



The Adventure of Self-Discovery

*A Holotropic Breathwork™
Experience
with*

STANISLAV GROF, M.D.

SAN RAFAEL, CALIFORNIA
JANUARY 27-30, 1994

co-sponsored by



HOLOTROPICS

THE HEALER WITHIN

Holotropic Breathwork

*A revolutionary synergy
between
psychology and spirituality —
a Western Yoga
for the '90s . . .*

T A V S P A R K S

author of
*The Wide Open Door:
The Twelve Steps,
Spiritual Tradition
& the New Psychology*

**March 4 - 6, 1994
Salt Lake City, Utah**

The concept of altered states of consciousness (ASC) has emerged in the last 30 years as a central paradigm for understanding the full spectrum of human experience. It provides a useful framework for the study of such everyday variations in consciousness as sleep, wakefulness, dreams, hypnosis, trance, meditation, creative absorption, intoxication; as well as for the exploration of non-ordinary experiences such as psychedelic states, lucid dreams, mystical revelations, cosmic consciousness, psychosis, spiritual emergencies, near-death experiences (NDE), out-of-body experiences (OBE), shamanic "journeys," and others. Such experiences are the focus of a great deal of continuing research in transpersonal psychology and cultural anthropology and have profound implications for healing, psychotherapy, spiritual growth and the full unfoldment of human potentials.

In this second CIIS symposium on altered states, each of the four topic areas will be presented and discussed by two speakers, followed by audience questioning and participation. In three of the sessions there will be a main presenter (1 hr), followed by a discussant (½ hr), followed by audience discussion; in the fourth session, there will be two presenters (45 min. each), followed by audience discussion.

SESSION I SAT 9:30AM - 12:00 NOON

RALPH METZNER - "ADDICTION & TRANSCENDENCE AS ALTERED STATES OF CONSCIOUSNESS"

(DISCUSSANT: TAV SPARKS)

States of consciousness can be compared based upon whether or not awareness/attention is narrowly or broadly focussed. Contracted states of consciousness are characteristic of addictions, fixations and compulsions (narcotics, stimulants, gambling, eating disorders, workaholicism, violence, sexual compulsions, consumption). Addictions appear to be pandemic throughout modern civilization. Expanded (ecstatic, transcendent, cosmic) states of consciousness can occur through meditation, yoga, shamanic practices, psychedelic plants and drugs, creative inspiration or spontaneous revelation - and have played a central role in humanity's quest for knowledge and liberation since the most ancient times. In this session we will explore the parallels and differences between addictive and transcendent states of consciousness.

RALPH METZNER, PH.D., is a psychotherapist and consciousness researcher, professor of psychology at CIIS (where he taught Altered States Consciousness for several years) and former Academic Dean. He is also founder-president of the Green Earth Foundation, and ecological educational organization. His books include *The Psychedelic Experience* (with Leary and Alpert), *Maps of Consciousness* and *Opening to Inner Light*.

TAV SPARKS is a consultant and writer, and leads workshops in transpersonal approaches to wellness and recovery throughout North America. He is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology*.

SESSION II SAT. 1:30 - 4:00PM

WINAFRED LUCAS "REINCARNATION AND PAST-LIFE THERAPY"

(DISCUSSANT: HOLLY HOLMES-MEREDITH)

The changing paradigm of our time, which encourages expansion of awareness through altered states of consciousness, is moving toward perception of an ongoing core self that extends both before and after this current lifetime. It appears that patterns for events, relationships, creative potentials, physical structure and maladies, and personality difficulties are often established in earlier experiences of this continuing self. Through altered states of consciousness it is possible to access distortions from other lifetimes, as well as from pre and perinatal experience and early childhood, and modify them through psychotherapeutic intervention. Understanding of appropriate therapeutic modalities is unfolding rapidly.

WINAFRED LUCAS, PH.D., is a clinical psychologist with a doctorate from UCLA and a diplomate of the American Board of Professional Psychology. She has taught at Los Angeles State University and the California School of Professional Psychology. She is co-founder of the Professional Institute for Regression Therapy, and for four years was editor of the "Journal of Regression Therapy." She is editor and contributing author of the recently published two-volume *Regression Therapy: A Handbook for Professionals*.

HOLLY HOLMES-MEREDITH, M.A., MFCC, is Clinical Director of the Hypnosis Clearing House, a state-licensed hypnotherapy training institute. She teaches and uses past-life regression therapy in her practice, and is currently on the Board of the Association for Past-Life Research and Therapy (APRLT).

SESSION III SUN 9:30AM - 12:00

STANISLAV GROF "THE COSMIC GAME METAPHYSICAL AND SPIRITUAL INSIGHT: FROM NON-ORDINARY OF CONSCIOUSNESS"

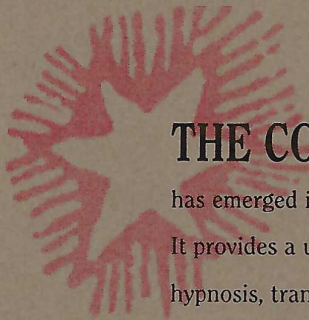
(DISCUSSANT: RICHARD TAV SPARKS)

In psychedelic sessions, Holms-Breathwork, spontaneous psychoses and other situations in ordinary states of consciousness encounter transpersonal experience bringing profound insights of a cosmological nature. These are such fundamental problems of the creative principle, the process of creation, the good and evil, the relationship of mind and matter, and the purpose of human life. In this present understanding emerging from of non-ordinary states will be with various systems of perception and the new paradigms in Western psychology.

STANISLAV GROF, M.D., is a practicing psychiatrist with over 30 years in researching non-ordinary states of consciousness and one of the four transpersonal psychology movement's author of several books including *Psychobiography, Beyond the Brain, Holotropic Mind*. With Christ co-founded the Spiritual Emergency Network and co-authored *Be, and The Stormy Search for Self* developed a powerful new for personal psychotherapy involving consciousness called Holotropic

RICHARD TARNAS, Ph.D., is professor of philosophy and psychology at CIIS, former Director of the Esalen Institute, and author of new history of Western philosophy *Passion of the Western Mind*.





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ALTERED
STATES
OF
CONSCIOUSNESS
1994

Saturday, April 30 & Sunday, May 1





HOLOTROPICS

The Healer Within

*Exploring the Self,
Recovery, and Wholeness
using
Holotropic Breathwork™*

with
Tav Sparks
author of *The Wide Open Door*
assisted by Ingrid Ramsay

Mill Valley
July 15–16, 1994
August 26–27, 1994
October 14–18, 1994
December 2–3, 1994



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NEW ORLEANS, LOUISIANA

NOVEMBER 17-20, 1994

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