

rebirth holotropic

rebirth holotropic is a transformative approach combining elements of holotropic breathwork and rebirthing techniques to facilitate deep emotional healing and spiritual awakening. This method harnesses controlled breathing patterns, music, and guided facilitation to access altered states of consciousness, allowing individuals to confront and release suppressed trauma, emotional blockages, and limiting beliefs. Rebirth holotropic integrates the power of breath as a tool to unlock subconscious layers, promoting self-awareness, personal growth, and holistic well-being. This article explores the origins, principles, practices, and benefits of rebirth holotropic, providing a comprehensive understanding of its role in modern therapeutic and spiritual contexts. Readers will also find detailed insights into session structures, safety considerations, and how this method compares to other breathwork modalities. The following sections will guide you through the essential aspects of rebirth holotropic, ensuring a clear and informative overview.

- Understanding Rebirth Holotropic
- The Origins and Development
- Core Principles and Techniques
- Therapeutic Benefits and Applications
- Session Structure and What to Expect
- Safety Measures and Contraindications
- Comparing Rebirth Holotropic to Other Breathwork Modalities

Understanding Rebirth Holotropic

Rebirth holotropic is a specialized form of breathwork that emphasizes the integration of breath-induced altered states with the concept of rebirth or renewal. Unlike conventional breathing practices, this technique aims to facilitate profound psychological and spiritual transformation by accessing unconscious material and unresolved emotional states. The term "holotropic" derives from the Greek words "holos" (whole) and "trepein" (to move toward), reflecting the method's goal to move toward wholeness. Rebirth holotropic blends these ideas with the experiential process of rebirthing, where participants symbolically revisit birth trauma and early life experiences to promote healing.

Definition and Key Concepts

At its core, rebirth holotropic involves deep, conscious breathing patterns that alter physiological and psychological states. The technique encourages participants to explore inner landscapes through intense breath cycles, often accompanied by evocative music and facilitator guidance. This process can evoke cathartic emotional releases, vivid imagery, and spiritual insights,

which contribute to a sense of rebirth or renewal. The holistic nature of this practice addresses mind, body, and spirit simultaneously, making it a powerful tool for comprehensive healing.

Who Can Benefit from Rebirth Holotropic?

Individuals seeking emotional release, trauma resolution, spiritual growth, or enhanced self-awareness can benefit from rebirth holotropic. It is particularly effective for those dealing with anxiety, depression, PTSD, and unresolved childhood issues. Moreover, people interested in exploring consciousness or deepening their spiritual practice often find this method valuable. However, it is essential to approach rebirth holotropic under professional supervision, especially for those with medical or psychological conditions.

The Origins and Development

The development of rebirth holotropic draws from two main traditions: holotropic breathwork and rebirthing breathwork. Understanding the historical context provides insight into how these practices converged to form the contemporary rebirth holotropic approach.

Holotropic Breathwork Origins

Holotropic breathwork was developed in the 1970s by psychiatrist Dr. Stanislav Grof and his wife Christina Grof as a non-pharmacological method for exploring altered states of consciousness. Rooted in transpersonal psychology, it incorporates accelerated breathing, evocative music, and focused bodywork to facilitate self-exploration and healing. The Grofs emphasized its use as a therapeutic tool to access the subconscious and spiritual dimensions of the psyche.

Rebirthing Breathwork Foundations

Rebirthing breathwork originated in the late 1960s through the work of Leonard Orr, who discovered that specific breathing techniques could help release birth trauma and emotional blockages. This practice centers on conscious connected breathing patterns designed to promote emotional clarity and personal transformation. The rebirthing approach frames breathwork as a way to symbolically "rebirth" the individual through the release of past wounds.

Integration into Rebirth Holotropic

Rebirth holotropic synthesizes the depth-oriented, holistic focus of holotropic breathwork with the symbolic and emotional release emphasis of rebirthing. This integration allows participants to access profound healing experiences that engage both psychological and spiritual dimensions, catalyzing a sense of renewal and wholeness.

