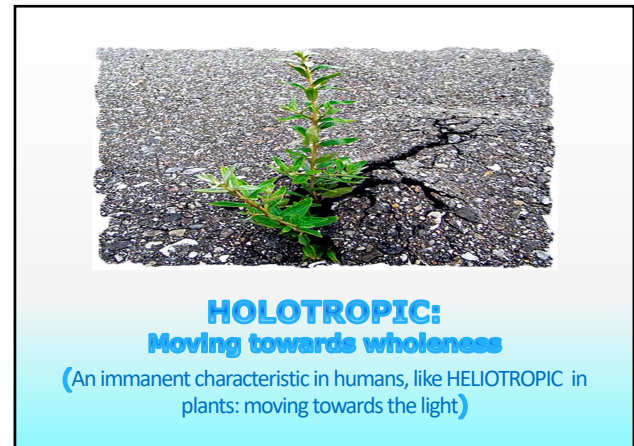
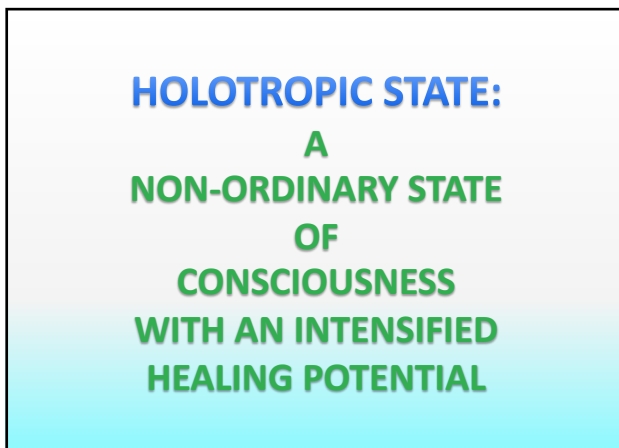


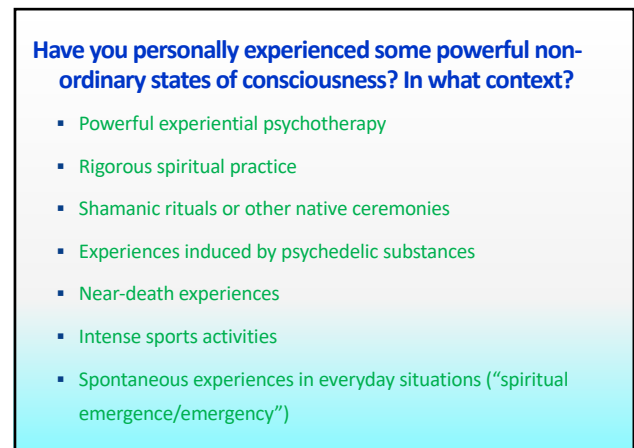
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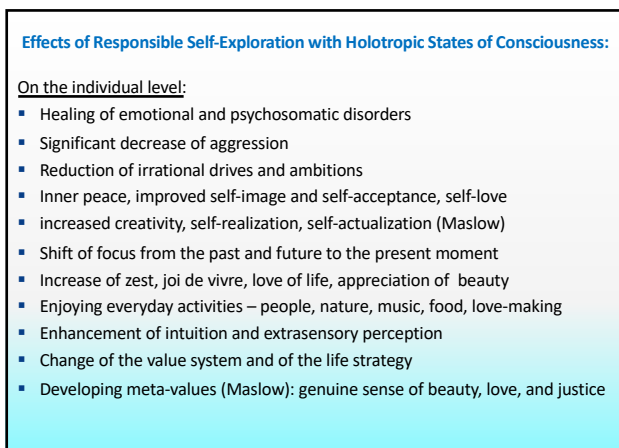
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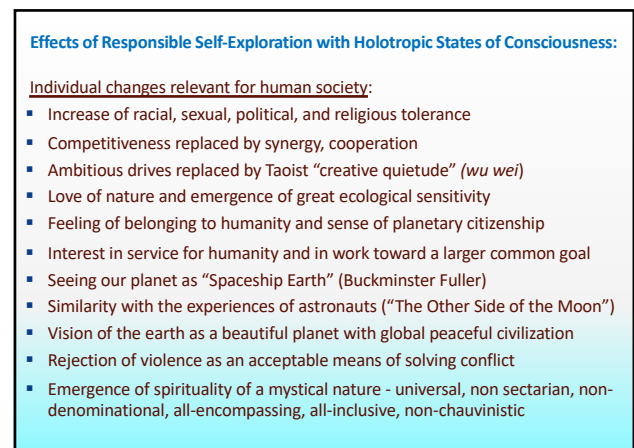
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6

▪ **Some history ...**

7



STAN & CHRISTINA GROF
(born 1931) (1941 – 2014)

8

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.

