

Spotlight: Eric Carlson

Mastery in the Bay and Heartland member, ITP Colorado group leader

How did you become involved in ITP?

I became involved in ITP through a recommendation from a fellow sport psychology colleague. We were discussing integral philosophy and she suggested I may be interested in ITP. I had never heard of ITP but had been very familiar with Michael Murphy. I read *Golf in the Kingdom* when I was 18 and also bought *The Future of the Body* when it was released. I spent years trying to track down Michael Murphy, searching for workshops or retreats. In 2012 I pre-ordered the *Golf in the Kingdom* DVD from Amazon and my curiosity sparked interest in what he may be up to. Again, I fell short of tracking him down. Then, in 2014 when my colleague mentioned ITP, I immediately became a member of ITP International and inquired about starting a group in Colorado. 10 days later, I was on a plane for my first weekend session of Mastery.



What do you appreciate about the practice?

I appreciate the support of practice. There are so many influences in ITP but George Leonard's Mastery has been a consistent theme. I believe the ITP leadership team, specifically Pam and Barry, work hard to make sure the right people are representing the organization. They also do a great job of honoring the history and research of the practice. I appreciate the guru-less approach of ITP and its humbleness. The practice itself is very flexible and allows one to work with their own subjective nature in honor of the 9 commitments. I appreciate all the members I have met and all have provided me wisdom in deepening my own practice. The openness of the community has really surprised me. Many groups can be very arrogant, but ITP has welcomed me with open arms.

What keeps you practicing ITP?

My broad research in human performance, which included Elmer and Alice Green's *Beyond Biofeedback*, the collection of Ken Wilber's work and Michael Murphy's *The Future of the Body* heavily influenced my understanding of human development and transformation. I had been on the verge of developing an approach that very closely resembled Mastery. I had been missing a practice and understanding of subtle energy. The LET practices and integral nature of the Mastery program really sparked me at a deep level.

I had been part of some other integral communities and did not experience the connection found in the ITP community. The Mastery Program, GLEE calls and special interest PODs allow members to continue involvement in ITP. This gives one a feeling of connection to the community unlike anything else I have found.

How do you benefit from participating in Mastery? Your ITP group?

Mastery has influenced my practice in very positive ways. I have been able to better integrate the practice into my daily life. This has assisted a movement in my life from fragmented to a more whole expression of myself in the world. My work and personal life are now more aligned. My relationships have improved and some negative relationships have been gracefully retired. I feel that I am moving toward an integral existence and fully experiencing and developing my highest potentials. The ITP group in Colorado allows me to participate, share and nurture the continued evolution of spirit which manifests itself through human potential. If I can facilitate the transformation of Colorado ITP members 1%, that could be enough to positively change someone's life forever!

Tell us about one of your most powerful affirmations.

In 2014, my first Mastery Cycle, I developed an intention/affirmation around expressing and sharing my True Self in the world. At the same time, I was developing and creating a new role at work. I had no idea that this new role would push me to express myself in ways I never before thought possible. I began utilizing and sharing my relationship and communication skills to help foster synergy across our many teams. I also began presenting in very important meetings with customers and helped influence and develop my company's brand in this new world of technology. Subsequently, my newly created role became an enormous success and developed opportunities for two other people in my district. This approach is now being propagated across the Mountain/Southwest United States.

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

Thank you for being so gracious and accepting me into your community. I have learned from all of you!! Please be authentic and hold the integrity of the practice over all else. Continue to be humble about the practice. The guru-less nature of the practice is there for a reason, honor it! Continue to share the practice with the world, with your families and friends. Continue to welcome new members with open arms. Continue just being you ... as Michael says, "love something and watch it grow"... love the practice, share it authentically and it will grow in a natural and pure manner.

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