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HOLOTROPIC BREATHWORK

A NEW APPROACH TO SELF-EXPLORATION AND THERAPY

Stanislav Grof & Christina Grof

Foreword by Jack Kornfield

READ BY PAUL BRION

Holotropic Breathwork A New Approach To Self Exploration And Therapy Stanislav Grof

Jean J. Jenson



Holotropic Breathwork A New Approach To Self Exploration And Therapy Stanislav Grof

Holotropic Breathwork Stanislav Grof,Christina Grof,2010-08-01 The definitive overview of this transformative breathwork

Holotropic Breathwork Stanislav Grof,Christina Grof,2010-08-01 The definitive overview of this transformative breathwork

Holotropic Breathwork, Second Edition Stanislav Grof,Christina Grof,2023-09-01 In the second edition of this classic text Stanislav Grof and Christina Grof describe their groundbreaking form of self exploration and psychotherapy holotropic breathwork Holotropic means moving toward wholeness from the Greek holos whole and trepein moving in the direction of The breathwork utilizes the remarkable healing and transformative potential of nonordinary states of consciousness These states engender a rich array of experiences with unique healing potential reliving childhood memories infancy birth and prenatal life and elements from the historical and archetypal realms of the collective unconscious Induced by very simple means a combination of accelerated breathing evocative music and bodywork in a safe and supportive setting holotropic breathwork integrates the insights from modern consciousness research depth psychology transpersonal psychology anthropology Eastern spiritual practices and mystical traditions The Grofs work with holotropic states of consciousness has introduced revolutionary changes to psychiatry psychology and psychotherapy Written in a clear easily understandable style this indispensable book summarizes their remarkable insights The second edition includes an expanded section on the history of holotropic breathwork as well as information on Grof Legacy Training

When the Impossible Happens Stanislav Grof,2009-12 Feelings of oneness with others nature and the universe Encounters with extraterrestrials deities and demons Out of body experiences and past life memories Science casts a skeptical eye But Dr Stanislav Grof the psychiatric researcher who co founded transpersonal psychology believes otherwise When the Impossible Happens presents Dr Grof's mesmerizing firsthand account of his fifty year inquiry into waters uncharted by conventional psychology an odyssey that will leave you questioning the very fabric of your existence From the first LSD session that gave Dr Grof a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork When the Impossible Happens explores fascinating experiments in astral projection remarkable tales of synchronicity memories of birth and prenatal life the survival of consciousness after death and much more Here is an incredible opportunity to journey beyond ordinary consciousness guaranteed to shake the foundations of what we assume to be reality and sure to offer a new vision of our human potential as we contemplate When the Impossible Happens STANISLAV GROF M D PH D One of the founders and chief theoreticians of transpersonal psychology Dr Grof is the president of the International Transpersonal Association and a professor of psychology at the California Institute of Integral Studies and the Pacifica Graduate Institute His numerous books include *Beyond the Brain* and *Psychology of the Future*

The Adventure of Self-Discovery Stanislav Grof,1988-01-31 Here Grof presents a useful model of the psyche a model extended by his thirty years of studying non ordinary states of consciousness It is useful for understanding such phenomena as shamanism mysticism psychedelic states spontaneous visionary experiences and psychotic episodes The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution This book might have been entitled *Beyond Drugs* The second part describes the principles and process of the non pharmacological technique developed by the author and his wife Christina for self exploration and for psychotherapy Grof explores in detail the components of this technique He describes its method its effective mechanisms as well as its goals and potential Its practice is simple since it utilizes the natural healing capacity of the psyche

