

REGISTRATION FORM

RECOVERY FOR THE 21ST CENTURY

Transpersonal Psychology, Spirituality
and Addiction

with

TAV SPARKS

Griffith University, Nathan Campus
Brisbane, Qld

Saturday 2nd October 1999

Title.....First Name.....
Surname.....
Occupation.....
Address.....
Town.....Code.....
Phone (.....)work
(.....)home

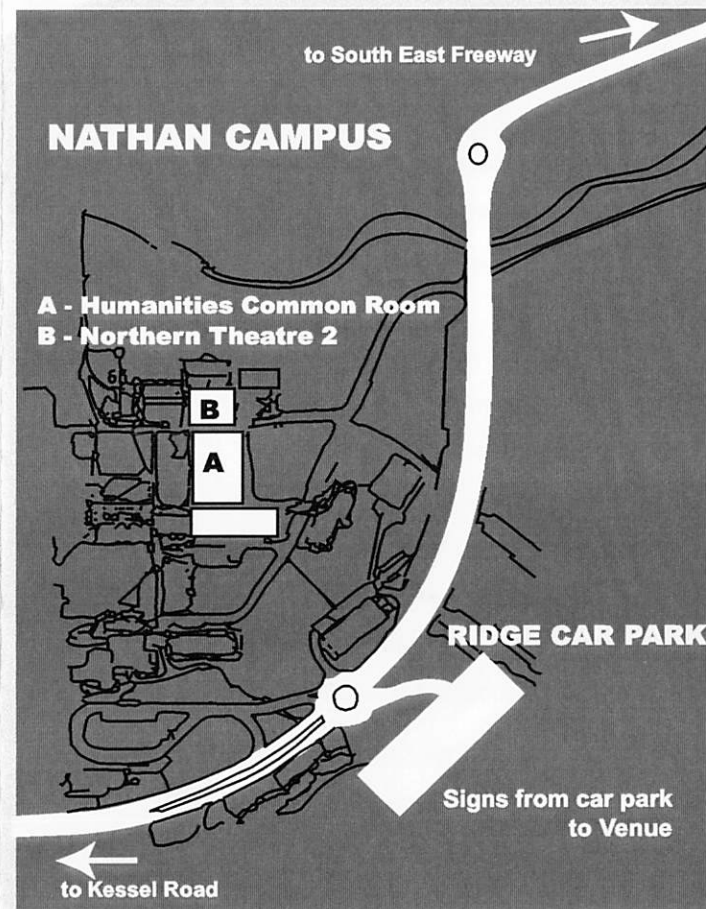
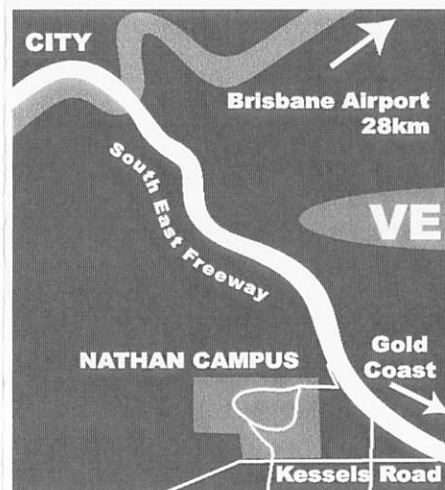
Limited Seating Available

Payment required by 13/9/99

Payment Enclosed

- | | |
|--|----------|
| <input type="radio"/> Full Fee | \$150.00 |
| <input type="radio"/> Concession Fee | \$125.00 |
| <input type="radio"/> Morning Session Only | \$ 50.00 |

Cheques Payable to:
Grof Recovery Seminar
5 Warren Street
TOOWOOMBA QLD 4350



RECOVERY FOR THE 21st CENTURY

TRANSPERSONAL PSYCHOLOGY,
SPIRITUALITY and ADDICTION

with

TAV SPARKS

Author of
THE WIDE OPEN DOOR: THE TWELVE
STEPS, SPIRITUAL TRADITION & THE NEW
PSYCHOLOGY

One Day Seminar

Saturday 2nd October 1999
8.30am – 4.30pm

Nathan Campus, Griffith University
Brisbane

Enquiries & Bookings:

Marianne Wobcke

Phone: 07 4639 2225 Fax: 07 4632 2339

5 Warren Street Toowoomba Qld 4350

Tav Sparks

For over three years, Tav Sparks has conducted Grof Training Intensives around the world. He is an international consultant, lecturer, and writer living in Mill Valley, California. Since 1985, he has led numerous workshops in Holotropic Breathwork and in transpersonal approaches to wellness and recovery.

Formerly an addictions therapist, Tav has been an instrumental theorist in the emerging field of transpersonal recovery. He is the author of *The Wide Open Door*, *The Twelve Steps*, *Spiritual Tradition and The New Psychology*.

In addition to workshops and writing, he was program coordinator for the 1990 and 1991 International Transpersonal Association (ITA) conferences on transpersonal addictions recovery and the 1995 ITA conference *Spirit In Action: Awakening to the Sacred in Everyday Life*. He is also a member of the ITA Board of Directors. Tav has written three screenplays reflecting the transpersonal perspective in modern popular culture.

