
Realms Of The Human Unconscious

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Realms of the Human Unconscious

Observations from LSD Research *Plume Books*

Stanislav Grof is one of the founding fathers of the modern consciousness movement and here is his pioneering work, *Realms of the Human Unconscious*, reissued for a new generation that has found Grof's work to be increasingly important for their time. Dr Grof views LSD as an unspecific amplifier of the unconscious. He has

developed an understanding of the domains of the unconscious (Freudian, Jungian and Rankian) which unfold under the LSD experience that forms the basis for his radical psychology. He explains a range of fundamental discoveries, previously mysterious, that change the way we think about human potential. LSD has the potential to be used in study of schizophrenia, psychiatry and psychotherapy; as well as its role in a deeper understanding of art, mythology and religion. Dr Grof's extensive research has included experiential psychotherapy using psychedelics, alternative approaches to psychoses and the understanding of psychospiritual crises. *Realms of Human Unconscious* is Stanislav Grof's classic introduction to non-ordinary states of consciousness,

and the foundation of his work on transpersonal psychology. It has proved to be a map to the inner transformation that we need and a revolutionary guide to living in the world with spiritual intelligence. -- Provided by publisher.

Psychology of the Future

Lessons from Modern Consciousness Research *SUNY Press*

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

LSD: Doorway to the Numinous

The Groundbreaking Psychedelic Research into Realms of the Human Unconscious *Park Street Press*

A pioneering book that explores the unknown landscape of human consciousness induced by LSD and other psychedelics • Shows the relationship between shamanism, near death experiences, and other mystical and altered states with those induced by psychedelics • Lays the conceptual foundation for the creation of important new therapies in psychiatry and psychology Stanislav Grof's first 17 years of research into nonordinary states

of consciousness induced by LSD and other psychedelics led to a revolutionary understanding of the human psyche. His research was the impetus behind a vastly expanded cartography of the unconscious, including two new realms still unacknowledged by official academic circles--the perinatal domain, which holds memories of the various stages of birth, and the transpersonal domain, which mediates experiential identification with other species and mythic figures, visits to archetypal realms, access to past life memories, and union with the cosmic creative principle. The research presented in this book provides a map of the psyche that is essential for understanding such phenomena as shamanism and near death experiences as well as other

nonordinary states of consciousness. This map has led to the development of important new therapies in psychiatry and psychology for treating mental conditions often seen as disease and therefore suppressed by medication. It also provides a new threshold to understanding and entering the numinous realm of spirit.

Realms of the Human Unconscious

Observations from LSD Research

When the Impossible Happens

Adventures in Non-Ordinary Realities *ReadHowYouWant.com*

Feelings of oneness with others, nature, and the universe. Encounters with

extraterrestrials, deities, and demons. Out-of-body experiences and past-life memories. Science casts a skeptical eye. But Dr. Stanislav Grof - the psychiatric researcher who co-founded transpersonal psychology - believes otherwise. When the Impossible Happens presents Dr. Grof's mesmerizing firsthand account of his fifty-year inquiry into waters uncharted by conventional psychology, an odyssey that will leave you questioning the very fabric of your existence. From the first LSD session that gave Dr. Grof a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork, When the Impossible Happens explores fascinating experiments in astral projection; remarkable tales of synchronicity; memories of birth and

prenatal life; the survival of consciousness after death, and much more. Here is an incredible opportunity to journey beyond ordinary consciousness - guaranteed to shake the foundations of what we assume to be reality - and sure to offer a new vision of our human potential, as we contemplate When the Impossible Happens. STANISLAV GROF, M.D., PH.D. One of the founders and chief theoreticians of transpersonal psychology, Dr. Grof is the president of the International Transpersonal Association, and a professor of psychology at the California Institute of Integral Studies and the Pacifica Graduate Institute. His numerous books include Beyond the Brain and Psychology of the Future.

