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new discoveries that suggest  
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Stanislav Grof exposes his  
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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  
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visions that actually link  
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psychiatrist whom many  
regard as one of the most  
brilliant thinkers in  
psychology today takes  
readers on a captivating  
expedition into the wonders  
of the human mind.

The Holotropic Mind: The



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Three Levels of Human ...  
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

It is made up of the internal perceptions of our lives that we learned during the struggle in the birth

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canal and during various painful encounters after birth.”. – Stanislav Grof, The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives. 2 likes. Like.

The Holotropic Mind Quotes by Stanislav Grof

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

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everything' or integrative visions that actually link back to ancient holistic science traditions.

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.

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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  
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Holotropic Breathwork (a

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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

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