PLEASE NOTE: Contraindications for Holotropic Breathwork are pregnancy, heart disease and other cardiovascular problems, epilepsy, glaucoma, or a history of severe emotional disorder or psychiatric hospitalisation. Call for more information.

Prerequisites

It is ideal - but not essential - for participants to experience some HB sessions in workshops conducted by Stanislov Grof, Tav Sparks or any of the certified facilitators before enrolling. Contact the Australian organisers for a list of certified facilitators.

The Workshop Venue

Tranquil Park Maleny Resort
152 Mountain View Road,
Maleny, Queensland

Tranquil Park has spectacular views over the Glasshouse Mountains, good quality, motel style accommodation, good food, a heated pool and tennis court. It is a great place to work and play.

Costs

\$1,560 twin share (Australian dollars)
\$1,700 single room

Includes tuition, meals and motel-style accommodation for five nights.

\$100 DISCOUNT if paid by 1st August 1999

What to Bring

For Breathwork sessions: a blanket, 2 sheets (1 fitted), a towel, tissues. Bring large art pad, crayons, notebook, biro, and wear loose comfortable clothing.

For Details & Application Forms contact

Helen Wilson & Mark Pearson

Phone or Fax (07) 3287 7785

EMAIL: tumarnd@dataline.net.au

Grof Transpersonal Training
in Holotropic Breathwork™ and
Transpersonal Psychology

Living the Holotropic Perspective

**Insights from Holotropic
Breathwork for Everyday Life**

with Tav Sparks

A Six-day Intensive
Maleny, Queensland
3 - 8 October 1999

Grof Transpersonal Training
Phone or Fax (07) 3287 7785
PO Box 820 Springwood Qld 4127

Holotropic Breathwork™

Holotropic Breathwork™ (from the Greek *holos* = whole, and *trepein* = to move in the direction of, so it means literally "moving towards wholeness") is a powerful means of self-exploration and healing, combining insights from modern consciousness research, depth psychology, and a range of spiritual practices.

It consists of breathing, evocative music, focused release work, mandala drawing, and group discussion. Special emphasis is placed on integration of breathwork experiences in a supportive atmosphere.

Holotropic Breathwork mediates access to all levels of human experience, including emotionally relevant childhood memories and other biographical issues, sequences of psychological death and rebirth, and a broad spectrum of transpersonal experiences. In experiential sessions, participants alternate in the roles of experiencers and assistants, or sitters, to their partners. The theory and practice of Holotropic Breathwork is described in Stanislov Grof's books *Beyond the Brain* and *The Adventure of Self-Discovery*, both published by SUNY Press, USA.

Psychotherapists have found it to be an excellent means for the expression and release of past trauma, giving people the chance to "complete" traumatic episodes, resulting in natural, self-activated healing with the creation of new attitudes and perspectives.

It has been used successfully in helping people overcome alcohol and other drug dependence, anxiety and depressive states, stress, and creativity blocks.

The Holotropic Perspective

Many who live their lives exclusively in the pursuit of external goals find this strategy to be ultimately unfulfilling, leading to a sense of loss and meaninglessness. On the other hand those who have done Holotropic Breathwork systematically report seeing themselves and the world with new eyes. We call this new vision the *Holotropic Perspective*. It is a way of living based on the timeless principle that individuals, humanity, and all of life are continually *moving towards wholeness*. When we become conscious that this is what we are doing, life takes on the nature of an epic adventure.

The force behind moving towards wholeness is a creative power within us, which we call the *inner healer*. It is this all-wise part of us that unerringly orchestrates our transformation and that we gradually learn to trust in all our psychological and spiritual practices. As this trust in our inner healer grows, we come to experience the change Carl Jung called individuation, and what many today call personal empowerment.

We begin to see our world in many different ways. We feel oneness with nature; discover the rewards of healthy relationships; and find a renewed sense of purpose and meaning in life. One of the most profound changes is the feeling that our sense of being a separate self is not a prison, but rather an exciting way to relate to a cosmos with which we also come to identify. The holotropic perspective teaches us to celebrate the adventure of becoming cosmic as well as human beings, and to find continual wonder in the myriad mysteries of existence itself.

Grof Transpersonal Training in Holotropic Breathwork and

Topics Covered in this Module

- Principles of the Holotropic Perspective
- Death / rebirth and the daily conscious process
- Working with COEX's
- The yoga of relationship
- "Sitting", lessons for everyday life
- Supplemental practices and study

Plus:

- group exercises and discussion
- meditation, dance, film and self-care

This workshop is a full time, live-in intensive week designed for those with a deep interest in Holotropic Breathwork and Transpersonal Psychology. These six days may be credited as one of the seven modules in the Grof training program for certification as a Holotropic Breathwork practitioner.

Four days of the modules will involve experiential training. This will be a combination of personal experience with Holotropic Breathwork, facilitation of others on a one-to-one basis, and group sharing.

Phone or Fax (07) 3287 7785
PO Box 320 Springwood Qld 4127