

"I know of no work other than Grof's that so well incorporates the findings of Freud and Jung, adding fresh insights, which the methods of those psychoanalysts could never have achieved."
Joseph Campbell

REALMS OF THE HUMAN UNCONSCIOUS

OBSERVATIONS FROM LSD RESEARCH

STANISLAV GROF

INDEPENDENT VOICES

Realms Of The Human Unconscious

Julian Jaynes



Realms Of The Human Unconscious:

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

Realms of the Human Unconscious Stanislav Grof, 1976 Stanislav 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

The Adventure of Self-Discovery Stanislov 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

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 Stanislav 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

The Origin of Consciousness in the Breakdown of the Bicameral Mind Julian Jaynes, 2000-08-15 National Book Award Finalist This man's ideas may be the most influential not to say controversial of the second half of the twentieth century Columbus Dispatch At the heart of this classic seminal book is Julian Jaynes's still controversial thesis that human consciousness did not begin far back in animal evolution but instead is a learned process that came about only three thousand years ago and is still developing The implications of this revolutionary scientific paradigm extend into virtually every aspect of our psychology our history and culture our religion and indeed our future Don't be put off by the academic title of Julian Jaynes's The Origin of Consciousness in the Breakdown of the Bicameral Mind Its prose is always lucid and often lyrical he unfolds his case with the utmost intellectual rigor The New York Times When Julian Jaynes speculates that until late in the twentieth millennium BC men had no consciousness but were automatically obeying the voices of the gods we are astounded but compelled to follow this remarkable thesis John Updike The New Yorker He is as startling as Freud was in The Interpretation of Dreams and Jaynes is equally as adept at forcing a new view of known human behavior American Journal of Psychiatry

Spiritual Emergency Stanislav Grof, Christina Grof, 1989-09 From Spiritual Emergency to Healing and Rebirth Increasing numbers of people involved in personal transformation are experiencing spiritual emergencies crises when the process of growth and change becomes chaotic and overwhelming Individuals experiencing such episodes may feel that their sense of identity is breaking down that their old values no longer hold true and that the very ground beneath their personal realities is radically shifting In many cases new realms of mystical and spiritual experience enter their lives suddenly and dramatically resulting in fear and confusion They may feel tremendous anxiety have difficulty coping with their daily lives jobs and relationships and

may even fear for their own sanity Unfortunately much of modern psychiatry has failed to distinguish these episodes from mental illness As a result transformational crises are often suppressed by routine psychiatric care medication and even institutionalization However there is a new perspective developing among many mental health professionals and those studying spiritual development that views such crises as transformative breakthroughs that can hold tremendous potential for physical and emotional healing When understood and treated in a supportive manner spiritual emergencies can become gateways to higher levels of functioning and new ways of being In this book foremost psychologists psychiatrists and spiritual teachers address the following questions What is spiritual emergency What is the relationship between spirituality madness and healing What forms does spiritual emergency take What are the pitfalls and promises of spiritual practice How can people in spiritual emergency be assisted by family friends and professionals This groundbreaking work reveals that within the crisis of spiritual emergency lies the promise of spiritual emergence and renewal *In the Realm of Hungry Ghosts*

Gabor Maté, MD, 2011-06-28 A thought provoking and powerful study that reframes everything you've been taught about addiction and recovery from the New York Times bestselling author of *The Myth of Normal* Bruce Perry author of *The Boy Who Was Raised as a Dog* A world renowned trauma expert combines real life stories with cutting edge research to offer a holistic approach to understanding addiction its origins its place in society and the importance of self compassion in recovery Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with people with addiction on Vancouver's skid row this 1 international bestseller radically re-envisions a much misunderstood condition by taking a compassionate approach to substance abuse and addiction recovery In the same vein as Bessel van der Kolk's *The Body Keeps the Score* *In the Realm of Hungry Ghosts* traces the root causes of addiction to childhood trauma and examines the pervasiveness of addiction in society Dr Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak willed few but as a continuum that runs throughout and perhaps underpins our society It is not a medical condition distinct from the lives it affects but rather the result of a complex interplay among personal history emotional and neurological development brain chemistry and the drugs and behaviors of addiction Simplifying a wide array of brain and addiction research findings from around the globe the book avoids glib self help remedies instead promoting a thorough and compassionate self understanding as the first key to healing and wellness Dr Maté argues persuasively against contemporary health social and criminal justice policies toward addiction and how they perpetuate the War on Drugs The mix of personal stories including the author's candid discussion of his own high status addictive tendencies and science with positive solutions makes the book equally useful for lay readers and professionals **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 Stanislov 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