The Adventure of Self-Discovery

Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration *SUNY Press*

Here Grof presents a useful model of the psyche—a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution. This book might have been entitled *Beyond Drugs*. The second part describes the principles and process

of the non-pharmacological technique developed by the author and his wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it utilizes the natural healing capacity of the psyche.

Realms of the human unconscious

The Cosmic Game

Explorations of the Frontiers of Human Consciousness *SUNY Press*

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.

Spiritual Emergency

When Personal Transformation Becomes a Crisis *TarcherPerigee*

Argues that many episodes of transformational crisis have been misdiagnosed as mental illness, and explains how to use such a crisis for spiritual development

Holotropic Breathwork

A New Approach to Self-Exploration and Therapy *Excelsior Editions*

The definitive overview of this transformative breathwork.

Why Women Are Poorer Than Men and What We Can Do about It *Michael Joseph*

Feel empowered with finances and discover the route to economic equality

in this astonishing dissection of the gender wealth gap by pre-ordering now 'EVERY WOMAN MUST READ THIS BOOK' 5***** Reader Review 'THIS BOOK WILL OPEN YOUR EYES' 5***** Reader Review 'SHOCKING AND BRILLIANT' 5***** Reader Review _____ FINANCE IS A FEMINIST ISSUE. It's 2021. The modern world is still rigged unfairly in men's favour. Exploring injustices from pensions to boardroom bullying, Annabelle Williams, former financial journalist for The Times, shows how society conspires to limit women's wealth. Awareness is the first step to making change, which is why we all need to understand why women are poorer than men and what exactly we can do about it. The time to act is now. Become confident in saving, investing

and building economic stability in this essential, eye-opening and game-changing exposé of the gender wealth gap. _____ Did you know . . . · The NHS spends more on Viagra than helping single mother families eat healthily · Female entrepreneurs only receive 1p in every £1 of funding given to start-up businesses · Women are the majority of the elderly poor · There are more men called Dave running the UK's top 100 companies than there are women altogether · Women do 60% more unpaid work than men Economies thrive when women do well, and only by understanding why women are poorer than men can we finally end this unfair disparity between the sexes. Why Women Are Poorer Than Men reveals how we got here and what all of us can

do to fix it. _____ 'It is refreshing to see Williams challenge well-worn sexist myths' i 'Annabelle Williams uncovers the realities of money in the modern world, and what exactly we can do about the fact that women are poorer than men' Stylist 'Goes beyond talks of glass ceilings and gender pay gaps to a more nuanced look at the institutional oppression faced by women on a daily basis' Dazed

Beyond the Brain

Birth, Death, and Transcendence in Psychotherapy *SUNY Press*

Beyond the Brain seriously challenges the existing neurophysiological 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 psycho-analytic 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.

The Holotropic Mind

The Three Levels of Human Consciousness and How They Shape Our Lives *Harper Collins*

A TURNING POINT IN PSYCHOLOGY AND HUMAN HISTORY Stanislav Grof, M.D.,

formerly a professor at Johns Hopkins University School of Medicine and founder of the International Transpersonal Association, has written many books, including 'Realms of the

The Way of the Psychonaut Vol. 1: Encyclopedia for Inner Journeys *Multidisciplinary Association for Psychedelic Studies*

The Way of the Psychonaut is one of the most important books ever written about the human psyche and the spiritual quest. The new understandings were made possible thanks to Albert Hofmann's discovery of LSD--the microscope and telescope of the human psyche--as well as other psychedelic substances. This comprehensive work is a tour de force through the worlds of

psychology and psychotherapy, Holotropic Breathwork, maps of the psyche, birth, sex, and death, psychospiritual rebirth, the roots of trauma, spiritual emergency and transpersonal experiences, karma and reincarnation, higher creativity, great art, and archetypes. Written in his late eighties, at the height of his magnificent career, *The Way of the Psychonaut* is possibly Grof's greatest contribution. The commanding breadth and depth of his knowledge is astounding, the tone of his writing easy and accessible, and his narratives brightened with amusing anecdotes, intriguing personal accounts, and brilliant case studies. Grof reviews the history of depth psychotherapy, the important revisions that are needed to make it more effective, and why the

inner quest is such an essential pursuit. As one of the fathers of psychedelic-assisted psychotherapy, its most experienced practitioner, and deeply deserving of a Nobel Prize in medicine, in these two volumes Grof has successfully unveiled a new and sweeping paradigm in self-exploration and healing. The vast and practical knowledge in this book is sure to be an invaluable and treasured resource for all serious seekers.

