In this, his culminating work, the leading international figure in consciousness research masterfully synthesizes his vast findings, drawing not only upon psychedelic therapy and Holotropic Breathwork, but also from literature, cross-cultural studies, ancient mystical sources and psychological data, resulting in a profound consolidation and articulation of what is now known about nonordinary states of consciousness. The Cosmic Game discusses the broadest philosophical, metaphysical and spiritual insights gleaned in Grof's research concerning human nature and reality, addressing the most fundamental questions human beings have asked about the nature of existence since time immemorial. Insights from research into nonordinary states of consciousness portray existence as an astonishing play of the cosmic creative principle that transcends time, space, linear causality, and polarities of every kind and suggest an identity of the individual psyche in its furthest reaches with the universal creative principle and the totality of existence. This identity of the human being with the Divine is the ultimate secret that lies at the core of all great spiritual traditions. "What moves this book into the status of a classic is that it is in substantial agreement with the world's great wisdom and spiritual traditions. This modern corroboration of the perennial philosophy is a stunning achievement and deserves publication to the widest audiences." -- Ken Wilber, author of Up from Eden: A Transpersonal View of Human Evolution and The Atman Project: A Transpersonal View of Human Development "The Cosmic Game is the latest and best of Stanislav Grof's extraordinary contributions to our understanding of human consciousness. This book provides a coherent picture of how individual experience fits into universal patterns of consciousness" -- Frances Vaughan, author of Shadows of the Sacred: Seeing through Spiritual Illusions "Perhaps the most important of all his works, representing as it does an integration of the most profound of his clients' experiences and demonstrating a remarkable convergence with the deepest spiritual experiences reported across centuries and cultures. This convergence is a finding of the greatest significance." -- Roger Walsh, author of The Spirit of Shamanism "Grof is the world's leading authority on the deep exploration of the mind and soul This is a wonderful gift!" -- Charles Tart, author of States of Consciousness and Psi: Scientific Studies of the Psychic Realm Stanislav Grof, MD, is a psychiatrist with more than fifty years of experience in research of nonordinary states of consciousness. He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague, Czechoslovakia; Chief of Psychiatric Research at the Maryland Psychiatric Research Center; Assistant Professor of Psychiatry at the Johns Hopkins University; and Scholar-in-Residence at the Esalen Institute. He is currently Professor of Psychology at the California Institute of Integral Studies, conducts professional training programs in holotropic breathwork, and gives lectures and seminars worldwide. He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association (ITA). In 2007, he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague. He is the author and editor of many books, including The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration; Ancient Wisdom and Modern Science; Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy; Human Survival and Consciousness Evolution; and Psychology of the Future: Lessons from Modern Consciousness Research; all published by SUNY Press. The Wiley-Blackwell Handbook of Transpersonal Psychology presents the most inclusive resource yet published on this topic - which seeks to benefit humanity by integrating ancient wisdom and modern knowledge. Features the work of more than fifty leading voices in the field, creating the most comprehensive survey of
transpersonal psychology yet published includes emerging and established perspectives. Charts the breadth and diversity of the transpersonal landscape. Covers topics including shamanism, neurobiology, holotropic states, transpersonal experiences, and more. This book is an expanded version of a special issue of The Humanistic Psychologist (Vol. 20, Nos. 2 & 3). Its central claim is to show the contributions the humanistic movement has made and can make to the field of psychology. The material in this volume is now available to a wider audience than the journal subscribers and readers. The book is well-suited as a text for courses in humanistic psychology. The book is divided into three parts. The first covers historical and philosophical foundations of humanistic psychology. The second part includes methodological and conceptual advances. Part three deals with impact and future of humanistic psychology. Beyond the Brain seriously challenges the existing neuropsychological models of the brain. After three decades of extensive research on those non-ordinary states of consciousness induced by psychedelic drugs and by other means, Grof concludes that our present scientific world view is as inadequate as many of its historical predecessors. In this pioneering work, he proposes a new model of the human psyche that takes account of his findings. Grof includes in his model the recollective level, or the reliving of emotionally relevant memories, a level at which the Freudian framework can be useful. Beyond that is perinatal level in which the human unconscious may be activated to a reliving of biological birth and confrontation with death. How birth experience influences an individual's later development is a central focus of the book. The most serious challenge to contemporary psychoanalytic theory comes from a delineation of the transpersonal level, or the expansion of consciousness beyond the boundaries of time and space. Grof makes a bold argument that understanding of the perinatal and transpersonal levels changes much of how we view both mental illness and mental health. His reinterpretation of some of the most agonizing aspects of human behavior proves thought provoking for both laypersons and professional therapists. Elkins, a long-time leading voice in humanistic psychology, presents a compelling case about what is wrong with contemporary psychotherapy and how, through a re-envisioned humanistic psychology, it needs to change. A participatory alternative to the perennialism and experientialism dominant in transpersonal psychology. The first comprehensive overview of the life and thought of the American philosopher Ken Wilber. Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislav Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies "moving toward wholeness." Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. "It's rare to find a textbook that is both extremely informative and enjoyable to read. Psychology of the Future has to be one of the first ones I've ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one." -- Dr. Tami Brady, TCM Reviews "This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision." -- Michael Washburn, author of Transpersonal Psychology in Psychoanalytic Perspective "Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as "cosmic consciousness," we could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood." -- Michael E. Zimmerman, author of Contesting Earth's Future: Radical Ecology and Postmodernity. Psychotherapists Firman and Gila were both trained in psychosynthesis in the early 1970s; Firman trained with its founder, Italian psychiatrist, Roberto Assaglio. Their text elaborates on much of the traditional material found in psychosynthesis literature since the 1970s, and incorporates current advances in the area. It is intended as a companion to the authors' 1997 text, The Primal Wound: A Transpersonal View of Trauma, Addiction, and Growth, and is suitable as a student text in general psychology courses and in beginning and advanced training in psychosynthesis, as support for individuals seeking to understand and facilitate their own self-realization journey, and as a resource for practitioners in psychotherapy, counseling, and related fields. Annotation copyrighted by Book News, Inc., Portland, OR. The freshest and most respected thinkers in transpersonal psychology explore the myriad pathways to knowledge. Explores the thought of Henri Bergson, highlighting his compelling theories on the nature of consciousness and
its relationship to the physical world. This important new book brings together the work of top scholars and clinicians at leading universities and medical centers on the benefits and risks of transpersonal therapy. After comparing a variety of multicultural approaches -- Zen Buddhism, existential phenomenology, and Christian mysticism, among many others -- the book offers a wealth of information on specific disorders and the application of transpersonal psychology techniques such as visualization, breathwork, and "past lives" regression. With solid scholarship, wide scope, and accessible style, Textbook of Transpersonal Psychiatry and Psychology will become the standard work for students, researchers, clinicians, and lay readers interested in extending psychiatry and psychology into sciences that describe the functioning of the human mind, thereby building bridges between those disciplines and spirituality. Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology is a groundbreaking 2-volume series updating many essential topics in transpersonal psychology. It builds upon traditional topics to cover vital contemporary transpersonal psychological issues ranging from mindfulness and spirituality through social justice and sexuality. The range of contributors is broad, diverse, and inclusive and will bring the reader on many inward and outward journeys of human growth and potential. Volume I is written in a traditional educational style with additional chapters covering cross cultural psychology, ecopsychology, finding one's voice, the evidence based foundation of transpersonal practice, ritual, and much more. This volume includes chapters by established leaders such as Stanley Krippner, John Davis, Dan Hocoy, Pat Luce and Robert Schmidt as well as fresh voices with new perspectives on transpersonal psychology. The chapters are readable and personal, yet well researched and scholarly. These volumes are destined to become seminal texts in the field. The Handbook of Humanistic Psychology is a landmark in the resurgent field of humanistic psychology and psychotherapy. Their range of topics is far-reaching--from the historical, theoretical, and methodological, to the spiritual, psychotherapeutic, and multicultural. Students and professionals are looking for the fuller, deeper, and more personal psychological orientation that this Handbook promotes. Founded in the 1960s, transpersonal psychology is a subdiscipline of psychology that has been dedicated to the study of exceptional human experiences and functioning inclusive of ancient and indigenous spiritual and mystical traditions. While initially holding tremendous promise to expand psychological science and practice beyond the purview of conventional psychology, the field has encountered a variety of challenges that its advocates have recognized as compromising its progress. Among the most pervasive of these challenges has been controversy and disagreement regarding the place of science in transpersonal psychological inquiry and practice. Even though some efforts have been made by scholars in the field to address the challenges, these efforts have been largely piecemeal in nature, involving articles or chapters in books that express the viewpoints of individual scholars without a fulsome consideration of multiple perspectives of people throughout the world who identify as members of the subdiscipline. This book is the first in the history of the field to bring together the voices of respected members of the transpersonal psychological community to specifically discuss the relation of transpersonal psychology to science in order to find ways of helping the subdiscipline move forward in a productive manner. This volume includes invited chapters from a broad array of international experts in transpersonal psychology who proffer interesting and sometimes conflicting perspectives regarding how science fits within the subdiscipline. The book ends with a chapter written by the editors that summarizes and highlights the main points of issue shared by the expert contributors