Core Principles and Techniques

The practice of rebirth holotropic is grounded in specific principles and employs distinct techniques that differentiate it from other breathwork modalities.

Breathwork Methodology

Rebirth holotropic uses circular or connected breathing patterns without pauses between inhalation and exhalation, fostering increased oxygen flow and altered states of consciousness. This breathing method activates the autonomic nervous system and can lead to intense physical sensations, emotional release, and expanded awareness.

Music and Sound

Evocative music plays a crucial role in guiding the experience. Carefully curated soundtracks support the breathwork by influencing emotional states and facilitating deeper immersion. The music often transitions from rhythmic and intense to calming and integrative phases, corresponding to various stages of the session.

Facilitation and Setting

Sessions are typically conducted under the guidance of trained facilitators who provide a safe, supportive environment. Facilitators assist participants in navigating the experience, offering reassurance and helping to interpret insights or emotions that arise. The setting is designed to be comfortable and private, promoting relaxation and openness.

Integration Practices

Post-session integration is vital for grounding insights and emotional releases. This may involve journaling, counseling, meditation, or group sharing. Integration helps translate the experience into lasting change and personal growth.

Therapeutic Benefits and Applications

Rebirth holotropic offers a wide range of benefits that impact mental, emotional, and spiritual health.

Emotional Healing and Trauma Release

The technique allows access to repressed emotions and traumas, including birth trauma and early childhood wounds. By bringing these issues to consciousness, individuals can process and release them, reducing symptoms of anxiety, depression, and PTSD.

Enhanced Self-Awareness and Personal Growth

Participants often report increased clarity about their life purpose, relational patterns, and internal conflicts. This heightened self-awareness supports healthier decision-making and personal development.

Spiritual Awakening and Transcendence

Many individuals experience spiritual insights, a sense of interconnectedness, and expanded consciousness during rebirth holotropic sessions. These experiences can foster a deeper connection to oneself and the universe.

Physical and Physiological Benefits

Although primarily psychological and spiritual, the breathing techniques can improve respiratory function, reduce stress, and enhance overall vitality by increasing oxygenation and promoting relaxation.

Session Structure and What to Expect

Understanding the typical format of a rebirth holotropic session prepares participants for the process and helps manage expectations.

Preparation Phase

Before the session begins, participants receive an orientation explaining the breathwork, safety protocols, and what to anticipate. This phase includes setting intentions and addressing any concerns.

Breathwork Phase

The core of the session involves 1-3 hours of continuous connected breathing, supported by music and facilitator presence. Participants lie down or sit comfortably, focusing on their breath and inner experience.

Catharsis and Emotional Release

During the breathwork, emotional releases such as crying, shaking, or vocal expressions may occur. These are natural responses to the deep subconscious material surfacing.

Integration Phase

Following the breathwork, time is allotted for rest, reflection, and sharing. Facilitators may guide meditation or discussion to help integrate the experience.

Safety Measures and Contraindications

While rebirth holotropic is generally safe when facilitated properly, certain precautions and contraindications must be observed.

Medical and Psychological Screening

Participants should undergo screening for conditions such as cardiovascular issues, epilepsy, severe psychiatric disorders, or pregnancy, as breathwork can exacerbate these conditions.

Qualified Facilitation

Sessions should be led by trained and experienced facilitators who can manage intense emotional or physical reactions and provide appropriate support.

Environment and Support

A controlled, calm environment free from interruptions is essential to ensure participant safety and maximize therapeutic outcomes.

Potential Side Effects

Some participants may experience dizziness, headache, or emotional overwhelm. These effects are usually temporary but should be monitored closely.

Comparing Rebirth Holotropic to Other Breathwork Modalities

Rebirth holotropic shares similarities with other breathwork techniques but also has distinctive features that set it apart.