Healing Our Deepest Wounds

The Holotropic Paradigm Shift

Dr. Grof's consciousness research over the last five decades has shown that the deepest roots of trauma often lie in experiences from birth or in events from

human history that have not yet been resolved and are still active in the collective unconscious. This unresolved personal or collective history then expresses through an individual or group that has some connection to the earlier events. Traditional therapeutic approaches which focus only on events in the personal biography or tranquilizing medications do not access or heal these deeper wounds in the human psyche. From a more general perspective, Dr. Grof examines the broad problems of violence and greed in society and finds that the widespread fear and aggression between individuals and groups may also originate in large part from the unconscious acting-out of unresolved historical traumas from the collective unconscious. The message of Dr. Grof

and this book is, however, a hopeful one: there are approaches to therapy which utilize a specific non-ordinary state of consciousness which enables individuals, with support, to access and heal these deeper levels of trauma from the personal and collective unconscious. He has named this state of consciousness Holotropic, a composite word which means "oriented toward wholeness" or "moving in the direction of wholeness" (from the Greek holos = whole and trepo, trepein = moving toward or in the direction of something). Dr. Grof describes various approaches to achieving this Holotropic state and using it for healing, with his focus on Holotropic Breathwork, which he developed with his partner Christina, and psychedelic therapy, which he pioneered

in the 1950s and which is now experiencing a renaissance of clinical research for treatment of addictions and PTSD.

Drawing it Out

Befriending the Unconscious (a Contemporary Woman's Psychedelic Journey) *Multidisciplinary Association for Psychedelic Studies*

This unique text shows us that the path of self-understanding and higher consciousness may not be revealed through words but through images. The author has presented us with the images coming from the depths of the unconscious and has eloquently described their eventual integration into her conscious life through careful

attention to their details. It is not only an important contribution to the psychology of the unconscious, but a fascinating personal chronicle.

2012

The Return of Quetzalcoatl *Penguin*

The acclaimed metaphysical epic that binds together the cosmological phenomena of our time, ranging from crop circles to quantum theory to the resurgence of psychedelic drugs, to support the contention of the Mayan calendar that the year 2012 portends a global shift-in consciousness, culture, and way of living-of unprecedented consequence. Read Daniel Pinchbeck's posts on the Penguin Blog

The Human Encounter with Death**Fairy Tales and the Social Unconscious****The Hidden Language** *Routledge*

The book combines two main perspectives: the study of the social unconscious and the study of fairy tales. Examining different versions of fairy tales told by different ethnic communities teaches us about the relations between universal and local/cultural aspects of the social unconscious. Exploring the unique status of fairy tales as located on the border line between concrete/somatic and abstract/linguistic realms sheds light on different levels of the human mind. The book focuses on a specific phenomenon

common in fairy tales: a realization of idiomatic expressions - a phenomenon in which an abstract/mental idea is hidden behind a concrete event embedded in the plot. Deciphering the abstract idea out of the pictorial world of the fairy tale enables to understand the stories in a way which is not available otherwise. The book suggests interdisciplinary examination, reminding us the rich, deep messages hidden in fairy tales, and connecting us to early developments in the field of psychoanalysis, by suggesting new interpretation to old, ancient material.

