

## Spotlight on Dusty Niles

### ITP San Rafael and Integral Leadership member



#### **How did you become involved in ITP?**

Roger Marsh taught me the Kata on the beach at Asilomar State campgrounds at the Center for Spiritual Living conference I attended there. About six months later, I went to Esalen for an introductory ITP workshop and found a home. I experienced what feeling grounded was all about.

#### **What do you appreciate about the practice?**

The practice keeps me grounded and opens portals to extend towards something beyond myself that I cannot comprehend.

#### **What keeps you practicing ITP?**

Having a community where I can show up, support others and be supported. It is a pragmatic path. Everything in life, for me, has a currency vibration, and I want a good return on my spiritual, emotional, physical and space/time investment.

I know deep in my bones that this practice supports me, even when I am not practicing.

#### **How did/do you benefit from participating in Mastery or other ITP programs? Your ITP group?**

I take great pride in signing up for every ITP event I can participate in, because I know I will grow, learn and absorb something that will make me a better human. This is important because the time for us to step up into coherence is now. All ITP events circulate seeds of evolutionary love in their own unique way. And evolutionary love is the way.

#### **What drew you to the Mastery program? What is one of the things that you like most about the program?**

The consistency of building skills to teach something profound. I like learning to practice my practice for the sake of practice. I am learning to embrace the life that has been given to me and be ok with that and find joy with that.

I have immense gratitude for the senior teachers who dedicated years of Mastery employing the same skills, same drills and same mornings year after year, honoring a theory and practice that evolves and has a structure. It feels to me that ITP has invisible, moveable dojo with walls built of wisdom and a dedication to practice that can be taken to any learning environment.

We are now free to roam and explore, spark more creativity because we have a practice and community that builds a foundation slowly in order to take quantum leaps.

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

I purposely let go. I don't practice. I watch myself make that decision enough times until it is time to practice again. We are always practicing, but sometimes I have to take it off the mat and not practice and be ok with that. My local ITP group keeps me practicing when I don't want to practice, because I show up, do the Kata, sit in a circle and do something profound. Thank God for these groups.

**Tell us about one of your most powerful affirmations.**

I influence learning environments with evolutionary love.

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

So many members, old and new, have healed me in so many wondrous ways. Impossible to put into words, because the language we have at this time will not explain what ITP has to offer. Hands on healing happens in profound ways and what we do is beyond the words. So, I say thank you to the ITP community.

An ITP community provides the space to be free in this world, but not enslaved by the world.