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Bennett, Hal Zina, Ph.D. Grof (ISBN: ) from Amazon's Book Store.

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Stanislav Grof's "holotropic mind" refers to the concept that from any fragment of any aspect of the universe, the whole can be reconstructed. Given that the fabric of the universe and all its attributes are continuously expanding and birthing, the holotropic mind might also be referred to as the "eternal mind" or "one mind."

Stanislav Grof And His Famous Holotropic Breathwork - Gaia

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## The Holotropic Mind: The Three Levels of Human ...

Holotropic breathwork (HB) has become increasingly popular among those seeking to explore a unique process of self-healing to attain a state of wholeness. This unconventional New Age practice was developed by psychiatrists Stanislav and Christina Grof in the 1970s to achieve altered states of consciousness (without using drugs) as a potential therapeutic tool.

## What Is Holotropic Breathwork? - Verywell Mind

The holotropic is characteristic of non-ordinary states of consciousness such as meditative, mystical, or psychedelic experiences. According to Grof, contemporary psychiatry often categorizes these non-ordinary states as psychotic.

## Stanislav Grof - Wikipedia

Holotropic Mind, The: Three Levels of Human Consciousness and How They Shape Our Lives by Grof, Stanislav at AbeBooks.co.uk - ISBN 10: 0062506595 - ISBN 13: 9780062506597 - HarperOne - 1993 - Softcover

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The Holotropic Mind □ HarperCollins

Holotropic Breathwork (a trademark) is a practice that uses breathing and other elements to putatively allow access to non-ordinary states of consciousness. It was developed by Stanislav Grof as a successor to his LSD -based psychedelic therapy, following the suppression of legal LSD use in the late 1960s.

Breathwork - Wikipedia

In 'The Holotropic Mind' Stanislav Grof exposes his vision of a holographic universe, and he summons convincing amounts of data and evidence for his view. Grof's contribution is important especially right now as the holographic view of the universe is one of several "theories of everything" or integrative visions that actually link back to ancient holistic science traditions.

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