

FOUNDATION FOR CONSCIOUS LIVING
Connection. Creativity. Contribution.



OUR VISION
We dream big.
 Together, we can usher in a new era of human potential and flourishing. One where ...
Each of us lives in harmony of mind, body, and spirit.
 Aligned inside ourselves, we live our lives in expanding waves of creativity and integrity.
All of our relationships honor the essence of ourselves and others,
 and every interaction is conducted with honesty and integrity.
We all honor our organic spiritual nature.
 This connection forms the basis for evolutionary, co-creative partnerships at every scale.


OUR MISSION
Focus on what matters most.
 Sparking massive change can be surprisingly simple! In our own lives and in working with thousands of people, we've seen the astonishing power of three ideas:
Authenticity, Response-ability, and Appreciation.
 If everyone on the planet - or enough of us to create a tipping point - grow these three ideas, we'll shift into an unprecedented new era of appreciation, creativity, and evolution. We believe everyone on the planet, regardless of location or income, deserves access to resources that support this shift.


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 Card designs and artwork by Kirsten Jones



Welcome to the educational and inspirational card deck
IMPECCABLE!

Expanding Integrity, Celebrating Wholeness!

These cards are a fun new way to explore and experience ease and connection. Integrity is an experience of harmony and completeness. When you are in integrity the structure of your life is sound, you can move with agility from a reliable foundation, enjoying all life has to offer. When you are out of integrity you sense a wobble, a discord. Intuitively you know when you feel "in" or "out" of integrity.

Each card in this deck communicates an actionable integrity skill to guide you into alignment with yourself again when you drift off-course. We invite you to play with the skills presented with an open sense of curiosity. Easily discover and develop your own measurable, pleasurable actions as you expand your sense of wholeness.

You can use the deck by yourself, in partnership, or in community to assist in solving problems, opening to more creativity and manifestation, and contributing with more effectiveness. Choose a card at random, or one whose words or images draw you and see how the questions, statements and designs open portals to more body wisdom and new choices.

Please enjoy and share!

Gay and Kathlyn Hendricks, PhDs, have been pioneers in the fields of body intelligence and relationship transformation for over forty years and consider their own relationship a living laboratory. They've mastered ways to translate powerful concepts and life skills into experiential processes where people can discover their own body intelligence and easily integrate life-changing skills. Gay and Katie have empowered hundreds of coaches around the world to add a body-intelligence perspective to enhance fields from medicine to sports psychology, education and personal growth. Together they have authored 12 books, including the bestselling *Conscious Loving* and the new *Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond*.

Drs. Katie & Gay Hendricks
Hendricks.com • The Foundation For Conscious Living



Design and Artwork by Kirsten Jones
in collaboration with Kathlyn Hendricks

Kirsten is fascinated by both sacred geometry found in our natural world and by the power of looking at our lives from the psyche's rich, metaphorical perspectives. In these collages, she brings to life the concepts and subtleties of empowering integrity-moves with symbolic and inspiring imagery informed by her lifelong personal journey of self-evolution. A graduate of the Hendricks Institute's Leadership and Transformational training program, Kirsten coaches and supports creative processes with individuals and corporate teams. She translates her vivid intuition and playful imagination into wearable, print and space-transforming art. As both a coach and an artist, Kirsten's passion is to facilitate your own discovery process and to celebrate your unique creative expression and aliveness.

Kirsten Jones, LAT®
KirstenErickaJones.com • Big Leap Coach



Videos on each card:

https://foundationforconsciousliving.org/big_leap_home/integrity/

To order your deck(s):

Single Deck (\$24.95 + shipping & tax)

<https://hendricks.com/product/impeccable-integrity-deck/>

Six Pack of Decks (\$127.75 + shipping & tax)

<https://hendricks.com/product/impeccable-integrity-deck-6-pack/>

As shipping costs are higher for non-US destinations, please contact us at info@hendricks.com before placing an order that will be shipped outside of the continental United States.



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BIG LEAPS

Taking a Big Leap

Breathe!

Threshold I

Threshold II

Yes

No

Wonder

Fear Melter I

Fear Melter II

Fear Melter III

Fear Melter IV



I am willing to take
the Big Leap
to my ultimate level of success
in love, money
and
creative contribution.



*How much love and abundance
am I willing to allow?*

**TAKING
A BIG LEAP**



*I am willing to take
the Big Leap
to my ultimate level of success
in love, money
and
creative contribution.*



*How much love and abundance
am I willing to allow?*

**TAKING
A BIG LEAP**



TABLE OF CONTENTS

I let my belly relax on the in-breath
and allow the in-breath
to roll over into
the out-breath without pausing.

•

I let my back gently arch
with the in-breath
and round with the out-breath
as I fill
my body with breath
like filling a bottle,
from the bottom up.

•

My spine moves easily
like seaweed in water
as I let a full in-breath
and out-breath
refresh and renew me.

BREATHE!



I let my belly relax on the in-breath
and allow the in-breath
to roll over into
the out-breath without pausing.

•

I let my back gently arch
with the in-breath
and round with the out-breath
as I fill
my body with breath
like filling a bottle,
from the bottom up.

•

My spine moves easily
like seaweed in water
as I let a full in-breath
and out-breath
refresh and renew me.

BREATHE!

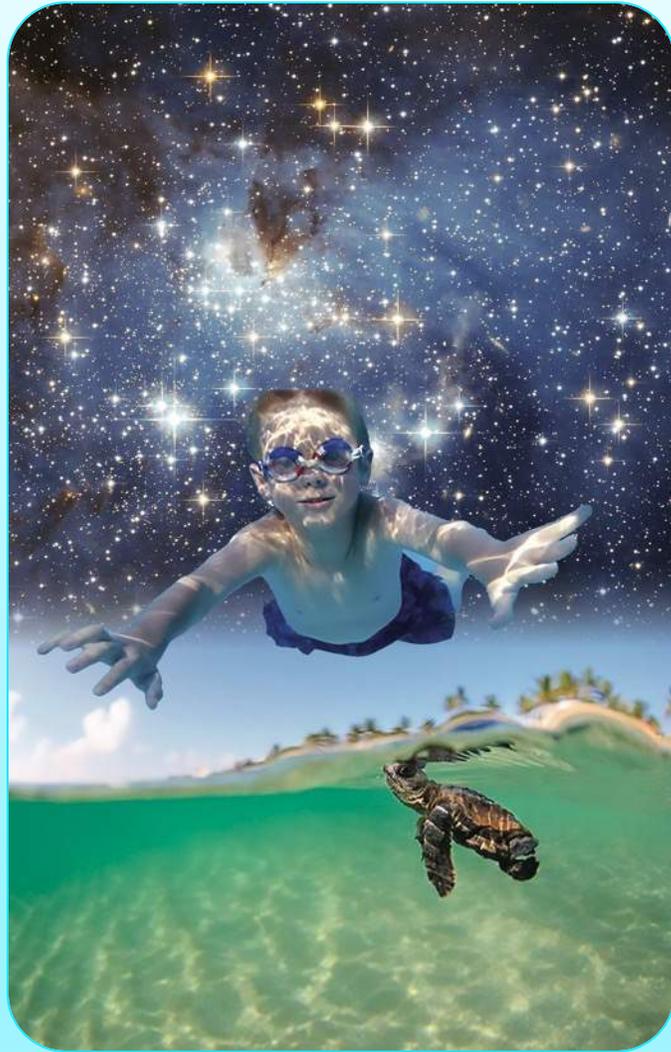


Hmmm...
I wonder
how much
love and appreciation
I can give and receive
today?



THRESHOLD



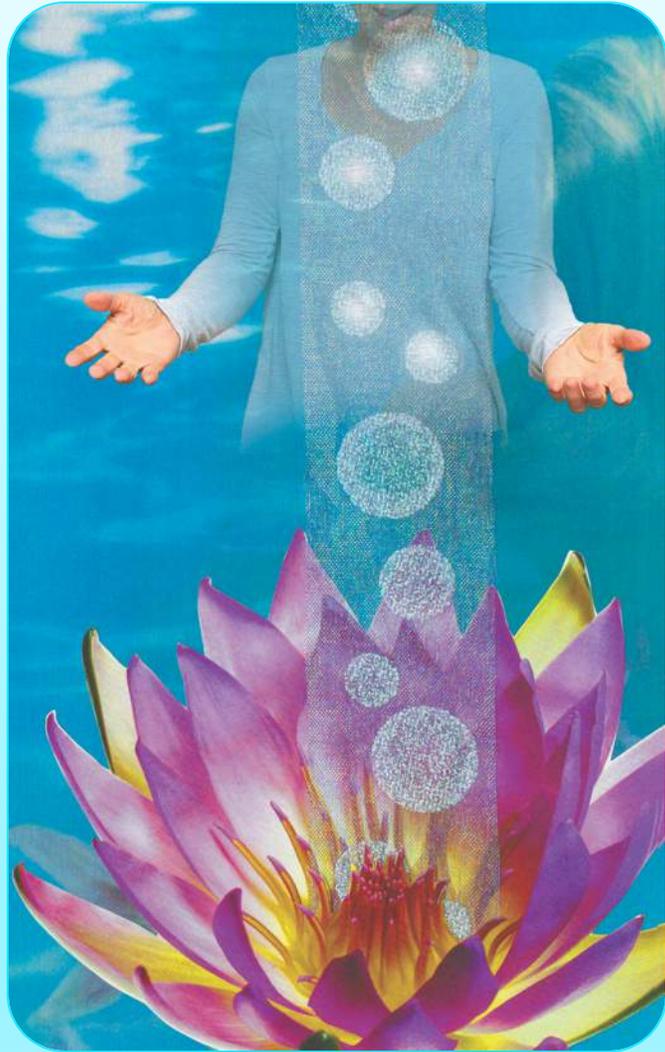


Hmmm...
I wonder
how much
love and appreciation
I can give and receive
today?



THRESHOLD





I know
what “Yes” feels like
in my body.



