

The Integrated Approach – TIA™

Among this list, which item(s) that is / are most important to you?

- I want results so that I can achieve the success I know is possible.
- I want to find and express my greatest power.
- I want to manifest a peaceful life harmonious with myself, others, and nature.
- I want greater balance between two parts of my life.
- I want to be a contributing part of a movement and mission larger than myself, toward the good of all.
- I want to enjoy the science and the miracles, magic, wonder, and abundance possible when I cultivate a relationship with Divine Source.
- I want to understand and integrate all of who I am so that I can realize complete wholeness.
- I want to fully comprehend the nature of Truth, Reality, and the system of Everything.
- I want a community of practice that recognizes that all of this is “true”, and none of it is “true”, that we are both apparently separate and part of an interconnected fabric that is already whole, perfect, and evolving.

If you checked none or only one of the boxes above, right now TIA may not be for you. If you checked only 2 boxes, TIA may interest you, or it may not. However, If you checked three or more boxes, or if you said, “I want it all!”, then welcome to TIA.

The Integrated Approach – TIA™, is a 6-pillar set of maps, tools, and practices toward a life of wholeness, balance, and mastery in the domains of self, other, and nature. TIA is a compilation of best practices toward understanding “what is” (tools, maps) and a means to revealing what is (practices), that reveals ultimate integration. As Fahrenheit is to weather, TIA is to reality – a measuring stick to point out what is already out there, and a set of tools to make sure all aspects are included and tapped into to our benefit.

Otherwise stated, TIA is a process, toolkit, and practical applications that combine empirical data, world wisdom and rubber-to-the-road steps so that you can achieve the

results you want in any domain of your choice – for yourself, your relationships, your community, country, or even for evolution of the world at large.

The following 5 charts detail the bones of TIA and possible TIA applications.

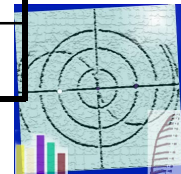
**Like a personal trainer for the entirety of your being,
TIA (The Integrated Approach) is a “how, why, and what” system for development
in your domain of choice.**

TIA - 6 categories of		Developmental Domains
<p>WHATs – MAPS – frameworks to understand and structure your development</p> <p>HOWs – BEST PRACTICES – skillful means toward your desired development.</p> <p>WHYs – for DIRECT APPLICATION TO REAL-LIFE ISSUES AND RESULTS – why you would practice TIA is entirely up to you. For the work to be relevant, meaningful, and useful, it’s up to you to be clear about what you want out of it. What are your core values? What kind of life do you want to live? What results do you want to achieve, in what domains of life, and in what timeframe? Are your interests right now dominantly about development for yourself, your relationships, your community, or toward global contribution?</p>	<p>For practical development in any or all of these domains:</p>	<p>Personal</p> <p>Interpersonal</p> <p>Professional</p> <p>Spiritual</p> <p>Community / Organizational</p> <p>National</p> <p>International</p> <p>Global</p> <p>Transpersonal (if you don’t understand what this word means right now, don’t worry, we’ll get there).</p>



