



Gay & Katie Hendricks

Notes from Conscious Living & Loving Workshops
facilitated by The Hendricks Institute

The Big Ideas

Appreciation

The wonder drug.

5:1

The magic # of love.

Lean on Me

(Please don't. :)

Drift Happens

Then what?

Shift Happens

Ahhhhh...

Re-Commitment

It's powerful.

Eat Your Projections

Yum!

Acid Test

...for your relationship.

"Why?"

Will take you to 7-11.

"If he desired to know about automobiles, he would, without question, study diligently about automobiles. If his wife desired to be a gourmet cook, she'd certainly study the art of cooking, perhaps even attending a cooking class. Yet, it never seems as obvious to him that if he wants to live in love, he must spend at least as much time as the auto mechanic or the gourmet in studying love." ~ Leo Buscaglia from Love

I love that.

Love. It's one of the most important subjects we could ever hope to master and yet, for some BIZARRE (!!) reason, so few people really study it.

I don't know about you, but I agree with another comment from Buscaglia:

"I would not want to form a partnership with an architect who has only a little knowledge of building or a broker who has a limited knowledge of the stock market. Still, we form what we hope to be permanent relationships in love with people who have hardly any knowledge of what love is."

Thankfully, I'm blessed to be with a woman who's as passionate about studying love and life as I am. And, I can tell you that so far, we've learned the most on the subject from Gay & Katie Hendricks. In addition to being among the world's experts in relationships and conscious living and loving, they're (easily!) two of the most inspiring people I've ever met—embodying the ideals they teach more than any couple I've ever seen. (Get this: they haven't exchanged a harsh word or criticism in over 10 years!! Truly incredible.)

In this *Note*, we're going to take a quick look at some of the Big Ideas from two of their workshops that absolutely transformed my life. I can't recommend them and they're work strongly enough and trust you'll enjoy!

We'll kick it off with the core of their teachings: APPRECIATION!

■ Appreciation: The Wonder Drug

To Appreciate.

What a beautiful verb. The dictionary tells us "to appreciate" means both "to recognize the full worth of" something and "to rise in value or price."

Let's bring that into our relationships. If I appreciate someone, they appreciate in value. I