and offers concrete recommendations for how transpersonal psychology can improve itself as a field of inquiry and professional practice. An overview of the historical background for humanistic psychology, the central passions and goals of the founders, and the vital legacy which humanistic psychology brings to psychology and human life for the 21st century. Presents an account of human development from a depth-psychological, transpersonal perspective. The freshest and most respected thinkers in transpersonal psychology explore the myriad pathways to knowledge. The spiritual path is like any other road—it's going to have its share of potholes and detours. Safe travel requires a quality that is rare but sought after: critical inquiry. In Eyes Wide Open, Mariana Caplan supports us in cultivating the acute judgment and discrimination that will help us to live a spiritual life with intelligence, clarity, and authenticity. Is enlightenment less about fireworks and bliss and more about dismantling illusions? How do we fully integrate our practice into daily living? What's the best way to work with the ego and the shadow? Eyes Wide Open explores these questions and more, offering practitioners from any tradition—or those just getting started—a traveler's guide through "the labyrinth of increasing subtlety" that defines a genuine spiritual life. Eyes Wide Open has received the following awards: 2010 Gold IPPY—New Age (Mind-Body-Spirit) 2010 Gold Living Now Award—Enlightenment/Spirituality 2010 Silver Nautilus Award—Spirituality In this book, Michael Washburn provides a psychoanalytic foundation for transpersonal psychology. Using psychoanalytic theory, Washburn explains how ego development both prepares for and creates obstacles to ego transcendence. Spiritual development, he proposes, can be properly understood only in terms of the ego development that precedes it. For example, many difficulties encountered in spiritual development can be traced to repressive underpinnings of ego development, and significant gender differences in spiritual development can be traced to corresponding gender differences that emerge during ego development. Washburn draws on a wide range of psychoanalytic perspectives in discussing ego development and uses both...
Eastern and Western sources in discussing spiritual development. In rethinking transpersonal psychology in psychoanalytic terms, he explains how essential elements of Jungian thought can be grounded in psychoanalytic theory. Connecting modern psychology to its Indigenous roots to enhance the healing process and psychology itself • Shares the healing wisdom of Indigenous people the author has worked with, including the Ju/'hoansi of the Kalahari Desert, the Fijians of the South Pacific, Sicangu Lakota people, and Cree and Anishnabe First Nations people • Explains how Indigenous perspectives can help create a more effective model of best practices in psychology • Explores the vital role of spirituality in the practice of psychology and the shift of emphasis that occurs when one understands that all beings are interconnected Wherever the first inhabitants of the world gathered together, they engaged in the human concerns of community building, interpersonal relations, and spiritual understanding. As such these earliest people became our “first psychologists.” Their wisdom lives on through the teachings of contemporary Indigenous elders and healers, offering unique insights and practices to help us revision the self-limiting approaches of modern psychology and enhance the processes of healing and social justice. Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with, including the Ju/'hoansi of the Kalahari Desert, Fijians native to the Fiji Islands, Lakota people of the Rosebud Reservation, and Cree and Anishnabe First Nations people from Saskatchewan. Through stories about the profoundly spiritual ceremonies and everyday practices he engaged in, he seeks to fulfill the responsibility he was given: build a foundation of reciprocity so Indigenous teachings can create a path toward healing psychology. Also drawing on his experience as a Harvard-trained psychologist, the author reveals how modern psychological approaches focus too heavily on labels and categories and fail to recognize the benefits of enhanced states of consciousness. Exploring the vital role of spirituality in the practice of psychology, Katz explains how the Indigenous approach offers a way to understand challenges and opportunities, from inside lived truths, and treat mental illness at its source. Acknowledging the diversity of Indigenous approaches, he shows how Indigenous perspectives can help create a more effective model of best practices in psychology as well as guide us to a more holistic existence where we can once again assume full responsibility in the creation of our lives. A bold new view of the human psyche, integrating Eastern and Western approaches. There is no shortage of research methods that are easily applied to the study of everyday human experience. How, though, does one attempt to study extraordinary human experiences—ultimate values and meanings, peak experiences, transcendence and heightened awareness, among others. William Braud and Rosemarie Anderson introduce a series of transpersonal research methods that are intended to help researchers develop new ways of knowing and methods of inquiry. While these methods will be of particular interest to researchers in transpersonal psychology, humanistic psychology, or transpersonal studies applied to traditional fields, the authors argue that these approaches - with their emphasis on developing intuition, empathy and self-awareness - can benefit anyone involved in the research enterprise across many disciplines. The Second Edition of the cutting edge work, The Handbook of Humanistic Psychology, by Kirk J. Schneider, J. Fraser Pierson and James F. T. Bugental, represents the very latest scholarship in the field of humanistic psychology and psychotherapy. Set against trends inclined toward psychological standardization and medicalization, the handbook offers a rich tapestry of reflection by the leading person-centered scholars of our time. Their range in topics is far-reaching—from the