Holotropic Breathwork vs. Rebirth Holotropic

While holotropic breathwork focuses broadly on accessing non-ordinary states for healing and self-exploration, rebirth holotropic specifically incorporates the symbolic process of rebirth and emphasizes emotional release related to early life experiences.

Rebirthing Breathwork vs. Rebirth Holotropic

Rebirthing emphasizes continuous breath and emotional catharsis related to birth trauma, whereas rebirth holotropic integrates this with the broader psychological and spiritual framework of holotropic breathwork, often including a more structured use of music and guided facilitation.

Other Breathwork Techniques

Compared to pranayama, Wim Hof, or transformational breathwork, rebirth holotropic typically involves longer sessions, deeper exploration of unconscious material, and a stronger emphasis on therapeutic integration.

- Longer, immersive breathing sessions
- Focus on emotional and spiritual transformation
- Use of evocative music as a therapeutic tool
- Facilitated group or individual settings

Frequently Asked Questions

What is holotropic rebirth?

Holotropic rebirth is a therapeutic technique combining holotropic breathwork with guided rebirthing practices to promote emotional healing and self-awareness.

How does holotropic rebirth differ from traditional rebirthing therapy?

Holotropic rebirth incorporates holotropic breathwork's deep, accelerated breathing patterns and altered states of consciousness, whereas traditional rebirthing focuses primarily on connected breathing without additional layers.

What are the benefits of holotropic rebirth?

Benefits include releasing suppressed emotions, resolving past traumas, enhancing self-understanding, reducing anxiety, and fostering spiritual growth.

Is holotropic rebirth safe for everyone?

While generally safe, holotropic rebirth may not be suitable for individuals with certain medical conditions such as cardiovascular issues, epilepsy, or severe mental health disorders. Consultation with a healthcare professional is recommended.

How long does a typical holotropic rebirth session last?

A typical session lasts between 2 to 3 hours, including preparation, the breathing process, and integration or sharing afterwards.

Can holotropic rebirth help with past life regression or spiritual experiences?

Some participants report experiencing past life memories or spiritual insights during holotropic rebirth due to the altered states of consciousness induced by breathwork.

What should I expect during a holotropic rebirth session?

Participants usually experience intense emotional release, vivid imagery, physical sensations, and deep introspection while guided breathing and safe environment support the process.

Where can I find certified practitioners of holotropic rebirth?

Certified practitioners can be found through holotropic breathwork organizations, alternative therapy centers, or by searching online directories specializing in breathwork and integrative therapies.

Additional Resources

1. Rebirth and Transformation: The Holotropic Journey

This book explores the powerful process of rebirth through holotropic breathwork, a technique developed by Stanislav Grof. It delves into how altered states of consciousness can lead to profound personal transformation and healing. Readers are guided through case studies and practical advice to harness this method for self-discovery.

2. The Holotropic Mind: Exploring Consciousness, Death, and Rebirth

Written by Stanislav Grof, this seminal work discusses the intersections of holotropic states, near-death experiences, and spiritual rebirth. The book provides deep insights into how holotropic breathwork can facilitate profound experiences of ego death and renewal. It is essential reading for those interested in psychology and spirituality.

3. Breath of Life: Holotropic Breathwork and the Power of Rebirth

This book offers a comprehensive introduction to holotropic breathwork as a tool for emotional and spiritual rebirth. It includes personal stories from practitioners who have experienced healing and transformation. The author also offers practical guidance on how to approach breathwork safely and effectively.

4. Awakening Through Breath: The Holotropic Path to Rebirth

Focusing on the spiritual aspects of holotropic breathwork, this book discusses how intentional breathing can lead to awakening and rebirth of the self. It combines psychological theory with spiritual practice, providing readers with exercises and meditations to support their journey. The narrative emphasizes renewal and inner growth.

