



Stanislav Grof

# Realms of the Human Unconscious

Observations from LSD Research

'A most important contribution  
to personality theory'

Abraham Maslow

# Realms Of The Human Unconscious Observations From Lsd Research

**Stanislav Grof**



## **Realms Of The Human Unconscious Observations From Lsd Research:**

Psychology of the Future Stanislav Grof, 2000-07-20 Summarizes Grof's experiences and observations from more than forty years of research into non ordinary states of consciousness This accessible and comprehensive overview of the work of Stanislav Grof one of the founders of transpersonal psychology was specifically written to acquaint newcomers with his work Serving as a summation of his career and previous works this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology especially his central concept of holotropic experience where holotropic signifies moving toward wholeness Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future It's rare to find a textbook that is both extremely informative and enjoyable to read Psychology of the Future has to be one of the first ones I've ever come across Each chapter brought an entirely new concept theory or method that was just as engaging as the previous one Dr Tami Brady TCM Reviews This book is by a pioneering genius in consciousness research It presents the full spectrum of Grof's ideas from his earliest mappings of using LSD psychotherapy to his clinical work with people facing death to his more recent work with holotropic breathing to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis Grof has always been one of the most original thinkers in the transpersonal field and his creativity has kept pace with the maturity of his overall vision Michael Washburn author of Transpersonal Psychology in Psychoanalytic Perspective Grof offers an outstanding contribution to the ever growing debate about the nature of human consciousness and about the place of humankind in the cosmos If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain and instead is but an aspect of what may best be described as cosmic consciousness we could not only expect treatment modalities to change but we could also anticipate the possibility of culture wide rethinking of the basic presuppositions of modern cosmology the cosmology that grounds Western institutions ideologies and beliefs about the nature of personhood Michael E Zimmerman author of Contesting Earth's Future Radical Ecology and Postmodernity Stanislav Grof MD is a psychiatrist with more than fifty years of experience in research of non ordinary states of consciousness He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague Czechoslovakia Chief of Psychiatric Research at the Maryland Psychiatric Research Center Assistant Professor of Psychiatry at the Johns Hopkins University and Scholar in Residence at the Esalen Institute He is currently Professor of Psychology at the California Institute of Integral Studies conducts professional training programs in holotropic breathwork and gives lectures and seminars worldwide He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association ITA In 2007 he was granted the prestigious Vision 97

award from the Vaclav and Dagmar Havel Foundation in Prague He is the author and editor of many books including The Adventure of Self Discovery Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration Ancient Wisdom and Modern Science Beyond the Brain Birth Death and Transcendence in Psychotherapy The Cosmic Game Explorations of the Frontiers of Human Consciousness and Human Survival and Consciousness Evolution all published by SUNY Press

**Realms of the Human Unconscious** STANISLAV. GROF, 2019-11-14 A pioneering and revolutionary book that lays the foundation for a radical new psychology based on an expanded cartography of the human unconscious Famous for his lifelong research into psychedelic drugs Dr Grof constructs a comprehensive and helpful framework out of the bewildering welter of experiences triggered by LSD in patients and research subjects Current research into the brain and ways of expanding consciousness give this seminal book first published in 1979 new importance for the light it throws on many fundamental but hitherto mysterious human potentialities Grof's theory of the human psyche transcends the personal and opens ways to a greater understanding of our inner selves

Beyond the Brain Stanislav Grof, 1985-01-01 Beyond the Brain seriously challenges the existing neurophysiological models of the brain After three decades of extensive research on those non ordinary states of consciousness induced by psychedelic drugs and by other means Grof concludes that our present scientific world view is as inadequate as many of its historical predecessors In this pioneering work he proposes a new model of the human psyche that takes account of his findings Grof includes in his model the recollective level or the reliving of emotionally relevant memories a level at which the Freudian framework can be useful Beyond that is perinatal level in which the human unconscious may be activated to a reliving of biological birth and confrontation with death How birth experience influences an individual's later development is a central focus of the book The most serious challenge to contemporary psycho analytic theory comes from a delineation of the transpersonal level or the expansion of consciousness beyond the boundaries of time and space Grof makes a bold argument that understanding of the perinatal and transpersonal levels changes much of how we view both mental illness and mental health His reinterpretation of some of the most agonizing aspects of human behavior proves thought provoking for both laypersons and professional therapists

