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Gregory Bateson, a "generalist" whose inquisitive mind explored many disciplines in search of knowledge, was the most original thinker I have known. I had the privilege of almost daily contact with him during the last two and a half years of his life when we both were Scholars-in-Residence at the Esalen Institute in Big Sur, California.

The Holotropic Mind: The Three Levels of Human

The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives, Stanislov Grof This mesmerizing, surreal account of the bizarre adventures of Terence McKenna, his brother Dennis, and a small band of their friends, is a wild ride of exotic experience and scientific inquiry.

The Holotropic Mind: The Three Levels of Human

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The Holotropic Mind " Book and Media Reviews. Blissviews.wordpress.com The Three Levels of Human Consciousness, With Hal Zina Bennett, New York: HarperCollins, 1993. In The Holotropic Mind Stanislov Grof exposes his vision of a holographic universe, and he summons convincing amounts of data and evidence for his view.

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Holotropic breathwork is an experiential method of self-exploration and psychotherapy that my wife Christina and I developed at the Esalen Institute in Big Sur, California, in the mid -1970s.

Holotropic Breathwork: Stanislov Grof, M.D.

Loom bands tested over fears they could contain huge levels of TOXIC chemicals

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3 Ancient and aboriginal cultures have spent much time and energy developing powerful mind-altering techniques that can induce holotropic states.

holotropic trepein - Stanislav Grof

In 'The Holotropic Mind' Stanislav Grof exposes his vision of a holographic universe, and he summons convincing amounts of data and evidence for his view. Grof's contribution is important especially right now as the holographic view of the universe is one of several "theories of everything" or integrative visions that actually link back to ancient holistic science traditions.

The Holotropic Mind: The Three Levels of Human

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