

**CONSCIOUS**  
**LOVING**  
THE JOURNEY TO  
**CO-COMMITMENT**

A WAY TO BE  
FULLY TOGETHER WITHOUT  
GIVING UP YOURSELF

Gay Hendricks, Ph.D. &  
Kathlyn Hendricks, Ph.D.

Foreword by John Bradshaw

# Conscious Loving The Journey To Co Commitment

**Victoria Lee**



## **Conscious Loving The Journey To Co Commitment:**

**Conscious Loving** Gay Hendricks, Ph.D.,Kathlyn Hendricks,1992-01-01 Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions Through their own marriage and through twenty years experience counseling more than one thousand couples therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy creativity and happiness of each individual You will learn how to Let go of power struggles and need for control Balance needs for closeness and separateness Increase intimacy by telling the microscopic truth Communicate in a positive way that stops arguments Make agreements you can keep Allow more pleasure into your life Addressed to individuals as well as to couples Conscious Loving will heal old hurts and deepen your capacity for enjoyment security and enduring love

**Conscious Loving** Gay Hendricks,Kathlyn Hendricks,1990 A guide to living in a committed love relationship offers advice on how to end power struggles balance needs overcome blocks and remove impediments to pleasure

*Conscious Moving* Christine Caldwell, PHD,2024-06-25 Conscious Moving extends from one transformative belief we feel more human more empowered and more ourselves when we live from that place within us and all around us that simply moves And when we examine and trust in the emerging and evolving movement of our minds and bodies we can better harness the tools needed to expand our creativity wellbeing and learning

Body based psychotherapist movement specialist and renowned author educator Christine Caldwell Oppression and the Body offers a radically ambitious mode of somatic awareness and inquiry and shows how designing our own conscious movement practices can improve not only our own lives but our relationships communities and culture This anthology explores how movement practices can help us be more present more grounded and intentional in responding to and working with experiences in the moment and claim our own bodily autonomy Caldwell and contributors explore these key benefits and applications in four critical areas Creativity Contemplation Healing Learning Rooted in both ancient and modern scientific ways of knowing Conscious Moving imparts fundamental principles and tools applicable to a broad spectrum of fields and professions Topics explored in partnership with conscious movement practice include Trauma and Oppression Isolation and Loneliness Addiction Group Therapy Sexuality Creative Arts and Grief Encouraging each reader to pay attention to and honor their own embodied intuition Conscious Moving is a non prescriptive guide to accessing body based wisdom for personal growth community impact and widespread social change

**Liberated Leadership** Steve J. Cuss,2024-09-13 Discover the untold truth of leadership in this compelling journey that unveils the hidden struggles of business leaders who wear a daily mask In the bustling world of business many find themselves living a double life facing sleepless nights constant anxiety and the exhausting weight of expectation I ve been there my friend and I ve learned firsthand the toll it takes Drawing from my three decade experience in the video game industry including 20 years at Electronic Arts I unravel the challenges of traditional leadership and present a groundbreaking alternative Liberated Leadership In these pages I share my personal

transformation introducing you to the seven pillars that form the essence of Liberated Leadership Each pillar harbours a key practice empowering you to lead authentically and find fulfilment The narrative isn't all doom and gloom it's a beacon of hope offering practical insights that pave the way for a liberating change cycle If you're ready to shed the mask release the burdens and embark on a journey of liberation this book is your guide Join me on a path that breaks free from chains transforming not only your approach to leadership but also your entire life It's time to embrace authenticity and lead with purpose Walk this transformative path with me let's set ourselves free

Choosing Intimacy Cindi J. Martin, LCSW, 2024-04-23 From Genesis to Revelation Choosing Intimacy goes on an in depth exploration to discover the biblical foundation for mutual intimacy People are lonely Too many suffer from fractured relationships and simultaneously long for deep connection with friends family members and co workers But the unrelenting persistence of addictions abuse of authority and struggle with depression anxiety and anger leave people feeling empty and powerless Increasing numbers of Christians entering counseling offices wonder why a love for the Lord obedience to God's Word and commitment to clearly defined roles do not result in satisfying intimate relationships Where did it all go wrong Choosing Intimacy offers a refreshing biblical perspective over 40 years of professional counseling experience personal insights and practical skills for overcoming the power struggles that strangle intimacy

**The Relationship Skills Workbook** Julia Colwell, Ph.D., 2014-10-01 Course objectives Recognize relationship as an emotional healer identify triggers move through them and come back into ease and aliveness Discover how intimacy in relationship requires curiosity wonder and the ability to find the truth of one's experience deep in one's body Discuss how to speak the unarguable truth utilizing the eight step moving emotions process moving from stuckness into emotional flow Define three toxic habits within relationships and their antidotes transforming our own behavior as well as those around us through positive attention Summarize how to move out of power struggles within relationships and into agreements which allow everyone to get everything they want Discuss how to live within the relationship you really want moving between contraction and expansiveness welcoming appreciations creativity play aliveness as well as love for self and other Utilize checklists tools and journaling exercises as a way to engage reflect and explore relationship skills and self growth What are the ingredients of a successful and enduring relationship Love passion and commitment are all vital yet without certain basic skills even the most devoted partners can find themselves descending into arguments power struggles and disillusionment With The Relationship Skills Workbook Dr Julia Colwell presents a practical guide for building a conscious partnership based on cooperation and trust offering relationship saving techniques and on the spot conflict resolution tools for disarming the explosive clashes that most commonly break couples apart In this friendly and easy to use resource Dr Colwell teaches you essential tools for Crisis and conflict first aid communication strategies and emotional mastery techniques to stop arguing and start connecting Getting unstuck from power struggles how to shift from deadlock to mutual responsibility and support Ending the blame game letting go of accusation and resentment to

create win win agreements Supporting each other s growth and success how to retain your personal autonomy while fully committing to your partner s happiness Moving from reactivity to creative solutions techniques to keep your brain s flight or fight instinct from undermining your heart s desires Sustaining love passion and romance how you can choose to create a magnificent relationship together Relationships while seemingly complicated don t have to be so mysterious Dr Colwell says What I ve learned from my decades of personal and professional experiences is that a few elegantly simple concepts and skills can help any couple through the most difficult spots and help us transform conflict into intimacy passion and ever deepening love