TIA Applications in Five Domains of Influence

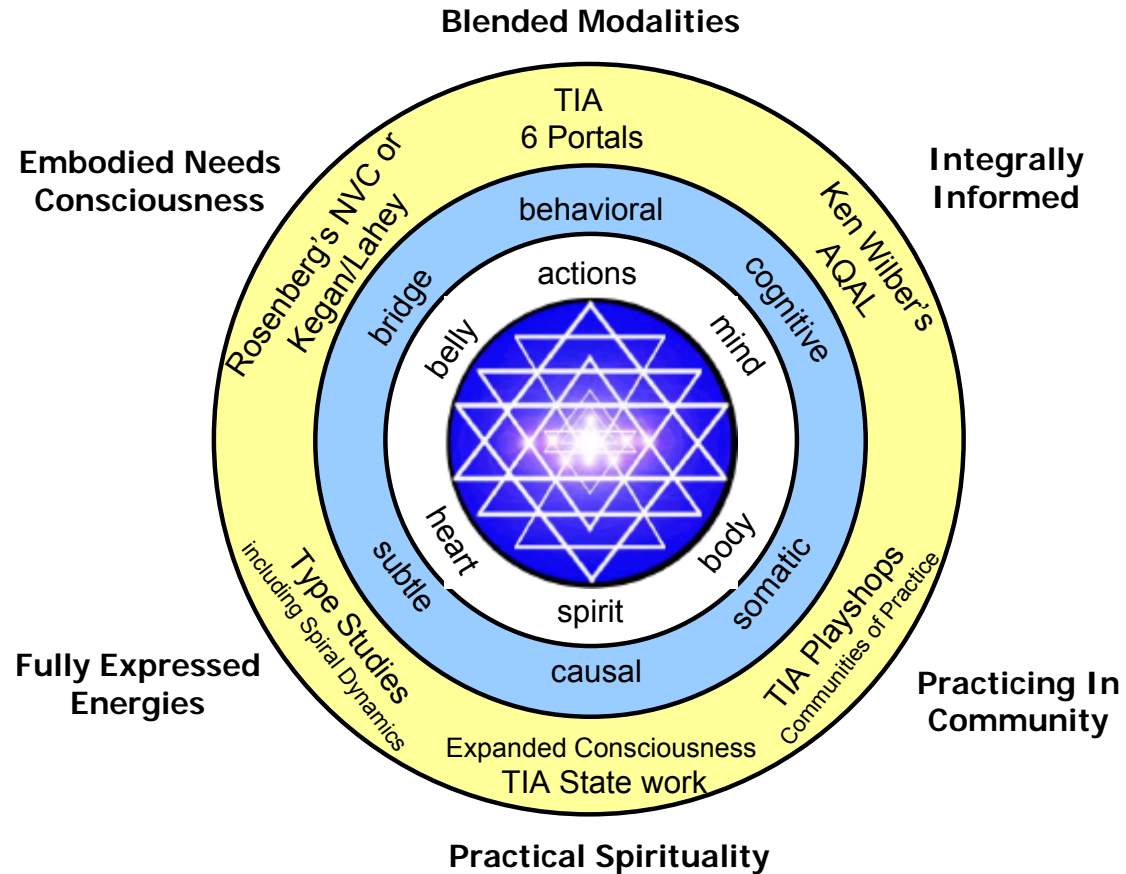
Personally	Interpersonally	Professionally	Culturally	Globally
Goal Achievement	Life Coaching	Leadership	Community building	Global Politics
Self-Actualization	Conflict resolution	Management	OD	Human Evolution
Trauma Healing	Mediation	HR	Diversity training	World community issues
Personal growth	Parenting	OD	Building Powerful Teams	Systems Theory
Self-Awareness	Relationship Issues	Executive Coaching	Peace initiatives	Practiced Non-Duality
Personal Fulfillment	Counseling	Career Fulfillment	Intercultural Communication	Transpersonal Development
Personal Problem Solving	Communication Skills	Teambuilding / Facilitation	Group / Cultural Issue Resolution	Fulfillment and well-being at a global level
Personal Development	Interpersonal Development	Professional Development	Cultural Development	Global Development



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What are these 6 pillars, 6 Aspects of TIA, and how do they interrelate?

Six Aspects of TIA - The Integrated Approach
Titles, Tools, Portals, and Parts of Us



