

Gina de la Chesnaye reflects a group of courageous practitioners who through their deep passion and commitment to their work are transforming the medical and emotional care of traumatized patients and their communities. Gina and her fellow contemplative care-givers are on the cutting edge of the neurosciences, as the latter continues to reveal the unity of the body-mind-spirit connection. The great philosopher Martin Buber's *I-Thou* relationship has been dramatically expanded to *I-everything*, that is, we are all part of a wonderful and diverse world of living organisms and the earth itself.

Gina begins by reminding us in her beautiful video that we experience the world through our bodies, and our bodies are great communicators with the world. In Orvieto, I had the privilege of sitting next to Gina for two full weeks. During this time, she was able to teach me an important lesson. She was able to illustrate through practice and dialogue that the "healing environment" is not just outside ourselves, but also lies within ourselves. Gina reveals much love and joy in her work, as illustrated in her essay and video. Listening and appreciating Gina and her contemplative practices colleagues is like listening to the sound of the Buddhist bell. Her work resonates in all of us.

Azita, our HPRT Newsletter editor, has done a marvelous job developing and creating this issue. We are proud at HPRT to have Gina de la Chesnaye and the contemplative practices featured in this issue. Enjoy!

Thank you for your time and attention.

Sincerely,

A handwritten signature in blue ink that reads "Richard F. Mollica". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Richard F. Mollica, MD, MAR
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