LSD and the Mind of the Universe

Diamonds from Heaven *Park Street Press*

A professor of religious studies meticulously documents his insights from 73 high-dose LSD sessions conducted over the course of 20 years • Chronicles, with unprecedented rigor, the author's systematic journey into a unified field of consciousness that underlies all physical existence • Makes a powerful case for the value of psychedelically induced spiritual experience and discusses the challenge of integrating these experiences into everyday life • Shows how psychedelic experience can take you beyond self-transformation into collective transformation and help birth the future of humanity On November 24, 1979, Christopher M. Bache took the first step on what would become a life-changing journey. Drawing from his training as a

philosopher of religion, Bache set out to explore his mind and the mind of the universe as deeply and systematically as possible--with the help of the psychedelic drug LSD. Following protocols established by Stanislav Grof, Bache's 73 high-dose LSD sessions over the course of 20 years drew him into a deepening communion with cosmic consciousness. Journey alongside professor Bache as he touches the living intelligence of our universe--an intelligence that both embraced and crushed him--and demonstrates how direct experience of the divine can change your perspective on core issues in philosophy and religion. Chronicling his 73 sessions, the author reveals the spiral of death and rebirth that took him through the collective unconscious into

the creative intelligence of the universe. Making a powerful case for the value of psychedelically induced spiritual experience, Bache shares his immersion in the fierce love and creative intent of the unified field of consciousness that underlies all physical existence. He describes the incalculable value of embracing the pain and suffering he encountered in his sessions and the challenges he faced integrating his experiences into his everyday life. His journey documents a shift from individual consciousness to collective consciousness, from archetypal reality to Divine Oneness and the Diamond Luminosity that lies outside cyclic existence. Pushing the boundaries of theory and practice, the author shows how psychedelic experience can take

you beyond self-transformation into collective transformation, beyond the present into the future, revealing spirit and matter in perfect balance.

**Topographie des Unbewußten
(Realms of the human unconscious,
dt.) LSD im Dienst d.
tiefenpsycholog. Forschung**

Psychology of the Unconscious

**A Study of the Transformations and
Symbolisms of the Libido, a
Contribution to the History of the
Evolution of Thought**

In this, his most famous and influential work, Jung made a dramatic break with the Freudian psychoanalytic tradition. Rather than focusing on

psychopathology and its symptoms, the Swiss psychiatrist studied dreams, mythology, and literature to define the universal patterns of the psyche. It foreshadows his development of the theory of collective unconscious.

The Way of the Psychonaut Vol. 2: Encyclopedia for Inner Journeys
Multidisciplinary Association for Psychedelic Studies

This comprehensive work is a tour de force through the worlds of psychology, psychotherapy, Holotropic Breathwork, maps of the psyche, birth, sex, and death, transpersonal experiences, psychospiritual death and rebirth, reincarnation, karma, mystical states, archetypes, spiritual emergency, art, artists, and higher creativity. Grof

reviews the history of depth psychotherapy, the important revisions that are needed to make it more effective, and why the inner quest is such an essential activity.

Modern Consciousness Research and the Understanding of Art: Including the Visionary World of H.R. Giger

In 200 spellbinding pages--including over 100 large, full-color illustrations--Modern Consciousness Research and the Understanding of Art takes readers on an enchanting tour of the human psyche and a visual tour of the artwork of H.R. Giger. In this book, Grof illuminates themes related to dreams, trauma, sexuality, birth, and death, by applying his penetrating analysis to the work of

Giger and other visionary artists.

Extra Hidden Life, among the Days

Wesleyan University Press

Brenda Hillman begins her new book in a place of mourning and listening that is deeply transformative. By turns plain and transcendent, these poems meditate on trees, bacteria, wasps, buildings, roots, and stars, ending with twinned elegies and poems of praise that open into spaces that are both magical and archetypal for human imagination: forests and seashores. As always, Hillman's vision is entirely original, her forms inventive and playful. At times the language turns feral as the poet feels her way toward other consciousnesses, into planetary time. This is poetry as a discipline of love and

service to the world, whose lines shepherd us through grief and into an ethics of active resistance. Hillman's prior books include *Practical Water* and *Seasonal Works with Letters on Fire*, which received the Griffin Prize for Poetry. *Extra Hidden Life, Among the Days* is a visionary and critically important work for our time. A free reader's companion is available online at <http://brendahillman.site.wesleyan.edu>.