*How can I
easily notice a “Yes” response
from my body intelligence?*

YES





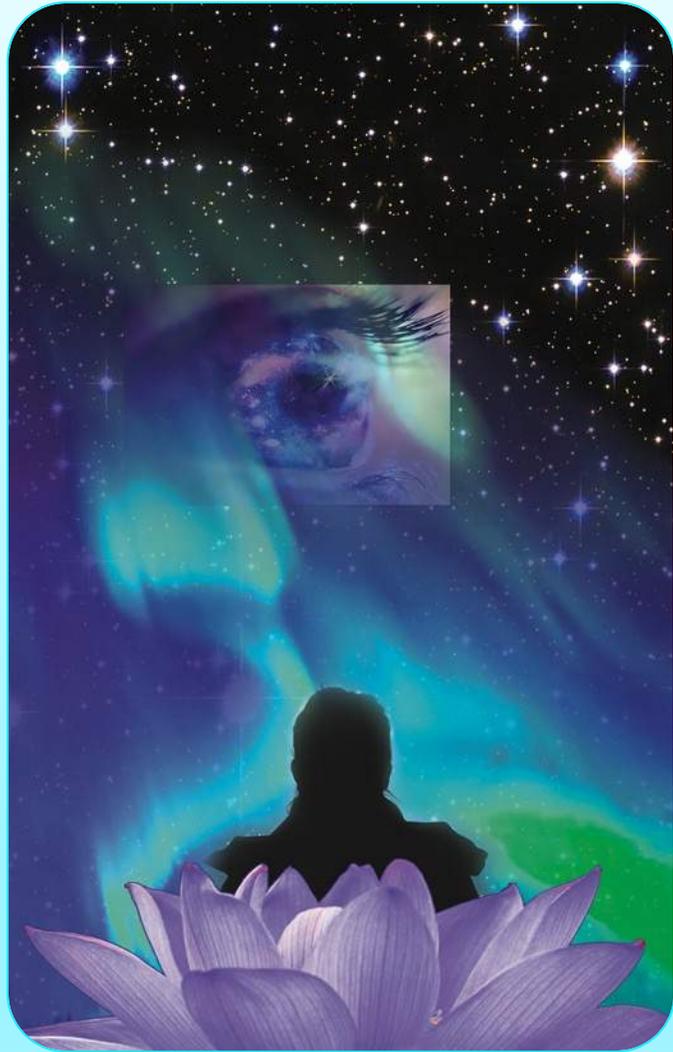
I know
what "No" feels like
in my body.



*How can I easily notice
a "No" response
from my body intelligence?*

NO



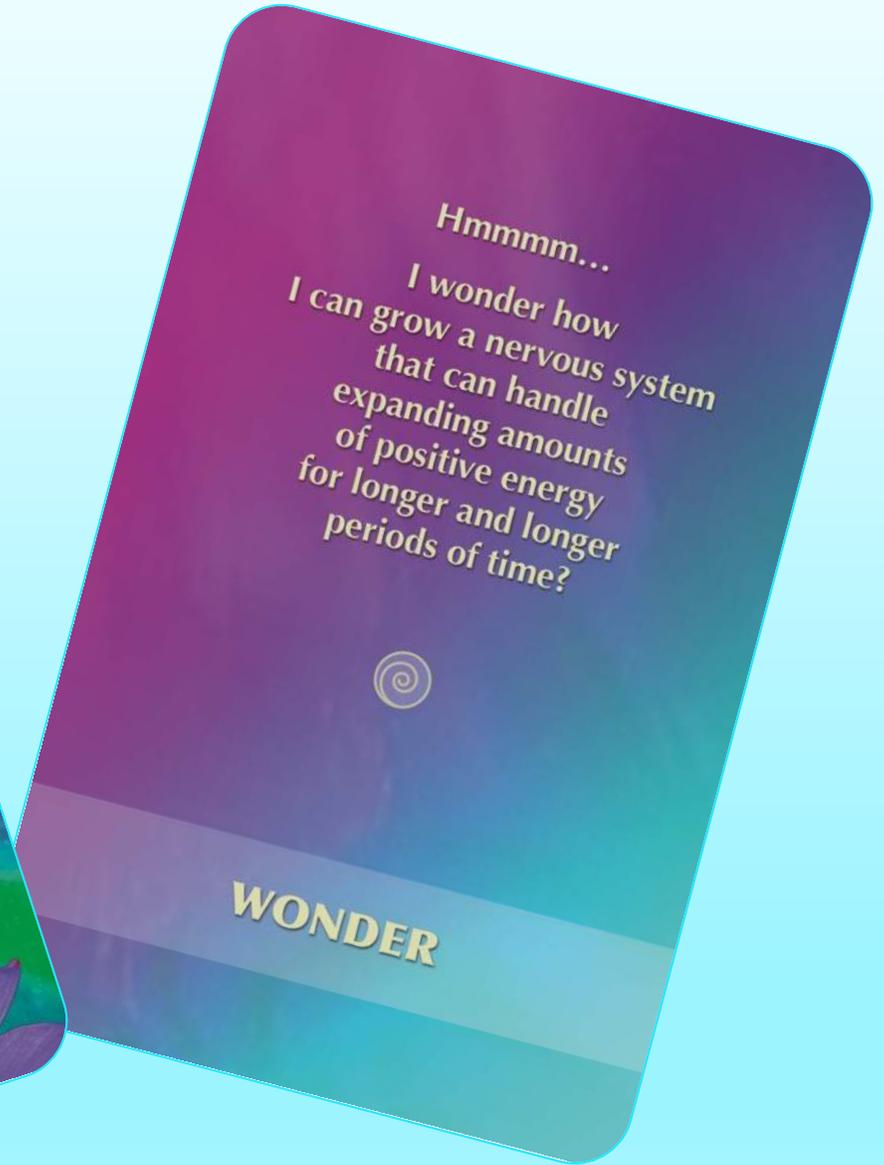


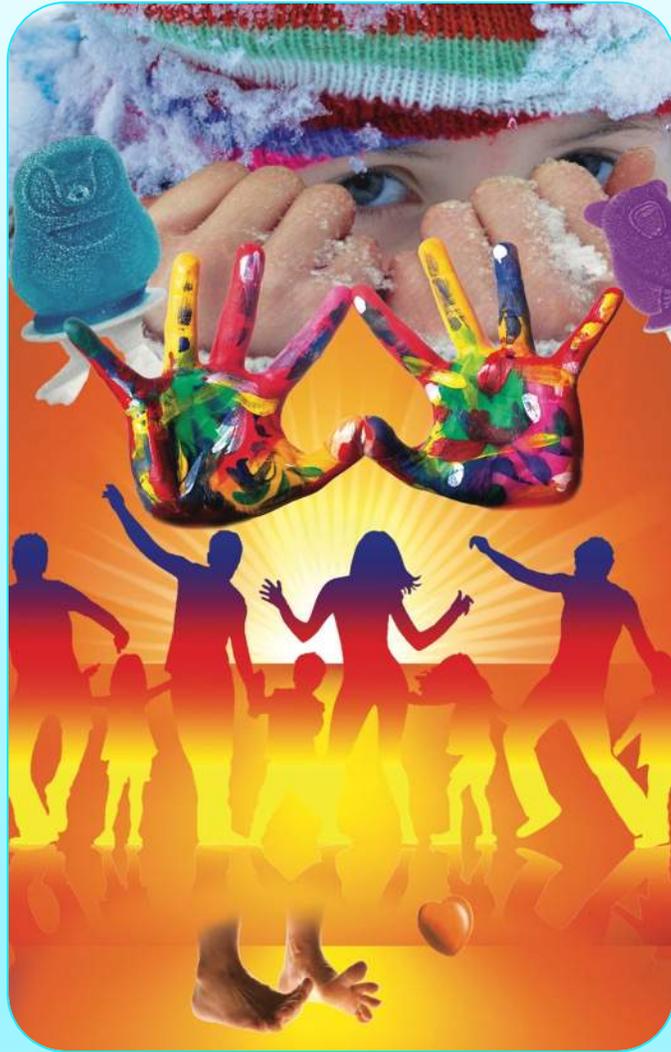
Hmmm...

I wonder how
I can grow a nervous system
that can handle
expanding amounts
of positive energy
for longer and longer
periods of time?



WONDER





I know
when I freeze
and
how to shift gently into
wiggling my fingers and toes,
which I expand into
whole-body WIGGLING
and ease.



FEAR MELTER



I know
when I freeze
and
how to shift gently into
wiggling my fingers and toes,
which I expand into
whole-body WIGGLING
and ease.

©

FEAR MELTER



I can shift easily
from the tight, quick, puffed-up
fight stance
to
OOZING
like seaweed swaying in water
or
hot fudge melting
over ice cream.



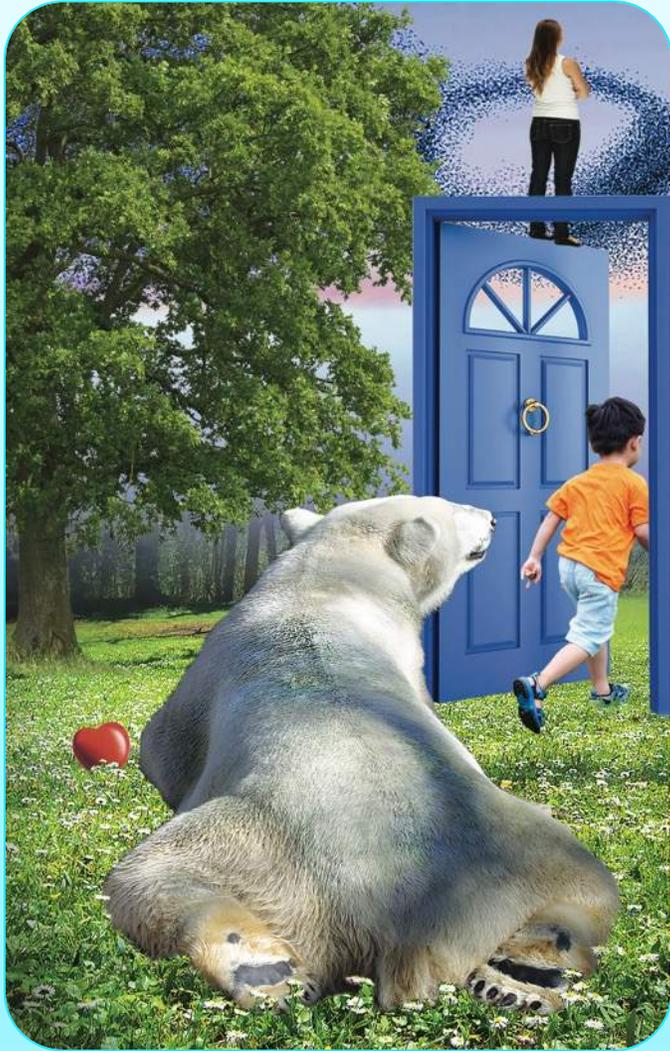
FEAR MELTER



I can shift easily
from the tight, quick, puffed-up
fight stance
to
OOZING
like seaweed swaying in water
or
hot fudge melting
over ice cream.



