

# Gay Hendricks Quotes

*Couple, Creativity, Life Is, Inspirational, Creative, Years, Want, Mean,  
Argument, Self, Heart, Long, Spiritual, Life, Relevant, Love You, Desire,  
Numbers, Genuine Love, Letting Go*

Life is fullest when we are most true to ourselves.

~Gay Hendricks

Behind every communication problem is a sweaty ten-minute conversation that you don't want to have.

~Gay Hendricks

We keep ourselves so tied up in regretting the past and fearing the future that we don't have any energy left to figure out who we are and what we want to create right now.

~Gay Hendricks

Most couples have not had hundreds of arguments; they've had the same argument hundreds of times.

~Gay Hendricks

The goal in life is not to attain some imaginary ideal; it is to find and fully use our own gifts.

~Gay Hendricks

I expand in abundance, success and love every day as I inspire those around me to do the same.

~Gay Hendricks

One of the hallmarks of an evolved person is the ability to tell the truth with no fear of punishment or expectation of reward

~Gay Hendricks

I accept relationship as my primary teacher about myself, other people, and the mysteries of the universe.

~Gay Hendricks

Wherever your path takes you, may all your deathbed wishes come true, and may you celebrate each and every one of them many long

years before your final breath.

~Gay Hendricks

Life is at its best when love, money, and creativity are growing in harmony.

~Gay Hendricks

As we free our breath through diaphragmatic breathing, we relax our emotions and let go our body tensions.

~Gay Hendricks

Are you willing to increase the amount of time every day that you feel good inside?

~Gay Hendricks

The better we get, the better we want to be.

~Gay Hendricks

The beauty of the human mind is that any decision that is made can be unmade.

~Gay Hendricks

The only relevant question is whether you will let it be possible for you.

~Gay Hendricks

The highest goal of spirituality is Self-realization, but what does that mean? It means to feel your Self as a living reality in this moment, and there is always only this moment. (10)

~Gay Hendricks

If you want to create vital, long-lasting love, you must become a master of verbal & nonverbal appreciation

~Gay Hendricks

There's no such thing as a minor lapse of awareness. You're either present with what is--right here, right now--or you're someplace else.

~Gay Hendricks

Are you willing to take the Big Leap to your ultimate level of success in love, money, and creative contribution?

~Gay Hendricks

The heart of the matter is that there is nothing the matter with our hearts. It is not love that is to blame. But each of us has resistance to the very love we desire.

~Gay Hendricks

Arguments are often like melodramas - they have a predictable beginning, middle, and end.

~Gay Hendricks

Welcome the back talk, because it's completely natural and normal. It's actually a sign that the new idea you've planted in your mind is taking root.

~Gay Hendricks

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