Man and His Symbols *Dell*

Explores Jung's psychological concepts regarding the nature, function and importance of man's symbols as they appear on both the conscious and subconscious level

The Use of Lsd in Psychotherapy

Transactions Of A Conference On D-Lysergic Acid Diethylamide, LSD-25, April 22, 23, And 24, 1959, Princeton, New Jersey. Additional Contributors Include C. H. Van Rhijn, Henry L. Lennard, And Mollie P. Hewitt.

Psychedelic Drugs Reconsidered *Bookworld Services*

First published in 1979, *Psychedelic Drugs Reconsidered* is regarded by many as the most comprehensive, accurate, and accessible analysis of psychedelic drugs for the general reader. It records the extensive history of scientific research on, and societal experience with, psychedelic drugs. The Lindesmith Center reprint edition features a new introduction by the authors on recent developments in

psychedelic research, as well as a preface by Dr. Ethan Nadelmann, director of the Lindesmith center.

Mental Zoo

Animals in the Human Mind and its Pathology *Routledge*

The authors' dynamic book, *Mental Zoo*, takes the reader on a panoramic tour illuminating the rich world of animals in human experience. Here Freud's rats, wolves, and horses join our own cats and dogs to meet snakes, spiders, birds, and cockroaches. With an engaging blend of whimsy and erudition, the contributors describe the feelings, fantasies, dreams, nightmares, and delusions that animals evoke in us all. Detailed clinical examples capture the richness of the

intrapsychic and interpersonal places that animals inhabit in our psyches. The book encompasses the role of animals not only in normal development and psychopathology, but also in history and mythology. Mental health professionals will listen to their patients with new sensitivities after Mental Zoo introduces them to this fascinating menagerie.'- Alex Hoffer, MD, Associate Clinical Professor of Psychiatry, Harvard Medical School, Training and Supervising Analyst, Psychoanalytic Institute of New England'.

LSD Psychotherapy *Hunter House Publishers*

The Echo of Odin

Norse Mythology and Human Consciousness *McFarland*

The pagan mythology of the Vikings offers a rich metaphor for consciousness. This book presents the cosmography of Norse mythology as a landscape of human inner life. Each of the nine worlds of this cosmography is viewed as a symbol of a distinct type of consciousness that is emblematic of a particular perspective or way of relating to others. Individual gods and goddesses are considered nuanced personifications of their worlds. The philosophy of pagan mythology is explored by comparing and contrasting the Sayings of Odin from the Norse Edda with the Christian Ten Commandments.

Machine Intelligence and the

Imaginal Realm

Spiritual Freedom and the Re-animation of Matter *Simon and Schuster*

- Explores how we naturally project consciousness onto machines and how this is reflected in human culture, science, artificial intelligence, and literature
- Demonstrates a direct connection between consciousness and the history of machines in American history
- Looks at the contributions and influence of Grace Hopper, Richard Feynman, Philip K. Dick, Nikola Tesla, Thomas Edison, Elon Musk, David Bohm, Norbert Wiener, and Steve Jobs as well as the Nag Hammadi Gnostic gospels

Humans invented and constructed machines to aid them, as far back as the

Stone Age. As the machines became more complex, they became extensions of the body and mind, and we naturally began projecting consciousness onto them. As Luke Lafitte shows in detail, although machines complicate the already complicated issue of identity, because they are “ours” and “of us,” they are part of our spiritual development. In this sweeping exploration of the history of the machine as a tool, as a transpersonal object to assist human activity, and as a transitional artifact between spirits and the humans who interact with them, Lafitte examines the role that machines play in the struggle between “spiritual man” and “mechanical man” throughout history. He interprets the messages, archetypes, and language of the

unconscious in the first popular stories related to mechanical men, and he demonstrates a direct connection between consciousness and the history of machines in American history, specifically between the inventors of these machines and the awakening of our imaginations and our powers of manifestation. He examines the influence of Philip K. Dick, Nikola Tesla, Thomas Edison, Grace Hopper, Richard Feynman, Elon Musk, David Bohm, and others and shows how the Nag Hammadi gospels explain how we can take back our myth and spirit from the machine. Although the term “mechanical man” is a catch-all phrase, Lafitte shows that the term is also a meeting ground where extra-dimensional communications between different forms of matter occur.

