

## Exploring the Transpersonal

### *The Theory and Practice of Holotropic Breathwork*

This is a basic account of an intensive spiritual retreat. More will be given over the retreat/workshop duration.

However, as an opening statement of intent I can say the following. The basic training is designed to do several things.

- 1) Locate breathers in the history of transpersonal work: the Holotropic lineage and its relationship to the transpersonal movement. We will explore the origins of the holotropic approach and Grof's unique position as the primary synthesiser of psychoanalysis, humanistic psychology and transpersonal psychology which brought fourth a radical image of human personhood and initiated a true psychology of the future (which the world of psychology is still catching up with).
- 2) The Theory and Practice of Holotropic Breathing: It introduces the practitioner/client into the theory and practice of Holotropic Breathwork, its relationship to quantum physics, holography, Grof's groundbreaking discovery of the perinatal matrices, and the simple logic of the breathwork strategy. We also explore the skills of the two roles which he/she masters.
- 3) Working with the Inner Healer: In all ages and cultures, perhaps under different names, is the concept of an 'inner healer'. Whatever it is called e.g. God, higher power, Buddha, Nature this integral aspect of personhood guides and heals us. It is this Great Spirit that we evoke in holotropic breathwork. We place our faith and trust in this wider image of the self and the work models this inner authority 'all the way down'.
- 4) The Gifts of the Practice: emotional intelligence, cultivation of transpersonal sensitivities, deep healing, changing chronic patterns, access to stabilizing meditative states, energetic recovery, somatic and physical healing, increased creativity, psychic detoxifying, restoration of transpersonal authority, the soul's journey, mystical experience, cosmic unity, transpersonal connection, reuniting with the ground of being, becoming naturally healing.

## **Developing Further**

For those wishing to understand or consider entering into an on-going cycle of practice development, the Cycle of Practice offers:

### **Serial Encounters with the Sacred Mind in Holotropic States of Consciousness**

Supported by

**Transpersonal Learning and Spiritual Inquiry Forums**

And

**Guidance, support, and development with skilled transpersonal teacher/s**

Assisted by

**A long-time practitioner and cohort of competent and beneficent co-breathers**

Leading to

**A Deepening Experiential Wisdom and Opening to Transpersonal Insight. Regeneration in spirit.**

### **The Co-creation of a Unique Healing Vessel and transpersonal community**

This is an integrative practice and works best with supportive practices such as dance, yoga, meditation, supportive counselling, appropriate psychotherapy, creativity and art, gardening and other activities which promote health. We strongly suggest that participants utilize one of these if engaging in the cycle. We imagine that over the course of a cycle some meetings will be proposed for a general 'check in' and sharing circles as part of larger spiritual inquiry cycle.

*Further reading:*

Grof. S (1988) *The adventure of Self Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration*. SUNY

Gros. S (2000) *The Psuchology of the Future:Lessons from Modern Consciousness Research*. SUNY

Grof. S. & Grof. C. (1989) *Spiritual Emergency: When Personal Transformation Becomes a Crisis*. Tarcher.