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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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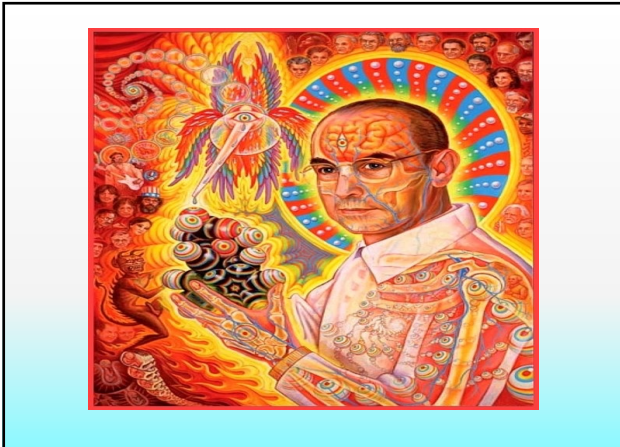


Albert Hofmann
1906 - 2008

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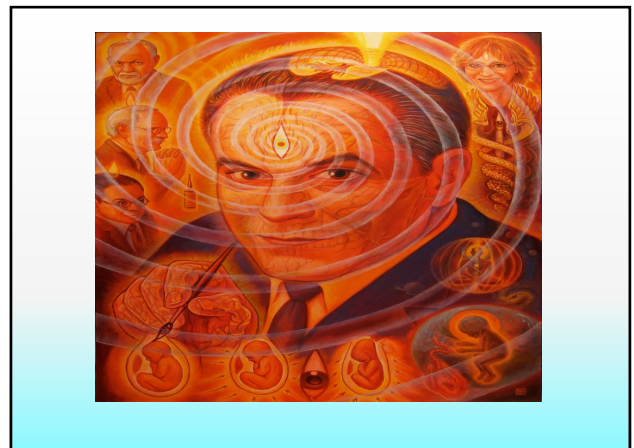
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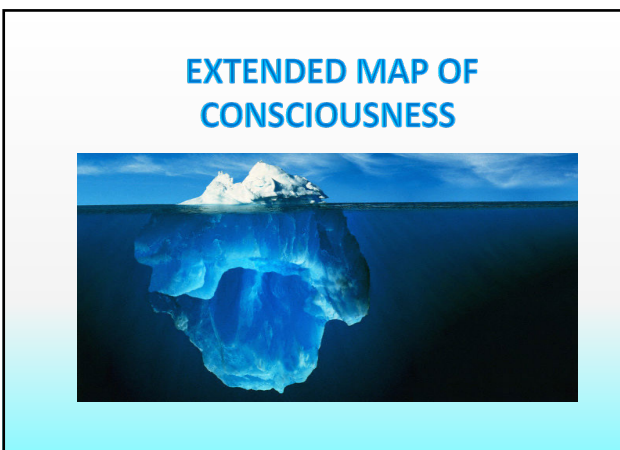
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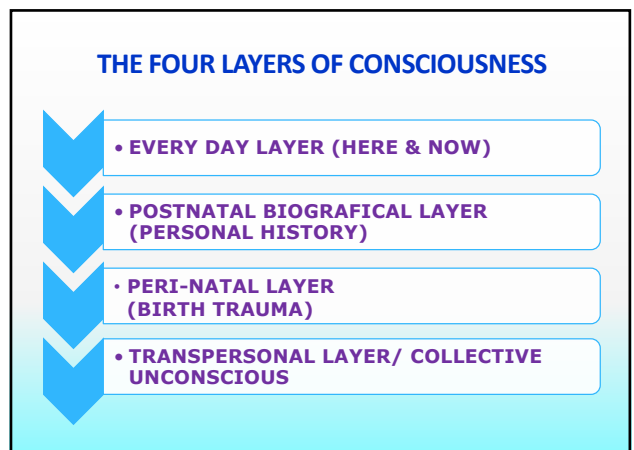
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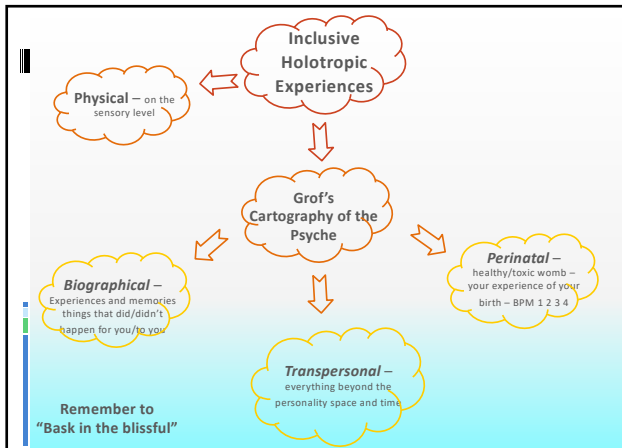
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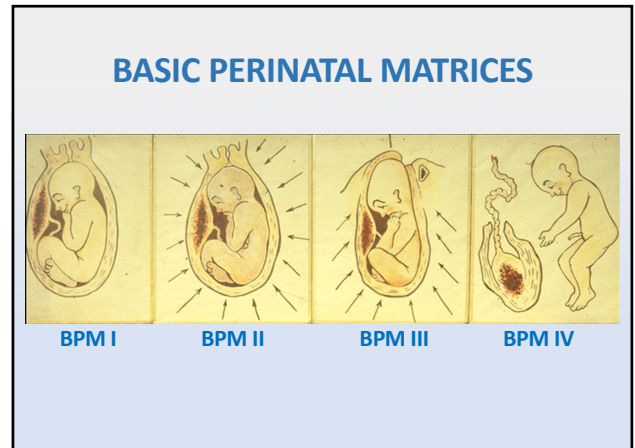
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20

