

Editorial: *Words & Meaning*

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As Hakomi practitioners, we share an integrative, wholistic vision that values curiosity and creativity in a multiplicity of forms. The *Hakomi Forum*'s media section is intended to provide a place for us to share books, films, art and poetry which we find complement this vision, the principles and our work.

As Media Editor, I am thrilled to include poetry from several members of the greater Hakomi community in this edition, Bari Falese, Ikue Tezuka and Cathyann Simmons. Their work illustrates how choices of words, syntax and the turning of the line can be used so differently and therefore produce different effects felt by the reader. So often in therapy, we find that a word and/or an inflection communicates one meaning to one person and something else to another. We shine the light of mindfulness on these subtle choices bringing them from unconsciousness to consciousness much like the poet chooses his or her words and crafts the line to embody meaning.