

Stanislav And Christina Grof Beyond Death

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Beyond Death
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Beyond Heaven and Earth
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Psychology of the Future

The definitive overview of this transformative breathwork.

Crossroads

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.

Jewish Views of the Afterlife

EDITION of undercover-collective "Paul Smith", probably Melbourne/Australia -

general purpose: mental hygiene in "esoteric matters", special purpose: esoterism around "Rennes-le-Chateau and Berenger Sauniere" - covering ca. 21.000 titles in 2017

The Human Odyssey

Argues that many episodes of transformational crisis have been misdiagnosed as mental illness, and explains how to use such a crisis for spiritual development

Dreamtime & Inner Space

Essays on holistic medicine discusses the power of healing, the relationship between healer and patient, medical practice, and the concept of wellness.

The Human Encounter with Death

Feelings of oneness with other people, 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 cofounded transpersonal psychology—believes otherwise. When the Impossible Happens presents Dr. Grof 's mesmerizing firsthand account of over 50 years of inquiry into waters uncharted by classical psychology, one that will leave readers questioning the very fabric of our existence. From his first LSD session that gave him a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork, When the Impossible Happens will amaze readers with vivid explorations of topics such as: Temptations of a Non-Local Universe—experiments in astral projection Praying Mantis in Manhattan and other tales of synchronicity Trailing Clouds of Glory—remembering birth and prenatal life Dying and Beyond—survival of consciousness after death When the Impossible Happens 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.

Beyond the Brain

The Heart of the Healer

Figuring Poesis focuses on the interrelations between myth and geometrical symbolism in literature since the end of the Second World War. Detailed readings of a wide range of works contextualize allusions to the myths of the apocalypse, the great goddess, alchemy, the labyrinth, and the descent to the underworld. The geometrical symbols that occur in conjunction with these myths serve as images of poesis and hermeneusis. The conclusion brings postmodernist paintings and architecture into the discussion, and develops an iconography of form.

Beyond Death

In the third edition of Jewish Views of the Afterlife, Rabbi Simcha Paull Raphael

walks readers through the Jewish tradition of the afterlife while providing insights into spiritual care with dying and grieving individuals and families.

Rape and Revelation

Analyzes the portrayal of death, afterlife, heaven, and hell in the art of various cultures, from ancient Egypt to the North American Indian

The Last Dance

Paths Beyond Ego

Collection of reports from men and women who have taken mystical journeys in an altered state of consciousness.

Ancient Wisdom and Modern Science

Metzner offers readers a definitive map through the maze of spiritual options available to them, identifying the universal structures that underlie the varieties of transformative experience, much as William James did a century ago in his classic, *The Varieties of Religious Experience*. 40 illustrations.

Bibliography of Occult and Fantastic Beliefs, vol.2 E-K

New edition of a basic text surveying attitudes, cross-cultural and historical perspectives, socialization, health care systems, living with life-threatening illness, funerals and body disposition, the experience of loss, death in children's lives, medical ethics, the law, suicide, and concepts of i

Halfway Up The Mountain

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.

Cosmic Game, The

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

Dialogue

Covering neurological, pharmacological and psychological approaches, this book examines the constant themes that run through both positive and negative near-death experiences.

Beyond Ego

A critical reevaluation of ancient spiritual systems long ignored or rejected because of their assumed incompatibility with science. Here are Swami Muktananda on the

mind, Swami Prajnananda on Karma, Swami Kripananda on the Kundalini, Joseph Chilton Pearce on spiritual development, Jack Kornfield on Buddhism for Americans, Claudio Naranjo on meditation, and much more.

Human Survival and Consciousness Evolution

Adventure of Self-Discovery, The

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.

The Wide Open Door

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

Healing Our Deepest Wounds

To find more information on Rowman & Littlefield titles, please visit us at www.rowmanlittlefield.com.

The Atheist's Primer

Brings together the writings of key explorers and theorists in the field of transpersonal psychology, including Abraham Maslow's delineation of the psychology of well-being and Ram Dass's examination of meditation

The Stormy Search for the Self

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.