LANDSCAPE OF YOU, OF US, AND NATURE TOO

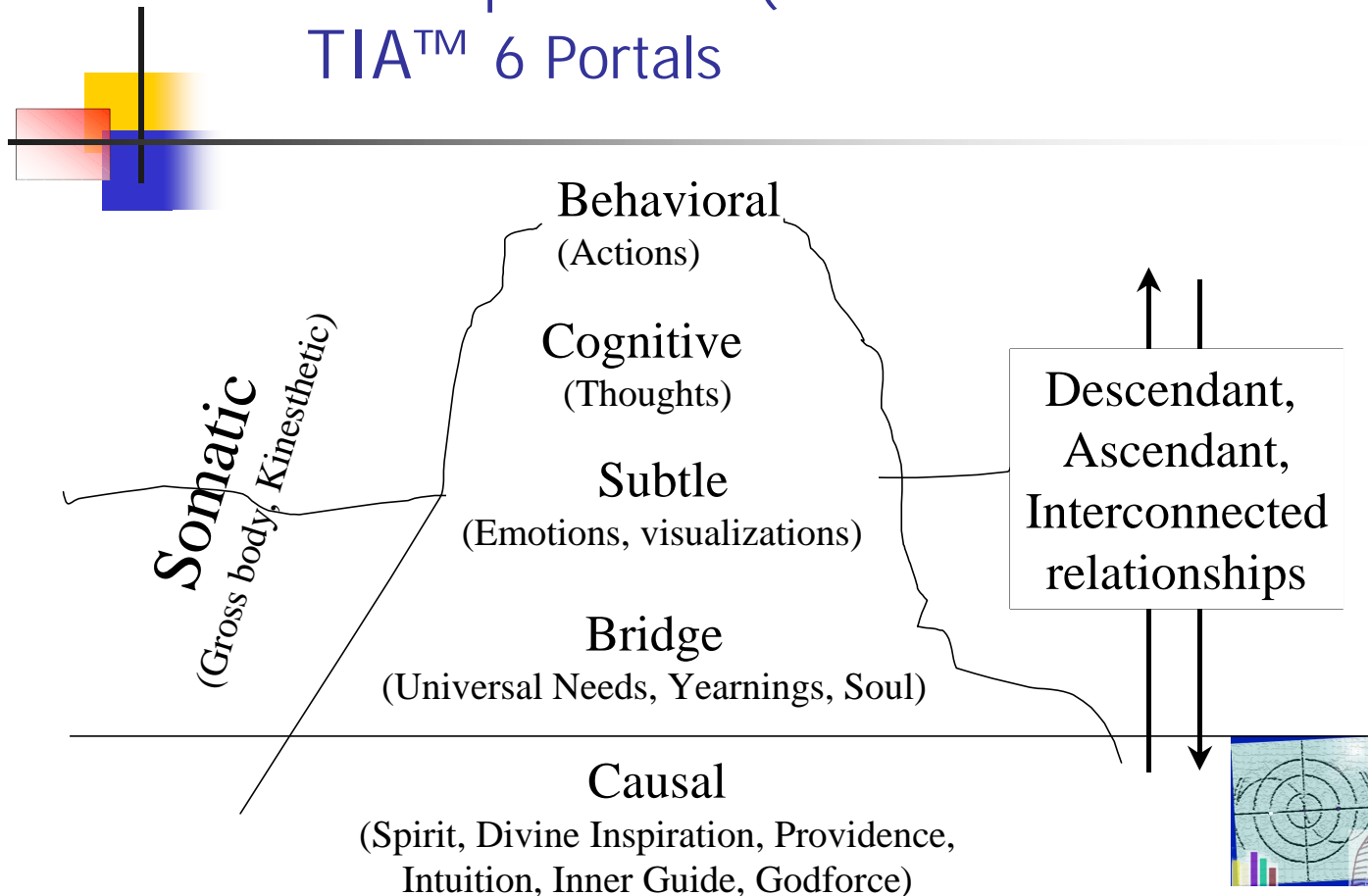
We are not one aspect, we are 6. Any methodology, philosophy, or teaching that focuses its center of gravity on one or two aspects is vital and necessary – but insufficient – to effectively navigate the complex system of who we fully Are. Solutions and practices, if they are going to be sustainable in producing long-term successful results, improve when they account for the entire system. Here are some examples of how some common practices reflect this insufficiency.