Psychology of the Future Stanislav Grof, 2019-03-28 Summarizes Grof's experiences and observations from more than forty years of research into non ordinary states of consciousness This accessible and comprehensive overview of the work of Stanislav Grof one of the founders of transpersonal psychology was specifically written to acquaint newcomers with his work Serving as a summation of his career and previous works this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology especially his central concept of holotropic experience where holotropic signifies moving toward wholeness Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future It's rare to find a textbook that is both extremely informative and enjoyable to read Psychology of the Future has to be one of the first ones I've ever come across Each chapter brought an entirely new concept theory or method that was just as engaging as the previous one Dr Tami Brady TCM Reviews This book is by a pioneering genius in consciousness research It presents the full spectrum of Grof's ideas from his earliest mappings of using LSD psychotherapy to his clinical work with people facing death to his more recent work with holotropic breathing to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis Grof has always been one of the most original thinkers in the transpersonal field and his creativity has kept pace with the maturity of his overall vision Michael Washburn author of Transpersonal Psychology in Psychoanalytic Perspective Grof offers an outstanding contribution to the ever growing debate about the nature of human consciousness and about the place of humankind in the cosmos If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain and instead is but an aspect of what may best be described as cosmic consciousness we could not only expect treatment modalities to change but we could also anticipate the possibility of culture wide rethinking of the basic presuppositions of modern cosmology the cosmology that grounds Western institutions ideologies and beliefs about the nature of personhood Michael E Zimmerman author of Contesting Earth's Future Radical Ecology and Postmodernity Stanislav Grof MD is a psychiatrist with more than fifty years of experience in research of non ordinary states of consciousness He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague Czechoslovakia Chief of Psychiatric Research at the Maryland Psychiatric Research Center Assistant Professor of Psychiatry at the Johns Hopkins University and Scholar in Residence at the Esalen Institute He is currently Professor of Psychology at the California Institute of Integral Studies conducts professional training programs in holotropic breathwork and gives lectures and seminars worldwide He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association ITA In 2007 he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague He is the author and editor of many books including The Adventure of Self Discovery Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration Ancient Wisdom and Modern Science Beyond the Brain Birth Death and Transcendence in Psychotherapy The Cosmic Game Explorations of the Frontiers of Human Consciousness and Human Survival and Consciousness Evolution all published by SUNY Press

Beyond the Brain Stanislav Grof, 1985-01-01 Beyond the Brain seriously challenges the existing neurophysiological models of the brain After three decades of extensive research on those non ordinary states of consciousness induced by psychedelic drugs and by other means Grof concludes that our present scientific world view is as inadequate as many of its historical predecessors In this pioneering work he proposes a new model of the human psyche that takes account of his findings Grof includes in his model the recollective level or the reliving of emotionally relevant memories a level at which the Freudian framework can be useful Beyond that is perinatal level in which the human unconscious may be activated to a reliving of biological birth and confrontation with death How birth experience influences an individual s later development is a central focus of the book The most serious challenge to contemporary psycho analytic theory comes from a delineation of the transpersonal level or the expansion of consciousness beyond the boundaries of time and space Grof makes a bold argument that understanding of the perinatal and transpersonal levels changes much of how we view both mental illness and mental health His reinterpretation of some of the most agonizing aspects of human behavior proves thought provoking for both laypersons and professional therapists

Healing Our Deepest Wounds Stanislav Grof, 2012 Dr Grof s consciousness research over the last five decades has shown that the deepest roots of trauma often lie in experiences from birth or in events from human history that have not yet been resolved and are still active in the collective unconscious This unresolved personal or collective history then expresses through an individual or group that has some connection to the earlier events Traditional therapeutic approaches which focus only on events in the personal biography or tranquilizing medications do not access or heal these deeper wounds in the human psyche From a more general perspective Dr Grof examines the broad problems of violence and greed in society and finds that the widespread fear and aggression between individuals and groups may also originate in large part from the unconscious acting out of unresolved historical traumas from the collective unconscious The message of Dr Grof and this book is however a hopeful one there are approaches to therapy which utilize a specific non ordinary state of consciousness which enables individuals with support to access and heal these deeper levels of trauma from the personal and collective unconscious He has named this state of consciousness Holotropic a composite word which means oriented toward wholeness or moving in the direction of wholeness from the Greek holos whole and trepo trepein moving toward or in the direction of something Dr Grof describes various approaches to achieving this Holotropic state and using it for healing with his focus on Holotropic Breathwork which he developed with his partner Christina and psychedelic therapy which he pioneered in the 1950s and which is now experiencing a renaissance of clinical research for treatment of addictions and PTSD