When the Impossible Happens

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.

Holotropic Breathwork

Based on more than a half century of research, Dr. Grof distills teachings from ancient wisdom and modern science that suggest how to face the process of death and dying. He proposes that those who come to terms with death through intense self-exploration tend to develop a reverence for life, in all its forms. Based on his own patients' experiences of death and rebirth in psychedelic-assisted therapy, he investigates cross-cultural beliefs about death, paranormal and near-death-experience research, and LSD therapy with advanced-stage cancer patients. The ultimate journey challenges us all, and how we approach death is much more than a major personal issue. Those who come to terms with death in deep experiential self-exploration tend to develop a sense of planetary citizenship, reverence for life in all its forms, and spirituality of a universal and all-encompassing nature. Such radical inner transformation might be humanity's only real chance for survival. The Ultimate Journey describes ancient and aboriginal ritual and spiritual practices that help us understand the experience of death, develop effective ways of making dying easier and integrate it as a meaningful part of life. This book also summarizes modern studies that shed new light on a variety of phenomena related to death and dying, including psycho-spiritual death and rebirth, near-death experiences, and the new expanded cartography of the psyche that has emerged from Grof's fifty years of research of psychedelic therapy, Holotropic Breathwork, and spontaneous psychospiritual crisis. Grof writes that our modern industrial civilization typically gives more attention to the wardrobe, makeup, and even plastic surgery for the corpse than to counseling dying individuals and their families. This is in marked contrast to pre-industrial societies for whom death and dying were paramount in their worldviews and important inspiration for much of their art and architecture. For example, the shamans of many cultures-going back at least thirty thousand years, began their careers with a spontaneous or induced experience of death and rebirth. They explored, firsthand, territories of the psyche that transcend the boundaries of individual consciousness. Similarly, in the rites of passage, initiates were guided into non-ordinary or Holotropic ("moving toward wholeness") states of consciousness and had a direct experience of numinous realities that transcend biological death. In the ancient mysteries, neophytes participated in various mind-expanding processes or "technologies of the sacred" to move beyond individual consciousness and experience directly and firsthand the higher transpersonal dimensions of existence.

Opening to Inner Light

Beyond the Brain

Thomas Armstrong, Ph.D., an award-winning educator and expert on human

development, offers a cross-cultural view of life's entire journey, from before birth to death to the possibilities of an afterlife. Dr. Armstrong cites both clinical research and anecdotal evidence in a comprehensive view of the challenges and opportunities we face at every stage of our development. His accessible narrative incorporates elements of history, literature, psychology, spirituality, and science in a fascinating guide to understanding our past as well as our future. - "Thomas Armstrong's *The Human Odyssey* is an extraordinary book; an intellectual feast. Armstrong has amassed and integrated an amazing amount of information from developmental and transpersonal psychology, modern consciousness research, biology, anthropology, mythology, and art, and created an extraordinary guide through all the stages of the adventure of human life. While the rich content of this book will impress professional audiences, it's clear and easy style makes it quite accessible to the general public." — Stanislav Grof, M.D., former Chief of Psychiatric Research, Maryland Psychiatric Research Center; author of *Realms of the Human Unconscious*, *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy* and *Adventures in Self-Discovery*

The Last Dance: Encountering Death and Dying

The best-selling textbook in the field, *The Last Dance* offers an interdisciplinary approach to the study of death and dying. Integrating the experiential, scholarly, social, individual, emotional, and intellectual dimensions of death and dying, the eighth edition of this acclaimed text has been revised to offer cutting-edge and comprehensive coverage of death studies. This new edition of *The Last Dance* provides solid grounding in theory and research, as well as practical application to students' lives.

The Unfolding Self

The Ultimate Journey

Discusses current global conditions including peace, changes in society, education, religion, spirituality, and consciousness

Figuring Poesis

The Athiest's Primer is a concise but wide-ranging introduction to a variety of arguments, concepts, and issues pertaining to belief in God. In lucid and engaging prose, Malcom Murray offers a penetrating yet fair-minded critique of the traditional arguments for the existence of God. He then explores a number of other important issues relevant to religious belief, such as the problem of suffering and the relationship between religion and morality, in each case arguing that atheism is preferable to theism. The book will appeal to both students and professionals in the philosophy of religion, as well as general audiences interested in the topic.