FEAR MELTER



I recognize the leaving quality
of my body fleeing
and easily shift into the
SUMO stance
of grounded presence,
feeling my feet solidly here.



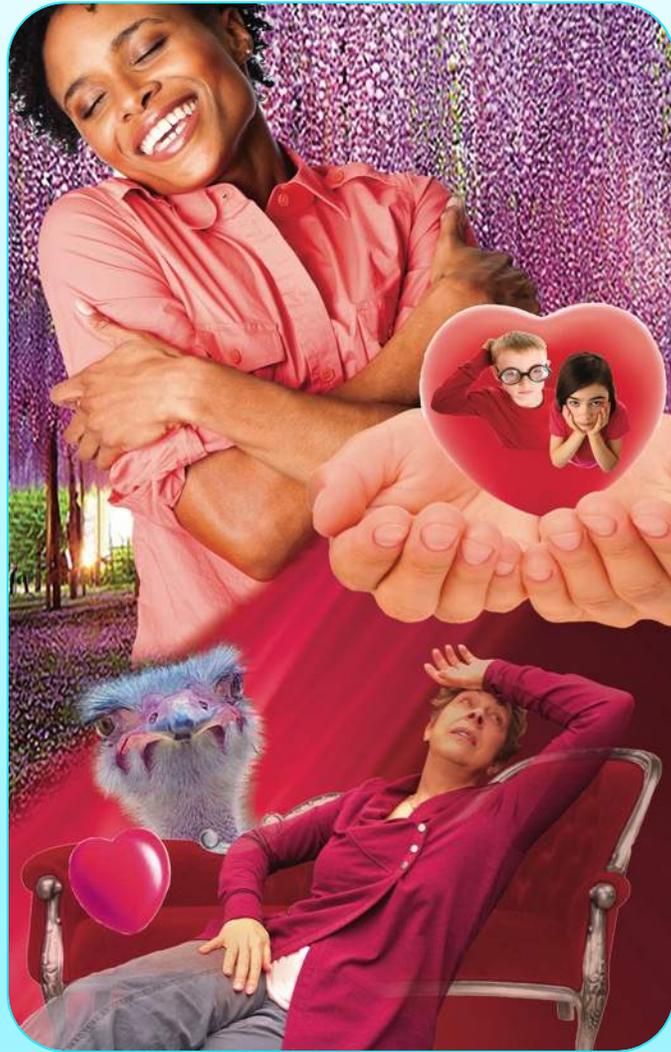
FEAR MELTER



*I recognize the leaving quality
of my body fleeing
and easily shift into the
SUMO stance
of grounded presence,
feeling my feet solidly here.*



FEAR MELTER



I notice when
I feel my energy draining away
or a moment of confusion,
and then
I choose to shift into
LOVE SCOOPS,
gathering good feeling,
well-being
and kindly touching
wherever I need or want love.



FEAR MELTER



I notice when
I feel my energy draining away
or a moment of confusion,
and then
I choose to shift into
LOVE SCOOPS,
gathering good feeling,
well-being
and kindly touching
wherever I need or want love.



FEAR MELTER

IMPECCABLE AGREEMENTS

Whole-Body Aliveness

What and By When

“Yes” Signals

“No” Signals

Changing Agreements

Presence

Connect

Play



I recognize, appreciate and
celebrate
my whole-body aliveness
when
I keep my agreements.



*Hmmm...
How can I experience
the increased aliveness
that comes from
keeping my agreements?*

**IMPECCABLE
AGREEMENTS**



I recognize, appreciate and
celebrate
my whole-body aliveness
when
I keep my agreements.

☯

Hmmm...
How can I experience
the increased aliveness
that comes from
keeping my agreements?

**IMPECCABLE
AGREEMENTS**



I make clear, direct requests
that include a by-when
instead of
airing generalized complaints.



*How can I make
a conscious agreement here?*

**IMPECCABLE
AGREEMENTS**



*I make clear, direct requests
that include a by-when
instead of
airing generalized complaints.*



*How can I make
a conscious agreement here?*

**IMPECCABLE
AGREEMENTS**



I recognize and use
my whole-body "Yes" signals
to choose
which agreements I want to make.



*What can I draw on
from my whole-body wisdom
to select agreements
I do want to make?*

**IMPECCABLE
AGREEMENTS**

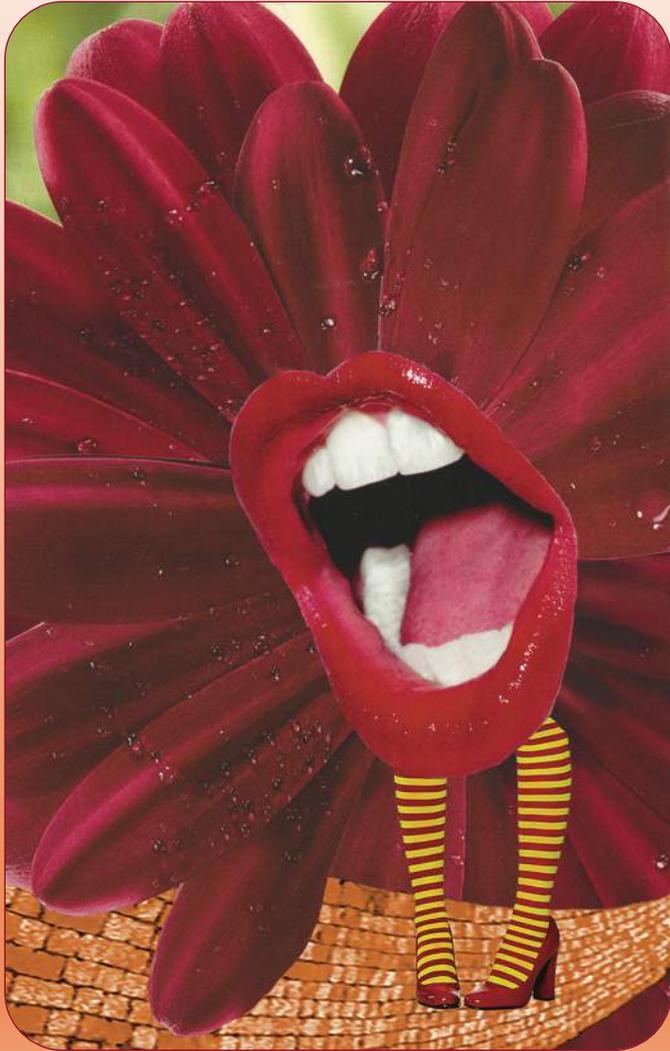


*I recognize and use
my whole-body "Yes" signals
to choose
which agreements I want to make.*



*What can I draw on
from my whole-body wisdom
to select agreements
I do want to make?*

**IMPECCABLE
AGREEMENTS**



I follow my body signals
that let me know
I don't want to
make a particular agreement.



How can I easily say
"No"
to agreements
I do not want to make?

**IMPECCABLE
AGREEMENTS**

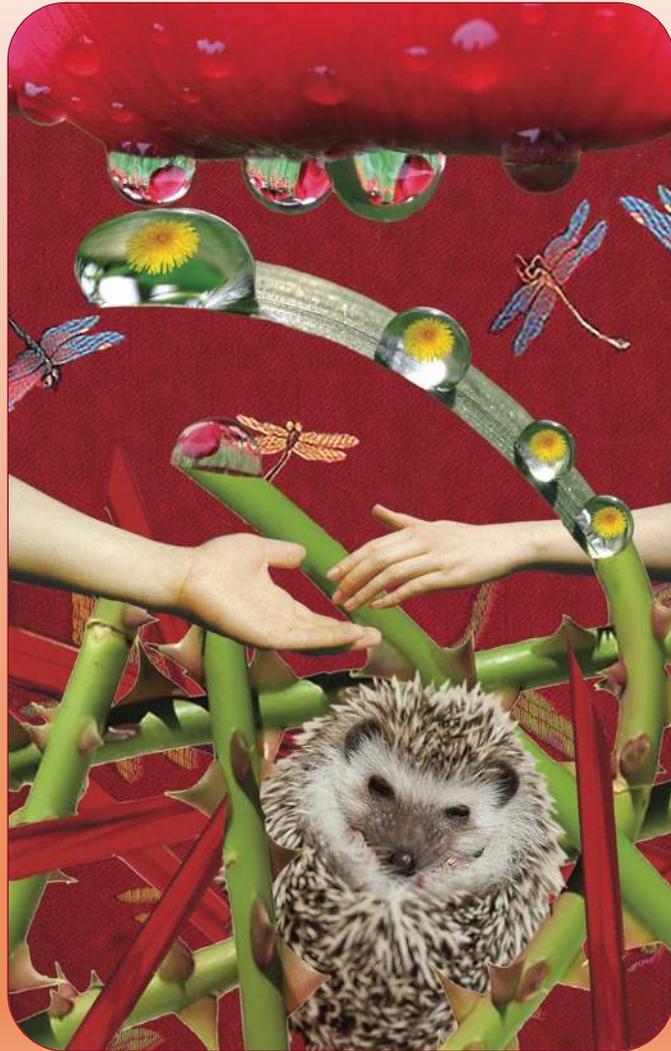


I follow my body signals
that let me know
I don't want to
make a particular agreement.



