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Moreover, the build-up and release of tension as the process takes place follows a natural cycle very similar to sexual orgasm. People report entirely new ways of appreciating and enjoying their loved ones, the sound of music, the beauties of nature, and the endless pleasures that the world provides for our senses. While his imagery and symbolism are decidedly Christian, the same essential themes of these experiences occur again and again with people of all religious and ethnic backgrounds while reliving BPM IV. He began experiencing the passion of Jesus.

Holography and the Implicate Order Holography is a photographic process that uses laser-coherent light of the same wave-length to produce three-dimensional images in space. The bliss of this unexpected spiritual opening abounding in astonishing insights can be referred to as Promethean ecstasy. However, if they continue to work in non-ordinary states, they sooner or later leave the arena of individual history following birth and move to entirely new territories. Science, , This picture of life in the womb might look very wonderful and rosy, but it is not consistently so. Free

Subscription New posts by email. I am particularly grateful for my long friendship and cooperation with Fritjof Capra Yet this is the kind of conclusion we make in neurobiological experiments that consciousness is seated in the brain apparatus. It was Basilides who spoke to Jung about the "Pleroma," a transpersonal concept later echoed in Jung's concept of the "collective unconscious. Grof manages to make everything connect logically and I think he definitely has a point. I emerged from this experience moved to the core. New York, NY: Delacorte. Multiple personality disorder: Diagnosis, clinical features, and treatment. These radiant and breathtaking cosmic vistas were intertwined with experiences of an equally miraculous microcosm—a dance of atoms and molecules, then the emergence of the biochemical world and the unfolding of the origins of life and individual cells. Wade, J. Here we are asked to stretch our imaginations even further and accept that we have sexual feelings even before we are born! At one point, as she was experiencing this dual unity, symbiotically merging with her mother, she opened her eyes. The book finishes really great! The strong parallels between these two areas suggest that the roots of some of our most powerful motivating forces reach much further back in our lives than psychologists originally considered possible. Out-of-body experiences: A handbook. Then he became aware of a tear of blood forming in God's eye. EEG primer. The spontaneous emergence of memories involving intrauterine disturbances or of the onset of the delivery from the womb, seems to be among important causes of paranoid states. New York, NY: Morrow. Altered states of consciousness. With low to medium dosages, subjects usually limited their experiences to reliving scenes from infancy and childhood. Carl Jung proposed a causal connecting principle in which he tried to connect the inner world of visions and dreams with the outer world of objective reality. Being an integral part of it has taught me many extraordinary and invaluable lessons that only life can provide. However, what really dies in this process is that part of us that holds a basically paranoid view of ourselves and of the world around. Feb 20, Rama rated it really liked it Shelves: physics , physical-reality , consciousness. More filters. Alan Watts called this aspect, which involves a sense of absolute separateness from everything else, the "skin-encapsulated ego. Prior to Einstein's theory of relativity and quantum physics we held a firm conviction that the universe was composed of solid matter. The author gives an analogy; when a television repairman states that the TV set needs a spare part to fix it, we don't make the conclusion that the TV set itself is responsible for the program we see on TV. Previously, transpersonal experiences were discussed in the context of the spiritual, mystical, religious, magical, or paranormal. Perinatal experiences do provide an additional framework for understanding human psychology, but I'm not convinced they're as influential as Grof suggests. The biographical realm is generally the easiest part of the psyche to access, and it is certainly the part with which we are most familiar. I had the privilege of almost daily contact with him during the last two and a half years of his life when we both were Scholars-in-Residence at the Esalen Institute in Big Sur, California. Suggestive evidence as revealed during hypnotic age-regression studies of prenatal memory. It can be useful and comforting as we are entering territories that are new and potentially terrifying to find out that many other people have safely traveled through them before. The medical scientist in him knew that the toxic attacks in this highly vulnerable stage of his life were coming from his mother's body. Page neatly summarizes Dr. Being the founding president of the International Transpersonal Association founded in , he went on to become distinguished adjunct faculty member of the Department of Philosophy, Cosmology, and Consciousness at the California Institute of Integral Studies, a position he remains in today. Into this scene came a voice: "The river of life flows toward the mouth of God. The new world he encountered was nothing like the previous ones. The encounter with life-threatening danger: Its nature and impact. These "experiential" approaches increased the effectiveness of the exploration of biographical material. And Prometheus suffers, chained to a rock and tortured by an eagle who feeds on his liver. The theme of death and rebirth is prominent here, as are the confrontations with wrathful demons and divine beings, the identification with all human suffering, and revelations concerning the nature of the universe itself. A typology of near-death experiences. The instant he closed his eyes, he felt himself move into a totally different and deeper level of consciousness, a level that was entirely new to him. This is followed by an explosive release as the infant suddenly breaks free from the pelvic opening and takes its first breath. They cannot be explained in terms of psychological defenses, such as the Freudian "reaction formation" appearing to be loving when we are actually feeling aggression and hatred , or the "sublimation" of primitive instinctual drives spending long hours helping others as a way to cope with our sexual tensions. For example, a single COEX constellation can contain all major memories of events that were humiliating, degrading, or shameful. Yet, it did not touch just him; rather, it touched all people and yet in touching all it touched him.