TRANSPERSONAL EXPERIENCES

Experiential expansion of consciousness ...

- beyond our usual boundaries (“the skin-encapsulated 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

25

- ### 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

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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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CO-EX SYSTEMS Systems of **Condensed Experiences**



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MEMORY

- the process in which information is encoded, stored, and retrieved.

- **SHORT TERM MEMORY**
- **LONG TERM MEMORY**
 - **Declarative/explicit memory:** information that is explicitly stored and retrieved. Deals with "WHAT".
 - **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.

30

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

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RELIGION OR SPIRITUALITY?

32

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 usual

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

40

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

41

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

42

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 URGE.

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Transpersonal – everything beyond personality, space and time

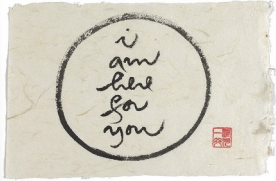
Possible experiences on the mat could include:

- Visiting strange lands and mythical realms
- Talking foreign languages
- Visiting previous incarnations
- 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

45

THE SITTER

- Come early
- Create a safe space
- Be present and serve
- Focus on breathing
- Doing by not doing
- Stay with breather as long as necessary
- Ask for replacement if you need to leave the room



46

Four agreements

- I agree to be present for the whole breathwork session and retreat
- I agree to keep confidentiality
- I agree not to cause harm to self others or property
- I agree not to involve any other person in expressions of sexuality during the holotropic sessions

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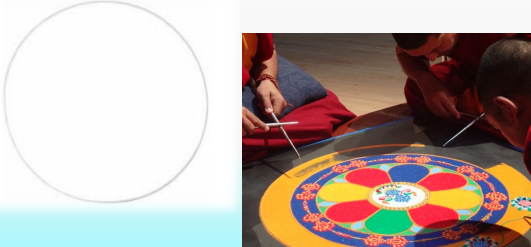
INTEGRATION

Bringing the pieces together and creating wholeness

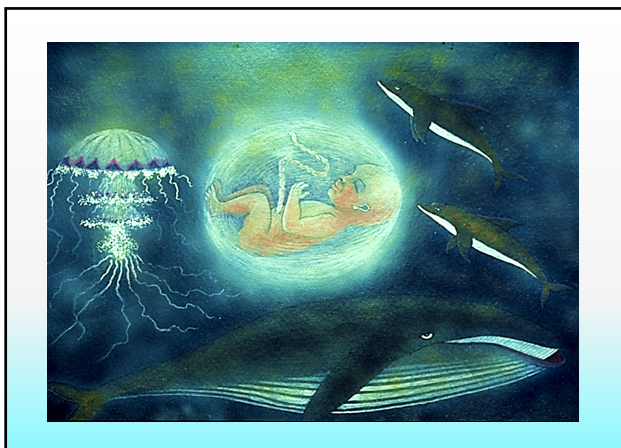
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MANDALA DRAWING

