

Spotlight on Tim Cleary, Mastery Teacher and Co-Leader of ITP San Rafael and ITP SF

How did you become involved in ITP?

Mind-body practices have been important to me throughout my adult life, particularly Tai Chi and Yoga. I was impressed with George Leonard and Michael Murphy's book, *The Life We Are Given*. It seemed to aspire to a higher level of practice that supports the whole self – body, mind, heart and soul. I discovered George's teaching video, *The Tao of Practice*, and started doing the Kata in 1997, then formally joined an ITP group in 2005.



Can you share a story about how something you've learned through ITP made a big difference in your life?

Michael recommended James Hillman's book, *The Soul's Code* at one of his talks. When I finally read it, I was inspired to get clear on what my unique purpose is for being on this planet. I realized that growth and development of ITP was very important to me and one of my missions in life is to aid that growth. The practice has been important to me in so many ways that I feel compelled to share it with others. As a result, I've made an effort to develop my leadership skills through the ITP Mastery program. This led to a breakthrough year for me. Along with Donita Decker, I formed ITP San Rafael and I also became a co-leader of ITP San Francisco.

What keeps you practicing ITP?

I enjoy having the opportunity to grow in a supportive, loving community. The practice allows me to discover and nourish deeper aspects of myself that had been dormant, such as leadership. I also love the people I practice with – they are extraordinary.

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

I try to allow myself to be human and not beat myself up about it. George talked about homeostasis – the tendency for a self-regulating system to stay the same – and how difficult it is to move forward sometimes. I find that by continuing to stay connected to others in ITP that I'm able to get through difficult periods, particularly because the group offers me love and support that I sometimes can't access for myself.

Tell us about one of your most powerful affirmations.

"I gratefully receive divine guidance and inspiration." This affirmation seemed to generate a long period of synchronicity, inspiration and powerful, informative dreams. It reawakened me to the existence of magic and grace in the world.

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

ITP has been one of the most powerful agents of positive change I've ever experienced. I'm forever grateful to Michael and George for its creation and I look forward to a lifetime of practice with all of you.