



Stanislav Grof

# Realms of the Human Unconscious

Observations from LSD Research

'A most important contribution  
to personality theory'

Abraham Maslow

# Realms Of The Human Unconscious Observations From Lsd Research

**Ilona Roth**



## **Realms Of The Human Unconscious Observations From Lsd Research:**

*Realms of the Human Unconscious* Stanislav Grof, 1979 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 and 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 It is a psychology that promises the elucidation of a range of fundamental but previously mysterious 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 the 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 Back cover of book **Realms of the Human Unconscious : Observations from Lsd Research** S. Grof, 1979 *A Mental*

*Ethnography: Conclusions from Research in LSD* Niccolo Caldararo, 2023-02-20 There has recently been a renewed interest in both casual use of psychedelics as well as experimental use and attempts to discover therapeutic value There is an effort to recapture the achievements and failures of past work to guide present use This book is based around material derived from unpublished scientific research from Dr Robert Mogar's laboratory and built upon by forty years of field research by the author The author Niccolo Caldararo participated in a number of studies of perception including sensory deprivation and psychotropic drugs some of recent manufacture or discovery and some of primitive or traditional societies He places this analysis of the physiological aspects of hallucinations delusions visions and dreams in context through an as well as cross cultural data on dreams dreaming and drug use and the social value of hallucinations dreams and visions The book reviews ethnographic literature in this area and contributes to a comprehensive evaluation of past work done in this area **Beyond the Brain** Stanislav Grof, 1985-08-01 *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 Human Odyssey Thomas Armstrong, PhD, 2019-03-20 This is truly a major contribution brilliant beguiling and as broad in concept as it is deep Jean Houston PhD author of *The Possible Human* Thomas Armstrong Ph D an award winning educator and expert on human development offers a cross cultural view of life s entire journey from before birth to death to the possibilities of an afterlife Dr Armstrong cites both clinical research and anecdotal evidence in a comprehensive view of the challenges and opportunities we face at every stage of our development His accessible narrative incorporates elements of history literature psychology spirituality and science in a fascinating guide to understanding our past as well as our future I loved the tone the pacing the sense of audience and especially the richness of the associations It s a book that one would like to keep around a guidebook even John Kotre Ph D co author of *Seasons of Life The Dramatic Journey from Birth to Death* *The Human Odyssey* is superb magnificent astonishing unique engrossing eminently readable informative enjoyable entertaining profound What else I could go on I hadn t expected anything like so remarkable a book Joseph Chilton Pearce author of *The Crack in the Cosmic Egg* and *Magical Child* I have read through *The Human Odyssey* It is in many ways impressive I also think that it has great commercial potential Many people will find attractive your dual focus on the scientific and the soul spiritual dimensions Howard Gardner Ph D The John H and Elizabeth A Hobbs Professor in Cognition and Education at the Harvard Graduate School of Education author of *Frames of Mind* I extend my congratulations to you for this monumental undertaking and wish you the very best for your impressive efforts Marian Diamond Ph D Professor Department of Integrative Biology University of California Berkeley co author of *Magic Trees of the Mind* pioneer researcher into the effect of the environment on brain development dissected Einstein s brain I very much enjoyed *The Human Odyssey* Your breadth of sources is remarkable and you have put them all together in a smooth and integrative way I think it will be informative for people and also inspiring for them to make their stages of life more meaningful Overall this is an impressive tour de force Arthur Hastings Ph D Professor and Director William James Center for Consciousness Studies Institute of Transpersonal Psychology Past President Association of Transpersonal Psychology Extraordinary I hope that it is read by many people Laura Huxley widow of Aldous Huxley founder of *Children Our Ultimate Investment* and author of *This Timeless Moment* and *The Child of Your Dreams* A wonderful and encyclopedic summary of human development Allan B Chinen M D Clinical Professor of Psychiatry University of California San Francisco author of *Once Upon a Mid Life Classic Stories and Mythic Tales to Illuminate the Middle Years* and *In the Ever After Fairy Tales and the Second Half of Life* Absolutely remarkable *The Human Odyssey* is written with lively scholarship and contains great depth and breadth a wide range of fascinating materials and many useful resources It s a kind of everything book



