

HOLOTROPIC STATE:

A
NON-ORDINARY STATE
OF
CONSCIOUSNESS
WITH AN INTENSIFIED
HEALING POTENTIAL

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Have you personally experienced some powerful nonordinary states of consciousness? In what context?

- Powerful experiential psychotherapy
- Rigorous spiritual practice
- Shamanic rituals or other native ceremonies
- Experiences induced by psychedelic substances
- Near-death experiences
- Intense sports activities
- Spontaneous experiences in everyday situations ("spiritual emergence/emergency")

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Effects of Responsible Self-Exploration with Holotropic States of Consciousness:

On the individual level:

- Healing of emotional and psychosomatic disorders
- Significant decrease of aggression
- Reduction of irrational drives and ambitions
- Inner peace, improved self-image and self-acceptance, self-love
- increased creativity, self-realization, self-actualization (Maslow)
- Shift of focus from the past and future to the present moment
- Increase of zest, joi de vivre, love of life, appreciation of beauty
- Enjoying everyday activities people, nature, music, food, love-making
- Enhancement of intuition and extrasensory perception
- Change of the value system and of the life strategy
- Developing meta-values (Maslow): genuine sense of beauty, love, and justice

Effects of Responsible Self-Exploration with Holotropic States of Consciousness:

Individual changes relevant for human society:

- Increase of racial, sexual, political, and religious tolerance
- Competitiveness replaced by synergy, cooperation
- Ambitious drives replaced by Taoist "creative quietude" (wu wei)
- Love of nature and emergence of great ecological sensitivity
- Feeling of belonging to humanity and sense of planetary citizenship
- Interest in service for humanity and in work toward a larger common goal
- Seeing our planet as "Spaceship Earth" (Buckminster Fuller)
- Similarity with the experiences of astronauts ("The Other Side of the Moon")
- Vision of the earth as a beautiful planet with global peaceful civilization
- Rejection of violence as an acceptable means of solving conflict
- Emergence of spirituality of a mystical nature universal, non sectarian, nondenominational, all-encompassing, all-inclusive, non-chauvinistic

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Some history ...



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Stanislav Grof

- Born 1931 in Prague, Czechoslovakia.
- 1956 M.D. from Charles University, Prague and 1965 Ph.D. in Medicine at the Czechoslovakian Academy of Sciences. He also trained as a Freudian psychoanalyst.
- 1960 1967 Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague.
- 1967 Clinical and Research Fellow at Johns Hopkins University, Baltimore, followed by Chief
 of psychiatric research at the Maryland Psychiatric Center.
- 1973 1987 Scholar-in-Residence at **Esalen** Institute, Big Sur, California.
- 1978 Founding president of the International Transpersonal Association (ITA).
- 2007 received the prestigious VISION 97 award granted by the Foundation of Dagmar and Vaclav Havel in Prague.
- Currently Professor of Psychology at the California Institute of Integral Studies.

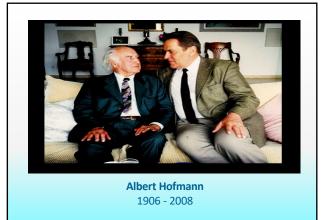
Christina Grof (1941 – 2014)

- Born in Honolulu, Hawaii.
- Graduated from Sarah Lawrence College, a private liberal arts college in New York, where she studied with mythologist Joseph Campbell.
- Her original career as a teacher of art was interrupted, when a powerful spiritual
 experience during childbirth launched her into many years of emotional turmoil, later
 identified as the manifestations of Kundalini awakening.
- She taught Hatha-Yoga and was deeply influenced by Swami Muktananda, head of the Siddha-Yoga lineage.
- Together with her husband, Stanislav Grof, she has developed Holotropic Breathwork.
- 1976–1987 Scholar-in-Residence at **Esalen** Institute, Big Sur, California.
- 1980 she founded SEN, the Spiritual Emergence Network, an international organization providing support for individuals undergoing transformative crises.
- She had extended interest in the area of the spiritual aspects of alcoholism and addiction. Wrote about this in The Thirst for Wholeness: Attachment, Addiction, and the Spiritual Path (Harper San Francisco, 1993). In the last decade she has conducted lectures and workshops in worldwide.
- Shortly before her death, the memoir, The Eggshell Landing (Livingston Publishing, 2014) came out.