The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives

Although each inner journey is unique and varies in details, all of them also show significant similarities and certain general landmarks. A computer then selects a location that is unknown to the viewer. New England Journal of Medicine , 21 , — Rights and permissions Reprints and Permissions.

The beacon person is secretly notified where he or she is to go, based on the computer's random selection of a site. These come to represent highly individualized psychospiritual blueprints that guide the way we experience our lives. Sorry, your blog cannot share posts by email. Escape the Present with These 24 Historical Romances. One of the most interesting of these is described in terms of holography. Such decisions are typically biased because they are often influenced by our personal belief systems and training in one of the many schools of psychotherapy, which disagree with one another. Added to this, sexual activity, especially in the later months of pregnancy, may also be experienced at some level by the fetus. Does not describe this book. Prior to Einstein's theory of relativity and quantum physics we held a firm conviction that the universe was composed of solid matter. Recommended for anyone on a self discovery journey. She felt connected to the pain of his cancer and somehow knew with every cell of her body that he was dying. Buchheimer, A. I became drunk with the beauty and singing rhythm of it, and for a moment I lost myself—actually lost my life. The archetypes of collective unconsciousness termed psychoid are trans-individual in nature, and not created by an individual's history or experience. Even in the most dramatic and convincing depths of the experience I saw the irony and paradox of the situation.

Attitude change following near-death experiences. This changed soon into wild, intoxicating scenes of a witches' Sabbath. New York, NY: Doubleday. At the time we began with the experiential sessions, Peter could hardly function in his everyday life. Voices from the womb. Imagery in healing: Shamanism and modern medicine. The brain. Thirdly, the psychoid experiences where mental activity manipulates conscious reality,

example include; psychokinetic phenomenon, supernatural feats of yogis called siddhis, etc. My perceptual field was becoming darker and darker, and I started noticing that the objects around me were endowed with awesome energy and started to move in a most ominous fashion. In addition, there was a resurgence of interest in parapsychology, particularly around the research of extrasensory perception ESP. In the midst of it I knew that the experience was not the result of a psychosis brought on by the drug but a glimpse into a world beyond ordinary reality. When death comes, these people are no different than anybody else. Lower Lake, CA: Aslan. The book made me very interested in Holotropic Breathwork and it's something I would like to try at some point under professional instruction. Near-death experiences in India: They have tunnels too. During those years, Christina and I spent a great deal of time with Gregory and his family and became close friends. Our caution comes from recognizing that it is a pioneering venture into uncharted terrain and changes may be required of us as we move forward. After all the theory of gravity is not the same as gravity itself. Mar 08, AmirReza Safedian rated it really liked it. One can identify with fish and other aquatic life forms threatened by industrial pollution of rivers and oceans or chicken embryos before hatching threatened by their own waste products. Lawrence, Phoenix Although he never really clearly saw the birth canal, he felt its crushing pressure on his head and all over, and he knew with every cell of his body that he was involved in a birth process. They represent negative counterparts and polar opposites of the different paradises that we discussed under BPM I. The medical scientist in him knew that the toxic attacks in this highly vulnerable stage of his life were coming from his mother's body. His decades of research with thousands of subjects, including himself, has convinced the doctor that altered states of consciousness are the gateway to understanding the nature of the human experience. Many times we can identify individual layers according to the different periods of the person's life. Each of these stages has biological, psychological, archetypal, and spiritual aspects. New information about the human psyche was also being generated by laboratories experimenting with modern mind-altering techniques, such as sensory deprivation and biofeedback. Garden City, NY: Doubleday. But these insights did not seem to carry over into the clinical work. Jung used to avoid religious jargon. Closely related to the dual unity experience is the experience of complete identification with another person. They were marching toward him! The procession moved toward Golgotha, and there he was crucified with Christ, and with all people, on the cross. At that time I did not believe as I do today, that the potential for mystical experience is the birthright of all humans. From mind to molecule: More than a metaphor. This level represents a direct connection between our individual psyches, the Jungian collective unconscious, and the universe at large. In closing I would like to thank Harper San Francisco Publishers and particularly my editor Mark Salzwedel for making the publication of this book possible. Read more He continues this work today under the title "Holotropic Breathwork". It was so happy to have someone to show its work to. Yet, it did not touch just him; rather, it touched all people and yet in touching all it touched him. He was a merciless tyrant, the dictator exposing the subordinates to unimaginable cruelties, and he was also the revolutionary, leading the furious mob to overthrow the tyrant. See a Problem? No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. The same womb that throughout the normal pregnancy was relatively peaceful and predictable, is now engaging in strong periodic contractions.