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## **Holotropic Breathwork A New Approach**

Now 87 years old Stan is “arguably the world's greatest living psychologist” (Wilber) and this book, published fairly recently, is a comprehensive overview of an integrated therapeutic breathing method developed towards the latter

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half of his professional life with his partner Christina Grof, called Holotropic Breathwork™. A New Approach to Self-Exploration and Therapy (2010) is an excellent introduction into how breathing to evocative music can achieve “full on” experiences of ...

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In this long-awaited book, Stanislav Grof and Christina Grof describe their groundbreaking new form of self-exploration and psychotherapy: Holotropic Breathwork. Holotropic means “moving toward wholeness,” from the Greek holos (whole) and trepein (moving



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in the direction of). The breathwork  
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**Holotropic Breathwork: A New  
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Overall, holotropic breathwork is a promising new technique which aims to

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promote health and well-being by following a holistic approach and integrating all the aspects of human experience into one unified image. What Kinds of Concerns is Holotropic Breathwork Best For?

## **The DA Guide to Holotropic Breathwork - Depression Alliance**

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Summary The definitive overview of this transformative breathwork. In this long-awaited book, Stanislav Grof and Christina Grof describe their groundbreaking new form of self-exploration and psychotherapy: Holotropic Breathwork. Holotropic means “moving toward wholeness,” from the Greek holos (whole) and trepein (moving



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## **Holotropic Breathwork - SUNY Press**

Holotropic breathwork is an experience that is supposed to bring the person into a deeper dimension of the present moment and to see things in a more colorful, insightful way than reality might appear otherwise.

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## **What Is Holotropic Breathwork? - Verywell Mind**

Holotropic Breathwork reveals how the Grofs developed their revolutionary healing techniques, often told through fascinating stories of people being transformed by the breathwork process. The Grofs are at the center of the

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current psycho-spiritual revolution in the West, and this book is a testament to their role in our collective healing."

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## **Approach to Self-Exploration ...**

Grof and Grof, (2010) Holotropic  
Breathwork: A New Approach to Self-  
Exploration and Therapy, p. 148 Great  
book! - although, I was disappointed  
until I began reading the second half.  
The historical roots and theoretical  
foundations of the holotropic breathwork  
experience are important subjects, but

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**Holotropic Breathwork: Grof,  
Stanislav: Amazon.com.au: Books**

Holotropic Breathwork® is a powerful practice of self-exploration and healing

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that integrates the latest insights from modern consciousness research with anthropology, various depth psychologies, transpersonal psychology, eastern spiritual practices, and mystical traditions from around the world.

## **HolotropicMA - Holotropic Breathwork**



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This workshop explores Holotropic Breathwork, a psychospiritual experiential method developed by Stan and Christina Grof that is based on these new principles. It uses a combination of breathing, evocative music, focused bodywork, and mandala drawing to explore realms of the psyche ordinarily hidden to awareness.

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**Holotropic Breathwork (Audiobook)**  
**by Stanislav Grof...**

It was my first Holotropic Breathwork™ retreat, and nothing I would have expected. I laid in a fetal position on my mat - hands clenched, sweat dripping from my forehead, crying my eyes out like a newborn. Thumps of tribal drums blasted through the speakers just a few

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feet away. To the right was my sitter,  
carefully looking after me if I...

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