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Stanislav Grof, M.D. Holotropic Breathwork Is An Experiential Method Of Self-exploration And Psychotherapy That My Wife Christina And I Developed At The Esalen Institute In Big Sur, California, In The Mid -1970s. This Approach Induces Deep Holotropic States Of ... Apr 17th, 2024

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HB Is A Form Of Breathwork - Developed By Stanislav Grof, MD, And Christina Grof - That Claims, That It Allows Access To Nonordinary States Of Consciousness. HB Has Some Similarities To Rebirthing-Breathwork, But Was Developed Independently. HB Claims To Be An Approach To Self-exploration And Healing That Integrates Insights From Modern Mar 2th, 2024

Transpersonal Psychology And Holotropic Breathwork

Stanislav Grof, My Honoured Teacher, Contributed Greatly To The High Status That Holotropic Breathwork Has Achieved Within Transpersonal Psychology And Psychotherapy, Because It Uses The Transpersonal Field Of Consciousness For Healing, Development And Spiritual Orientation More Than Usual Methods. Mar 14th, 2024

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World. HB Was Developed In The 1970's By Stanislav Grof, A Pioneer In The Fields Of Transpersonal Psychology And Consciousness Research, And His Wife, Christina Grof. A Highly Experiential Method, HB Combines Rapid, Deep Breathing, Evocative Music, Focused Body-work, Mandala Drawing, And Group Sharing In A Safe, Jan 8th, 2024

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Sudarshan Kriya (SK), A Rhythmic Breathing Process, That I Have Been Inspired To Investigate The Possibility That Breathing Practices Might Lead Others Towards Wholeness And Healing. The Word Sudarshan Translated From Its Original Sanskrit Meaning Is; Su=good And Darshan=vision. The Word Kriya Means Purifying Action. Jan 12th, 2024

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