George Leonard the granddaddy of the consciousness movement Newsweek and author of The Transformation and The Ultimate Athlete The Human Odyssey provides readers with a fresh approach to developmental psychology Dr Armstrong has included a spiritual dimension of human growth that is lacking from most accounts but which is essential for a complete understanding of the human condition It is a splendid brilliant work Stanley Krippner Ph D former president of the Association for Humanistic Psychology author of Personal Mythology The Psychology of Your Evolving Self and co editor of The Psychological Impact of War Trauma on Civilians An International Perspective An integral approach to human development from birth to death that provides practical information for all who see spirit interpenetrating all of life Michael Murphy co founder of the Esalen Institute and author of The Future of the Body The Life We Are Given and God and the Evolving Universe This is a thoroughly researched and beautifully written account of the story of human development Drawing on the most recent scientific studies as well as literature and films mythology and major spiritual traditions Armstrong shows the way to a truly integrated understanding of the complexities of the human life cycle Ralph Metzner Ph D author of Maps of Consciousness and The Unfolding Self co author with Timothy Leary and Richard Alpert of The Psychedelic Experience which was the inspiration for the Beatles song Tomorrow Never Knows I loved this book What a vast terrain it covers I enjoyed the way it wove into each developmental stage a rich array of materials from Greek myths Martin Buber psychology rituals spirituality and so many wonderful stories As people read this book they will be much more aware of the different stages of life and how they impact all of us personally and collectively Barbara Findeisen President The Association for Pre member of the board of directors of the Canadian Society for the Prevention of Cruelty to Children The Human Odyssey is just that a tour de force by one of the leading experts in whole person development I ve never before seen such a comprehensive and readable work on the many stages that we humans go through on our journey through this life John W Travis M D founder of the first wellness center in the United States in 1975 co author of Wellness Workbook and co founder of Alliance for Transforming the Lives of Children Thomas Armstrong s The Human Odyssey is an extraordinary book an intellectual feast Armstrong has amassed and integrated an amazing amount of information from developmental and transpersonal psychology modern consciousness research biology anthropology mythology and art and created an extraordinary guide through all the stages of the adventure of human life While the rich content of this book will impress professional audiences it s clear and easy style makes it quite accessible to the general public Stanislav Grof M D former Chief of Psychiatric Research Maryland Psychiatric Research Center author of Realms of the Human Unconscious Beyond the Brain Birth Death and Transcendence in Psychotherapy and Adventures in Self Discovery Thomas Armstrong has written a brilliant caring and beautiful book on the human lifecycle Such an all inclusive book is rare and adds a sense of the wholeness of life into and beyond death in the mere reading of it Stuart Sovatsky Ph D author of Words From the Soul Your Perfect Lips and Eros Consciousness and Kundalini and co President of the Association of Transpersonal Psychology I cannot

imagine anyone who will not benefit from this wise beautifully written description of life's journey If you are looking for encouragement understanding and strength this is your book Larry Dossey M D author of The Extraordinary Power of Ordinary Things and Healing Words A beautiful compilation of world wisdom Well written and inspiring James Fadiman Ph D co Founder Institute for Transpersonal Psychology and author of The Other Side of Haight Armstrong synthesizes an enormous amount of material from many fields and wisdom traditions to create a book that is fresh provocative and important His holistic approach presents us with the largest possible map as we navigate across our own lives Bravo captain Mary Pipher author of Writing to Change the World and Reviving Ophelia Thomas Armstrong is an original thinker whose perceptions broaden our understanding of children education and society In The Human Odyssey Armstrong provides a comprehensive framework for human development with characteristic depth and optimism Peggy O Mara Editor and Publisher of Mothering Magazine This is truly a major contribution brilliant beguiling and as broad in concept as it is deep Jean Houston Ph D author of The Possible Human      **The Buddha Pill** Miguel Farias, Dr. Catherine Wikholm, 2019-02-19 Millions of people meditate daily but can meditative practices really make us better people In The Buddha Pill pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope Separating fact from fiction they reveal what scientific research including their groundbreaking study on yoga and meditation with prisoners tells us about the benefits and limitations of these techniques for improving our lives As well as illuminating the potential the authors argue that these practices may have unexpected consequences and that peace and happiness may not always be the end result Offering a compelling examination of research on transcendental meditation to recent brain imaging studies on the effects of mindfulness and yoga and with fascinating contributions from spiritual teachers and therapists Farias and Wikholm weave together a unique story about the science and the delusions of personal change      **Human Ground, Spiritual Ground** Kess Frey, 2012-08 Our biography is our most precious intimate possession yet how much do we really know about ourselves With a little work we can discover in the unfolding of our biography the traces of a marvelous cosmic patterning the cycles of our life The seven year cycle converts experience into psychological faculties the twelve year cycle marks the way changing self awareness of the personality is translated into our life's work the thirty year cycle marks a major turning point in life The Veiled Pulse of Time explores these cycles as well as the questions of freedom and destiny transformation reincarnation and karma Bryant writes with force and beauty His deep insights into the elements of rhythm the time body and the cycles in human life combined with examples from biographies as diverse as Nehru Marilyn Monroe and Leo Tolstoy make for a book that cannot be put down until finished An invaluable work for counselors educators and those who wonder about their destiny Robert Sardello PhD author of Facing the World with Soul      **Pathways to Wholeness** Renn Butler, 2019-06-06 An exploration into how to use archetypal astrology as a guide to the transpersonal journey The exploration of the psyche in non ordinary states of consciousness provides access to powerful transformative