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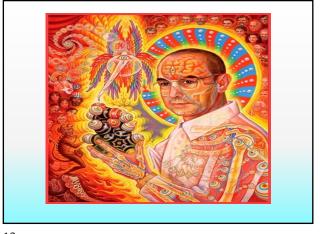
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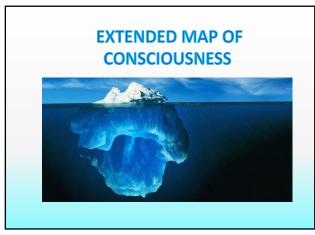


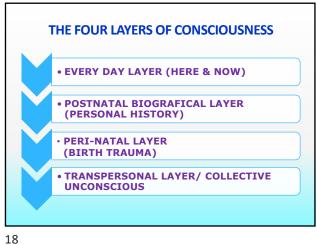


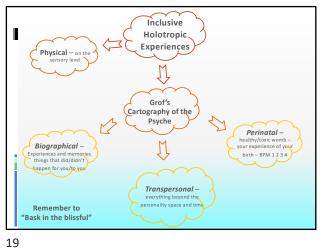


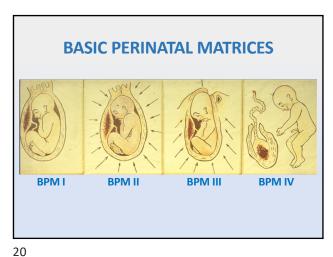


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TRANSPERSONAL EXPERIENCES

Experiential expansion of consciousness ...

- beyond our usual boundaries ("the skinencapsulated ego")
- beyond the limitations of time and/or space
- within or beyond consensus reality



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TRANSCENDENCE OF THE BOUNDARIES OF LINEAR TIME

- Embryonal and fetal experiences
- Ancestral experiences
- Racial and collective experiences
- Past life experiences
- Phylogenetic experiences
- Experiences of planetary evolution
- Cosmogenetic experiences
- Psychic phenomena involving transcendence of time

TRANSCENDENCE OF SPATIAL BOUNDARIES

Experience of unity and identification with:

- Other persons
- Groups
- Animals
- Plants and botanical processes
- Life and all creation
- Inanimate matter and inorganic processes
- The planet
- The extraterrestrial
- Entire physical universe
- Psychic phenomena involving transcendence of space

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EXPERIENTIAL EXTENSION OF SPACE-TIME BEYOND CONSENSUS REALITY

- Spiritistic and mediumistic experiences
- Energetic phenomena of the subtle body
- Experiences of animal spirits
- Encounters with spirit guides and suprahuman beings
- Visits to other universes and meetings with their inhabitants
- Experiences of mythological and fairy-tale sequences
- Experiences of specific blissful and wrathful deities
- Experiences of universal archetypes
- Intuitive understanding of universal symbols
- Creative inspiration and the promethean impulse
- Experience of the demiurg and insights into cosmic creation
- Experience of cosmic consciousness
- The supracosmic and metacosmic void

TRANSPERSONAL EXPERIENCES OF **PSYCHOID NATURE**

- Synchronistic links between consciousness and matter
- Spontaneous psychoid events

 - Supernormal physical achievements Spiritistic phenomena and physical mediumship Recurrent spontaneous psychokinesis (poltergeist) Unidentified flying objects (UFO phenomena)
- Intentional psychokinesis
 - Ceremonial magic Healing and hexing Siddhis
- Laboratory psychokinesis

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MEMORY

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- the process in which information is encoded, stored, and retrieved.
- SHORT TERM MEMORY
- LONG TERM MEMORY
 - o Declarative/explicit memory: information that is explicitly stored and retrieved. Deals with "WHAT"
 - o Procedural/implicit memory: memory for the performance of particular types of action; the "HOW TO ...". Includes implicit relational knowing. Mostly unconscious . When needed, procedural memories are automatically retrieved and utilized for the execution of the integrated procedures.

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MEMORY & FALSE MEMORY

FALSE MEMORY

The psychological phenomenon in which a person recalls a memory of something that did not actually occur

FALSE MEMORY SYNDROME

When the false memory is heavily influential in the orientation of a person's life

RELIGION OR **SPIRITUALITY?**



SPIRITUAL BYPASSING

The use of spiritual practices and beliefs to avoid dealing with our painful feelings, unresolved wounds, and developmental needs.

> Inner self-healing intelligence Centre of our innate wisdom – inner guide

and navigator Always moving us towards wholeness Has our best interests at heart – totally

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THE HOLOTROPIC PRINCIPLES

- Healing happens in expanded states of consciousness.
- The inner healer is the doing the job. The therapist is a support person only.
- Healing occurs within the three bands of consciousness: biographical, perinatal, and transpersonal.
- The therapeutic structure is in three parts: preparation, session, and integration.
- Clients heal by an intensification of their symptoms, or from what has emerged into their awareness



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THE PRACTICE OF GROF BREATHWORK

- Working in pairs breather & sitter
- Open-ended sessions (often 1 ½ 3 hours)
- About 3 hours of music
- Contract: STAY in the room.
- Remember STOP
- Vertical instead of horizontal
- Interventions
- No talking in the breathing room
- Confidentiality
- Contraindications: when HB is not safe

THE BREATHER

- Eyes closed or blindfolded
- Breathing deeper and faster
- Surrender to the process the inner healer
- Remember STOP

Open to the Breath

How do we breathe?