How can I easily say
"No"
to agreements
I do not want to make?

**IMPECCABLE
AGREEMENTS**



I change agreements
that are not working by:

- ✓ noticing the jangle
- ✓ communicating and listening
to feelings involved
and
- ✓ making a new, clear agreement



*How can I
consciously change agreements
that are not working?*

**IMPECCABLE
AGREEMENTS**



I change agreements
that are not working by:

- ✓ noticing the jangle
- ✓ communicating and listening
to feelings involved
and
- ✓ making a new, clear agreement



How can I
consciously change agreements
that are not working?

**IMPECCABLE
AGREEMENTS**



I turn toward
what is actually occurring
with open posture and easy breath
as I respond resourcefully
to what wants to happen.



*How can I turn easily
toward what is actually happening
and open my body and breath
to respond resourcefully
to what is emerging?*

PRESENCE

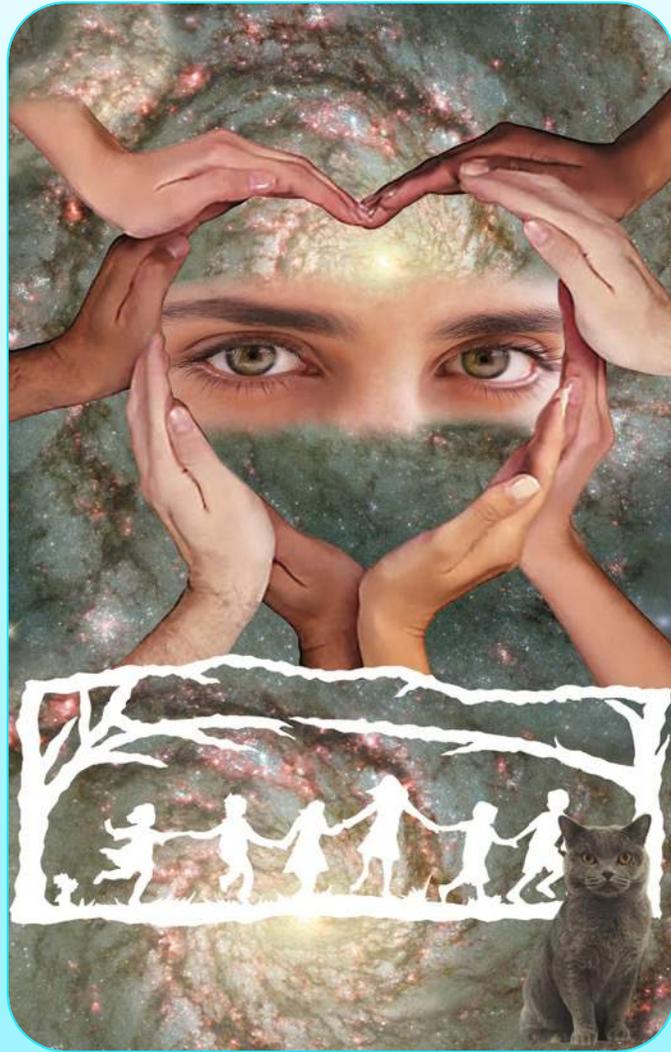


*I turn toward
what is actually occurring
with open posture and easy breath
as I respond resourcefully
to what wants to happen.*



*How can I turn easily
toward what is actually happening
and open my body and breath
to respond resourcefully
to what is emerging?*

PRESENCE



I'm open to connecting fully
with my body intelligence
and fully
with the people in my life.



*How can I connect fully
with my body intelligence
and with the people in my life?*

CONNECT

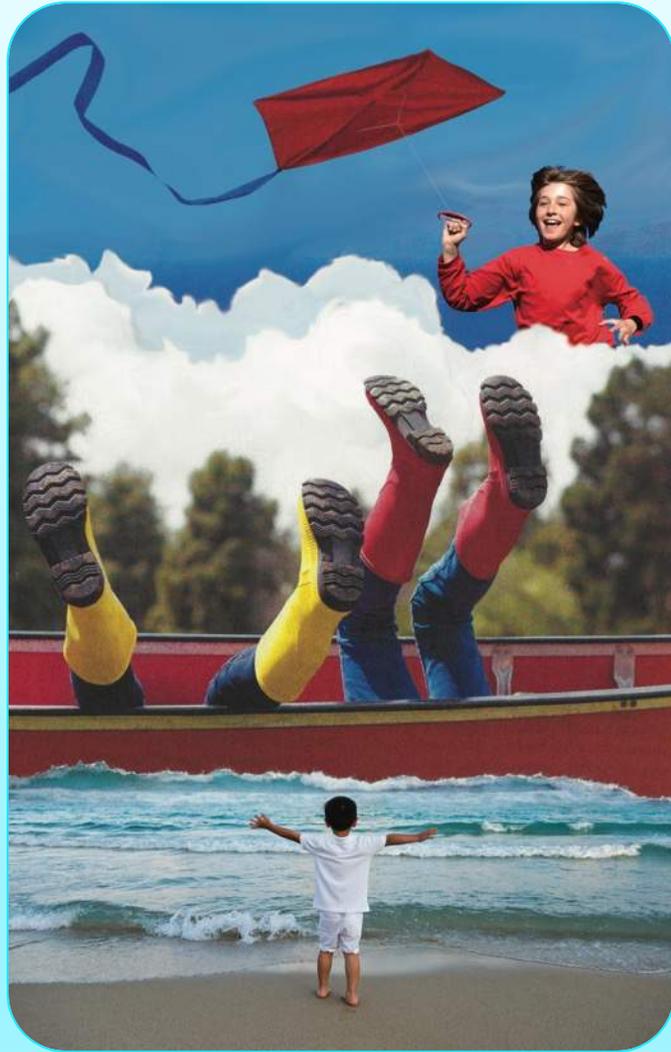


*I'm open to connecting fully
with my body intelligence
and fully
with the people in my life.*



*How can I connect fully
with my body intelligence
and with the people in my life?*

CONNECT



I'm open to
giving and receiving tosses of
love, connection, collaboration
and open-ended exploration.



*How can I expand my ability
to give and receive
love, connection and collaboration
every day?*

PLAY



*I'm open to
giving and receiving tosses of
love, connection, collaboration
and open-ended exploration.*



*How can I expand my ability
to give and receive
love, connection and collaboration
every day?*

PLAY

CONSCIOUS COMMUNICATION

Speaking to Connect

Listening Appreciatively

Turning Toward

Discerning

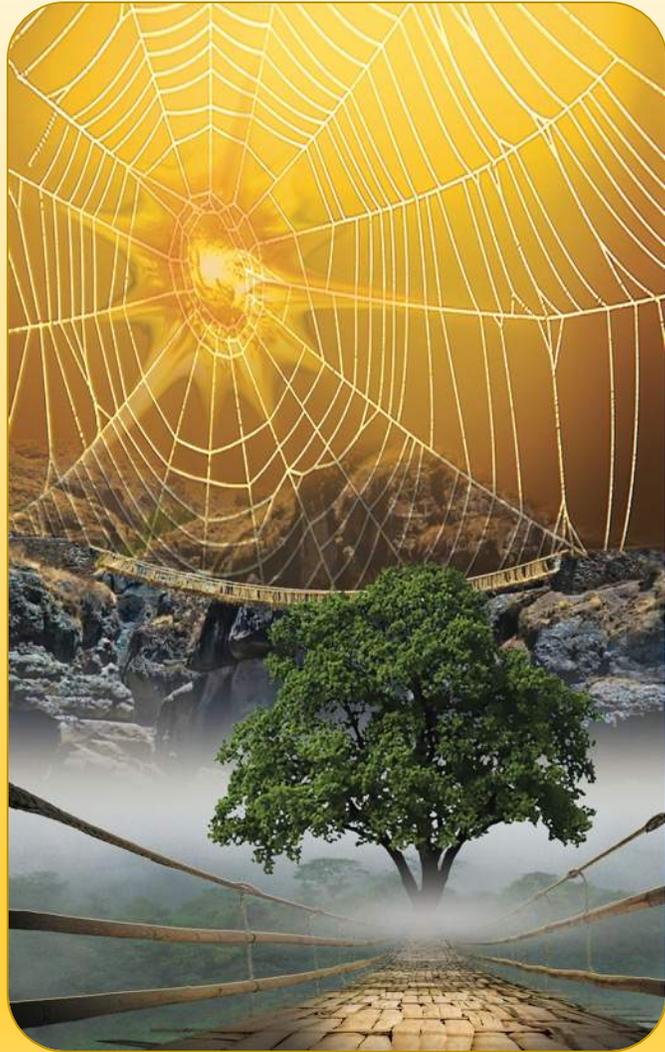
Initiating

Matching

Revealing

Add Drops of Love I

Add Drops of Love II



I speak in a way
that generates connection
rather than argument.