5. Rebirthing the Self: Holotropic Breathwork and Personal Transformation

This title examines the psychological underpinnings of rebirth facilitated by holotropic breathwork. The author explores how the technique can dismantle limiting beliefs and patterns, allowing for a fresh start in one's life. It

includes interviews with therapists and participants highlighting transformational experiences.

6. *Journey to the Inner Self: Holotropic Breathwork and the Cycle of Rebirth*

This book takes readers on a guided journey into the subconscious using holotropic breathwork as a lens. It discusses the cyclical nature of rebirth in psychological and spiritual terms, illustrating how individuals can repeatedly renew themselves. The narrative is rich with personal anecdotes and theoretical insights.

7. *Holotropic Breathwork: A New Approach to Healing and Rebirth*

A practical manual for therapists and individuals, this book outlines the methodologies of holotropic breathwork and its role in facilitating rebirth. It covers safety protocols, session structures, and integration techniques. The focus is on healing trauma and promoting holistic well-being through breath-induced states.

8. *The Phoenix Within: Embracing Rebirth Through Holotropic Breathwork*

Using the metaphor of the phoenix, this book symbolizes the cyclical nature of death and rebirth experienced through holotropic breathwork. It highlights transformative stories where individuals rise renewed from psychological ashes. The author provides reflective exercises to encourage personal rebirth and empowerment.

9. *Beyond the Breath: Exploring Rebirth and Consciousness with Holotropic Techniques*

This work expands on the concepts of rebirth and expanded consciousness using holotropic methods. It blends scientific research with spiritual teachings to present a holistic view of human potential. Readers are invited to explore consciousness beyond ordinary limits and experience rebirth on multiple levels.

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rebirth holotropic: The Holotropic Mind Stanislav Grof, 1992 Presents a new therapeutic model of the mind based on Grof's observations.

rebirth holotropic: Science and the Reenchantment of the Cosmos Ervin Laszlo, 2006-01-12 Presents a revolutionary new theory that bridges the divide between science and spirituality • Discloses the ramifications of non-localized consciousness and how the physical world and spiritual experience are two aspects of the same reality • Includes contributions from Jane Goodall, Ed Mitchell, Stanislav Grof, Ralph Abraham, and Christian de Quincy, among others What scientists are now finding at the outermost frontiers of every field is overturning all the basic premises concerning the nature of matter and reality. The universe is not a world of separate things and events but is a cosmos that is connected, coherent, and bears a profound resemblance to the visions held in the earliest spiritual traditions in which the physical world and spiritual experience were both aspects of the same reality and man and the universe were one. The findings that justify this new vision of the underlying logic of the universe come from almost all of the empirical

sciences: physics, cosmology, the life sciences, and consciousness research. They explain how interactions lead to interconnections that produce instantaneous and multifaceted coherence--what happens to one part also happens to the other parts, and hence to the system as a whole. The sense of sacred oneness experienced by our ancestors that was displaced by the unyielding material presumptions of modern science can be restored, and humanity can once again feel at home in the universe.

rebirth holotropic: Cycle of Rebirth Lily Cooper, 2024-10-26 *Cycle of Rebirth* - From Emotional Release to Spiritual Awakening In *Cycle of Rebirth*, every page is an enigmatic invitation to cross the boundaries between the visible and the invisible, where spiritual awakening merges with ancient wisdom. Between the lines lie secrets that have traversed ages—forgotten practices, rituals of rebirth, and the art of freeing oneself from the subtle burdens hidden in the mind. This book is not just a guide; it is a path that awakens the deepest, dormant aspects of your soul. By merging techniques such as holotropic breathing and the release of emotional memories, this work reveals how the past manifests in bodies and thoughts, shaping destinies and emotions. But it is in the spaces between the words that the true transformative power lies—a power that only reveals itself to those who dare to follow the trails of self-discovery that each chapter unfolds. Here, there are no ready-made formulas. There is a silent call, pulsing through every line, inviting you to open the doors of the unknown. The connection with the Higher Self, the release of the deepest traumas, and the reunion with your own vital energy are promises fulfilled as you surrender to this cycle of rebirth. *Cycle of Rebirth* is a portal to a new state of being, where each breath reclaims forgotten fragments of yourself, and each practice unveils a mystery kept within your essence. Let yourself be drawn by what you now hold in your hands—a legacy of wisdom that only those who feel the call will recognize. True transformation begins where words end, and the journey to your rebirth is about to begin.