The Holotropic Mind Stanislav Grof, Hal Zina Bennett, 2009-10-13 A TURNING POINT IN PSYCHOLOGY AND HUMAN HISTORY Stanislav Grof M D formerly a professor at Johns Hopkins University School of Medicine and founder of the International Transpersonal Association has written many books including Realms of the

The Cosmic Game Stanislav Grof, 1998-03-19 In this his culminating work the leading international figure in consciousness research masterfully synthesizes his vast findings drawing not only upon psychedelic therapy and Holotropic Breathwork but also from literature cross cultural studies ancient mystical sources and psychological data resulting in a profound consolidation and articulation of what is now known about nonordinary states of consciousness The Cosmic Game discusses the broadest philosophical metaphysical and spiritual insights gleaned in Grof's research concerning human nature and reality addressing the most fundamental questions human beings have asked about the nature of existence since time immemorial Insights from research into nonordinary states of consciousness portray existence as an astonishing play of the cosmic creative principle that transcends time space linear causality and polarities of every kind and suggest an identity of the individual psyche in its furthest reaches with the universal creative principle and the totality of existence This identity of the human being with the Divine is the ultimate secret that lies at the core of all great spiritual traditions What moves this book into the status of a classic is that it is in substantial agreement with the world's great wisdom and spiritual traditions This modern corroboration of the perennial philosophy is a stunning achievement and deserves publication to the widest audiences Ken Wilber author of *Up from Eden A Transpersonal View of Human Evolution* and *The Atman Project A Transpersonal View of Human Development* The Cosmic Game is the latest and best of Stanislav Grof's extraordinary contributions to our understanding of human consciousness This book provides a coherent picture of how individual experience fits into universal patterns of consciousness Frances Vaughan author of *Shadows of the Sacred Seeing through Spiritual Illusions* Perhaps the most important of all his works representing as it does an integration of the most profound of his clients' experiences and demonstrating a remarkable convergence with the deepest spiritual experiences reported across centuries and cultures This convergence is a finding of the greatest significance Roger Walsh author of *The Spirit of Shamanism* Grof is the world's leading authority on the deep exploration of the mind and soul This is a wonderful gift Charles Tart author of *States of Consciousness* and *Psi Scientific Studies of the Psychic Realm* Stanislav Grof MD is a psychiatrist with more than fifty years of experience in research of nonordinary states of consciousness He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague Czechoslovakia Chief of Psychiatric Research at the Maryland Psychiatric Research Center Assistant Professor of Psychiatry at the Johns Hopkins University and Scholar in Residence at the Esalen Institute He is currently Professor of Psychology at the California Institute of Integral Studies conducts professional training programs in holotropic breathwork and gives lectures and seminars worldwide He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association ITA In 2007 he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague He is the author and editor of many books including *The Adventure of Self Discovery Dimensions of Consciousness* and *New Perspectives in Psychotherapy and Inner Exploration Ancient Wisdom and Modern Science Beyond the Brain Birth Death and Transcendence in Psychotherapy Human Survival and Consciousness Evolution and Psychology of the Future Lessons from Modern Consciousness Research* all published by SUNY Press

