

Your Integral Hygiene – The ITP Kata

by Roger Marsh, Mastery Teacher

Created in 1992 by human potential pioneers George Leonard and Michael Murphy as part of Integral Transformative Practice® (ITP), the ITP Kata is a proven portal into deepening and unifying body, mind, heart and soul. As one experienced meditator said, “The Kata is an amazing thing. I’m able to reach depths of peace and calm in 40 minutes that have taken me days to reach at meditation retreats.”



This is one of the things that makes the Kata so potent: it is incredibly efficient. With ITP we are on a householder’s path, which means we don’t have all day to meditate, quiet the mind and connect with the divine. We have other important things to do, right? Well, yes and no. While we may have important things to do, consider that who you are being and where you are coming from as you do them is more important than what you are doing, far more important.

The mind will argue that we have to get up and get going, that we don’t have time for this moving around of the body, this laying on the floor, and this sitting on our butts. Life is passing us by and nothing is happening unless we are actively doing something and making it happen. Right? Well, again, yes and no.

I invite you to consider that **the** most important thing you do each day is your practice, especially if your practice efficiently connects you with your deepest, most authentic, most inspired, most guided, most loving, most intelligent self. Consider it your integral hygiene. You wouldn’t go out into the world, into your day, without eating breakfast, taking a shower, brushing your teeth and clothing your body, would you? These are things we all do to properly care for and prepare our physical body. Well, consider that you also have a metaphysical body and it needs care, too. In fact, without engaging your integral hygiene, you have not properly cared for, cultivated and prepared your mind, heart and soul for your day. We could say you’ve got a dirty mind, heart and soul! And you definitely do not want to go out into the world, into your day, like that!

“The roots drive the fruits.” Who you are being and where you are coming from determine the outcomes of your actions. You can start to see that cultivating who you are being and the source of your actions is incredibly important for creating and experiencing the results and experiences you desire in your life. This is what a powerful practice can do for you, and the Kata is one of the most

powerful.

At its core, what we are talking about here is intentionally shifting your experience, your source of being, from fear to love. You may notice that the mind's objections to a practice are based in fear; that you don't have enough time, you don't have enough energy, and if you don't do other more important things then bad things will happen. From a strictly left-brained perspective, these things may be true. However, from an integral perspective, which includes your heart and soul, there are far deeper truths with far greater power. The power of a practice comes from cultivating these deeper, more hidden and subtle powers. As Sri Aurobindo pointed out, "Vast abysses of truth lie below in which are concealed the real springs, the mysterious powers and secretly decisive influences of existence."

So engage your daily integral hygiene and don't go out into the world without first connecting with your deepest self, aligning your body, mind, heart and soul. Give yourself the gift of the ITP Kata—one of the most powerful, important, efficient and effective things you'll do all day.