



# **Holotropic Breathwork: A New Approach to Self- Exploration and Therapy (SUNY series in Transpersonal and Humanistic Psychology)**

*Stanislav Grof, Christina Grof*

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## **Holotropic Breathwork: A New Approach to Self-Exploration and Therapy (SUNY series in Transpersonal and Humanistic Psychology)** Stanislav Grof, Christina Grof

*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.

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