The Consciousness Revolution

Increasing numbers of people are experiencing "spiritual emergency"--a crisis that

occurs when the process of growth and change becomes chaotic and overwhelming. Here, the pioneers of the field of spiritual emergency validate that such episodes have profoundly healing potential.

The Way of the Psychonaut

Crossroads is a comprehensive collection of fifty cutting-edge articles on diverse aspects of the transition to adulthood, covering experiences with contemporary rites of passage, the use of rites of passage to resolve the 'youth crisis' of gangs and violence, accounts of traditional rites of passage, and how-to guidelines for creating new rites of passage that may help to save our communities from despair and destruction.

Beyond Turmoil

Have you ever wondered what happens to us when we die? What if you really HAD to know? When tragedy strikes the family of young Jobran Winter, he is forced to confront these questions directly. Undertaking a feverish "Quest," he explores various branches of Christianity; Judaism; Islam; Hinduism; Buddhism; Sikhism, as well as the religions of China and Japan. His search encompasses the New Age, Reincarnation, Spiritism and Psychical Research. Attending channeling sessions and sances, investigating haunted houses and Near-Death Experiences, he examines spiritual traditions ranging from Swedenborg to Scientology, from Jodo Shinshu to the Jehovah's Witnesses. Finally, the Quest brings him into direct contact with Hospice work; physical disability; child abandonment; abortion; suicide; euthanasia, and even cold-blooded murder. Encounter the doctrines of Purgatory & Predestination, Universalism & Annihilationism, as you journey in a novel that will make you reexamine your ideas about religion, skepticism, love, death and LIFE.

The Descent to the Underworld in Literature, Painting, and Film, 1895-1950

Caplan (TO TOUCH IS TO LIVE) asserts that "the reality of the present condition of contemporary spirituality in the West is one of grave distortion, confusion, fraud, and a fundamental lack of education." She claims that, as positive as the tremendous rise in spirituality is, there is not any context for determining whether any particular teaching, or teacher, is truly enlightening. Caplan compiles interviews with such noted spiritual masters as Joan Halifax, Llewellyn Vaughan-Lee and Rabbi Zalman Schachter-Shalomi on the nature of enlightenment. In the first section, Caplan examines the motivations people have for seeking enlightenment and contends that very often they seek this state as a means of gratifying the ego. This "presumption of enlightenment," she says, often afflicts teachers masquerading as spiritual leaders. These teachers sometimes look down on their students and gloat over how far they have come and how far the students have to go. A second section focuses on "The Dangers of Mystical Experience," in which Caplan claims that many seekers mistake the mystical experience itself for enlightenment; she and the teachers she interviews all assert that enlightenment always involves gaining some knowledge about self and others. The third section,

"Corruption and Consequence," focuses on the nature of power and corruption; the fourth section, "Navigating the Mine Field: Preventing Dangers on the Path," provides a survey of the ways in which practitioners can avoid the "pitfalls of false enlightenment." A final section, "Disillusionment, Humility and the Beginning of Spiritual Life," concludes that "the Real spiritual life [is] the life of total annihilation and the return to just what is." Caplan's illuminating book calls into question the motives of the spiritual snake handlers of the modern age and urges seekers to pay the price of traveling the hard road to true enlightenment.

The Uttermost Deep

It focuses on 'necrotypes', symbolic images typically found in association with descent to the underworld. It also takes an interdisciplinary approach to the subject, with chapters on the nekylia in film, science, psychology, and painting. It pays careful attention to the multicultural sources for the myth - Egyptian, Mesopotamian, Greco-Roman, Judeo-Christian, Celtic, Norse, and Native American.

Beyond Heaven and Earth

The Holotropic Mind

Fifty essays discuss psychotherapy, meditation, dreams, psychedelics, ethics, philosophy, science, and ecology

Spiritual Emergency

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.

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