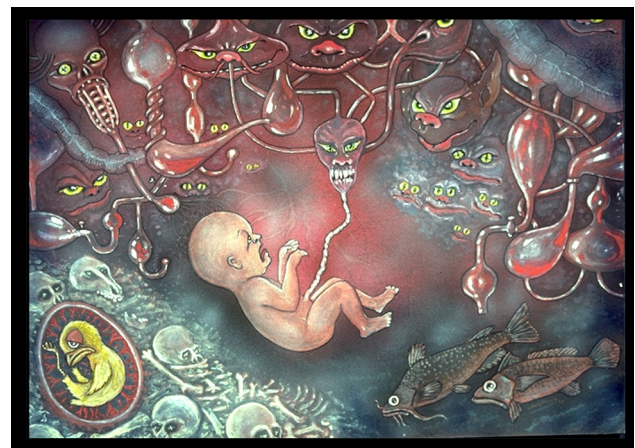
Mandala: Sanskrit for circle or completion



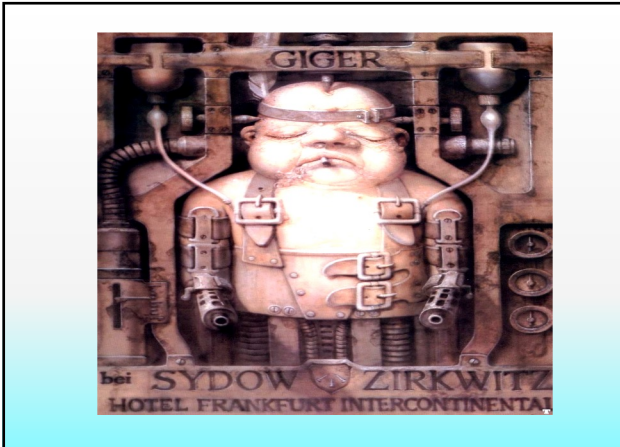
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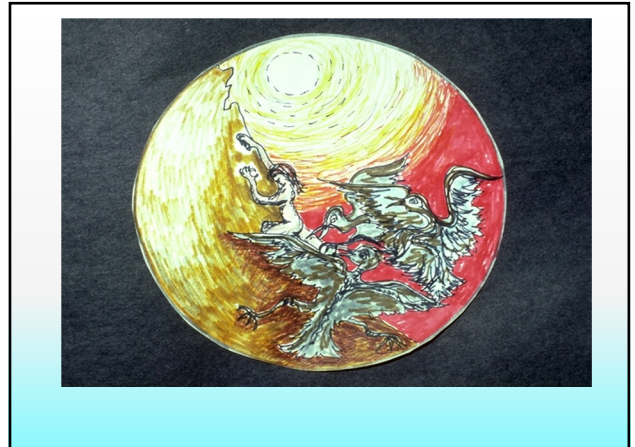
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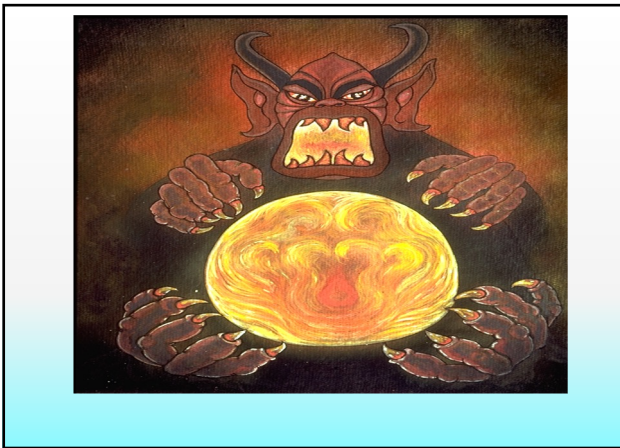
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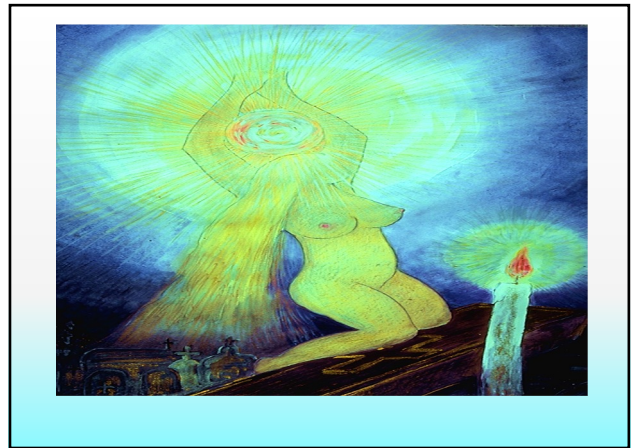
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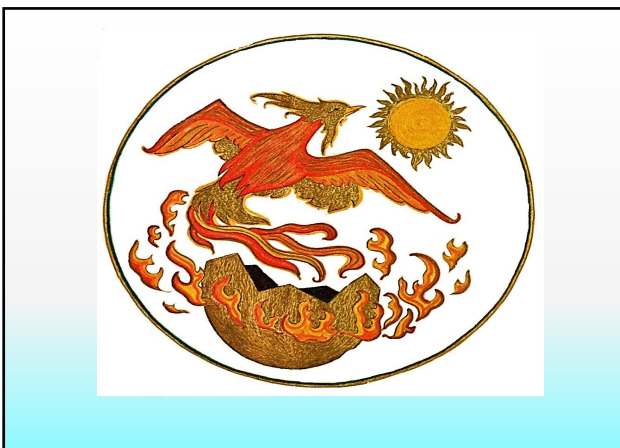