Method	Center of Gravity	Sometimes forgets	Often resulting in:	Example
Philosophy	Cognitive	Practical application	Eternal conversation without real-world results	Ivory tower “knowing” without real-world impact.
Psychotherapy	Emotional and mental	Biochemical and kinesthetic integration; action steps; measurable resolution in short timeframes (under 1 year, or 1 month, or 1 hour)	Ongoing “therapy” without finite resolution and completion; eternal revisiting of old stories and pains.	Clients of therapy for 3-10 years and still finding the same issues come up over and over.
Goal planning	Behavioral; action steps	Core motives	Yo-you rebound effect; behaviors that work then lapse into old habits or are forgotten entirely.	Diets started as a New Year’s resolution; two months later rebound back to the same old habits again.
Religion	Beliefs, faith, practice	Causal awareness, kinesthetic experiencing	Us/Them separation, conflicts, and even wars rooted in dogma, doctrine, and repetition of what was learned rather than connection based on 1 st -hand experiencing.	Religious zealots without conscious capacity for state shifting, expanded state practices; to-the-death imposition of my methods and beliefs over yours.
Problem-solving	Cognitive, Behavioral	Systemic consideration, core motives, causal awareness	Solutions that generate even more problems than what they intended to fix.	Bush administration imposing soldiers and democratic methods without consideration for cultural or religious considerations – increasing anti-American sentiment.

Personally, Interpersonally, Globally – Integration of all 6 aspects supports more effective outcomes

The Landscape of You (and Us and Nature too)

TIA™ 6 Portals



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So TIA, then, is 6 intercomplementary pillars of structures, practices, and applications toward masterful living in the domain of your choice.

Here is a comment from one student of TIA:

“Masterful living, that’s what I want. I want to live daily in a way that feeds my self-expression, my fulfillment, that feeds my sense of power, my vitality and aliveness...and I want a sense of accomplishment in reaching the outcomes I want in life.” BR, The Bronx.

and from another:

“What would be possible for our families, our culture, and our globe if we TIA were a standard in education? What great tools! If individuals realized personal responsibility and how each of us contributes to the interconnected fabric, we’d have so much more choice! Everything would be different!” LR, Oregon.

TIA pulls from 6 pillars each day

- toward living that fulfilled, powerful, accomplishing, enjoying, relishing life,
- in a way that is in harmony with others, with nature, and with greater systems,
- in a way that acknowledges, cultivates and brings forth the greatest Divine that we all Are.

TIA Chapters

The following six chapters will describe TIA pillars in brief as an introduction, while uncovering more and more about who we most deeply Are.

For you to get the most out of the chapters, come to them prepared with at least ONE of your specific underlying values. Here are some examples from students of TIA:

Mary: I want peace of mind around my finances. If one year from now I could be earning \$20K/year doing work that I love, that’d be great.

Seth: I just want work that’s in alignment with my passion. I don’t love what I’m doing right now.

Nathan: I want to be more engaged in life, I want to be willing to participate more.

What’s your “why”? What domain do you want movement in? Relationship? Career? Health? Wisdom? Community or Global Contribution? What measurable outcomes would you like, and by when, in this domain? Your clarity about where to apply TIA will ensure that you get the most out of this material.

What's Next

After TIA chapters overview each of the six pillars; in the final chapters we re-integrate these 6 pillars in to one cohesive whole and explore intermediate TIA applications. Finally, appendixes include applications of TIA methods and awareness to coaching transcripts and individual stories.

TIA ASPECTS

Blended Modalities –

Explores the 6 parts of you, of others, and of nature -- the landscape of you.
Provides a structure for integrating myriad sources of wisdom, and for integrating, accessing, and cultivating ALL of who you / we are.

Embodied Needs Consciousness -

Replaces our mental and conversational habits with more effective, less costly habits toward deeper self-connection, other-connection, and toward manifesting the results and outcomes we want.