historical, theoretical and methodological, to the spiritual, psychotherapeutic and multicultural. The new edition of this widely adopted and highly praised work has been thoroughly updated in accordance with the most current knowledge, and includes thirteen new chapters and sections, as well as contributions from twenty-three additional authors to extend the humanistic legacy to the emerging generation of students, scholars, and practitioners. New and enlarged edition. Transpersonal Psychology concerns the study of those states and processes in which people experience a deeper sense of who they are, or a greater sense of connectedness with others, with nature, or the spiritual dimension. Pioneered by respected researchers such as Jung, Maslow and Tart, it has nonetheless struggled to find recognition among mainstream scientists. Now that is starting to change. Dr. Michael Daniels teaches the subject as part of a broadly-based psychology curriculum, and this new and enlarged edition of his book brings together the fruits of his studies over recent years. It will be of special value to students, and its accessible style will appeal also to all who are interested in the spiritual dimension of human experience. The book includes a detailed 38-page glossary of terms and detailed indexes. Introduction to Transpersonal Psychology: Bridging Spirit and Science provides an accessible and engaging introduction to this complex and evolving field. Adopting a modular approach, the book systematically relates key themes of Transpersonal Psychology to three major areas within psychology: general psychology, experimental psychology, and clinical psychology. Covering a wide range of topics including transpersonal states of consciousness, biological foundations, research methods, and cognition, the book also features extensive discussion of transpersonal theorists and the impact of their work on our understanding of psychological concepts. The book also introduces contemporary developments in the field and anticipates future advances such as feminist perspectives and cross-cultural approaches alongside practical experiments designed to give transpersonal theories and concepts psychological roots. A critical evaluation of both mainstream and transpersonal theories
and research is applied throughout to foster analytical skills and encourage critical and scientific thinking about humanity’s nature as spiritual creatures and ways to educate for personal and social transformation. Accompanied by an online instructor’s manual, this book will be an essential companion for all students of Transpersonal or Humanistic Psychology, or those interested in applying transpersonal ideas to mainstream psychological research. Dr. Myron Milford "Mike" Arons (1929-2008) is recognized internationally as one of the founders of humanistic psychology. This volume serves as both a tribute to his memory and a gateway to reflection and scholarship by future generations of humanistic psychologists who did not have the privilege to know Arons. Edited by his mentee, Dr. Andrew Bland, and daughter, Sandrine Arons, The New-Old traces Arons’ thought as it evolved over about three decades, from the 1970s to the 2000s. Following Sandrine Arons’ preface and Bland’s overview of Mike Arons’ life and scholarship, 13 of Arons’ papers (some of which are rare, out-of-print, or unpublished) are presented thematically in four sections: (a) his inspiration and influences; (b) creativity, consciousness, and culture; (c) humanistic education; and (d) two of Arons’ hermeneutic explorations (on the topics of intuition and the nature of self). The book concludes with a discussion about the contemporary implications and applications of Arons’ thinking as well as the accuracy of his predictions about the future of both psychology and society. Finally, an annotated bibliography of Arons’ complete writings is included as an appendix.

When I began to study psychology a half century ago, it was defined as "the study of behavior and experience." By the time I completed my doctorate, shortly after the end of World War II, the last two words were fading rapidly. In one of my first graduate classes, a course in statistics, the professor announced on the first day, "Whatever exists, exists in some number." We dutifully wrote that into our notes and did not pause to recognize that thereby all that makes life meaningful was being consigned to oblivion. This bland restructuring—perhaps more accurately, destruction—of the world was typical of its time, 1940. The influence of a narrow scientistic attitude was already spreading throughout the learned disciplines. In the next two decades it would invade and tyrannize the "social sciences," education, and even philosophy. To be sure, quantification is a powerful tool, selectively employed, but too often it has been made into an executioner's axe to deny actuality to all that does not yield to its procrustean demands. The definitive overview of this transformative breathwork.

This book provides a thought-provoking examination of the present state and the future of Humanistic Psychology, showcasing a rich international contributor line-up. The book addresses head-on the current state of a world in crisis, not only placing the current conjuncture within a wider evolutionary context, but also demonstrating the specifically humanistic-psychological values and practices that can help us to transform and transcend the world’s current challenges. Each chapter looks in depth at a variety of issues: counselling and psychotherapy, creativity and the humanities, post-traumatic stress, and socio-political movements and activism. The book amply confirms that Humanistic Psychology is as alive, and as innovative and exciting, as it ever has been, and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times. It celebrates the diverse and continuing significance of Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists. In these richly diverse chapters will be found inspiration, pockets of resistance, mature critical reflexivity and much much more - a book accurately reflecting our present situation, and which is an invaluable addition to the psychology literature.

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