

## Power of Practice in Action

An Interview with Kim Kristenson-Lee  
ITP Mastery Teacher

**How long have you been an ITP practitioner and what first inspired you to join ITP?**

I have been an ITP Practitioner since around 2002...almost 20 years! Somewhere in storage I have a journal George Leonard wrote in when I took his Integral Practices class at Esalen on a Father's Day weekend, around that time. The gist of his writing to me was: *Send attention to my inner radiance and allow it to shine through!* I think we can all use that message.



The somatic (body based) aspects of the practice inspired me to join ITP. Prior to learning relaxation at an ITP weekend, an ambitious lifestyle had kept my body in knots perpetually! George introduced me to the strength we can experience when we learn physical relaxation, including relaxing into our hopes and intentions. It set me free from so many expectations.

George said if I only remembered one thing from that first class, to remember this: The practice of centering. *"Centered body, centered life."* So much integral wisdom was taken from this first experience!

**While engaging with your personal practice, what insights have you experienced that have made the biggest impact on your daily life?**

It is difficult to pick which insights are most powerful. I've been moved lately by re-reading *Mastery*, which is in its 30th year since publication. The first principle of *Mastery* is, roughly, surrendering to your purpose (or passion). Notice it is not *finding* your purpose, or working on your purpose, it is *SURRENDERING* to your purpose. In my experience, when I set an intention to be purposeful, my purpose is waiting for me and finds me. There is an element of surprise, it is not something I could have foreseen. Surrendering is very different than turning on pressure to "find it." Also, "surrendering" means listening for what is *truly* purposeful, even if it is not logical or what our friends or family are expecting.

Another principle of *Mastery* is practice! Practice is NOT the path of the obsessive, pushing beyond limits. It is NOT the path of the dabbler, being half-hearted. It is simply setting a course for conscious change, impact and trusting the time it takes to see progress. Mostly, it will go slow, sometimes it will go fast...but mostly, keep practicing!

**As a previous participant of the Integral Leadership Training Program, what have you been able to apply to your work or personal projects that has been directly influenced by this course offering?**

I am so much more flexible and slower in the way I engage in work and personal projects. It is incredibly freeing not to rush or get ahead of the pace of life. I move with more awareness and a longer view, still with organization and accountability, but a great deal more spaciousness.

My latest focus is inner work, how to be in a calm and grateful state internally and create spaces where others can experience safety. I am not saying I am always in that state; I am simply saying it is my practice and where I return. I suppose it is another facet of the desire for more relaxation and renewal which brought me to ITP in the first place. It's so simple.

**If someone was interested in the Integral Leadership Training Program, but not sure about making the monetary or time investment, what would tell them?**

We have no choice but to "practice" in our lives. We are always practicing something. We can be unconscious in our practice, or we can be conscious. The [Integral Leadership Training Program](#) offers you a profoundly supportive pathway to become conscious--and intentional--in what you will bring forward in your life.

If you hear a small voice calling to you to go, take that as an indicator. A quote sent to me by a dear ITP friend in Houston: *"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."* --- St. Thomas.

It is rare to find such a sincere offering. Accept the opportunity: engage with a group of supportive people all there to unlock our best selves!! You will remember the renewal, enjoyment and the value. You will soon forget the imagined barriers.

**Any additional comments or insights you would like to include regarding putting our practice into action and/or the Integral Leadership Training Program?**

The longer I am in ITP, the more I appreciate its impact and its value in my life. If anything, my ITP journey of practice has wildly exceeded what I believed to be possible. Most dear to me is the group of friends and community members I have met.