*In what ways can I speak
that are real and descriptive?*

**CONSCIOUS
COMMUNICATION**

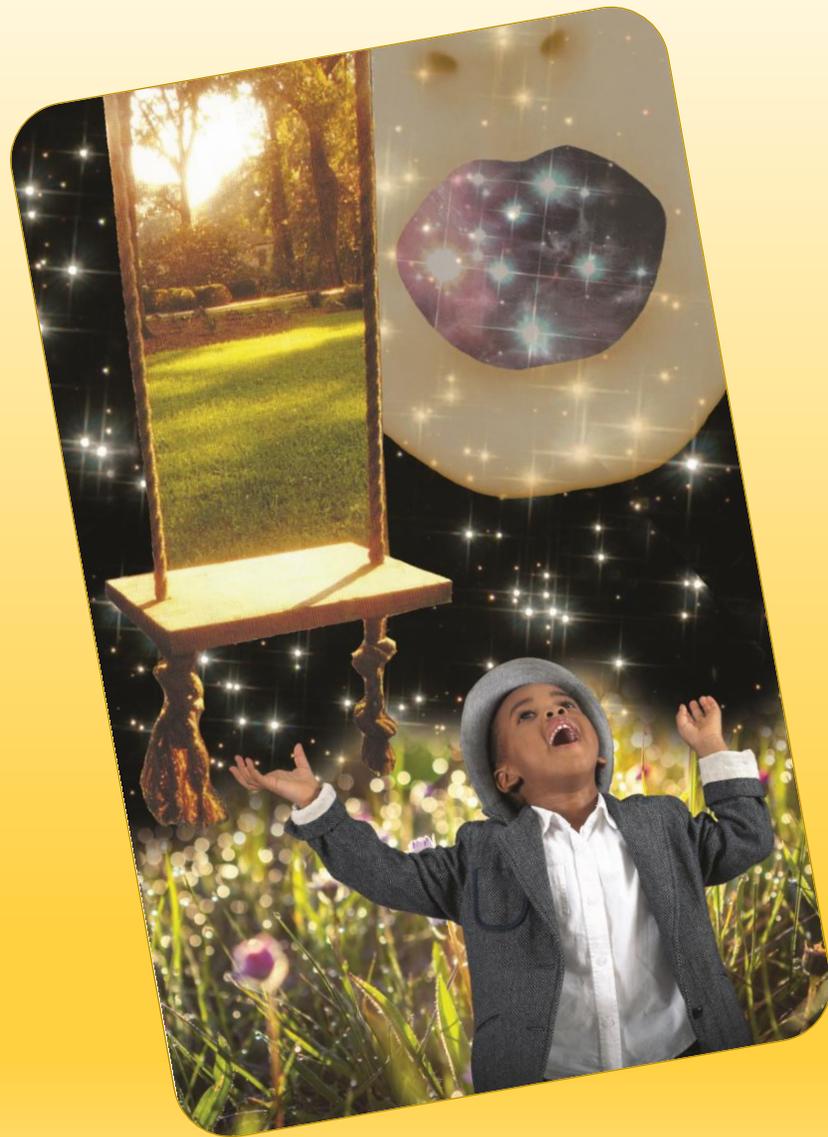


*I speak in a way
that generates connection
rather than argument.*



*In what ways can I speak
that are real and descriptive?*

**CONSCIOUS
COMMUNICATION**



I listen to others accurately,
appreciatively
and to invite wonder.



*In what ways
can I learn to speak
that are free of blame and
invite wonder?*

**CONSCIOUS
COMMUNICATION**

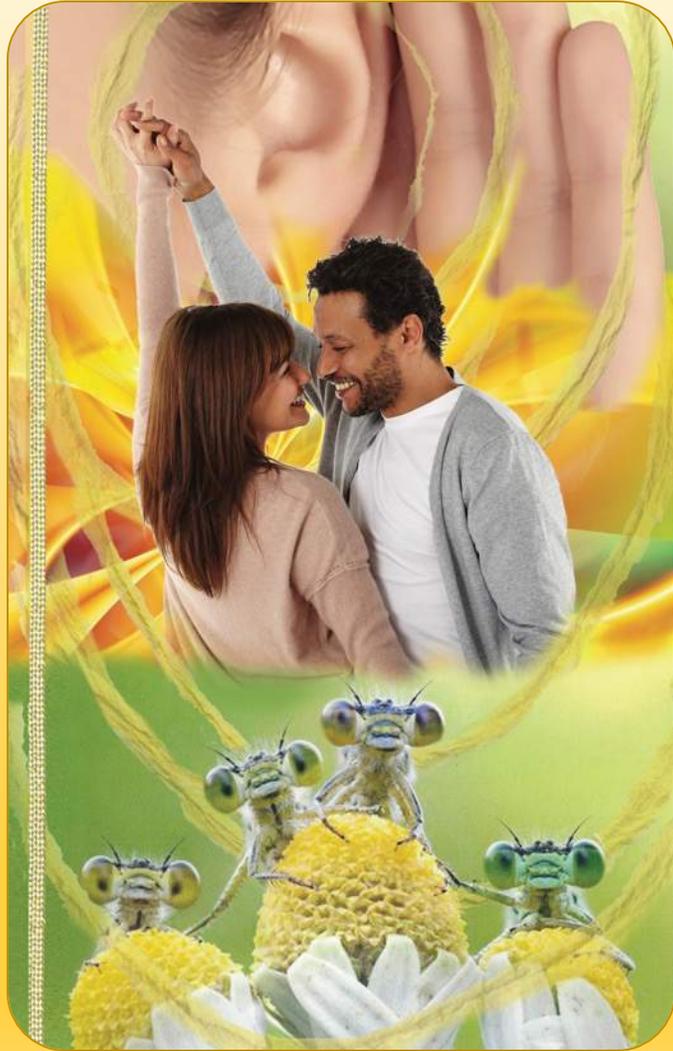


*I listen to others accurately,
appreciatively
and to invite wonder.*



*In what ways
can I learn to speak
that are free of blame and
invite wonder?*

**CONSCIOUS
COMMUNICATION**



I physically turn fully toward others
with open posture and breath
so I can sense
how my communications
are being received.



*In what ways can I
give active awareness
to how
my communications are landing
with others?*

**CONSCIOUS
COMMUNICATION**



*I physically turn fully toward others
with open posture and breath
so I can sense
how my communications
are being received.*



*In what ways can I
give active awareness
to how
my communications are landing
with others?*

**CONSCIOUS
COMMUNICATION**



My body sensations
and inner experience
guide me to know
when I'm concealing and
when I have something to reveal.



*In what ways can my
body sensations and experiences
guide me to know
when I'm concealing and
when I have something to reveal?*

**CONSCIOUS
COMMUNICATION**



*My body sensations
and inner experience
guide me to know
when I'm concealing and
when I have something to reveal.*



*In what ways can my
body sensations and experiences
guide me to know
when I'm concealing and
when I have something to reveal?*

**CONSCIOUS
COMMUNICATION**



I initiate conversations
with authentic expression
as well as responding
to others' initiations.



*How can I source and initiate
authentic speaking in any situation?
(e.g. Initiating real communications
without having to be
begged, threatened or coerced)?*

**CONSCIOUS
COMMUNICATION**

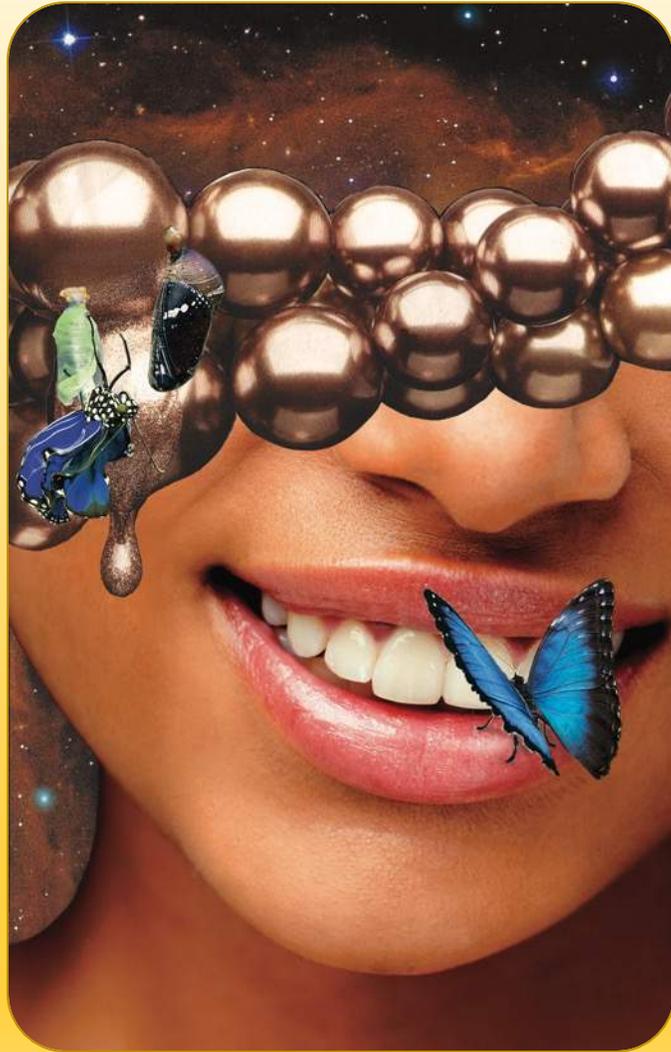


*I initiate conversations
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**CONSCIOUS
COMMUNICATION**