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rebirth holotropic: The Future That Brought Her Here Deborah DeNicola, 2009-04-01 A dynamic blend of history, science, psychology, dreams, and visions, Deborah DeNicola's memoir is a compelling account of self-discovery that is provocative and humble. A poet, dream analyst, and college professor DeNicola writes about her struggle to live in the ordinary world of academia while honoring the competing call of the creative and the spiritual. DeNicola's memoir shows her range of intellectual pursuits and spiritual experiences as she battles an inner war between depressive cynicism and faith and shares her lifelong search to heal the trauma of her father's tragic death when she was a teenager. Struggles between cynicism and faith, depression and hope, independence

and attachment, creativity and financial security in the midst of spiritual searching, motherhood, teaching and writing are inextricably woven into the fabric of her story. Sharing the process of her awakening and how dreams and visions guide her, DeNicola stirs readers to listen courageously to their own inner voices. Her visionary quest takes her to the American West, Israel, and Southern France. Along the way she weaves together references from the Bible and the Gnostic Gospels, the story of Mary Magdalene, medieval history, the Templar Knights, the Black Madonnas, String Theory and quantum physics to find the repeated linkage between divinity and humanity.

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rebirth holotropic: *Frontiers of Psychedelic Consciousness* David Jay Brown, 2015-10-15 In-depth and well-researched interviews with the leading minds in psychedelic science and culture • A curated collection of interviews with 15 accomplished scientists, artists, and thinkers, including

Albert Hofmann, Stanislav Grof, Rick Strassman, and Charles Tart • Explores their profound reflections on the intersections between psychedelics and a wide range of topics, including psychology, creativity, music, the near-death experience, DNA, and the future of psychedelic drug medical research. After many dark years of zealous repression, there are now more than a dozen government-approved clinical studies with psychedelics taking place around the globe. But what does the future hold for psychedelic research and the expansion of consciousness? In this curated collection of interviews with pioneers in psychedelic thought, David Jay Brown explores the future of mind-altering drugs, hallucinogenic plants, and the evolution of human consciousness. The accomplished scientists, artists, and thinkers interviewed in the book include LSD discoverer Albert Hofmann, psychologist Stanislav Grof, DMT researcher Rick Strassman, anthropologist Jeremy Narby, MAPS founder Rick Doblin, ethnobotanist Dennis McKenna, psychologist Charles Tart, and musician Simon Posford from Shpongle, as well as many others. Demonstrating deep knowledge of his interviewees' work, Brown elicits profound reflections from them as well as their considered opinions on the future of psychedelic drug medical research, God and the afterlife, LSD and mysticism, DMT research and non-human entity contact, problem-solving and psychedelics, ayahuasca and DNA, psilocybin and the religious experience, MDMA and PTSD, releasing the fear of death, the tryptamine dimension, the therapeutic potential of salvia, and the intersections between psychedelics and creativity, ecology, paranormal phenomena, and alternate realities. In each interview we discover how these influential minds were inspired by their use of entheogens. We see how psychedelics have the potential to help us survive as a species, not only by their therapeutic benefits but also by revealing our sacred connection to the biosphere and by prompting people to begin on the path of spiritual evolution.

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experience in research of non-ordinary 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*; *The Cosmic Game: Explorations of the Frontiers of Human Consciousness*; and *Human Survival and Consciousness Evolution*; all published by SUNY Press.