Spiritual Emergency Stanislav Grof, 1989-09-01 From Spiritual Emergency to Healing and Rebirth Increasing numbers of people involved in personal transformation are experiencing spiritual emergencies crises when the process of growth and change becomes chaotic and overwhelming Individuals experiencing such episodes may feel that their sense of identity is breaking down that their old values no longer hold true and that the very ground beneath their personal realities is radically shifting In many cases new realms of mystical and spiritual experience enter their lives suddenly and dramatically resulting in fear and confusion They may feel tremendous anxiety have difficulty coping with their daily lives jobs and relationships and may even fear for their own sanity Unfortunately much of modern psychiatry has failed to distinguish these episodes from mental illness As a result transformational crises are often suppressed by routine psychiatric care medication and even institutionalization However there is a new perspective developing among many mental health professionals and those studying spiritual development that views such crises as transformative breakthroughs that can hold tremendous potential for physical and emotional healing When understood and treated in a supportive manner spiritual emergencies can become gateways to higher levels of functioning and new ways of being In this book foremost psychologists psychiatrists and spiritual teachers address the following questions What is spiritual emergency What is the relationship between spirituality madness and healing What forms does spiritual emergency take What are the pitfalls and promises of spiritual practice How can people in spiritual emergency be assisted by family friends and professionals This groundbreaking work reveals that within the crisis of spiritual emergency lies the promise of spiritual emergence and renewal

The Power Within Tav Sparks, 2019-07-02 The Power Within is a treasure trove of important information for people involved in self exploration and healing as well as individuals who facilitate and support their process Stanislav Grof M D author of Psychology of the Future Healing our Deepest Wounds and The Cosmic Game and co author of Holotropic Breathwork with Christina Grof Only by accessing the healing and spiritual potential of the power within which Tav Sparks so eloquently describes can we respond both as individuals and collectively to the challenges involved in the birthing of a globally inter connected and loving world Rick Doblin founder and executive director of the Multidisciplinary Association for Psychedelic Studies MAPS A sweeping review of contemporary psychological thought through a lens of direct experience A valuable and innovative book Jim Fadiman author of The Psychedelic Explorer's Guide In The Power Within Tav shares a truth he has taught for decades there is an Inner Healer within us all that when met with awareness cooperation and proper support propels individuals and collectives into the fast lane for healing consciousness and empowerment Kylea Taylor author of The Breathwork Experience and Considering Holotropic Breathwork Both healers and seekers will find The Power Within a treasure of hard won insights and observations from a lifetime of therapeutic work with non ordinary states of consciousness Richard Tarnas professor of psychology and cultural history California Institute of Integral Studies The Power Within conveys the good news that expanded states of consciousness are more readily accessible than many of us may have suspected in fact in the right set and setting expanded awareness is only a few breaths away Michael Mithoefer M D

Human Survival and Consciousness Evolution Stanislav Grof, Marjorie Livingston Valier, 1988-01-01 In addition to the apocalyptic prospect of global nuclear destruction there are other dismal scenarios involving resource and environmental issues that are less imminent but still serious in the long term Past analyses seeking remedies have focused on symptoms rather than causes They represent extensions and expressions of the same philosophies and strategies that created these situations This book brings a fresh and optimistic perspective to the problem area It explores modern consciousness research and transpersonal psychology for practices that accelerate the development of consciousness It covers a wide range from laboratory techniques of experimental psychiatry transpersonal psychotherapies and Jungian psychology to the Oriental and Western mystical traditions

The Stormy Search for the Self Christina Grof, 1992-06-01 Many people are undergoing a profound personal transformation associated with spiritual opening Under favorable circumstances this process results in emotional healing a radical shift in values and a profound awareness of the mystical dimension of existence For some these changes are gradual and relatively smooth but for others they can be so rapid and dramatic that they interfere with effective everyday functioning creating tremendous inner turmoil Unfortunately many traditional health care professionals do not recognize the positive potential of these crises they often see them as manifestations of mental disease and respond with stigmatizing labels suppressive drugs and even institutionalization In *The Stormy Search for the Self* Christina and Stanislav Grof the world's foremost authorities on the subject of spiritual emergence draw on years of dramatic personal and professional experience with transformative states to explore these spiritual emergencies altered states so powerful they threaten to overwhelm the individual's ordinary reality This book will provide insights assurances and practical suggestions for those who are experiencing or have experienced such a crisis for their families and friends and for mental health professionals It is also a valuable guide for anyone involved in personal transformation whose experiences though generally untraumatic may still at times be bewildering or disorienting