Every machine, android, robot, and cyborg arose from consciousness, and these mechanical men, whether real or fictive, offer us an opportunity to free ourselves from enslavement to materialism and awaken our imaginations to create our own realities.

The Ancient Unconscious

Psychoanalysis and the Ancient Text *Classics in Theory*

Although cognitive psychology and neuroscience have usurped the influential position once held by psychoanalysis, this volume seeks to reclaim the value of the unconscious as a methodological tool for the study of ancient texts by transforming our understanding of what it means, how it

operates, and how it relates to textual hermeneutics.

Human Survival and Consciousness Evolution *SUNY Press*

In addition to the apocalyptic prospect of global nuclear destruction, there are other dismal scenarios involving resource and environmental issues that are less imminent but still serious in the long term. Past analyses, seeking remedies, have focused on symptoms rather than causes. They represent extensions and expressions of the same philosophies and strategies that created these situations. This book brings a fresh and optimistic perspective to the problem area. It explores modern consciousness research and transpersonal psychology for practices

that accelerate the development of consciousness. It covers a wide range from laboratory techniques of experimental psychiatry, transpersonal psychotherapies, and Jungian psychology to the Oriental and Western mystical traditions.

Toad and the Jaguar a Field Report of Underground Research on a Visionary Medicine

Bufo Alvarius and 5-Methoxy-Dimethyltryptamine

ABOUT THE BOOK In this monograph the author relates findings from more than 30 years of experiences and observations with *Bufo alvarius* and 5-methoxy-dimethyltryptamine, in various user groups and individuals, both in the

US and in Europe. The term underground is used in referring to the explorations with these substances, in the sense that they were hidden - out of respect for the restrictions and prohibitions of mainstream culture. These are ethnographic field reports, first-hand observations from an underground subculture, accompanied by the experiences of a selected number of participant-observers. It is important to recognize that in research with these and other so-called psychedelic or entheogenic substances, one cannot limit the observations and reflections solely to their physical and psychological effects. As most of the people cited here emphasize, the experiences with these substances at times can go far beyond their physical and psychological effects

into the deepest and highest dimensions of our existence, both the cosmic and the spiritual. ABOUT THE AUTHOR Ralph Metzner, Ph.D., received his undergraduate degree at Oxford University and his doctorate in clinical psychology at Harvard University, where he was also the recipient of an NIMH Post-doctoral Fellowship in psychopharmacology at the Harvard Medical School. He collaborated with Timothy Leary and Richard Alpert in the studies of psychedelic drugs and co-authored *The Psychedelic Experience*. He is a psychotherapist and Professor Emeritus at the California Institute of Integral Studies, where he taught for 30 years. He has a life-long interest in the many different realms of consciousness and its modifications. He is the author of

The Well of Remembrance, The Unfolding Self, Green Psychology, Birth of a Psychedelic Culture (with Ram Dass); editor of two collections of essays on ayahuasca and on psilocybe mushrooms; and author of a new series of seven books on The Ecology of Consciousness.

The Social Unconscious

Selected Papers *Jessica Kingsley Publishers*

The social unconscious and its manifestations in group analysis are the focus of this important new book of Earl Hopper's selected papers. Drawing on sociology, psychoanalysis and group analysis, he argues that groups and their participants are constrained

unconsciously by social, cultural and political facts and forces.

