. What are you learning about yourself currently?

I have never been this close to my children's daily routines and school habits. I did not know how much they could benefit from more time from us, involved in school and home tasks. Most families value deeper relationships, but there is not always a "container" to create it. It is nice to be staying in with our younger ones more! I do not think our consumerist society is setting us up for the depth we need in our families, generation to generation.

So, the biggest learning is about being a better parent and family member. Time limits or distractions, even fun ones, have created artificial barriers. Through participating in school assignments, listening in on zooms with teachers, watching the output and creativity, I am learning their world views, thinking habits, and levels of self-esteem. We are having important talks about so many things!

2. What practices are supporting you?

I have made a return to transformative imaging (TI). I did not realize before this recent "lock down" that I was not fully tapping into visualization, mind/body/heart/soul, as an avenue for manifesting the future. I thought I was using it. But I was only scratching the surface! We have had some fun with TI and affirmations, in our Integral Leadership Community.

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

Tools: Re-read Chapter 7 of *The Life We are Given!!* Return to transformative imaging. I find it most helpful to consider mind, body, heart, and soul each as a distinct unit of visioning, and use yellow sticky notes to capture the images that flow. I also think it is important to use TI with a specific date or outcome in mind.

Insights: I have a deepening concern for our people and our planet and what is next. This crisis sounds the alarm that a window of transformation is open and faster change is eminent, both an opportunity and a risk. It will take every one of us to steer the future in a healthy direction. I come back to ITP as a critical part of the planetary cultural immune system...