

# First time at an IIT

By Sekita S. Rubeksen

Although I have been to various IVK courses over the past 12 years, this was my first IIT and the first time I was part of an international course with a common subject. I had imagined it would be like one of the courses I've attended, just with more participants, and it was not.

When I think back on our time there, it is with a happy stomach and joyful cells all throughout my body. If every day magic was a universal need, then it would be fulfilled. When I break the IIT into smaller pieces, it is a mixture of meaning, touch, sorrow, expression, intensity, play, joy, ease, security, unpredictability, trust, development and opportunities.

My role was to support the practical organization before, during and after the IIT. A role I thought would take much more time and space than it actually did. There was a very good balance between my chores and my freedom to participate in different workshops, which actually surprised me and gave the whole experience an sense of ease and effortlessness that I very much enjoy to have stored in my memory. I also learned what it means to have a collaboration within the organisers' team, when an individual does what we had agreed over and over again. This quickly gave me a feeling of trust, which again gave ease that ended with an experience of lightness and FLOW, even if we worked most of the day.

It has been different from the courses I have previously participated in. Here I think of the many different nationalities. Four coaches and the flexibility and wealth of offers and opportunities that come from it. The 47 participants (that's twice the size of what I've previously experienced), so much life. That the individual has chosen to participate, paid money for it and wants something out of it - all hours of the day were carefully used.

Being part of a field where everyone is participating with their experience and culture, with enthusiasm and willingness, again and again to engage in workshops and exercises, was something I found very supportive, motivating and life-enriching and joyful.

The fact that there were trainers from different countries and with different "styles" gave a very good dynamic and inspiration. At least I enjoyed the opportunities, to see and experience trainers that I would not normally have come across, due to finances and geographical distance.

With the experiences I bring with me now, the inspiration from trainers and their work and my connection with my fellow students, supports a desire to try it again, learn more, but with full strength as a participant and further opportunity for immersion. And for now to find a way to get NVC to become a more active and perhaps mediating part of my life in the near future.

There are probably others who have gone home with heavier experiences, but in my private world, the inner landscape is quite meaningful, comfortable and joyful in several layers, and this I will enjoy for a while.