



## Breathwork Stan Grof

Please read this description and watch the videos below. This will give you some background on breathwork, which was developed by Dr. Stan Grof, a psychiatrist. \*\*\* I don't do it exactly like Stan does it. I use Christian healing principles which Stan does not use.\*\*\*

### Dr. Stan Grof: What is [Holotropic Breathwork™](#)?

[Holotropic Breathwork™](#) is a powerful approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, Eastern spiritual practices, and mystical traditions of the world. The name *Holotropic* means literally "moving toward wholeness" (from the Greek "*holos*"=whole and "*trepein*"=moving in the direction of something).

The process itself uses very simple means: it combines accelerated breathing with evocative music in a special set and setting. With the eyes closed and lying on a mat, each person uses their own breath and the music in the room to enter a non-ordinary state of consciousness. This state activates the natural inner healing process of the individual's psyche, bringing him or her a particular

set of internal experiences. With the inner healing intelligence guiding the process, the quality and content brought forth is unique to each person and for that particular time and place. While recurring themes are common, no two sessions are ever alike.

Additional elements of the process include focused emotional healing work and mandala drawing. [Holotropic Breathwork™](#) is usually done in groups, although individual sessions are also possible. Within the groups, people work in pairs and alternate in the roles of experiencer and "sitter". The sitter's role is simply to be available to assist the breather, not to interfere or interrupt the process. The same is true for trained facilitators, who are available as helpers if necessary.

### YouTube Videos

Interview of Stan Grof on Breath as Sacred Medicine: 42:00 <https://www.youtube.com/watch?v=3ozosh2K7E0>

If you have training in medicine or psychotherapy, you'll find this video especially interesting. Stan contrasts the paradigm of western medicine with his model which takes a very different view of what allows healing to happen ... from the inside out. We don't want symptom-suppression. That's not healing.

Christina and Stan Grof - Holotropic Breathwork 45 min (at aprox 37 min, the volume stops)

<https://www.youtube.com/watch?v=YVILRQ4qHBk>

Stanislav Grof "Spiritual Crisis" 2:53 <https://www.youtube.com/watch?v=OcOhZIOYnrg>

Interview of Stan Grof on Breath as Sacred Medicine: 42:00 <https://www.youtube.com/watch?v=3ozosh2K7E0>

Christina Grof: Addiction, Attachment & Spiritual Crisis -- Thinking Allowed w/ Jeffrey Mishlove 9:08

<https://www.youtube.com/watch?v=xGHxVX9mwYI>

Christina Grof – CRAZYWISE Expert Interview 5:28 on addiction, childhood sexual abuse, alcoholism, spiritual transformation <https://www.youtube.com/watch?v=GS9nU6-WR0U>

Introduction to Breathwork and Healing Trauma. Jim Morningstar 8:53

<https://www.youtube.com/watch?v=OWhOyBdEPsc>