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Chapter Three of Psychology of the Future is concerned with emotional and psychosomatic disorders and their relationship to and origins in the different realms of consciousness. These include anxieties and phobias, conversion hysterias, obsessive-compulsive disorders, depression, mania and suicide.

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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.

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Psychology of the Future: Lessons from Modern ...

Transpersonal psychology is like Einstein's model of physics being much larger and more encompassing than the F=MA physics of Newton and Descartes. Read more 67 people found this helpful

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness.

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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

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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.

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

This book offers practitioners working with 11-14 year olds, a highly practical education resource for running well being lessons.

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.

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 Stanislav 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.

This book provides a thought-provoking examination of the present state and the future of Humanistic Psychology, showcasing a rich international contributor line-up. The book addresses head-on the current state of a world in crisis, not only placing the current conjuncture within a wider evolutionary context, but also demonstrating the specifically humanistic-psychological values and practices that can help us to transform and transcend the world's current challenges. Each chapter looks in depth at a variety of issues: counselling and psychotherapy, creativity and the humanities, post-traumatic stress, and socio-political movements and activism. The book amply confirms that Humanistic Psychology is as alive, and as innovative and exciting, as it ever has been, and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times. It celebrates the diverse and continuing significance of Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists. In these richly diverse chapters will be found inspiration, pockets of resistance, mature critical reflexivity and much much more - a book accurately reflecting our present situation, and which is an invaluable addition to the psychology literature.

The definitive overview of this transformative breathwork.

A critical reevaluation of ancient spiritual systems long ignored or rejected because of their assumed incompatibility with science. Here are Swami Muktananda on the mind, Swami Prajnananda on Karma, Swami Kripananda on the Kundalini, Joseph Chilton Pearce on spiritual development, Jack Kornfield on Buddhism for Americans, Claudio Naranjo on meditation, and much more.

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