experiences that can lead us towards a more complete experience of being human the realisation of a deeper identity while also yielding extraordinary insights into the ultimate nature of reality Described by Stanislav Grof as the Rosetta Stone of consciousness research archetypal astrology is based on a correspondence between planetary alignments and archetypal patterns in human experience Here by drawing on the work of Grof and Richard Tarnas Butler systematically describes the archetypal themes and qualities associated with each of the major planetary combinations studied in astrology and considers how these themes might manifest and be supported in deep psychological self exploration Based on thirty years of research Pathways to Wholeness is an indispensable reference book for explorers of the inner worlds Pathways to Wholeness Explores the intersection between Grofian transpersonal psychology and archetypal astrology Describes the nature of the planetary archetypes in astrology Explores the archetypal meaning of all the main planetary combinations as applied to everyday life perinatal psychology and transpersonal experience Provides illuminating case studies and vignettes Illustrated with mandala drawings

*The Divine Spark: A Graham Hancock Reader* Graham Hancock, 2015-04-06 I suspect the real breakthroughs in our understanding of consciousness are going to come from an entirely different direction That direction controversially has to do with psychedelics which as many of the contributors to *The Divine Spark* argue offer spectacular potential for the investigation of the hard problem of consciousness from the introduction by Graham Hancock Psychedelics Medicinal Vital in interspecies communication or communion with the sacred Are you reaching enlightenment or damaging your brain In this anthology edited by bestselling author Graham Hancock 22 writers discuss psychedelics and their myriad connections to consciousness Travel to South America the American Southwest outer space inner space and back in time to revisit Pahnke s The Good Friday experiment Explore the effects of ayahuasca LSD and much more Illuminating the topic like never before Mike Alivernia Russell Brand David Jay Brown Paul Devereux Rick Doblin Ede Frecska Alex Grey Nassim Hamein Martina Hoffmann Don Lattin Luis Eduardo Luna Dennis McKenna Thad McKracken Rak Razam Gabriel Roberts Thomas B Roberts Gregory Sams Robert M Schoch Mark Seelig Rick Strassman Robert Tindall And of course Graham Hancock

*The Pharmacology of LSD* Annelie Hintzen, Torsten Passie, 2010-06-10 LSD has a controversial and extraordinary reputation due to the special effects it can induce on human consciousness This book is the first ever comprehensive review of the psychological and pharmacological effects of LSD It draws on data from more than 3000 experimental and clinical studies

Mysterious Minds Stanley Krippner, Harris L. Friedman, 2009-11-12 An introduction to the scientific study of psychics and mediums those who are frauds those who are psychotic and those whose claims seem to defy easy dismissal Welcome to the world of Mysterious Minds The Neurobiology of Psychics Mediums and Other Extraordinary People Here experts in the emerging field of neurobiological study make the case that while many claims of psychic ability are easily proven false there may well be claimants who can obtain information in ways not easily explained by mainstream science and there might be scientific tools and approaches available to confirm those experiences Written by an expert team of distinguished

investigators from a half dozen countries around the world *Mysterious Minds* introduces readers to the current state of research into parapsychological experiences emphasizing the neurobiological data obtained by those who claim to be psychics or mediums It offers specific examples of paranormal claims of extraordinary people claims scrutinized through the use of high tech brain imaging clinical neurological examinations and psychotropic drugs The book concludes by proposing a series of models based on fundamental neurobiology psychology and quantum physics that could help us unravel these mental mysteries