Movie Yoga Tav Sparks, 2009 SoulCollage is an accessible collage process with practical applications that has a growing international community It's easy to learn and it's inexpensive Best of all it inspires individual creativity and encourages good communication in families and groups SoulCollage is adaptable to many contexts and groups Anyone can enjoy the multi-leveled creative process All you need is a good pair of scissors pre-cut mat board cards images you can find anywhere and glue When you have made some cards you can consult them asking important life questions and letting your cards speak your own intuitive wisdom back to you SoulCollage is fun to share with friends and in groups for personal enjoyment and self-discovery or to work with professionally as a trained SoulCollage Facilitator Founder Seena B Frost's first book ignited a worldwide interest in SoulCollage which invites anyone to be creative and undertake an adventure of self-discovery All you need is a good pair of scissors pre-cut mat board cards images you can find anywhere and glue After you have made some cards you can consult them ask important life questions and let your cards speak your own intuitive wisdom back to you Frost's first book *SoulCollage* now out of print was a finalist for the Nautilus 2002 Book Awards for titles that contribute significantly to conscious living and positive social change SoulCollage has evolved into an international community of Facilitators and SoulCollagers enjoying and sharing this simple yet profound process *SoulCollage Evolving* gives the basic instructions for how to make and do readings with SoulCollage cards and describes how individuals and groups are using this process with different age groups and in many socioeconomic cultural and religious contexts to discover their wisdom and change their world

Reclaiming Your Life Jean J. Jenson, 1996-10-01 Provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial *Contemporary Psychology*

Magnificent Sex Peggy Kleinplatz,A. Ménard,2020-03-10 Winner of the 2021 SSTAR Consumer Book Award What makes sex magnificent What are the qualities of extraordinary erotic intimacy and what are the elements that help to bring it about Is great sex the stuff that people remember nostalgically from the honeymoon phase of their relationships or can sex improve over time Magnificent Sex is based on the largest in depth interview study ever conducted with people who are having extraordinary sex It gathers the nuggets for remarkable sex from the experts distilling them into an attainable blueprint for ordinary lovers who want to make erotic intimacy grow over the course of a lifetime Looking at factors including individual and relational qualities empathic communication and the myths and realities of magnificent sex this book offers accessible and evidence based guidance for lovers and therapists alike It is replete with frank and often humorous interviews with straight and LGBTQ individuals and couples those who are vanilla and kinky monogamous and consensually non monogamous and healthy and chronically ill This illuminating book explores the implications of the findings to develop a model that effectively tackles the common problems of low desire and frequency The cure for low desire is to create desirable sex

Dark Night, Early Dawn Christopher M. Bache,2000-05-26 Combining philosophical reflections with deep self exploration to delve into the ancient mystery of death and rebirth this book emphasizes collective rather than individual transformation Drawing upon twenty years of experience working with nonordinary states the author argues that when the deep psyche is hyper simulated using Stanislaw Grof s powerful therapeutic methods the healing that results sometimes extends beyond the individual to the collective unconscious of humanity itself

Modern Consciousness Research and the Understanding of Art Stanislav Grof,2015 In 200 spellbinding pages including over 100 large full color illustrations Modern Consciousness Research and the Understanding of Art takes readers on an enchanting tour of the human psyche and a visual tour of the artwork of H R Giger In this book Grof illuminates themes related to dreams trauma sexuality birth and death by applying his penetrating analysis to the work of Giger and other visionary artists

Beyond Death Stanislav Grof,Christina Grof,1980 Analyzes the portrayal of death afterlife heaven and hell in the art of various cultures from ancient Egypt to the North American Indian

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