

The Path of Mastery - Life as Practice

By Bob Doenges, ITPI Board Member & ITP Tulsa Founder

"i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky: and for everything
which is natural which is infinite which is yes

(i who have died am alive again today,
and this is the sun's birthday: this is the birth
day of life and love and wings and of the gay
great happening illimitably earth)

how should tasting touching hearing seeing
breathing any-lifted from the no
of all nothing-human merely being
doubt unimaginable You?

(now the ears of my ears awake and
now the eyes of my eyes are opened)"

ee cummings
(Complete Poems, 1904 - 1962)



On the path of mastery, we are committed to living a committed life, one doesn't look out at reality, one looks out from reality. In other words, the world is not out there, one is in the world and the world is in you. You are integral with the world! You are part of it. This is a grace of our committed life and awareness of practice.

More and more often, we no longer meditate, we are meditated. More and more often, we no longer do the Kata, the Kata does us. This integral living is a different experience of life. We are in life, in the world and not of it. We are unfolding elements of the world. We know life is not about us because we are Life. What is happening in the world is happening inside us, and we simply say, "yes" to the world. It is no longer about doing it right, it is about aligning, attuning and according with what is natural. We live in, through and with life, with everything which is natural, which is infinite, which is yes.