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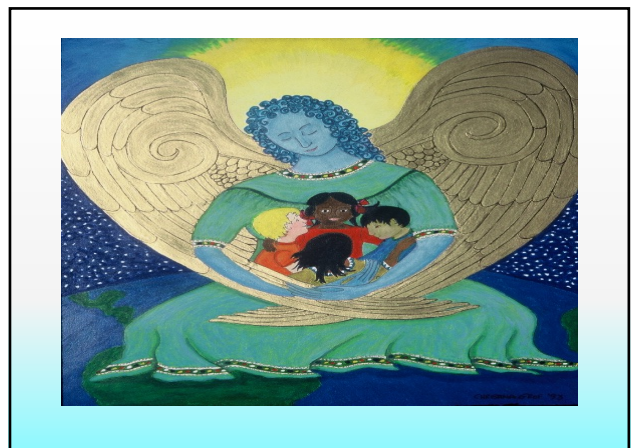
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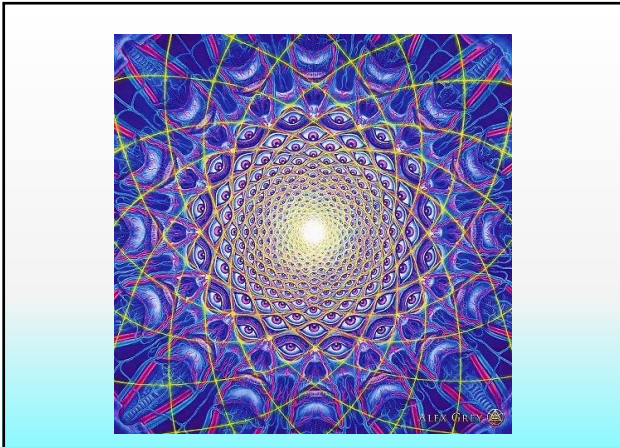
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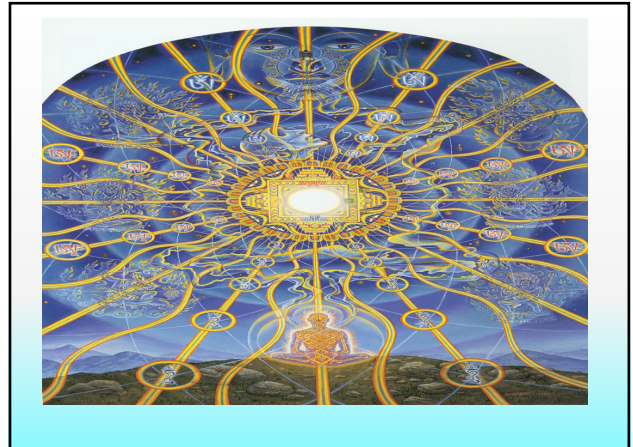
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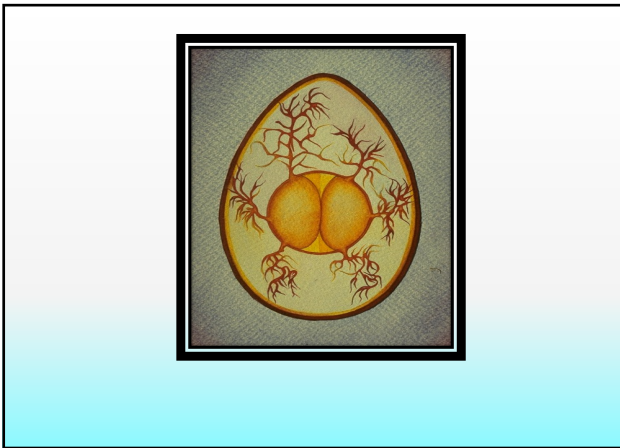
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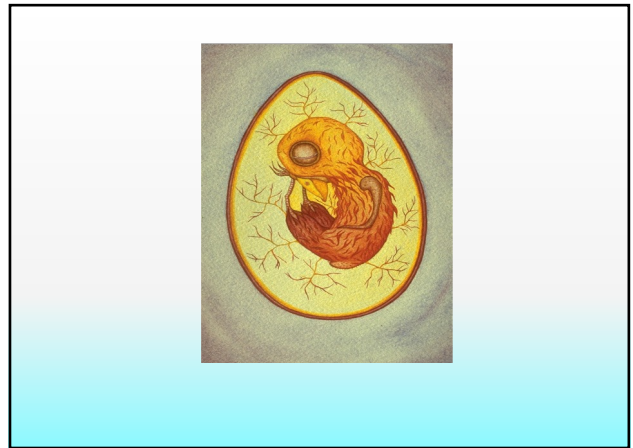
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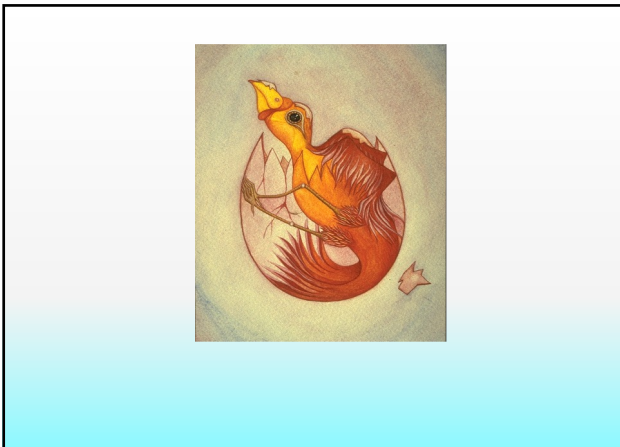