**The Adventure of Self-Discovery** Stanislav Grof, 1988-01-31 Here Grof presents a useful model of the psyche a model extended by his thirty years of studying non ordinary states of consciousness It is useful for understanding such phenomena as shamanism mysticism psychedelic states spontaneous visionary experiences and psychotic episodes The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution This book might have been entitled Beyond Drugs The second part describes the principles and process of the non pharmacological technique developed by the author and his wife Christina for self exploration and for psychotherapy Grof explores in detail the components of this technique He describes its method its effective mechanisms as well as its goals and potential Its practice is simple since it utilizes the natural healing capacity of the psyche

**Realms of the Human**



**Unconscious** Stanislov Grof, 1976 Stanislov Grof is one of the founding fathers of the modern consciousness movement and here is his pioneering work *Realms of the Human Unconscious* reissued for a new generation that has found Grof's work to be increasingly important for their time Dr Grof views LSD as an unspecific amplifier of the unconscious He has developed an understanding of the domains of the unconscious Freudian Jungian and Rankian which unfold under the LSD experience that forms the basis for his radical psychology He explains a range of fundamental discoveries previously mysterious that change the way we think about human potential LSD has the potential to be used in study of schizophrenia psychiatry and psychotherapy as well as its role in a deeper understanding of art mythology and religion Dr Grof's extensive research has included experiential psychotherapy using psychedelics alternative approaches to psychoses and the understanding of psychospiritual crises *Realms of Human Unconscious* is Stanislov Grof's classic introduction to non ordinary states of consciousness and the foundation of his work on transpersonal psychology It has proved to be a map to the inner transformation that we need and a revolutionary guide to living in the world with spiritual intelligence Provided by publisher

*Spiritual Emergency* Stanislov Grof, 1989      **Animals and Psychedelics** Giorgio Samorini, 2002-08-01 An Italian ethnobotanist explores the remarkable propensity of wild animals to seek out and use psychoactive substances Throws out behaviorist theories that claim animals have no consciousness Offers a completely new understanding of the role psychedelics play in the development of consciousness in all species Reveals drug use to be a natural instinct From caffeine dependent goats to nectar addicted ants the animal kingdom offers amazing examples of wild animals and insects seeking out and consuming the psychoactive substances in their environments Author Giorgio Samorini explores this little known phenomenon and suggests that far from being confined to humans the desire to experience altered states of consciousness is a natural drive shared by all living beings and that animals engage in these behaviors deliberately Rejecting the Western cultural assumption that using drugs is a negative action or the result of an illness Samorini opens our eyes to the possibility that beings who consume psychedelics whether humans or animals contribute to the evolution of their species by creating entirely new patterns of behavior that eventually will be adopted by other members of that species The author's fascinating accounts of mushroom loving reindeer intoxicated birds and drunken elephants ensure that readers will never view the animal world in quite the same way again

**The Cosmic Game** Stanislov Grof, 1998-03-19 In this his culminating work the leading international figure in consciousness research masterfully synthesizes his vast findings drawing not only upon psychedelic therapy and Holotropic Breathwork but also from literature cross cultural studies ancient mystical sources and psychological data resulting in a profound consolidation and articulation of what is now known about nonordinary states of consciousness *The Cosmic Game* discusses the broadest philosophical metaphysical and spiritual insights gleaned in Grof's research concerning human nature and reality addressing the most fundamental questions human beings have asked about the nature of existence since time immemorial Insights from research into nonordinary states of consciousness portray