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rebirth holotropic: Holistic Treatment in Mental Health Cheryl L. Fracasso, Stanley Krippner, Harris L. Friedman, 2020-09-04 The first of its kind, this guidebook provides an overview of clinical holistic interventions for mental-health practitioners. Submissions from 21 contributors

examine the validity of different methods and provide information on credentialed training and licensure requirements necessary for legal and ethical practice. Chapters covering a range of healing modalities describe the populations and disorders for which the intervention is most effective, as well as the risks involved, and present research on the effectiveness of treatment, with step-by-step sample clinical sessions.

rebirth holotropic: The Intimacy of Consciousness Exploration and Transpersonal Psychotherapy Regina U. Hess, Ingo B. Jahrsetz, Judith Miller, 2018-04-18 This volume brings together a group of transpersonal psychotherapists and spiritual teachers to tell of their own very personal and intimate explorations of consciousness. What has the experience of “coming home” meant to them? Has it meant connecting with God, the Divine Feminine, the Cosmos, the Sacred? Has it meant arriving at home in themselves, in their very center, in their essence? Where is home? Is it inside, is it outside, or is it both? All world cultures have stories about this particular place. In addition to describing their own unique quests, the contributors also share how radically such a journey challenged them to face their own vulnerabilities and shadow parts. Various, very different and often startling personal stories are told. Through reading of the very human trials and psycho-spiritual challenges that these nine international teachers have endured on their journeys home, readers will gain insights and greater understanding regarding their own explorations of consciousness. They will realize that the spiritual journey can have many faces and take many paths. The one thing, however, that all authors have in common, is the longing to be fully and wholly oneself.

rebirth holotropic: Stanislav Grof, LSD Pioneer Brigitte Grof, 2023-09-26 Celebrating the groundbreaking life's work of Stanislav Grof, MD, pioneer in psychedelic research and transpersonal psychology • Features an extended interview with Stan Grof, exploring in great depth the full arc of his lifelong research in his own words as well as the history of LSD • Discusses his early experiments with LSD in Czechoslovakia and the USA during the 1950s and '60s, his discovery of the perinatal matrices, the creation of holotropic breathwork, and his own LSD experiences • Includes testimonies from a number of luminaries in the psychedelic and psychological domains, including Jack Kornfield, Rupert Sheldrake, Ervin Laszlo, Richard Tarnas, Rick Doblin, Roger Walsh, David Steindl-Rast, and Fritjof Capra Created in honor of his 90th birthday, this book celebrates the profound life's work of Stanislav Grof, M.D., pioneer in psychedelic research and transpersonal psychology. Featuring an extended interview between Stan and his wife, Brigitte, the book explores in depth the full arc of his research in his own words as well as the history of LSD. He discusses his early experiments with LSD in Czechoslovakia and the United States during the 1950s and '60s and the cartography of the psyche that resulted. He describes his clients' and his own experiences and the psychedelic approach he pioneered. He explains the four perinatal matrices, illustrated with the impressive paintings he made during high-dose LSD sessions. He discusses the creation of holotropic breathwork as a way to reach expanded states of consciousness without the use of drugs. He describes how he started work with LSD believing it was simply pharmacology and then went on to discover the perinatal, transpersonal, and archetypal levels of the psyche through his lifelong research. The book also features testimonies from a number of luminaries in the psychedelic, psychological, scientific, and spiritual communities, including Jack Kornfield, Rupert Sheldrake, Ervin Laszlo, Richard Tarnas, Rick Doblin, Roger Walsh, David Steindl-Rast, Fritjof Capra, and Cathy Coleman. Complete with captivating photos of Stan Grof with Albert Hofmann, Swiss painter H. R. Giger, Fritz Perls, Sasha Shulgin, and all of the book's contributors, this special book presents an impressive overview of Stan Grof's groundbreaking work and honors his importance as a psychedelic elder.