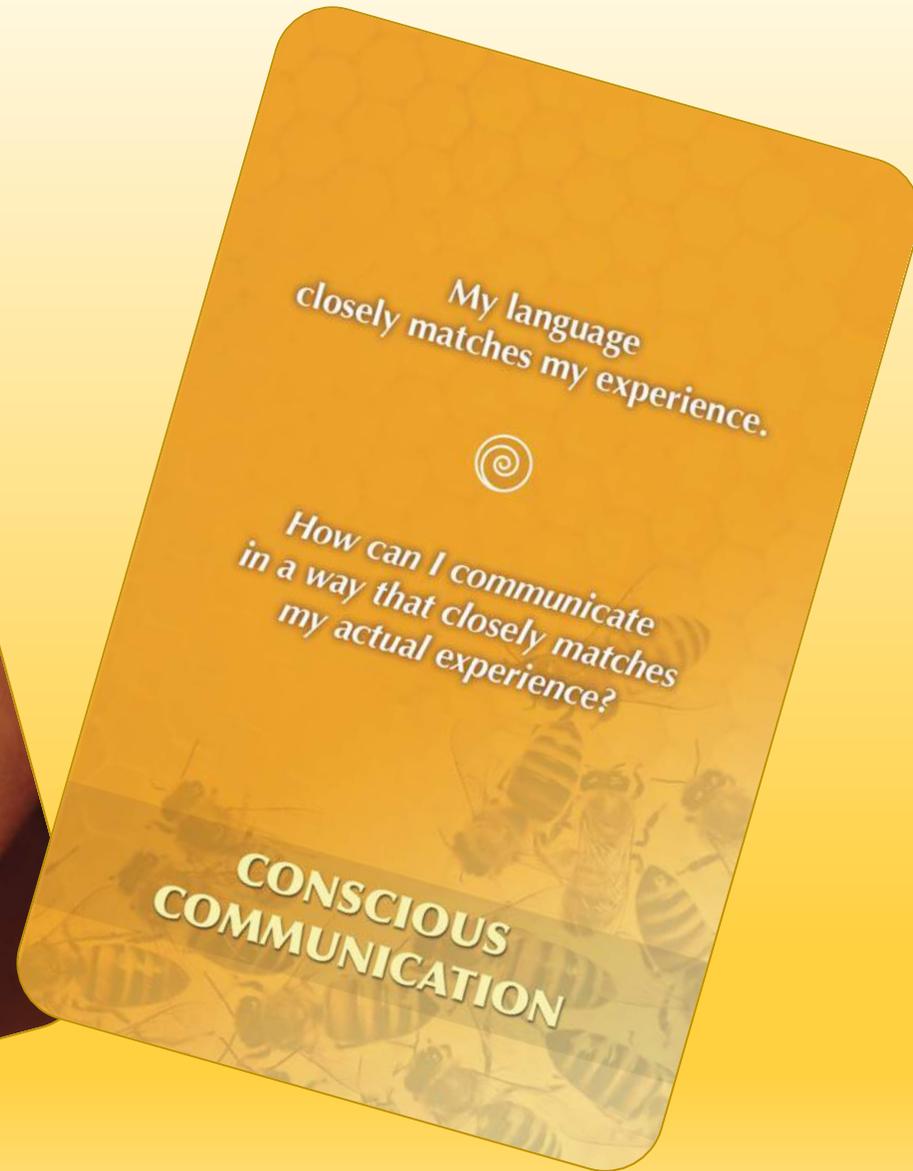


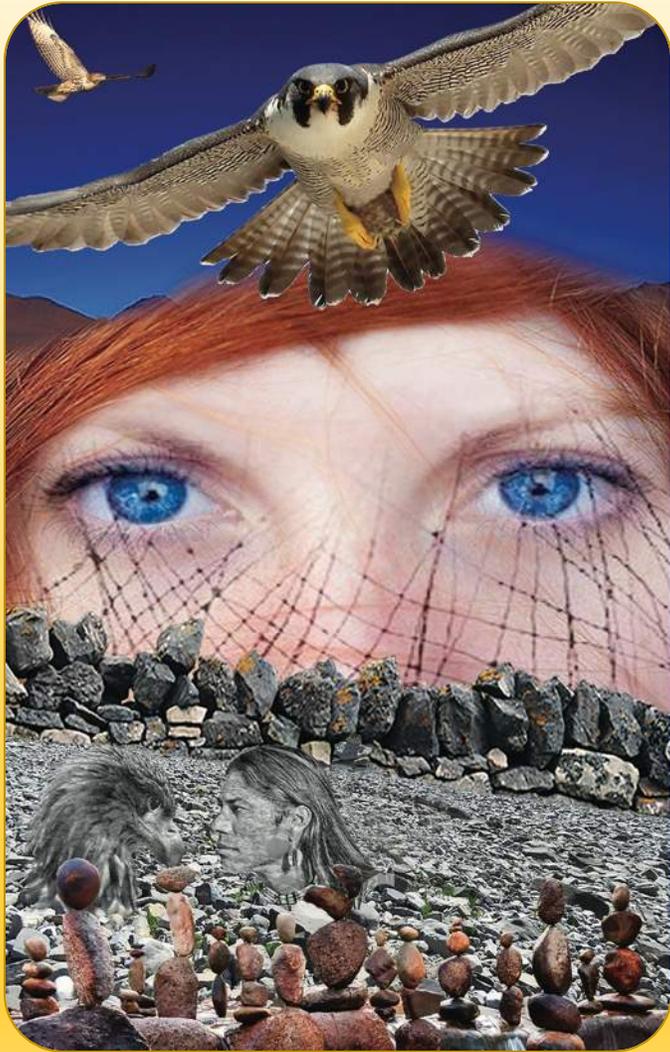
My language
closely matches my experience.



*How can I communicate
in a way that closely matches
my actual experience?*

**CONSCIOUS
COMMUNICATION**





I commit to reveal and not conceal
by expressing
my authentic experience/s
even under duress.



*How freely can I
choose revealing over concealing?*

**CONSCIOUS
COMMUNICATION**



*I commit to reveal and not conceal
by expressing
my authentic experience/s
even under duress.*



*How freely can I
choose revealing over concealing?*

**CONSCIOUS
COMMUNICATION**

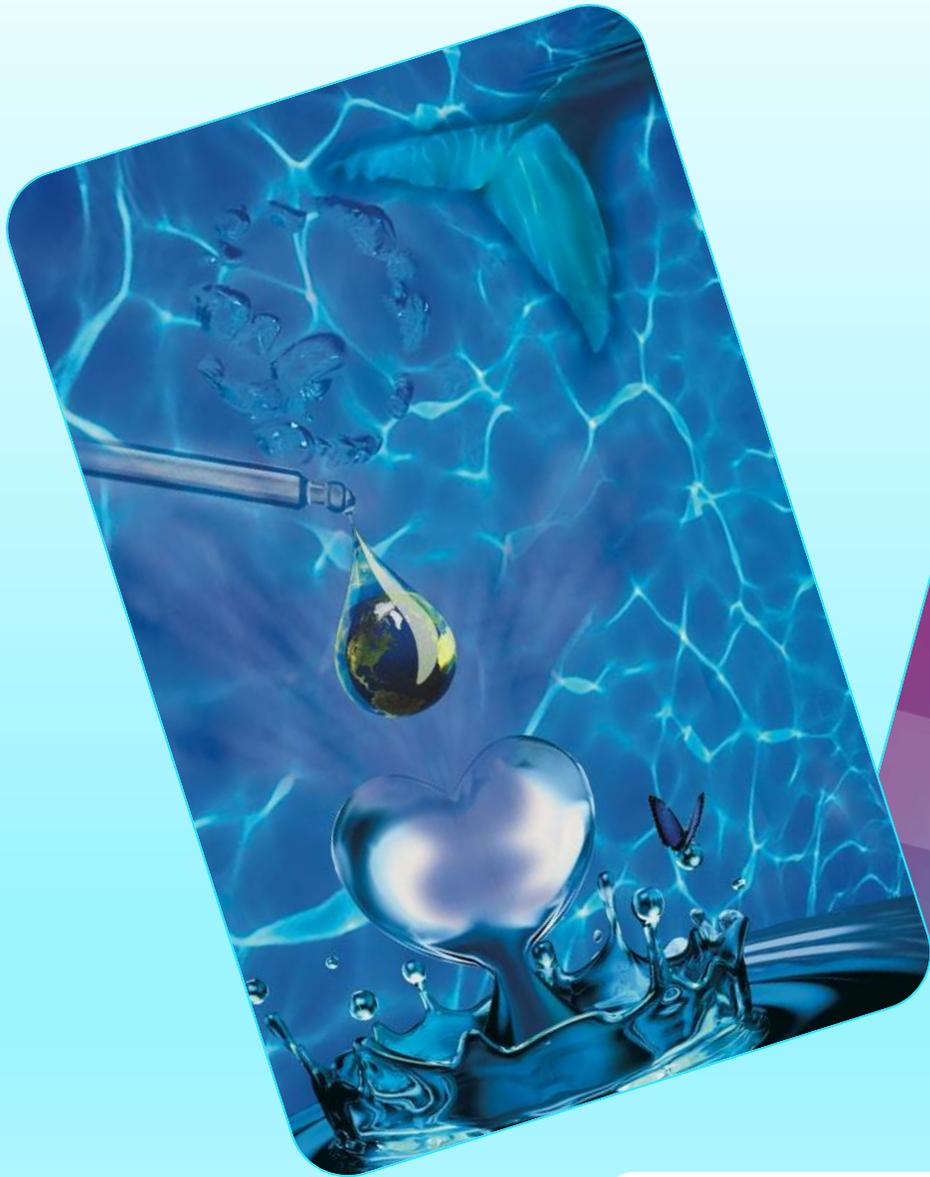


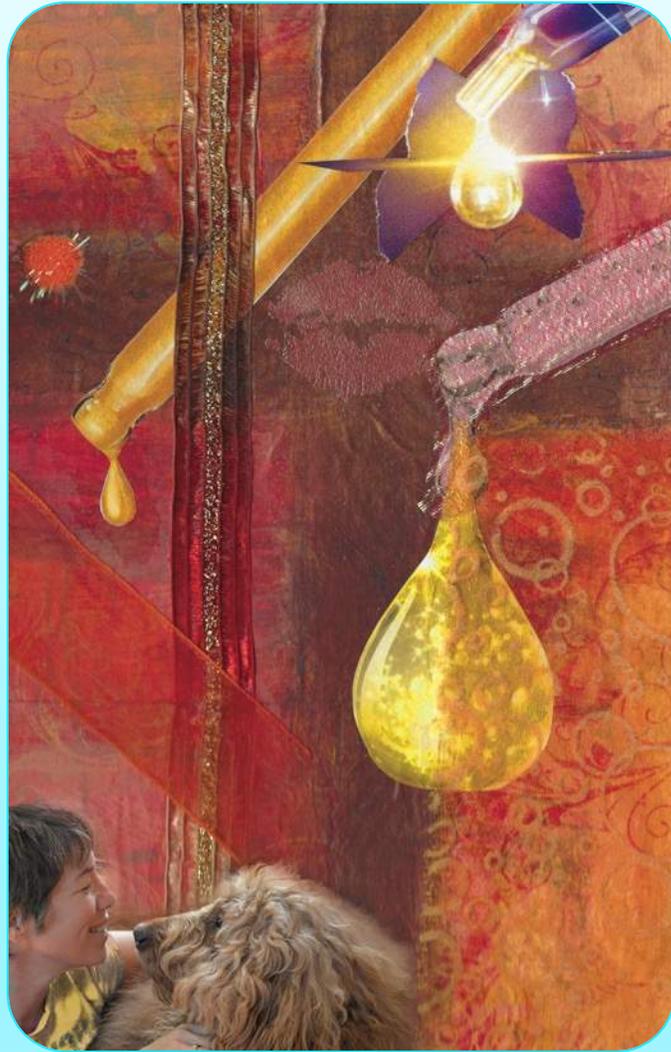


I'm willing
to give
drops of love
anywhere
I need or want them.



