

FOUNDATION FOR CONSCIOUS LIVING

Connection. Creativity. Contribution.

THE HENDRICKS INSTITUTE

Newsletter JUNE 2016

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KATIE'S PERSONAL NOTE

We started the Foundation for Conscious Living some years ago with the intention of promoting keys skills and moves that can change the world while changing individual lives. These doorways—authenticity, response-ability and appreciation--all have a common body intelligence base. Each one opens your body to connection and collaboration rather than closing you down in defense or reactivity. From an open inner experience, new choices become more obvious and easier to realize. We have been dreaming up a world that works. Imagine

- ...a world where everybody tells the truth.

- ...a world in which everybody takes 100% responsibility and nobody ever blames.
- ...close relationships in which you enjoy a constant flow of appreciation and being appreciated.

We've found that this world comes into being one choice at a time, one interaction at a time. Our website and Facebook page are designed to support these new choices in all aspects of life (<http://foundationforconsciousliving.com/>) with new stories of transformation and ways that people are creating a connected world every day. Please visit and wander around the site to get new practices to deepen your experience of wholeness.

What's New!

We are excited beyond words to announce that we now have our own TV show, specifically designed to give you a glimpse of what a rich and truly conscious romantic relationship looks like! It's called CONSCIOUS LOVE STORIES and the first five episodes are now available on Amazon Instant Video. Best of all, if you're an Amazon Prime member, you can watch the whole series FREE.

We'd also love to get your support in getting this news out to friends and colleagues on your social media platforms.

[Click here to watch all five episodes now.](#)

In every episode of **Conscious Love Stories**, we share a meaningful (and often hilarious) story from our life, so that you too can create a conscious, loving, lasting, and above all fun relationship, like the one we've enjoyed for more than 35 years. Our goal with this show is to reach the widest possible audience with our message of conscious loving. Once you've watched the episodes, please share, rate and comment on them on the Conscious Love Stories homepage on Amazon.

With love,
Katie

UPCOMING EVENTS

We have several in-person seminar opportunities this summer and early fall. Our work is known as practical magic because we translate the concepts of consciousness into fun and friendly processes that allow you to step into full response-ability for designing the life of your dreams.

Our summer training series starts with **Essentials** July 22-24 in Ventura, CA:

Would you like proven, powerful tools that spark discovery and integrate transformation easily? Are you willing to continue renewing your own aliveness and joy as you empower others?

Essentials is followed by the only advanced training this year on **Conscious Loving** from July 25-29:

- Can you imagine close relationship as a life-long adventure of discovery?
- Would you be willing to expand your beliefs about what's possible in relating beyond fixing or controlling yourself or others?
- What if your body wisdom, the way you breathe, move and notice, was the quickest path to relationship fulfillment?
- What if love could be easy?...

You can enroll in both of these trainings together for the price of one!
[Click here for more information and to enroll.](#)

For anyone interested in the quickest way to generate creativity, more solutions in all aspects of life, and the deep pleasure of aliveness, Mastering the Magic of Movement comes up August 23-27 in Ojai, CA.
<http://www.hendricks.com/mastering-the-magic-of-movement/>

And a brand-new collaboration is coming September 3-5 in Berkeley, CA: **Presence, Connect, Play** with Katie and Russ Hudson:

Full Continuous Participation with Consciousness & Transformation

Kathlyn Hendricks and Russ Hudson, both world renowned teachers, authors & collaborators, are coming together for the first time to spark new openings, new insights, and new ways of engaging transformation in our daily lives.

They are particularly excited to discover what emerges as they bring together their methods of how to

- **expand the range of presence we can access**
- **connect & relate authentically with others and with groups**
- **become continuously available to engage emerging changes, choices & contexts**

[For complete information click here.](#)

Conferences and Appearances:

Katie will be returning to Eileen Fisher's Learning Lab in the beautiful Hudson Valley June 17-18th, with a Friday evening event on the 17th and a full-day workshop on the 18th:

Friday Evening Event

Diving into Fear: A Conversation with Eileen Fisher and Katie Hendricks

JUNE 17, 2016

7:30 PM

Fear happens. We all experience it. Join this special evening of Eileen and Katie sharing their personal and professional insights on recognizing and working through fear.

Saturday Workshop The Magic of Movement: Change from the Inside Out, come join the fun - [details here.](#)

COACHES' EVENTS

For a full list of upcoming events, click [Here](#)

Beyond Ego: A Framework for Mindful Leadership and Conscious Human Evolution, Available on Amazon, Abigail Stason and Anney Smith, Authors. [Click here for more information and to purchase.](#)

MONEYMOVES® NEWS, a monthly e-magazine offering stories, practices, insights, questions, surprises and more, Gayle Colman. [Click here for sign-up page.](#)

Sunday June 12: Laureli Shimayo is interviewed online about Authenticity & Conscious Online Dating, available for 48 hours. [Click here for information.](#)

Tuesday June 14 @6-8:15pm PT - Conscious Online Dating with ThriveTypes + the 4 Lessons of Love - An Online Class with Laureli Shimayo. [Click here for information](#)

Room to Play: A residential weekend by a lake in the Laurentien mountains north of Montreal, July 29-31, 2016, with Gillian Ferrabee and Erik Iversen, Movement, Creativity, Body Intelligence.

[Click here for more information and to enroll.](#)