**Spirituality and Psychiatry** Chris Cook, Christopher C. H. Cook, Andrew Powell, Andrew Sims, 2009-06 This book explores the nature of spirituality its relationship to religion and the reasons for its importance in clinical practice Different chapters focus on the key subspecialties of psychiatry including psychotherapy child and adolescent psychiatry intellectual disability psychiatry substance misuse psychiatry and old age psychiatry

The Mythic Imagination Stephen Larsen, 1996-03-01 Mythology is the universal tongue of human imagination As a tool for self discovery mythology is also a way of gaining access to the secrets of the psyche The *Mythic Imagination* is a quest for the ancient source of vision and meaning in the world of dream myth and archetype In the footsteps of Joseph Campbell Stephen Larsen guides the reader on a journey through the mythic landscape of the psyche His insight is that all of us at one time or another are engaged in creating personal mythologies that reflect the larger myths of the culture and our own deepest desires and aspirations This book is a guide for bringing the deeper mythic structures of experience into awareness for learning to recognize the archetypal content embedded in our dreams and daydreams feelings beliefs relationships conscious creations and behavior Student and authorized biographer of Joseph Campbell Larsen teaches us how to bring myth into our lives Reissue of the Bantam bestseller

*Spiritual Growth with Entheogens* Thomas B. Roberts, 2012-03-19 Reveals entheogens as catalysts for spiritual development and direct encounters with the sacred With contributions by Albert Hofmann Huston Smith Stanislav Grof Charles Tart Alexander Sasha Shulgin Frances Vaughan and many others Includes personal accounts of Walter Pahnke's Good Friday Experiment as well as a 25 year follow up with its participants Explores protocols for ceremonial use of psychedelics and the challenges of transforming entheogenic insights into enduring change Modern organized religion is based predominantly on secondary religious experience we read about others extraordinary direct spiritual encounters in the distant past and have faith that God is out there Yet what if powerful sacraments existed to help us directly experience the sacred What if there were ways to seek out the meaning of being human and our place in the universe to see the sacred in the world that surrounds us In this book more than 25 spiritual leaders scientists and psychedelic visionaries examine how we can return to the primary spiritual encounters at the basis of all religions through the guided use of entheogens With contributions by Albert Hofmann Huston Smith Stanislav Grof Charles Tart Alexander Sasha Shulgin Frances Vaughan Myron Stolaroff and many others this book explores protocols for ceremonial use of psychedelics the challenges of transforming entheogenic insights into enduring change psychoactive sacraments in the Bible myths surrounding the use of LSD and the



transformative ayahuasca rituals of Santo Daime It also includes personal accounts of Walter Pahnke's Good Friday Experiment as well as a 25 year follow up with its participants Dispelling fears of inauthentic spirituality addiction and ill prepared encounters with the holy this book reveals the potential of entheogens as catalysts for spiritual development a path through which faith can directly encounter God's power and the beginning of a new religious era based on personal spiritual experience

**Handbook of Medical Hallucinogens** Charles S. Grob, Jim Grigsby, 2021-01-29 This handbook reviews promising applications of psychedelics in treatment of such challenging psychiatric problems as posttraumatic stress disorder major depression substance use disorders and end of life anxiety Experts from multiple disciplines synthesize current knowledge on psilocybin MDMA ketamine and other medical hallucinogens The volume comprehensively examines these substances neurobiological mechanisms clinical effects therapeutic potential risks and anthropological and historical contexts Coverage ranges from basic science to practical clinical considerations including patient screening and selection dosages and routes of administration how psychedelic assisted sessions are structured and conducted and management of adverse reactions

**Introduction To Psychology** Ilona Roth, 2021-06-29 This two volume text provides a comprehensive introduction to the issues theories and methods of psychology including both classic approaches and recent research The areas covered range from the intellectual social and emotional development of the child to the ways in which adults perceive attend remember and communicate from Freud's psychoanalytic framework to the work of present day psychologists from debates about the scientific status of psychology to the special problems which the study of people poses for psychologists Each chapter presents important issues in depth highlighting controversies while showing that they rarely have neat solutions Throughout emphasis is given to the contrasting levels of analysis which contribute to the understanding of psychological functioning from fundamental biological processes to complex social interactions While prepared for the Open University course Introduction to Psychology these volumes will provide an excellent introduction to students of psychology at other universities and colleges The text incorporates the best of the Open University's tried and tested teaching methods and particular importance is placed on encouraging the reader's active participation making the books enjoyable and stimulating as well as informative The text is divided into eight sections comprising eighteen