Fully Expressed Energies –

Looks at and integrates all of who are we as human beings in terms of types.
Based on the awareness that, “what we resist, persists”, and “what we experience as a problem is an area of energy that we have not yet integrated, that we have not yet found a way to successfully master and express, so that it shows up as a symptom in our life,” we explore and integrate energies previously untapped.

Integrally Informed –

Based on Ken Wilber's AQAL, this chapter outlines maps for comprehensive understanding. If we wish to live a “masterful life” it helps if we have a comprehensive perspective to guide us.

Practical Spirituality –

Methods for living non-tangible wisdom for practical, tangible, real results; pulling from sources such as divine inspiration, intuition, inner guides, core knowing; harmonizing the reality that we are Spirit in a BodyMind, and making use of that.

Practicing in Community –

Do we tend to be individual and deal with challenges alone, or are we cultivating what is possible when we engage in a practice of I-Thou relationship of community? This chapter brings the value of limbic resonance, networks of support, and practice in community to bear (one-on-one or in groups) to yield results far greater than the sum of the parts.

INTEGRATED TIA APPLICATIONS – NOTE – this following is in very very rough draft form!!!

10-Minute Manifestor

(map, 6-portal approach + immediate application toward measurable fulfillment in any domain)

Integrated Healing Work

(6-portal release work, rescripting, and other techniques for radical, life-changing healing and shift. applied both to daily maintenance and to trauma healing)

Integrated Habit Replacement

(6 portals, tips for self-re-creation, and application toward cultivating more fun, more effective, and less costly habits in personal or interpersonal patterns).

Integrated Play

Cultivating celebration, entertainment, in all 6 portals; expanding play as adults (exploration toward learning) as opposed to “finding life” through our demands/expectations/closure to what “we prefer”. Adult play as a practice. Kinesthetic sensuality play, behavioral self-evolution play, cognitive learning play, release work and basking as emotional play, playing types of energies in our interactions (king, warrior, lover, fool) as a choice of art and contribution to self and other....

Integrated Sexuality and Intimacy

(exploring needs-based relationship = yields more openness to alternative practices; practicing relationship in all 3 stages – 1st, 2nd, 3rd stage mastery; upper right quadrant sexuality study + upper left quadrant subtle-energy play + fields of currents between us in the integrated individual yin/yang receiving/giving....taking touch...sending energy / light....sexual energy play – to take or to be takengross-body conversation about sexual mastery – physiology and biology of sexuality...energy play in sex – love as nurturing, love as fierceness, love as tenderness, love as playfulness, love as sovereign, love as goofy-silly, love as protective shielding embrace, love as passionate lust, love as seduction/entrancement, love as pain and screaming in “giraffe”...love as 1st stage self-care, love as 2nd stage dialogue and mutual needs awareness and energy awareness, love as a 3rd stage art of energy play toward opening my partner deeper in the moment; topics of needs in intimacy – multiple strategies to meet needs and the slippery slope of monogamy have-tos and polyamory necessity to 3rd and 2nd stage skills of interaction)

Integrated Activism and Social Change

(global evolution of consciousness, coming from full choice rather than compulsion, doing healing and releasework so that desire is from clarity not from pain-based pushing against)

Each chapter is designed to help you:

- design “complete” practices for yourself given your chosen growth edges
- find your next opportunities for growth, evolution, and increased power

Although TIA can be used as a tool for immediate results, change, transformation, and growth, TIA as a method is not a quick fix, but a lifestyle. Growing and play are continually available to us, learning is a never-ending journey. When we reach new heights the apparent horizon stretches further ahead, revealing even more opportunity. Do you really want a masterful life? Are you ready to confront the paper tigers and illusions that (metabolized) will liberate you? Are you prepared to realize that you are a powerful agent capable of enormous contribution in the realm of global evolution? What better do you have to do with your life?

Individuals who are a perfect match to TIA are those already committed to ongoing personal development (cultivating excellence), who are either already adept or who are willing to grow in their cognitive capacities, who are curious and want to learn or to become masterful, and who are capable of committing to rigorous practice.

Are you ready for TIA?