

Unpacking Essence Pace

by Aileen Hayden

October 21, 2019

A few years ago, when I first started attending Hendricks trainings, I learned about Essence Pace – that sensation of moving at my own natural rhythm, at a pace that feels easeful and pleasurable to me, whether in my walking or in my working or in my thoughts or my conversation. As I continued to attend trainings and joined the LAT program, I noticed that Essence Pace plays a huge role in transitions too. All that traveling to trainings meant a lot of transitions, and a lot of practice finding my Travel Essence Pace, my Arrival Essence Pace and my Homecoming Essence Pace too.

It turns out my Homecoming Essence Pace is deliciously slow. I experimented with giving myself a full day to integrate after a trip. Then I upped that to two full days. And now I'm committed to giving myself three full days to integrate after every trip.

Three full days?!?

Yes, three full days. When I take that time, everything that comes after flows more easily. Once those three days are complete and my transition is complete, I move next into all kinds of other registers and energy levels in my body and pace. I step into quicker versions of my Essence Pace and start creating anew.

So, what do I do during those three day of integrating after a trip? I don't do business or make significant plans or decisions. I unpack, walk, do laundry, breathe, sort mail and email, stretch, go to dance class, sort photos, sleep, call or text those I saw while traveling as another layer of "good bye for now", eat good food, re-connect with friends I didn't connect with during my travels, see what weeds grew in the garden while I was gone (but don't pull them yet), meditate ...

All of that is my Homecoming Essence Pace. Others may have a very different Essence Pace after traveling. And for me, this rhythm has become so natural, so nourishing to my nervous system, so essential, that I do it now without thinking, without considering any other way.

Each time I schedule a trip now, or imagine a future trip, I schedule in my three integration days as well. I mark them into my calendar. This has undone my idea of a "quick trip". In place of that, I now have a sensitive awareness of how travel and transitions have a ripple effect in my energy and flow. Rather than overriding that, I let it take place. I let my system adjust. I let my Essence Pace lead, and I let my Essence Pace shift and change as it's ready to.

My Essence Pace when creating can be a whirlwind of "whoosh!" And when I am transitioning, it is a soft slow glide.