**The Mammoth Encyclopedia of Extraterrestrial Encounters** Ronald Story, 2012-03-01 An illustrated A to Z guide to all things alien Over 400 entries from more than 100 contributors cover everything from the incidents and witnesses involved to the concepts at stake and experts' personal position statements Entries range from alien abductions the Fantasy Prone hypothesis and JAL Flight no 1628 to the Lakenheath Bentwaters Episode mind control by aliens and Roswell The contributors include Isaac Asimov Jerome Clark Erich von Daniken Peter Davenport Hilary Evans Timothy Good Marvin Kottmeyer Jenny Randles Carl Sagan Whitley Streiber and Jacques Vallee There are over 300 images eyewitness drawings and photographs

**The Wiley-Blackwell Handbook of Transpersonal Psychology** Harris L. Friedman, Glenn Hartelius, 2015-06-22 THE WILEY

BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work Congratulations to Harris Friedman and Glenn Hartelius May this book contribute to an increasingly adventurous creative and vibrant universe Ingo B Jahrsetz President The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding comprehensive overview of the field It is a valuable resource for professional transpersonal practitioners and an excellent introduction for those who are new to this wide ranging discipline Frances Vaughan PhD Psychologist author of *Shadows of the Sacred Seeing Through Spiritual Illusions* Finally the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future If you are not a transpersonal psychologist now you will be after exploring this handbook No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore This is a marvelous handbook critical expansive and like much of what transpersonal psychologists study sublime Ralph W Hood Jr University of Tennessee Chattanooga With contributions from more than fifty scholars this is the most inclusive resource yet published on transpersonal psychology which advocates a rounded approach to human well being integrating ancient beliefs and modern knowledge Proponents view the field as encompassing Jungian principles psychotherapeutic techniques such as Holotropic Breathwork and the meditative practices found in Hinduism and Buddhism Alongside the core commentary on transpersonal theories including holotropic states science with chapters on neurobiology and psychometrics and relevance to feminism or concepts of social justice the volume includes sections describing transpersonal experiences accounts of differing approaches to healing wellness and personal development and material addressing the emerging field of transpersonal studies Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community The result is a richly flavored distillation of the underlying principles and active ingredients in the field

**Conscious Breathing** Joy Manne, Ph.D., 2004-08-13 Conscious Breathing presents contemporary Breathwork methods in a comprehensive structured way for modern readers Emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation author Joy Manne shows how Breathwork can be applied to transpersonal existential past life chakra Kundalini shamanic and other experiences Using detailed examples case histories and exercises Conscious Breathing covers basic grounding and awareness advanced breath and body centered explorations and explorations of biblical and religious teachings *Heaven, Hell, and the Afterlife* J. Harold Ellens, 2013-07-25 Christianity Islam and Judaism all feature ideas about heaven hell and afterlife and these concepts have evolved over time within these religions This work supplies a detailed and coherent understanding of the broad scope of spiritual thinking in the last 3 000 years within the Abrahamic traditions Heaven Hell and the Afterlife Eternity in Judaism

Christianity and Islam provides an all encompassing examination of historic and contemporary perspectives on afterlife in Western religions. In these three volumes Judaic, Christian and Muslim scholars join forces providing an unprecedented review of their individual faith's traditions. Every significant issue and major theme is discussed; no controversial topic is avoided. From ancient doctrines to modern day outlooks of conservatives, progressives and liberals in all three religions all are analyzed and presented here. The framework of the volumes underscores how the ethics and concepts of eternity in the Western action religions contrast with Eastern religions that tend to be characterized as passive or withdrawal religions in their ethics and their notions of afterlife as absorption within universal spirit, Nirvana or nonexistence. This work is well suited for undergraduate and graduate students, general readers interested in religion and professional scholars particularly those in fields corollary to religious study.

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Realms Of The Human Unconscious Observations From Lsd Research**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Realms Of The Human Unconscious Observations From Lsd Research Introduction**

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