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## The Hakomi Principles (source [www.hakomiinstitute.com](http://www.hakomiinstitute.com))

Hakomi is paradoxically powerful: it is gentle and nonviolent, yet yields dramatic results rapidly. In many ways, its subtle power flows from the congruence of its methods and techniques with the underlying principles and assumptions that guide it:

**MINDFULNESS** is a powerful tool for helping persons study the organization of their experience. It is an exploratory, relaxed and alert, meditative (though non-hypnotic), state of consciousness, which allows us to move beyond our normal, habitual thoughts and actions to the often richly non-verbal intuitions of our deeper states. The process also supports the mobilization of our essential or core selves, which have a presence, centeredness, compassion, and wisdom that transcends the limitations of our historical experience.

**NON-VIOLENCE** is a principle that promotes safe, non-forceful, cooperative exploration through honoring the signs and signals of our organic processes, especially those that manifest as “resistance.” In contrast to confronting or overpowering such “defenses,” the Hakomi methodology respects and literally supports such occurrences, which then allows them to be befriended for the wisdom they contain, and willingly yielded when appropriate.

The principle of **MIND-BODY INTEGRATION** affirms that mind and body jointly manifest and reflect the beliefs we hold about ourselves and the world, which in turn organize how we creatively experience and express ourselves in life. Hakomi has many ways of exploring the mind-body connection to help bring to awareness this somatic material, and the core beliefs and experiences that generate it.

The **UNITY** principle assumes that, as people, we are living, organic systems that are integral wholes, composed of parts, which also participate in larger systems. The interdependency of all levels of the system, including the physical/metabolic, intrapsychic, interpersonal, family, cultural, and spiritual are taken seriously in Hakomi.

**ORGANICITY** assumes that when all the parts are communicating within the whole, the system is self-directing and self-correcting, and has an inner wisdom of its own. In Hakomi, we support our clients’ organic unfolding toward wholeness, and trust that this is the direction that their system will naturally seek. Rather than imposing their own agenda, the therapist works cooperatively with the client’s system.



*Assisted Self Inquiry: An introduction to the Hakomi Method*  
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