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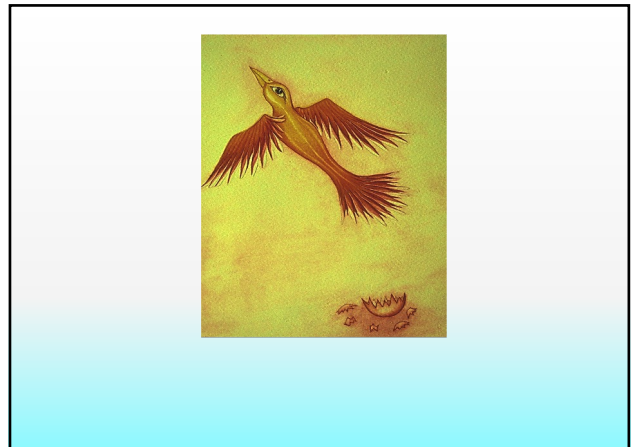
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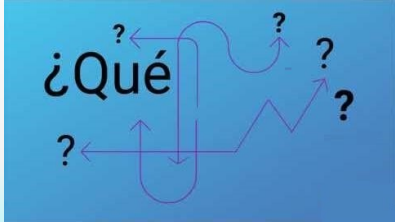
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SHARING



65

WHY ARE WE DOING THIS?




66

“THE DEEPEST SOURCE OF THE PROBLEMS WE ARE IN AS A GLOBAL COMMUNITY LIES INSIDE THE HUMAN PERSONALITY”

67

EGO → ECO CONSCIOUSNESS

EGO **ECO**



EGOCENTRIC → ETNOCENTRIC → WORLDCENTRIC

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