

## INCLUDING A SPIRITUAL DIMENSION INTO THE PSYCHOLOGY OF 'KNOWING THYSELF'



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To truly know ourselves through the study of mind and behavior, it becomes necessary to integrate a spiritual dimension, and a new framework for understanding.

On the basis of his research into non-ordinary states of consciousness, renowned conscious researcher Stanislav Grof, coined the term 'transpersonal' to describe experiences that extend beyond the individual or personal.

In his legal research into the therapeutic use of psychedelic substances, Grof realized that a psychology based on personal and biographical experiences was inadequate to explain experiences accessible once deeper layers of the psyche were accessed

Transpersonal experiences involving identification with the consciousness of other people, groups of people, animals of and even plants, reveal a deeper domain of the human unconscious psyche.

In his research, psychedelic medicines were to the investigation of the psyche, what the microscope is to biology and the telescope to astronomy. Later, Grof co-developed holotropic breathwork as a tool for accessing deeper layers of the psyche.

Grof came to understand everyday consciousness as requiring a mechanism like a 'reducing valve' to manage daily living. Without the reducing value provided by the brain, all of the information coming through our senses and the ocean of transpersonal consciousness would overwhelm us and make it difficult to function. Approaches like holotropic breathwork provide access to expanded states of consciousness that go beyond what we can know directly and mainstream psychology can 'know' scientifically.

In this talk Carolyn outlines Grof's expanded cartography of the psyche and its usefulness for knowing oneself.

Dr. Carolyn Green website: [www.thesecretofbreath.com](http://www.thesecretofbreath.com)

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"Holotropic Breathwork moves and inspires me because I know the potential of the work to expand consciousness and accelerate healing and transformation." ~ Carolyn Green

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