**ADD
DROPS OF LOVE**







I'm willing
to give
drops of love
anywhere
I need or want them.



**ADD
DROPS OF LOVE**



EMOTIONAL LITERACY

Welcoming Emotions

Giving Attention Getting

Curious

Inner Exploring

Attending and Following

Expressing Feelings

Congruence

Presencing Another



I welcome
emotions and sensations
as they move through me.



*In what ways can I
notice
what I'm actually feeling
and experiencing
in the moment?*

**EMOTIONAL
LITERACY**

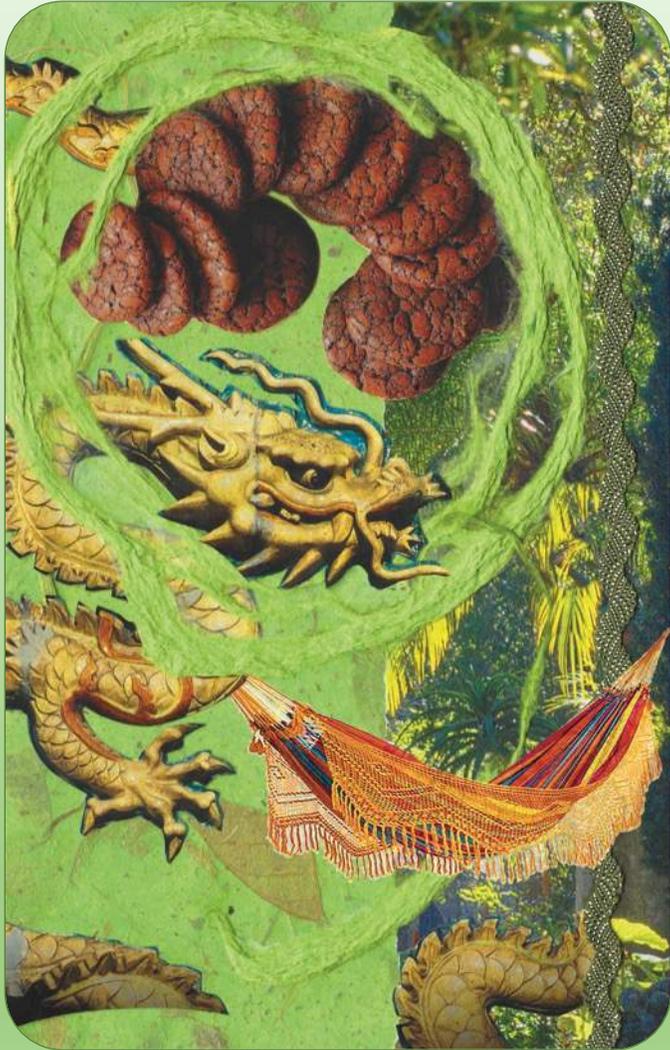


*I welcome
emotions and sensations
as they move through me.*



*In what ways can I
notice
what I'm actually feeling
and experiencing
in the moment?*

**EMOTIONAL
LITERACY**



I can place
non-judgmental attention
on all my body sensations
and emotions.



*In what manner can I
sense and discern
the difference between
emotions and body sensations
(e.g. ...between hunger and fear)?*

**EMOTIONAL
LITERACY**

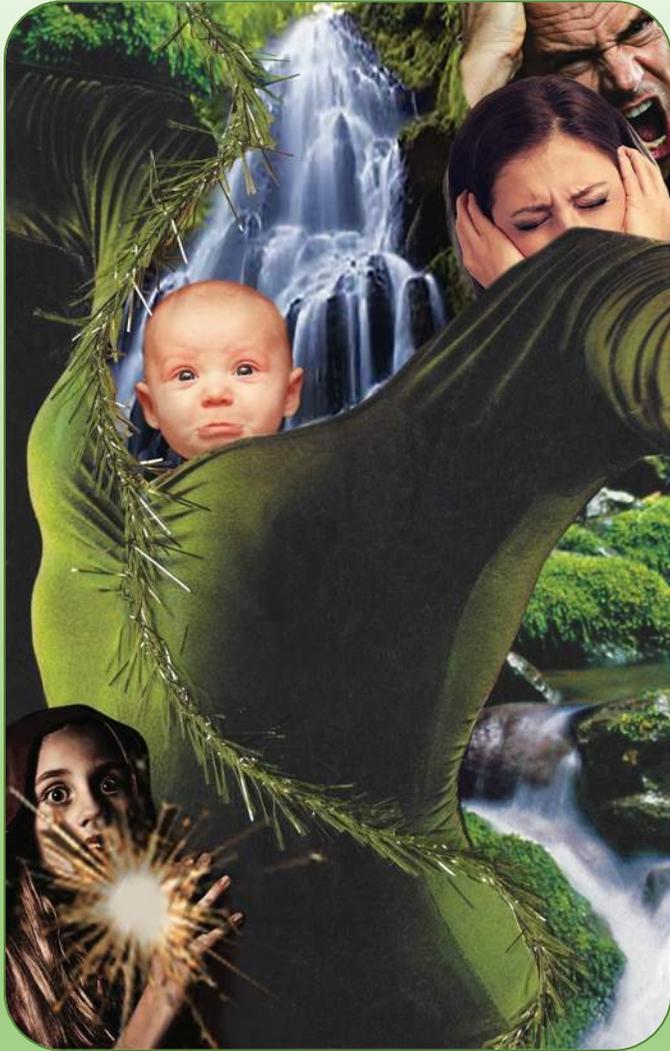


I can place
non-judgmental attention
on all my body sensations
and emotions.



In what manner can I
sense and discern
the difference between
emotions and body sensations
(e.g. ...between hunger and fear)?

EMOTIONAL LITERACY



I am curious
to discover and learn from
my feelings and inner experience.



*How can I learn to
locate emotions accurately
in my body?*

- *anger in my neck/shoulders*
- *sadness in my chest/throat*
- *fear in my belly*

**EMOTIONAL
LITERACY**



I am curious
to discover and learn from
my feelings and inner experience.



How can I learn to
locate emotions accurately
in my body?

- anger in my neck/shoulders
- sadness in my chest/throat
- fear in my belly

**EMOTIONAL
LITERACY**



I explore the meaning of
my inner experiences
with curiosity and interest.



*How can I explore the meaning of
my inner experiences
with curiosity and interest?*

**EMOTIONAL
LITERACY**

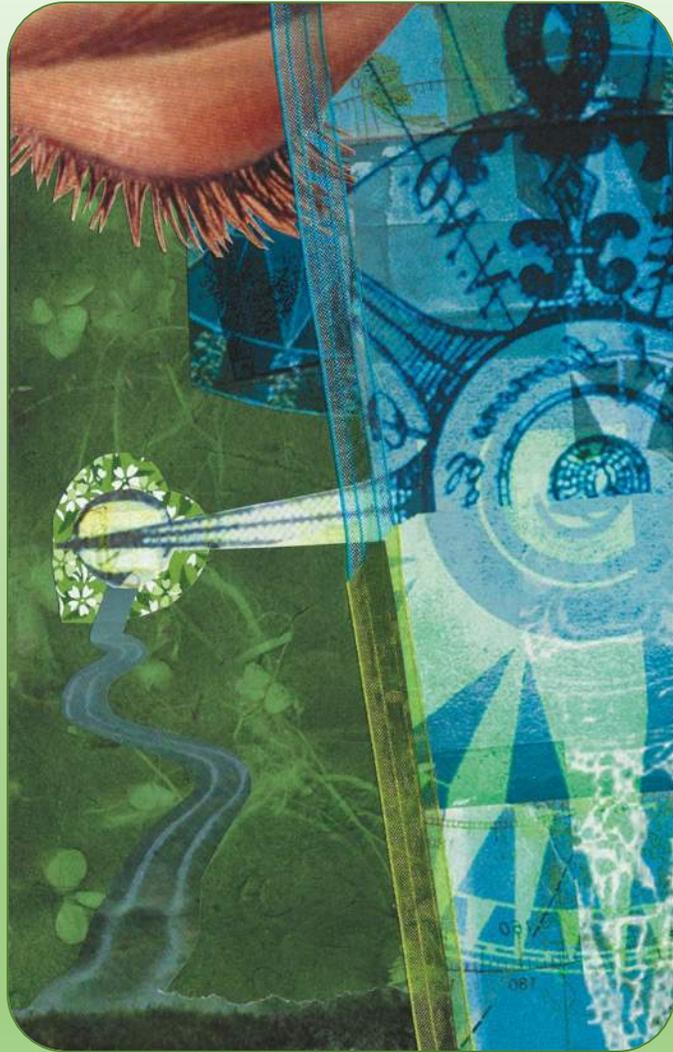


*I explore the meaning of
my inner experiences
with curiosity and interest.*



*How can I explore the meaning of
my inner experiences
with curiosity and interest?*

**EMOTIONAL
LITERACY**



I give full attention to
and follow my emotions
to their source within me
(even when it seems obvious
the source is the other person).



