


[DOWNLOAD](#)


Opening Inward - A Collection of Poetry from the Inner World of Holotropic Breathwork (Paperback)

By Elle Stefani

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book *****

Print on Demand *****.Opening Inward is a selection of metaphysical and mystical poems that offers an account of my inner experiences into the world of non-ordinary consciousness as revealed by the practice of Holotropic Breathwork.

Holotropic Breathwork is a powerful experiential approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, transpersonal psychology, Eastern spiritual practices, and mystical traditions of the world. Holotropic Breathwork was pioneered by Stanislav Grof, MD and his late wife Christina Grof. The term holotropic literally translates as moving toward wholeness. The breathwork practice combines accelerated breathing with evocative music in a supported setting. With the eyes closed and lying on a mat, each person uses their own breath and the music in the room to enter an expanded state of consciousness. This state activates the natural inner healing process of the breather's psyche which guides the experience. It has truly been a journey that has taken courage, hope, trust and compassion. The poems are passageways into the deepest realms of my heart and soul which I have learned to love and honor....



READ ONLINE
[2.96 MB]

Reviews

Very beneficial for all type of folks. It can be rally intriguing throgh studying time. You will like how the writer publish this ebook.

-- **Nathan Cruickshank**

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mariano Spinka**