Is there a right or a wrong way of breathing?

Mouth or Nose breathing?

Connect with your own breath. We invite you to breathe in a circular rhythm, deeper, more powerfully and faster than

The body will breath you and allow you to transcend according to its openness to the transpersonal realm

Open to the Breath

The difference between hyperventilation and hypoventilation

What happens to the body when breathing with full breath or breathing paradoxically

Transition in relation to the change in oxygen and carbon dioxide in the blood stream - how it manifests

Tetany or cramps in the body - why does it happen and how to manage this energy

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Focused Energy Release Bodywork

- A system of carefully administered Bodywork, using the idea of giving resistance to a part of the body, which has become painful or has come strongly to the attention of the breather during the session
- The breather puts equal or more pressure back towards the facilitator's pressure on the part of the body in question, thereby creating an opportunity for release
- Often the release can be brought through by crying, shouting screaming, laughing, and at times with a strong sense of needing to push through a point of resistance

EXPRESS and RELEASE and HEAL

"When the experience on the mat reaches the intensity of the original experience - that is when healing can happen. It is about expressing things fully - maybe for the first time."

"Whatever you experience you

AMPLIFY & INTENSIFY"

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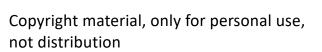
TYPES OF EXPERIENCES

- INTENSIFIED SENSES:
 - VISUAL
 - AUDITIVE
 - KINESTETIC
- MOVEMENTS
- SOUNDS
- BIG EMOTIONS AND FEELINGS
- EXPERIENCES RELATED TO THE DIFFERENT LAYERS OF **CONSCIOUSNES**
- AMNESIA/YOGIC SLEEP
- "SIDE EFFECTS": CARPO PEDAL SPASMS; CHOKING; TOILET



Possible experiences on the mat could include:

- · Talking foreign languages
- Meeting and communicating with ancestors
- · Before and during conception
- · Experiencing a dying process or birth process Experience of the world of sub atomic particles
- Cellular consciousness
- Identification with other persons and animals
- Meeting with other worldly beings
- Identification with plants and botanical processes Universal archetypes and blissful/wrathful deities
- Oneness with life and all creation
- . Deep love for self and loved ones







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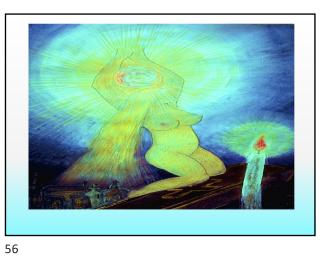








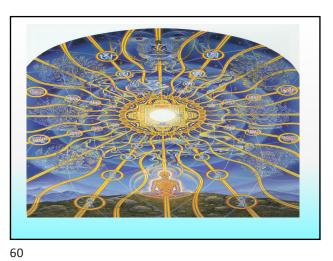


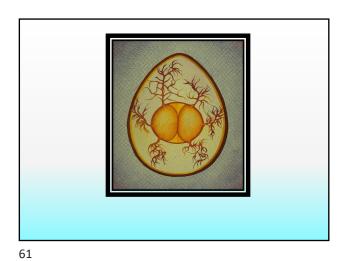


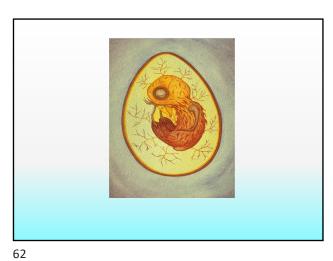


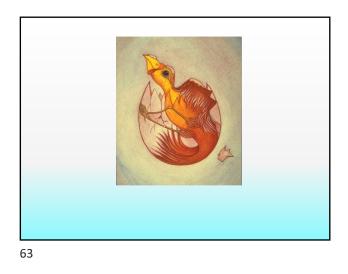






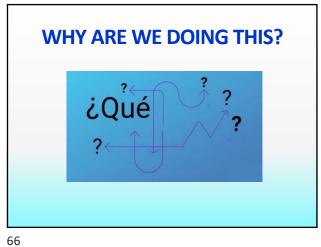








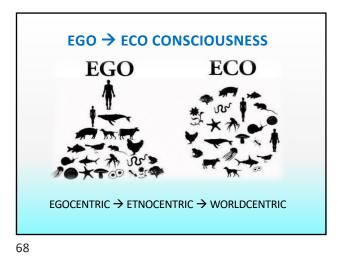




"THE DEEPEST SOURCE OF THE PROBLEMS WE ARE IN AS A GLOBAL COMMUNITY

AS A GLOBAL COMMUNITY
LIES INSIDE THE HUMAN
PERSONALITY"

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