The Archetypes and the Collective Unconscious *Routledge*

The concept of 'Archetypes' and the hypothesis of 'A Collective Unconscious' are two of Jung's better known and most exciting ideas. In this volume - taken from the Collected Works and appearing in paperback for the first time - Jung describes and elaborates the two concepts. Three essays establish the theoretical basis which are then followed by essays on specific archetypes. The relation of these to the process of individuation is examined in the last section. The Archetypes and the Collective Unconscious is one of Jung's central works. There are many

illustrations in full colour.

Being You

A New Science of Consciousness

Penguin

INTERNATIONAL BESTSELLER A Best Book of 2021—Bloomberg Businessweek; A Best Science Book of 2021—The Guardian; A Best Science Book of 2021—Financial Times; A Best Philosophy Book of 2021—Five Books; A Best Book of 2021—The Economist Anil Seth's quest to understand the biological basis of conscious experience is one of the most exciting contributions to twenty-first-century science. What does it mean to "be you"—that is, to have a specific, conscious experience of the world around you and yourself within it?

There may be no more elusive or fascinating question. Historically, humanity has considered the nature of consciousness to be a primarily spiritual or philosophical inquiry, but scientific research is now mapping out compelling biological theories and explanations for consciousness and selfhood. Now, internationally renowned neuroscience professor, researcher, and author Anil Seth is offers a window into our consciousness in BEING YOU: A New Science of Consciousness. Anil Seth is both a leading expert on the neuroscience of consciousness and one of most prominent spokespeople for this relatively new field of science. His radical argument is that we do not perceive the world as it objectively is, but rather that we are prediction

machines, constantly inventing our world and correcting our mistakes by the microsecond, and that we can now observe the biological mechanisms in the brain that accomplish this process of consciousness. Seth has been interviewed for documentaries aired on the BBC, Netflix, and Amazon and podcasts by Sam Harris, Russell Brand, and Chris Anderson, and his 2017 TED Talk on the topic has been viewed over 11 million times, a testament to his uncanny ability to make unimaginably complex science accessible and entertaining.

The Science of Near-Death Experiences *University of Missouri Press*

What happens to consciousness during

the act of dying? The most compelling answers come from people who almost die and later recall events that occurred while lifesaving resuscitation, emergency care, or surgery was performed. These events are now called near-death experiences (NDEs). As medical and surgical skills improve, innovative procedures can bring back patients who have traveled farther on the path to death than at any other time in history. Physicians and healthcare professionals must learn how to appropriately treat patients who report an NDE. It is estimated that more than 10 million people in the United States have experienced an NDE. Hagan and the contributors to this volume engage in evidence-based research on near-death experiences and include

physicians who themselves have undergone a near-death experience. This book establishes a new paradigm for NDEs.

Subliminal

The Revolution of the New Unconscious and What It Teaches Us about Ourselves *Penguin UK*

In *Subliminal* Leonard Mlodinow, bestselling author of *The Drunkard's Walk* and coauthor of *The Grand Design* (with Stephen Hawking), examines how the unconscious mind shapes our experience of the world far more than we realize - whether it is in our relationships with family, friends and business associates, our preference in politicians, our investment choices or

even how we remember our own pasts. All of our judgements and perceptions reflect the workings of our mind on two levels- the conscious, of which we are aware, and the unconscious, which is hidden from us. The unconscious has long been the subject of speculation, but over the past two decades scientific researchers have developed remarkable new tools for probing the hidden, or subliminal, workings of the mind. The result of this explosion of research is a new science of the unconscious, and a sea change in our understanding of how the mind affects the way we live. These cutting-edge discoveries have revealed that the way we experience life is largely driven by the mind's subliminal processes and not by the conscious ones, as we have long believed.

Employing his trademark wit and his lucid, accessible explanations of the most obscure scientific subjects, Leonard Mlodinow takes us on a tour of this research, unraveling the complexities of the subliminal self, increasing our

understanding of how the human mind works, and how we interact with friends, strangers, spouses and coworkers. In the process he changes our view of ourselves and the world around us.