Realms of the Human Unconscious : Observations from Lsd Research S. Grof, 1979 *Psychology of the Unconscious* C. G. Jung, 2023-11-14 A landmark work that marks the beginning of Jung's divergence from the psychoanalytical school of Freud Psychology of the Unconscious is a key text for understanding the formation of Jung's ideas and his personal and psychological development at a crucial time in his life In this influential book Jung explores the fantasy system of Frank Miller the young American woman whose account of her poetic and vivid mental images helped lead him to his redefinition of libido while encouraging his explorations in mythology Miller's fantasies with their mythological implications supported Jung's notion that libido is not primarily sexual energy as Freud had described it but rather psychic energy in general which springs from the unconscious and appears in consciousness as symbols Jung shows how libido organizes itself as a metaphorical hero who first battles for deliverance from the mother the symbol of the unconscious in order to become conscious then returns to the unconscious for renewal Jung's analytical commentary on these fantasies is a complex study of symbolic parallels derived from mythology religion ethnology art literature and psychiatry and foreshadows his fundamental concept of the collective unconscious and its contents the archetypes

The Realms of the Gods Tamora Pierce, 2009-12-08 During a dire battle against the fearsome Skinners Daine and her mage teacher Numair are swept into the Divine Realms Though happy to be alive they are not where they

want to be They are desperately needed back home where their old enemy Ozorne and his army of strange creatures are waging war against Tortall Trapped in the mystical realms Daine discovers her mysterious parentage And as these secrets of her past are revealed so is the treacherous way back to Tortall So they embark on an extraordinary journey home where the fate of all Tortall rests with Daine and her wild magic

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

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 Laws of the Spirit World Khorshed Bhavnagri, 2009-01-01 WITH A BRAND NEW LOOK ON FEBRUARY 22 1980 KHORSHED AND RUMI BHAVNAGRI S WORLD WAS SHATTERED ONE MONTH LATER A NEW ONE OPENED Khorshed and Rumi Bhavnagri lost their sons Vispi and Ratoos in a tragic car crash With both their sons gone the couple felt they would not survive for long They had lost all faith in God until a miraculous message from the Spirit World gave them hope and sent them on an incredible journey

2012 Daniel Pinchbeck, 2007 Draws on cosmological phenomena of the modern world as well as the author s own research into shamanic and metaphysical belief systems to support the Mayan theory about an unprecedented global shift predicted for the year 2012

The Unconscious Sigmund Freud, 2005-09-29 One of Freud s central achievements was to demonstrate how unacceptable thoughts and feelings are repressed into the unconscious from where they continue to exert a decisive influence over our lives This volume contains a key statement about evidence for the unconscious and how it works as well as major essays on all the fundamentals of mental functioning Freud explores how we are torn between the pleasure principle and the reality principle how we often find ways both to express and to deny what we most fear and why certain men need fetishes for their sexual satisfaction His study of our most basic drives and how they are transformed brilliantly

illuminates the nature of sadism masochism exhibitionism and voyeurism *Hegel's Theory of Madness* Daniel Berthold-Bond,1995-01-01 This book shows how an understanding of the nature and role of insanity in Hegel s writing provides intriguing new points of access to many of the central themes of his larger philosophic project Berthold Bond situates Hegel s theory of madness within the history of psychiatric practice during the great reform period at the turn of the eighteenth century and shows how Hegel developed a middle path between the stridently opposed camps of empirical and romantic medicine and of somatic and psychical practitioners A key point of the book is to show that Hegel does not conceive of madness and health as strictly opposing states but as kindred phenomena sharing many of the same underlying mental structures and strategies so that the ontologies of insanity and rationality involve a mutually illuminating mirroring relation Hegel s theory is tested against the critiques of the institution of psychiatry and the very concept of madness by such influential twentieth century authors as Michel Foucault and Thomas Szasz and defended as offering a genuinely reconciling position in the contemporary debate between the social labeling and medical models of mental illness [The Rosetta Stone of the Human Mind](#) Vincenzo Sanguineti,2006-12-26 The study of the brain mind complex has been hampered by the dichotomy between objective biological neuroscience and subjective psychological science This book presents a new theoretical model for how to translate between the two using a third language nonlinear physics and mathematics It illustrates how the simultaneous use of these two approaches enriches the understanding of the neural and mental realms

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Realms Of The Human Unconscious**

In a global inundated with monitors and the cacophony of fast conversation, the profound power and mental resonance of verbal beauty frequently fade in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the musical pages of **Realms Of The Human Unconscious**, a fascinating perform of literary brilliance that impulses with natural thoughts, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, that exciting opus books visitors on a psychological odyssey, delicately revealing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect its fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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