

The Holotropic Mind

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The Holotropic Mind

Casualties of Heavy Breathing Another breath specialist and integrative psychiatrist, Patricia Gerbarg, says that Holotropic Breathwork, and other forceful respiratory practices such as breath of fire ...

Holotropic Breathing Promises Psychedelic-Like Trips Without the Drugs. Is It Safe?

The word holotropic, from the Greek words holos and ... By pushing aside your conscious mind and allowing the subconscious to surface, bringing to the fore suppressed emotions or experiences ...

Holotropic breathwork: Can you pant your way to inner peace?

Stories about alleged alien abductions have been a staple of modern culture for decades, but were generally disregarded by science until the 1990's. That's when prominent Harvard psychiatrist Dr.

Harvard psychiatrist brought credibility to alien abduction research

For a while she was a guru to Hillary Clinton and helped her get inside the mind of the late Eleanor ... not a voyage into inner space. The holotropic breathwork people think you shouldn't ...

"Five ways I tried to alter my state of consciousness"

The dark greenish stone and bronze vessels had always been a mystery. Dating at least five millennia back, these chlorite, bronze and ceramic containers, vases and other decorative objects were ...

Who Were the Mysterious People of Ancient Jiroft?

Nootropics are said to act directly on the integrative activity of the mind that occurs at the highest ... One winter's day in San Francisco, I tried holotropic breathing — a way of breathing ...

"Smart drugs" and cold therapy: How I'm biohacking my body to be smarter and healthier

with the specific intent of having a spiritual experience—but I was not at all sure that this was what the annual legions of scantily clad Burners had in mind. Burning Man dates back to 1986, when ...

Burning Man: Psychedelics and Harm Reduction

The idea derives from the 1960s work of Stanislav Grof, who with "Holotropic breathing" tried to reproduce the effects of LSD. To go full Holotropic, you need a practitioner beside you ...

Fit in my 40s: could breathwork help me stay calm?

It's lunchtime—the perfect time for an afternoon reset. You've already accomplished so much, and still have so much left to do. A midday meditation can help you slow down from the busy-ness of the ...

A Midday Meditation to Reset Your Day

Our resort-like facilities provide comfort while offering holistic treatment to restore the body, mind, and spirit. We provide a solid foundation for building a drug and alcohol-free life that is ...

Ambrosia Treatment Center

Dance club environments are tailor-made for trippers. After a decade of "Just Say No" rhetoric, we're in the midst of a countercultural revival that's not just saying yes to certain mind-expanding ...

High Times

Psychotherapy approaches are many and varied. Some types of therapy have been in use for decades, such as person-centered therapy (also known as Rogerian therapy), and others are relatively new ...

Types of Therapy

Meditation and Pranayama coach Gabrielle Marchese says a daybreak ritual gives you time to connect with your own mind and heart, and set intentions for your day, before your attention is pulled in a ...

Meditation to Start Your Morning

Starting out as a cell biologist, his leading-edge science based approach dovetails with mind-body medicine and ... haka workshop for women, holotropic breathwork and much more.

Rachel Hunter Stays On In New Zealand To Headline NZ Spirit Festival

and holotropic breathwork. My name is Eric Carlson and I am the founder and director of Brainwise Solutions LLC, an innovative practice that offers counseling, mindfulness groups, plant medicine ...

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