



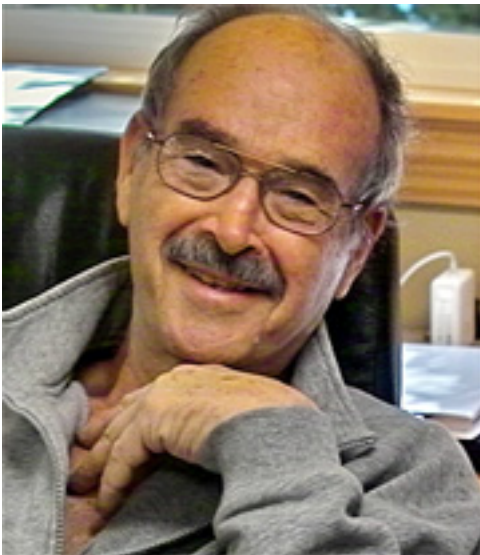
Hakomi Education Network (Int'l)

24.04.08.

Rod,

I'm pleased to give you permission to link to the articles on my web page.

Ron



[The late Ron Kurtz](#) , Founder and originator of the Hakomi Method of Psychotherapy

To notice what arises

inside, without judgement,

is the essence of Hakomi

and a pathway to deep

and abiding healing.

Hakomi is a journey of

assisted self discovery, a journey

through mindfulness

to wholeness.

The Hakomi method,

as developed by Ron Kurtz,

draws from the vast worlds

of science, spirituality and

psychotherapy, yet the practice

itself remains simple.

Look within.

learn from yourself.

accept all your many parts,

as they are. Be guided by

your inner wisdom in all

its many expressions.

Allow any change to occur

naturally, from inside out.

Sometimes, however,

we feel trapped in cycles of unnecessary suffering,

and need a compassionate

guide to help us along

the way.

With the help of a

trained Hakomi therapist,

we develop the practice

of mindfulness.

This is an open

way of watching ourselves,

of witnessing what happens.

We start by paying attention

to present experience, as it

is, in the body, now.

We want to learn about your

implicit beliefs, and

how you organize

your life around them.

We see how beliefs

create the automatic

behavior patterns that

form the fabric of life.

Our intention is to create

an experience of

greater freedom of choice,

and relief from

unnecessary

suffering, through the

ever deepening and knowing

of oneself.

The methods we use

are gentle, experiential,

often playful and almost

always revealing.

Nothing is imposed.

We avoid analysis and

allow meaning to arise

from within.