

## Integral Fitness

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In Mastery, as we worked with the core practices embracing body, mind, heart, and soul, we found that a larger concept of fitness was presenting itself. When founding ITP, George Leonard and Michael Murphy emphasized the importance of integral practice. To quote them "the ITP practice was integral in that it dealt with body (diet, exercise, yoga), mind (reading and discussions of articles and books excerpts on relevant subjects), heart (group process, community activities and soul (meditation, imaging, yoga)."

George and Michael emphasized how important it is to have our bodies in good physical condition as part of the nine commitments. This includes performing the Kata on a regular basis, exercise, and healthy eating. When we started working with the aspect of fitness we focused on the health of the body as well as bringing our body into balance. Through our LET practices we have learned to be in touch with the feelings in our body and recognize how we respond in different situations. This work shows us how to bring ourselves back into balance when we experience a hit and allows us to respond rather than react.

When we look at Integral Fitness, it's clear it's a larger concept than just physical fitness. If we look at one's integral health like a body organ, we realize we need all areas working together so we can call on them together. If we leave one part out, the results are less than if they're all working together. We know there are many things happening simultaneously. When our body, mind, heart, and soul are all healthy and in balance, we have true Integral Fitness. Of course, we call on different parts of ourselves in different situations, but having fitness on all levels results in better decision-making and an improved ability to navigate life whether in balance or out of balance. We know we don't want to focus too much on just one aspect because the principle of antakalouthia (the mutual entailment of the virtues) is at work in this area. Through the entrainment of the virtues we can create true fitness in our practice.

As part of the Mastery Program we have been developing a section of the core practices we refer to as Integral Fitness. It is an evolving part of the program. To start this exploration, it helps for each person to understand and clarify their personal definition of Integral Fitness. In other words, what does Integral Fitness mean for you? We have attached two forms to support your exploration: the Mastery Integral Fitness Grid, and the Integral Fitness Evaluation. Please complete these forms before our upcoming weekend. When completing these forms, do not overthink them. A great time to work with them would be after completing a Kata, when you are balanced and centered and when your body feelings, as well as your heart mind and soul, are flowing together.