

Readings in The Hakomi Method

Written by
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“For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation.” Rilke

I have worked for many years editing Ron’s writings and these are my thoughts about my relationship with Ron and his writing. Many of the articles in the Readings were collated into a book called *The Hakomi Way: Consciousness and Healing* (2018) by an editing team of Caroline Braham, Sophie Cattier, Trudy Johnston, and me. In 2021, William Wise, an old student and friend of Ron, helped me re-edit the first edition and add an index. If you study or teach Hakomi, I recommend the book.

The articles selected for this collection are meant to bring Ron’s thoughts and teachings closer to our community. They can be read randomly. Wander as you wish – there is no beginning and no end. I promise you that inspiration is in every piece. Ron died ten years ago and many current students and teachers never had the opportunity to be with him. One of my intentions as a Legacy Holder is to keep the Hakomi community attached to his original genius and the spirit of Hakomi, his gift and legacy to the world.

I fell in love with Hakomi from the moment I watched Ron work. I had accompanied my new partner to Ashland during the summer of 2000 where he was participating in Hakomi supervision with many of his friends and fellow students. I had spent a dozen years studying a shamanic version of bioenergetic therapy and when I watched one particular moment with Ron, I knew I was in the presence of a master therapist. I have spent the past two decades studying him, studying with him, helping him organize, talking with him about legacy issues and teaching his work. And now that he is no longer in his bodily form, I am still inspired by his presence, his compassion and his gifts. One of his gifts to us is his writing, what we might call Ron’s “morning pages.” If you were to call him at home in the morning, he would inevitably be writing about Hakomi, inspired by a new idea or an old idea, a new book that he was reading, new science, leading edge thinking that he would borrow from to help us understand why Hakomi worked so well. He admitted that he “picked the pockets of giants.” He loved fine thinking and he was a giant himself. These are his footprints.

He collected these vignettes over time into a collection that he called “The Readings” which could also be called “The Writings” or “The Musings”. This is not a complete version. I have taken the liberty to remove some of the pieces which were originally from talks given in various parts of the world and which were redundant or incomplete. And I have not included pieces of writing that he sent me since July 2010. I have edited these pieces with as few changes as possible in order to preserve Ron’s voice. For those of you who had the joy of being with him and hearing him teach, I’m sure that you will hear his voice, his humor, his tenderness, his clarity and his passion for the work.

As a teacher of Hakomi, I rely on “The Readings” to help my students understand what Ron was thinking. I want my students to hear what he had to say about his method. I invite my students to read these pieces and be inspired by his genius and the genius that infuses his work and his words. This is one of my gifts to Ron and to everyone who wishes to learn how to love and grow through the Hakomi Method.

With love and gratitude - Georgia Marvin, Vancouver, BC. December 2021