**The Power of Humility** Charles Whitfield, Barbara Harris Whitfield, Russell Park, 2010-01-01 Throughout our life at each moment from each conflict that arises throughout every day we are given the power to choose We all face challenges in our relationships and Dr Whitfield gives us the secret to meeting each challenge and how to make the best choice when faced with hard decisions and irrational emotions Using the same questions he has asked his patients Dr Whitfield asks readers Do you choose to protect your point of view your position and your ego s limited perceptions Or do you choose humility open mindedness curiosity and tolerance Do you choose to play the victim to persecute or to rescue Or do you choose humility to motivate nurture and empower Do you choose separation or through humility inclusion These are the lessons taught in *The Power of Humility* Simple easy to understand yet life changing Dr Whitfield teaches us that by accepting our humility we invite peace love joy and gratitude into our life and our relationships Key Features Patient stories provide the reader with specific examples on the power of humility Takes readers through the separate steps in identifying humility throughout their lives Tie in to reissue of Dr Whitfield s million copy classic *Healing the Child Within* *Yoga Journal* , 1991-03 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

*Marriage* Rich Wemhoff, 1999 The latest title in our popular LifeCycles series this guidebook provides for those contemplating marriage and for couples wrestling with marital problems a clear pathway to the best books and websites available

**Soulful Sex** Victoria Lee, 1997-05 Sadly after the first blush of romance and passion fades most couples become routine and hurried in their sexual intimacy This guide to the spiritual aspects of sexuality teaches readers how to become as conscious about their sexuality as they are about every other part of their lives Author workshops

**Love Without Limits** Deborah M. Anapol, 1992 **Guide to the Relationship Galaxy** Helen Grieco, 1995-11 Some material on same sex relationships dm

**Simple Loving** Janet Luhrs, 2000 Presents ways to create intimacy and joy in relationships through loving self and others reducing stress and finding ways to keep romance alive

**Your Truth** Eileen R. Hannegan, 2002-02 **Funky to Fabulous** Eli Davidson, 2007 Get out of the way and let your dreams have a say Now you have access to the remarkable power tools used by Hollywood insiders to transform their lives

The innovative Turnaround Techniques in *Funky to Fabulous* are based on a little known fact Mammals are the only species that plays Having fun is an integral part of how humans learn The book s engaging approach is combined with scientific data to back up its theories A game at the end of each chapter helps the reader anchor their learning This unique combination make this a must read book There are 65.8 million working women in America 75% of them work full time 60% of working women struggle with how to turnaround their stress The key component of stress is feeling out of control *Funky to Fabulous* reminds readers that You are the Mayor of You ville The reader is the only one who has the power to change their day The Turnaround Techniques are based on Neuro Linguistic Programming techniques

*The Queer Parent's Primer* Stephanie A. Brill,2001 When a family is headed by two women which one is the mommy If two dads show up at the soccer game what do you tell your teammates As families evolve into new constellations the practical challenges attached to raising children are enormous There may be custody disputes public queer bashing and other forms of homophobic intolerance that the whole family is forced to endure This empathetic guide offers gay and lesbian parents some real life parenting solutions to the many obstacles they encounter Through examples and interactive exercises author Stephanie Brill encourages parents to think their way through conflict and find ways to define and protect their family and nourish a proud and loving household There is plenty of concrete advice to help readers present their families with pride and to teach children to resist gender stereotyping The author deftly handles loaded issues such as coming out finding culturally sensitive childcare and making decisions about spirituality and family celebrations The special concerns of single parents and the complications of breaking up are addressed as well

*Grow, the Modern Woman's Handbook* Lynne Franks,2004 Learning to juggle career and relationships while living a healthy fulfilled life has created a whole new set of circumstances unique to the modern woman At the same time we re living in a world that needs the balance of feminine energy at its most powerful to create a sustainable positive future for humankind Lynne Franks s new book GROW is aimed at women of all ages who wish to get back in touch with their feminine center where they remember how to connect first with themselves and the divine second with their families and loved ones and third with their local and global communities It s an encyclopedic examination of all of the issues that face a woman of the 21st century including health and well being spirituality career relationship sexuality family community and social change GROW based on the colorful format of Lynne s previous work *The SEED Handbook* contains fun exercises stories and guidance to take you through a ten part program to enable you to reach the Gorgeous Real Original Woman inside and find your life s purpose

*Contemporary Authors New Revision Series* Tracey Watson,2005-04 A biographical and bibliographical guide to current writers in all fields including poetry fiction and nonfiction journalism drama television and movies Information is provided by the authors themselves or drawn from published interviews feature stories book reviews and other materials provided by the authors publishers

**Transformers** Jacquelyn Small,1994 Small one of the pioneers of transpersonal psychology has won wide professional acceptance for her complete model of this new approach to

human development Now revised for individual seekers as well as therapists Transformers shows how we can develop spiritual knowledge and power wisdom and ultimately enlightenment **Psychology Today** ,1968-06

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