existence as an astonishing play of the cosmic creative principle that transcends time space linear causality and polarities of every kind and suggest an identity of the individual psyche in its furthest reaches with the universal creative principle and the totality of existence This identity of the human being with the Divine is the ultimate secret that lies at the core of all great spiritual traditions What moves this book into the status of a classic is that it is in substantial agreement with the world s great wisdom and spiritual traditions This modern corroboration of the perennial philosophy is a stunning achievement and deserves publication to the widest audiences Ken Wilber author of Up from Eden A Transpersonal View of Human Evolution and The Atman Project A Transpersonal View of Human Development The Cosmic Game is the latest and best of Stanislov Grof s extraordinary contributions to our understanding of human consciousness This book provides a coherent picture of how individual experience fits into universal patterns of consciousness Frances Vaughan author of Shadows of the Sacred Seeing through Spiritual Illusions Perhaps the most important of all his works representing as it does an integration of the most profound of his clients experiences and demonstrating a remarkable convergence with the deepest spiritual experiences reported across centuries and cultures This convergence is a finding of the greatest significance Roger Walsh author of The Spirit of Shamanism Grof is the world s leading authority on the deep exploration of the mind and soul This is a wonderful gift Charles Tart author of States of Consciousness and Psi Scientific Studies of the Psychic Realm Stanislov Grof MD is a psychiatrist with more than fifty years of experience in research of nonordinary states of consciousness He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague Czechoslovakia Chief of Psychiatric Research at the Maryland Psychiatric Research Center Assistant Professor of Psychiatry at the Johns Hopkins University and Scholar in Residence at the Esalen Institute He is currently Professor of Psychology at the California Institute of Integral Studies conducts professional training programs in holotropic breathwork and gives lectures and seminars worldwide He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association ITA In 2007 he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague He is the author and editor of many books including The Adventure of Self Discovery Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration Ancient Wisdom and Modern Science Beyond the Brain Birth Death and Transcendence in Psychotherapy Human Survival and Consciousness Evolution and Psychology of the Future Lessons from Modern Consciousness Research all published by SUNY Press

**LSD and the Mind of the Universe** Christopher M. Bache, 2019-11-26 A professor of religious studies meticulously documents his insights from 73 high dose LSD sessions conducted over the course of 20 years Chronicles with unprecedented rigor the author s systematic journey into a unified field of consciousness that underlies all physical existence Makes a powerful case for the value of psychedelically induced spiritual experience and discusses the challenge of integrating these experiences into everyday life Shows how psychedelic experience can take you beyond self transformation into collective transformation and

help birth the future of humanity On November 24 1979 Christopher M Bache took the first step on what would become a life changing journey Drawing from his training as a philosopher of religion Bache set out to explore his mind and the mind of the universe as deeply and systematically as possible with the help of the psychedelic drug LSD Following protocols established by Stanislav Grof Bache's 73 high dose LSD sessions over the course of 20 years drew him into a deepening communion with cosmic consciousness Journey alongside professor Bache as he touches the living intelligence of our universe an intelligence that both embraced and crushed him and demonstrates how direct experience of the divine can change your perspective on core issues in philosophy and religion Chronicling his 73 sessions the author reveals the spiral of death and rebirth that took him through the collective unconscious into the creative intelligence of the universe Making a powerful case for the value of psychedelically induced spiritual experience Bache shares his immersion in the fierce love and creative intent of the unified field of consciousness that underlies all physical existence He describes the incalculable value of embracing the pain and suffering he encountered in his sessions and the challenges he faced integrating his experiences into his everyday life His journey documents a shift from individual consciousness to collective consciousness from archetypal reality to Divine Oneness and the Diamond Luminosity that lies outside cyclic existence Pushing the boundaries of theory and practice the author shows how psychedelic experience can take you beyond self transformation into collective transformation beyond the present into the future revealing spirit and matter in perfect balance

*The Use of Lsd in Psychotherapy* Frank Fremont-Smith, Ronald A. Sandison, 2013-07 Transactions Of A Conference On D Lysergic Acid Diethylamide LSD 25 April 22 23 And 24 1959 Princeton New Jersey Additional Contributors Include C H Van Rhijn Henry L Lennard And Mollie P Hewitt

Tripping Charles Hayes, 2000-11-01 Provides the much needed coming out of the closet that the psychedelic movement has lacked These stories will captivate inspire caution and educate This courageous book exceeds expectations Rich Doblin President Multidisciplinary Association for Psychedelic Studies MAPS A collection of transformational psychedelic experiences and a guidebook for how to understand them Flash back to a generation ago when the world of psychedelics still coasted in the gritty adventurous do it yourself ethos of Sixties counterculture Hang on for the bumpy thrill ride of the psychedelic experience before it was traded in for the white lab coat of pharmaceutical medicine Read up on the early anecdotes and field reports that have made ketamine and MDMA the newest drugs in mental health treatment In Tripping journalist Charles Hayes compiles fifty narratives of psychedelic odysseys from respectable Baby Boomers and young ravers to renowned Beat poet Anne Waldman and preeminent spokesperson Terence McKenna to give readers a glimpse into this transgressive experimental world of self discovery As he liberates psychedelics from their social stigma Hayes explores ancient Greek rites and ecstasy fueled raves sacred indigenous plants and synthetic smart drugs alien encounters and connections with nature the terrifying and the sublime A history cultural timepiece and resource guide all in one Tripping is a compendium of forbidden memories whose otherworldly tales and expository advice will provide insight and inspiration to

readers even and especially now twenty years after its original publication      **LSD Psychotherapy** Stanislav Grof,1994

