

A dynamic splash of water in shades of blue and white, moving from left to right across the middle of the page. The water is captured in mid-air, with many small droplets and bubbles. The background is a light blue gradient.

THE
HENDRICKS
INSTITUTE

PRESENTS

CONSCIOUS
Loving & Living
ESSENTIALS

Virtual Version for
Home and Work

Introduction to This Series

Welcome to your personal version of the course I've facilitated many dozens of times around the world. I want people who are interested in reliable transformation practices to have this material to use whether they can come to an in-person training or not. This product is the result of more than twenty years of honing these processes to be most effective and has been taught to thousands of people.

The videos are arranged in the order in which they are presented in a live training, and you are of course welcome to drop in wherever your whimsy leads you. My suggestion is to take one process at a time to sample and savor and to pause the video whenever you want to explore a section more deeply or refer to the accompanying handout. Many people enjoy doing the activities with friend(s), which makes the exploration more vivid especially when the activity involves a partner. Therapists and coaches have used these activities with clients for years to accelerate their exploration with the body intelligence inherent in the activities' design.

Speaking of body intelligence, I know that real, lasting transformation only happens when you're having a good time, and integrates best in your life when you involve your body. Whole body, whole brain learning has distinguished our approach since the 1980s. You'll see on these videos that people of all ages and sizes are discovering and learning while having a good time, and I invite you to view the videos in that way.

How can I learn what I most want to learn in a friendly and fun way?

Even deep feelings or very stuck places yield to a friendly approach. But don't take my word for it—try it out and see/feel for yourself.

Included in this workbook are handouts that accompany some of the videos. I recommend that you take the time to use them, as they'll accelerate your mastery of the processes and ground you in the context that we're exploring. I like to print them out and hold them, as I enjoy something tangible in the midst of a lot of virtual learning.

VIDEO 1: Introduction to Essentials

This video will give you an overview of the purpose of Essentials and some of the main concepts and arcs of discovery. It's a video section you may want to visit several times to get a sense of where each of the subsequent processes fits.



Early in the Essentials weekend, participants are asked to consider the “top three” things that bring them to the seminar. These can be issues, problems, concerns and/or potentials. They can be personal, body, relationship, work-related, community or spiritual themes that you are most interested in exploring. I invite you to take a few moments to identify your current top three interests and to note them in the acorns so that in later processes that call for an “item,” you’ll have a ready starting point. As you go through the Essentials videos over time, you’ll probably notice that your items change, and many people have noticed that their themes resolve, evolve or disappear in favor of even more lively potentials. Some people have kept a journal of their acorn experience over several months and report with delight that using these processes has real-world positive impact.