

## INNER GROWTH PROGRAM TRAINING THE TRAINERS PHASE II

MARCH 25-29, 2009  
PAGADIAN CITY, PHILIPPINES

In this world full of deceit, cruel realities and unkept promises, it is always easier to give up than to keep trying – keep believing. So when we finished IGP Phase I, we honestly felt that was it... of course, Nandor set a date after 6 months and PROMISED he would be back to do a follow up training. Still, we didn't put our hopes up too much. Considering finances, possible conflict in schedule,



it was more than enough that he came here as a Volunteer for our first taste of the IGP training, it would be abuse to ask for more. Where in the world can we find actual people who offer full support without asking for anything in return? *Its simply too good to be true...isn't it?*



Let's rewind a little, before our phase I training in IGP last year, doubt began to form in our minds since a high risk security warning was raised in this area of Mindanao. Foreigners were advised not to travel to this country until conditions improve. But, what was it that Nandor said then? "***I find no reason not to be there...***"

Nandor is more than a friend to the Pagadianons, he is Family...by this token, we looked forward to his return, doubts and all. To our amazement, he did come back together with his wife, Weinee and friends, Ben & Paul. How can one choose not to believe, not to go on – when you have people like Nandor cheering you through?

The Inner Growth Program Phase II happened from march 25-29, 2009 – where the pioneer IGP learning community continued the learnings from where we left off in IGP Phase I. Looking back 6 months ago, each of us felt that nothing spectacular happened – it was only in our first sharing that we realized how IGP1 has helped us cope with our lives for the past 6 months. IGP1 taught us to be ourselves, to love who we truly are and to accept everything about us, about our individual lives.

The 2<sup>nd</sup> phase of IGP gave us a more defined and clearer picture of who we are. This training was all about understanding ourselves *deeper* – bringing us back to the years we could hardly and don't want to recall – our infancy, toddler, pre school, school stages where we've had experiences that put us on so much shame, fear, anger, woundedness. A journey into the deep, dark parts of ourselves – parts which we said we could live *without*. All the while, we asked ourselves, so why do we dare go through this?

Expressing our real feelings with the letter writing using dominant and non-dominant hand was helpful in healing our wounded inner self or inner child – but it still seemed ridiculous...what was the point in all these? Why was it important to *re-member*?

The 5-day training felt more like 5 years – even more than that. And in the end, we all agreed that this process of healing and facing our woundedness was necessary for each of us if we really wanted to move on, grow and become who we are really meant to be – the best in any field we choose.



Inner Growth Program (IGP) focuses on SELF improvement and healing. It is a continuous learning process of delving ourselves for us to realize our self worth. We, therefore, accept that everyone makes mistakes – we accept that we are broken, weak and maybe messed up and this is where we begin our search for our “lost” true selves. Recognizing and putting back these broken pieces of “me” is an effort to find out who “I” really “am”.

The IGP learning community is like a ship at sea, gradually drifting despite of its uncertainties, ready to go through rapid change, most of the time going with the waves and the wind's direction in order to perhaps sail smoothly and arrive its destination. IGP will be the “key” to open the faith in ourselves – in the Power above us all, the Captain of our ship.

IGP has helped us realize that in this program, our journey to our inner self, our true essence, continues. We shall be equipped and skilled to champion our lives – our inner child. However, we shall always remember that this training will NOT CHANGE the sad and painful circumstances in our lives – but, it will surely CHANGE our perspective, our outlook, our attitude in dealing with these circumstances no matter how simple or complicated. A glass half filled with water will always be either half-empty or half-full – the choice is ours to make.



For us, its definitely HALF-FULL!



Life is Good -  
Goodbye existence...hello LIFE!

.the IGP Learning Community Seniors.