**The Holotropic Mind** Stanislav Grof,1992 Presents a new therapeutic model of the mind based on Grof s observations

**LSD, My Problem Child** Albert Hofmann,2017-09-27 This is the story of LSD told by a concerned yet hopeful father organic chemist Albert Hofmann Ph D He traces LSD s path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition In LSD My Problem Child we follow Dr Hofmann s trek across Mexico to discover sacred plants related to LSD and listen in as he corresponds with other notable figures about his remarkable discovery Underlying it all is Dr Hofmann s powerful conclusion that mystical experiences may be our planet s best hope for survival Whether induced by LSD meditation or arising spontaneously such experiences help us to comprehend the wonder the mystery of the divine in the microcosm of the atom in the macrocosm of the spiral nebula in the seeds of plants in the body and soul of people More than sixty years after the birth of Albert Hofmann s problem child his vision of its true potential is more relevant and more needed than ever      *The Wiley-Blackwell Handbook of Transpersonal Psychology* Harris L.

Friedman,Glenn Hartelius,2015-06-22 THE WILEY BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work Congratulations to Harris Friedman and Glenn Hartelius May this book contribute to an increasingly adventurous creative and vibrant universe Ingo B Jahrsetz President The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding comprehensive overview of the field It is a valuable resource for professional transpersonal practitioners and an excellent introduction for those who are new to this wide ranging discipline Frances Vaughan PhD Psychologist author of Shadows of the Sacred Seeing Through Spiritual Illusions Finally the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future If you are not a transpersonal psychologist now you will be after exploring this handbook No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore This is a marvelous handbook critical expansive and like much of what transpersonal psychologists study sublime Ralph W Hood Jr University of Tennessee Chattanooga With contributions from more than fifty scholars this is the most inclusive resource yet published on transpersonal psychology which advocates a rounded approach to human well being integrating ancient beliefs and modern knowledge Proponents view the field as encompassing Jungian principles psychotherapeutic techniques such as Holotropic Breathwork and the meditative practices found in Hinduism and Buddhism Alongside the core commentary on transpersonal theories including holotropic states science with chapters on neurobiology and psychometrics and relevance to feminism or concepts of social justice the volume includes sections describing transpersonal experiences accounts of differing approaches to healing



wellness and personal development and material addressing the emerging field of transpersonal studies Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community The result is a richly flavored distillation of the underlying principles and active ingredients in the field The Psychedelic Future of the Mind Thomas B. Roberts,2013-01-23 Explores scientific and medical research on the emerging uses of psychedelics to enrich mind morals spirituality and creativity Outlines a future that embraces psychedelics as tools for cognitive development personal growth business and an experience based religious reformation Presents research on the use of psychedelics to enhance problem solving increase motivation boost the immune system and deepen ethical values Includes chapters by Roger N Walsh M D Ph D and Charles Grob M D on their psychedelic research on religious experience and alleviating the fear of death As psychedelic psychotherapy gains recognition through research at universities and medical establishments such as the Johns Hopkins Medical Institute and Bellevue Hospital the other beneficial uses of psychedelics are beginning to be recognized and researched as well from enhancing problem solving and increasing motivation to boosting the immune system and deepening moral and ethical values Exploring the bright future of psychedelics Thomas B Roberts Ph D reveals how new uses for entheogens will enrich individuals as well as society as a whole With contributions from Charles Grob M D and Roger N Walsh M D Ph D the book explains how psychedelics can raise individual and business attitudes away from self centeredness improve daily life with strengthened feelings of meaningfulness and spirituality and help us understand and redesign the human mind leading to the possibility of a neurosingularity a time when future brains surpass our current ones Roberts envisions a future where you will seek psychedelic therapy not only for psychological reasons but also for personal growth creative problem solving improved brain function and heightened spiritual awareness Our psychedelic future is on the horizon a future that harnesses the full potential of mind and spirit and Thomas Roberts outlines a path to reach it

