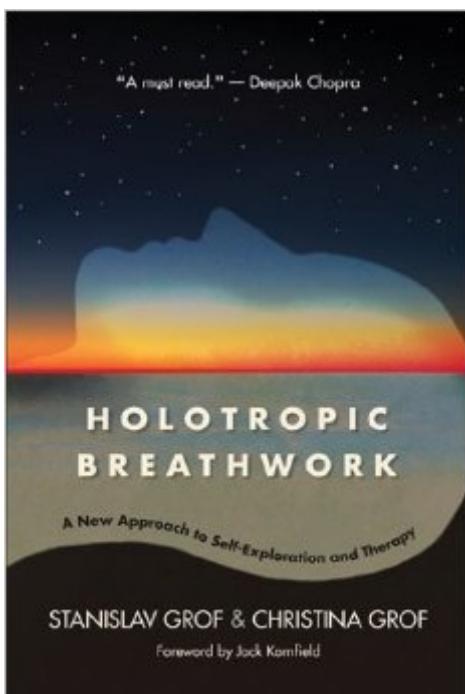


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# Holotropic Breathwork: A New Approach To Self-Exploration And Therapy (SUNY Series In Transpersonal And Humanistic Psychology)



## **Synopsis**

The definitive overview of this transformative breathwork. In this long awaited book, Stanislav Grof and Christina Grof describe their groundbreaking new 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 non-ordinary 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. Stanislav Grof, MD, is a psychiatrist who teaches at California Institute of Integral Studies and is the founder of the International Transpersonal Association. He is the author and editor of many books, including *Psychology of the Future: Lessons from Modern Consciousness Research*; *The Cosmic Game: Explorations of the Frontiers of Human Consciousness*; *Human Survival and Consciousness Evolution*; *The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration*; *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*; and *Ancient Wisdom and Modern Science*, all published by SUNY Press. Christina Grof, PhD, is cocreator of Holotropic Breathwork, founder of the Spiritual Emergence Network (SEN), and the author of many books, including *Beyond Death: The Gates of Consciousness*; *Spiritual Emergency: When Personal Transformation Becomes a Crisis*; *The Stormy Search for the Self: A Guide to Personal Growth through Transformational Crisis* (all with Stanislav Grof), and *The Thirst for Wholeness: Attachment, Addiction, and the Spirit*. They reside in Mill Valley, California.

## **Book Information**

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## Customer Reviews

The dominant paradigm in to-days psychology is overtly mental and verbal, believing that psychological and emotional disturbances can best be relieved by cognitive strategies. And also amongst spiritual seekers are there a growing tendency to focus primarily on the mental and intellectual, like advaita and people like James Schwartz, Tony Parsons, Ramesh Balsekar, Nathan Gill: just say you are 'free' and everything else will follow....So the revolutionary insights from the therapeutic movement of the 70s and 80s with dynamic meditations (Osho) and various adventurous therapies like Primal or Rebirthing seem to have been largely forgotten and put aside. In this wonderful book Stan and Christina Grof argue convincingly for the utmost importance of dealing with the physical aspects of our nature, for catharsis and abreaction if we want to reach a state of true physical, emotional and spiritual health. Combining - as usual from Grof - lots of convincing real life stories with penetrating intellectual insights and building a strong case for the benefit of holotropic states (states beyond the usual limited ego-world) and their healing potential. A very well-written book and - as usual - filled with comprehensive evidence for the importance of a new world view and a devastating blow to the pretensions of the ruling scientific paradigm and its naive and fanatic belief in materialistic monism. Essential reading for all seekers, explorers and psychonauts.

"We are not human beings having spiritual experiences, we are spiritual beings having human

experiences." Teilhard de Chardin, 1975 The long-awaited volume by Stanislav and Christina Grof is the first comprehensive text on the theory and practice of their new strategy of psychotherapy and self-exploration. Cowritten by this remarkable husband-wife partnership and supported by over eighty combined years of research into non-ordinary or holotropic states of consciousness--from holos="wholeness" and trepein="moving toward"--this is sure to be a cherished addition to the libraries of intelligent seekers around the world and one of the most influential books of the decade. I highly recommend this book to anyone interested in emotional and psychosomatic healing, self-exploration, depth psychology, spirituality, comparative religions, or the relationship between consciousness and the global crisis. It represents the distilled life work of two of the most pioneering and hard-working visionaries on the planet. The Grofs have paid their dues with decades of caring service. More than a permanent addition to the canon of psychological and spiritual literature, this book is a testament to the enduring creative potency of loving partnership.

The program is wonderful and very healing, but the book is an overview, with feedback of how much it has helped people. It does not offer any information, and is really a sales pitch for the program.

This is a great book for someone with, or a family with a member whom has been diagnosed with a Mental illness. I'm Schizophrenic, and this really dives into some old, and recent studies that Grof, and Frued ( mentioned ) practiced on patients. It gives are a great outlook into Holotropic Breathwork, the power it has to heal the mind, and get into your consciousness on different levels. For someone like me, it was hard to keep my attention. But overall it's still a 4/5 star book.

I started doing some breath work and had some questions regarding my experience with it. This is a great presentation on breathwork and how it can cleanse, heal and assist one in a better, freer life!

I've read a number of Grof's books, and I think this one is my favorite. Here, all the theory is put into practice, and what we get back is a healing technique which, in my opinion, will revolutionize how mental disorders are treated in the future. Essential reading for anyone with a remote interest in this powerful technique.

the information was invaluable and inspirational. after being hospitalized and facing trauma it was good to know that medication isn't the way to go. the body knows how to heal itself, as was outlined in the book. i also appreciated the role of participant observer that psychologists took on. it beats

the role of god and authority that conventional society bestows upon them. it put healing in the hands of the individual within a supportive and understanding environment.

Stan Grof is a solid researcher with many years of experience to back up his methods and conclusions. I have experienced the transformative potential of Holotropic Breathwork many times. What I appreciated most about this book was the excellent overview of why the traditional psychological paradigm leaves out two thirds of a more complete paradigm of "how come" things happen in our lives. The Holotropic Model correctly includes effects and influences from both the Pre-natal / Peri-natal experiences and the Spiritual (past life and cultural inheritances) in what it takes to heal and transform current life issues. The research on Epigenetics (Bruce Lipton's great book, "Biology of Belief") supports this work. I started reading Grof's books in 1987, beginning with "Beyond the Brain." He is a true contributor to the potential of Evolving the Human Soul.

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