

The Eight Essential Practices

One. Quieting the Mind

1. Calming and Slowing Down
2. Becoming Mindful
3. Centering and Getting Smart (Maximizing Adaptive Capacity)
4. Focusing on Present Experience
5. Turning Inward
6. Stabilizing in a Quiet, Receptive State
7. Detaching from Thoughts

Two. Staying Present

1. Following the Flow of Present Experience
2. Bringing the Client into the Flow of Present Experience
3. Recognizing When Present Experience Has Been Left
4. Knowing Your Own Present Experience
5. Talking About and Asking for Experiences of All Kinds

Three. Loving Presence

1. Searching for Non-egocentric Nourishment
2. Seeing and Hearing the Other's Goodness and Beauty
3. Feeling Inspired and Compassionate
4. Stabilizing in Loving Presence

Four. Nonverbal Awareness

1. Noticing Nonverbal Expressions
2. Reading Nonverbal Expressions (Getting the Meaning)
3. Being Aware of Your Own Nonverbal Expressions

Five. Being Emotionally Nourishing

1. Discovering What's Needed
2. Offering What's Needed
3. Studying The Other's Reactions to What's Offered
4. Helping the Other to Take In Emotional Support
5. Helping the Other to Notice the Effects of Taking In Emotional Support
6. Practicing Offering and Accepting Emotional Nourishment

Six. Stabilizing in Connectedness and Harmony (see Geography of Thought)

1. Focusing on Common, Basic Human Experiences
2. Realizing Interdependence and Intimacy
3. Dropping the Need to be Different, Independent, Separate, to Compete
4. Dropping the Need to Control, to Win
5. Dropping the Search for What's Wrong, Needing to be Right, and Arguing Reactively
6. Stabilizing in Service and Support
7. Practicing Sympathetic Joy
8. Offering and Accepting Emotional "Nourishment" (Calming, Enhancing, Healthy)

Seven. Experimenting

1. Having an Experimental Attitude
2. Thinking Like a Scientist: Curious, Evidence Oriented, Taking Pleasure in Finding Things Out.
3. Remembering, "It's an experiment!" and to GET THE DATA!!!
4. Guessing (Generating Hypotheses)
5. Doing Experiments: to TEST your guesses; to Access Deep Material (Organizers)
6. Getting Reports about Outcomes (The outcomes are the actual experiences that clients have
as immediate reactions to the experiments)
7. Building Theories (About the Client's Core Habits and Beliefs)

Eight. Being a Hakomi Client

1. Having an intention to engage fully in the work
2. Being mindful: un-blending, non-identification, non-judgmental awareness.
3. Distinguishing various kinds of inner experience: Sensation, Thought, Feeling, Image.
4. Distinguishing experience, interpretation, story, explanation, conversation.
5. Naming experience
6. Accessing felt sense experience
7. Able to create a trusting relationship with another
8. Receiving nourishment

A note on core material:

I use several different terms for the organizers of experience. I use habits, beliefs, core beliefs, deep structures, rules, "as if" beliefs (and probably others I can't think of right now). The key idea is this: experience is organized. For any experience, there are layers of organizers, some close to awareness, some accessible to awareness simply by shifting attention to them, some more difficult to bring into awareness, some habitually kept out of awareness, and some of which we cannot be made aware. They all contribute to the experiences we have.