*How can I follow my emotions
to their source using my attention
and body wisdom
(even when it seems obvious
the source is the other person)?*

**EMOTIONAL
LITERACY**



*I give full attention to
and follow my emotions
to their source within me
(even when it seems obvious
the source is the other person).*



*How can I follow my emotions
to their source using my attention
and body wisdom
(even when it seems obvious
the source is the other person)?*

EMOTIONAL LITERACY



I express my feelings
in ways that are congruent
with
my inner experience.



*How do I let my emotions
and inner experience
be noticeable to others?*

**EMOTIONAL
LITERACY**



*I express my feelings
in ways that are congruent
with
my inner experience.*



*How do I let my emotions
and inner experience
be noticeable to others?*

**EMOTIONAL
LITERACY**



I am willing
to have my communication
fully received by others.



*How can I speak about
my feelings and inner experience
congruently
so that others understand?*

**EMOTIONAL
LITERACY**



*I am willing
to have my communication
fully received by others.*



*How can I speak about
my feelings and inner experience
congruently
so that others understand?*

**EMOTIONAL
LITERACY**



I know how to be
deeply present for another's
full experience and expression
of their feelings.



*How can I presence
another's communication fully?*

**EMOTIONAL
LITERACY**



*I know how to be
deeply present for another's
full experience and expression
of their feelings.*



*How can I presence
another's communication fully?*

**EMOTIONAL
LITERACY**

HEALTHY RESPONSIBILITY

Openness to Learning

Curious About Results

Going Direct

Shifting to Clarity

Making Connections

Demonstrating Responsibility



I create openness to learning
in and from
all my experiences
and collaborations.



*By what means can I shift
readily and easily
from blame to wonder?*

**HEALTHY
RESPONSIBILITY**

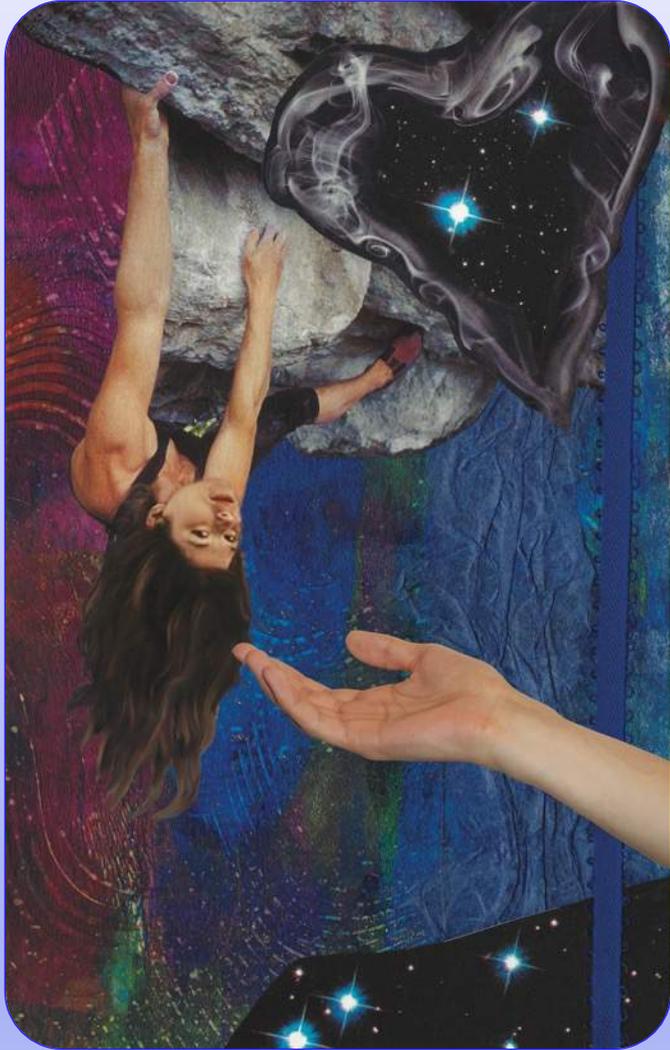


*I create openness to learning
in and from
all my experiences
and collaborations.*



*By what means can I shift
readily and easily
from blame to wonder?*

**HEALTHY
RESPONSIBILITY**



I get curious about
how I create the results
that are
occurring in my life.



*How can I notice
what unintentional
commitments / beliefs
are driving the results
I experience in my life?*

**HEALTHY
RESPONSIBILITY**

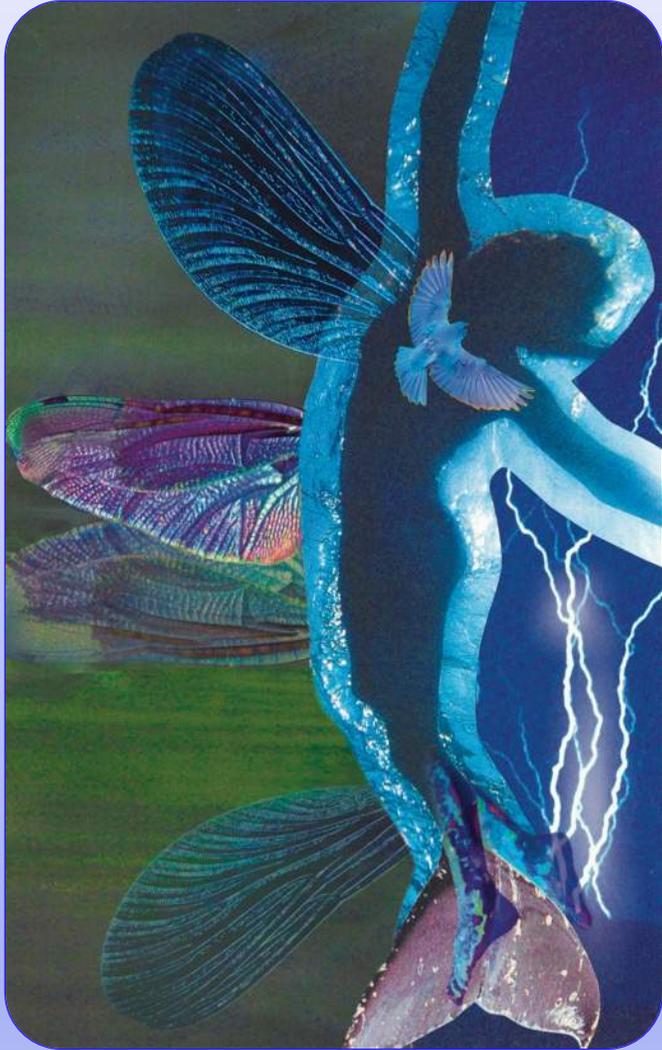


*I get curious about
how I create the results
that are
occurring in my life.*



*How can I notice
what unintentional
commitments / beliefs
are driving the results
I experience in my life?*

**HEALTHY
RESPONSIBILITY**



I experience reality
directly through my body
and make
genuinely response-able choices.



*How can I shift
from defensiveness
into
genuine openness to
learning and discovery?*

**HEALTHY
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**HEALTHY
RESPONSIBILITY**



I can shift
from upset to clarity
within
two to three full breaths.



*How can I choose
and respond freely
with full presence
rather than reacting automatically?*

**HEALTHY
RESPONSIBILITY**

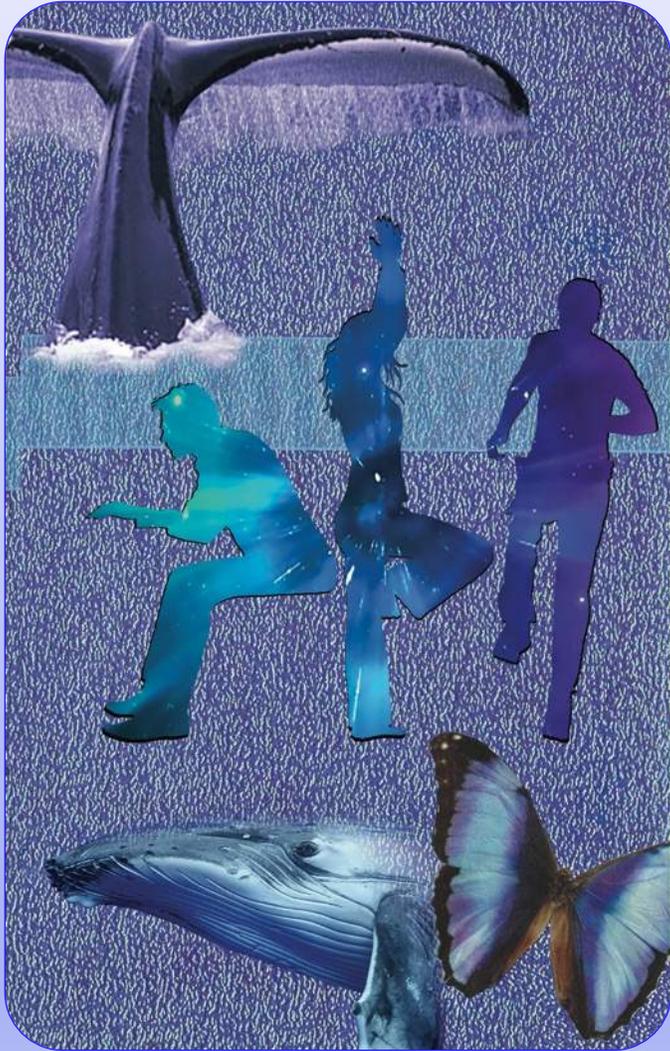


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**HEALTHY
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I know my stress signals
and can shift easily
into responsive presencing.



*How can I feel
the connection between
my body postures
and mental attitudes,
and then use that knowledge
to open to discovery?*

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**HEALTHY
RESPONSIBILITY**



I demonstrate 100% responsibility
through my choices
and
by committing and recommitting
to responsive creativity.



*How can my presence
inspire others
to take 100% responsibility?*

**HEALTHY
RESPONSIBILITY**



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**HEALTHY
RESPONSIBILITY**