**Realms of the Human Unconscious : Observations from Lsd Research** S. Grof,1979 Why Women Are Poorer Than Men and What We Can Do about It Annabelle Williams,2022-02-17 Feel empowered with finances and discover the route to economic equality in this astonishing dissection of the gender wealth gap by pre ordering now EVERY WOMAN MUST READ THIS BOOK 5 Reader Review THIS BOOK WILL OPEN YOUR EYES 5 Reader Review SHOCKING AND BRILLIANT 5 Reader Review \_\_\_\_\_ FINANCE IS A FEMINIST ISSUE It s 2021 The modern world is still rigged unfairly in men s favour Exploring injustices from pensions to boardroom bullying Annabelle Williams former financial journalist for The Times shows how society conspires to limit women s wealth Awareness is the first step to making change which is why we all need to understand why women are poorer than men and what exactly we can do about it The time to act is now Become confident in saving investing and building economic stability in this essential eye opening and game changing expos of the gender wealth gap \_\_\_\_\_ Did you know The NHS spends more on Viagra than helping single mother families eat healthily Female entrepreneurs only receive 1p in every 1 of funding given to start up businesses Women are the majority of the

elderly poor There are more men called Dave running the UK's top 100 companies than there are women altogether Women do 60% more unpaid work than men Economies thrive when women do well and only by understanding why women are poorer than men can we finally end this unfair disparity between the sexes Why Women Are Poorer Than Men reveals how we got here and what all of us can do to fix it \_\_\_\_\_ It is refreshing to see Williams challenge well worn sexist myths i Annabelle Williams uncovers the realities of money in the modern world and what exactly we can do about the fact that women are poorer than men Stylist Goes beyond talks of glass ceilings and gender pay gaps to a more nuanced look at the institutional oppression faced by women on a daily basis Dazed      **Holotropic Breathwork** Stanislav Grof, Christina Grof, 2010-08-01 The definitive overview of this transformative breathwork      *Psychedelic Medicine* Richard Louis Miller, 2017-11-21 Explores the potential of psychedelics as medicine and the intersections of politics science and psychedelics Explores the tumultuous history of psychedelic research the efforts to restore psychedelic therapies and the links between psychiatric drugs and mental illness Offers non technical summaries of the most recent double blind placebo controlled studies with MDMA psilocybin LSD and ayahuasca Includes the work of Rick Doblin Stanislav Grof James Fadiman Julie Holland Dennis McKenna David Nichols Charles Grob Phil Wolfson Michael and Annie Mithoefer Roland Griffiths Katherine MacLean and Robert Whitaker Embracing the revival of psychedelic research and the discovery of new therapeutic uses clinical psychologist Dr Richard Louis Miller discusses what is happening today in psychedelic medicine and what will happen in the future with top researchers and thinkers in this field including Rick Doblin Stanislav Grof James Fadiman Julie Holland Dennis McKenna David Nichols Charles Grob Phil Wolfson Michael and Annie Mithoefer Roland Griffiths Katherine MacLean and Robert Whitaker Dr Miller and his contributors cover the tumultuous history of early psychedelic research brought to a halt 50 years ago by the U S government as well as offering non technical summaries of the most recent studies with MDMA psilocybin LSD and ayahuasca They explore the biochemistry of consciousness and the use of psychedelics for self discovery and healing They discuss the use of psilocybin for releasing fear in the terminally ill and the potential for MDMA assisted psychotherapy in the treatment of PTSD They examine Dr Charles Grob's research on the indigenous use and therapeutic properties of ayahuasca and Dr Gabor Mate's attempt to transport this plant medicine to a clinical setting with the help of Canada's Department of National Health Dr Miller and his contributors explore the ongoing efforts to restore psychedelic therapies to the health field the growing threat of overmedication by the pharmaceutical industry and the links between psychiatric drugs and mental illness They also discuss the newly shifting political climate and the push for new research offering hope for an end to the War on Drugs and a potential renaissance of research into psychedelic medicines around the world

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