rebirth holotropic: Psychedelic Consciousness Daniel Grauer, 2020-07-07 An examination of the use of psychedelics for understanding ourselves, connecting with the world around us, and enacting outer change through inner transformation • Explores sacred tools and technologies to help us reestablish a lost ideology of unity, with a specific focus on natural plant/fungi psychedelics • Looks at the history of psychedelics and their role in facilitating natural intelligence's ability to

increase itself through ongoing analysis of its own experience • Provides guidelines for safely using natural plant/fungi psychedelics and integrating them into society to access unified consciousness and restore balance to our world Our ecological, social, and political issues all stem from the ideologies that drive our collective actions. In contrast to our innate humanity, which is rooted in unity, these ideologies have led us to believe that we are separate from each other, separate from nature, and separate from the results of our actions. Such a worldview encourages individuals to maximize self-interest, which then causes fragmentation, conflict, pollution, and the depletion of natural resources. Offering practical steps that we can take to heal ourselves and our fragmented world, author Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, in order to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole. Grauer explains how individuals--and by extension societies--benefit from safely accessing transcendent states of consciousness, such as those provided by psychedelics. He explores how psychoactive substances have been used throughout history all over the world for healing, personal growth, spiritual development, and revealing hidden truths, such as in the Eleusinian Mysteries, Soma practices in Vedic India, and rituals in several South American indigenous cultures. Drawing on the plant intelligence work of Paul Stamets and Stephen Buhner, Grauer shows that the growth of individual and collective intelligence is hindered by the prohibition of psychedelics, which naturally foster humanity's capacity for analysis, innovation, and cooperation. In addition to creating a sense of unity with all things, psychedelics offer the mind a new perspective from which to analyze its experience and heighten its awareness. Drawing on his own experience and research, Grauer provides guidelines for how to safely use natural plant/fungi psychedelics in order to access the unified consciousness of our ancestors and induce the states of awareness we need to restore natural harmony to our world.

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rebirth holotropic: Awaken the Power Within Albert Amao, 2018-06-05 The \$12 billion self-help industry is under constant attack for pedaling false miracles to duped believers. But sociologist Albert Amao demonstrates that Americans eagerly support self-help books, seminars, and programs because, under the right conditions, these things work. Sociologist Albert Amao analyzes the accuracy of self-help and positive-thinking claims in this groundbreaking--and wholly unexpected--exploration of what works, what doesn't, and why. Regarding my personal experience, Amao writes, I can testify that positive thinking and positive action have worked wonderfully for me. Born in a poor Latin-American country into a very impoverished family with both parents practically illiterate, I was the oldest of five children. I started working when I was six years old, shining shoes and selling newspapers to help my family. Nobody then would have believed that I would be able to finish high school. Nevertheless, I was able to do it going to night school, which allowed me to be admitted at the San Marcos University in Lima to get my Ph.D. in sociology. All these things were possible because, when I was teenager, I had access to New Thought, or positive-thinking philosophy. Contrary to the critics who blithely dismiss self-help methods, or the New Age gurus who sell it them as miracles, Amao--writing with sobriety, scholarship, and drawing on deep personal experience--explores the conditions under which self-help is authentic.

rebirth holotropic: A History of Existential Psychology Zoltán Kőváry, 2024-12-30 The first in a two-part set, this book takes a deep dive into the history and theory of existential psychology. Beginning with a discussion of the "existentialism and psychology problem," the book presents the philosophical and historical roots of existential psychology. It introduces the most important philosophical schools in the development of existentialism and their creators, such as Kierkegaard, Nietzsche, Heidegger and Sartre, as well as the literary roots of existentialism in the writings of Dostoevsky and Kafka and the important contribution of psychoanalysis and phenomenological psychiatry. The book then goes on to look at the existential psychology schools, including daseinsanalysis, logotherapy and existential analysis, the existential-humanistic school and the existential-phenomenological school. Going beyond the questions of therapy and counseling that typically make up the study of existential psychology, the book offers the ultimate introduction for students and scholars of this fascinating and deeply rooted discipline. It may also interest professionals working in related fields.

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