

## IGP 3

September 23-29, 2009



After six months of waiting, another Inner Growth Program(IGP) was held in Pagadian City from September 23-29, 2009. Once again, our Malaysian friends, Nandor and Weny Lim and Ben Ang came back to conduct the 3<sup>rd</sup> IGP, together with two other friends, Chin How and Goon from IOFC-Learning Community in Malaysia.

During the first night, in between 6:30-7:00 pm, Nandor and team came at our first venue, Arao's Residence, Sto. Nino. Dist., Pagadian City, with the plan of having dinner together with the IOFC Local Team. But minutes before they arrived, power interruption occurred. The venue became dark and everyone shared our delicious dinner with candles.

But, that power interruption didn't stop us for having our first session. That's, sharing experiences on each individual's lives from the past six months, before the sharing starts, who will forget QUIET TIME? Well, everything goes well that night and the local team was glad to meet new Malaysian friends from the IOFC-Learning Community, Chin How and Goon.

September 24 starts the regular session of the Inner Growth Program for the IGP batch 1 and 2 simultaneously. Batch 1 had facilitation training session with Ben and Goon. Each one had the chance to be on the facilitator's chair and lead the group to go through one topic. This was a good opportunity for members of IGP1 since it helped them primarily face their fear of handling a family workshop session. Everyone had different realizations and reactions to this exercise but the best

insight they have gained is that the IGP is not about being an expert in theories of the family and its issues, but a process of learning from each other whether one is a facilitator or a participant. Once again, they are reminded of the importance of sharing personally from the heart, the value of being one's self and the significance of being open in heart, mind and spirit at all times.

The 2<sup>nd</sup> batch of IGP trainees had a new set of lessons to learn. That made them better human beings.....a lot of learning's and painful experiences unveiled; even the emotions are being pulled back before they were unleashed. It's hard to explain literally how's the emotion and pain burst out.....in the end of the training September 28, 2009 at TECSON'S Residence, the participants said and realized.

*“ Having this knowledge is interesting, challenging and quite bothering. The truth is so painful... commit mistakes and you will learn more... where death's end life begins “ .....DADA*

*“ I have noticed I've learned to curtail myself on things that are beyond norms and decorum “.....MADJE*

*“ I can manage my inner child “.....Randy2*

*“ I can understand myself more and understand things ..... why in a hurry “.....MJ*

*“ I am no longer worried for my family before I always worry about them but now, I still worry but not that much. And it seems that my life begins to run smoothly..... I have to worry for myself and not others “.....Joecel*

**We knew that we have different stories but same aim; to discover our self, this will not end here, this is only the beginning of our own journey that we can call our own story that we can be proud of. We used to be scared, but not anymore... for this time, we know that we are not alone. We have each other... but best of all, we have ourselves.**