

# **Healing Our Deepest Wounds: New Perspectives in Self-Exploration and Psychotherapy**

**Stanislav Grof, M.D.**

In this slide-illustrated lecture, we will review the revolutionary findings of modern consciousness research concerning the human psyche in health and disease. We will explore vast domains of the unconscious that currently are not recognized by mainstream psychiatry – the *perinatal realm* (related to biological birth) and the *transpersonal realm* (historical and archetypal domain of the collective unconscious, karmic matrices, and phylogenetic memories). We will show that the deepest roots of our individual and collective problems are not in infancy and childhood – as assumed by mainstream clinicians and theoreticians - but reach deep into these transbiographical domains. This finding might seem discouraging, but it is outweighed by the discovery of new powerful therapeutic mechanisms operating on these levels – the process of psychospiritual death and rebirth, reliving of karmic memories, emergence of archetypal material, experiences of cosmic unity, and others.

The new findings concerning the nature of consciousness and the dimensions of the human psyche are essential for individuals involved in psychotherapy, serious self-exploration, and spiritual quest. They are necessary for understanding the ritual and spiritual life of humanity (shamanism, rites of passage, ancient mysteries of death and rebirth, mysticism, and religion). The insights from this work also throw new light on destructive sociopolitical movements and events. We will explore the remarkable parallels between the paintings of individuals reliving birth and the demagogic imagery in posters, cartoons, and caricatures from the time of wars, bloody revolutions, genocide, and severe economic and sociopolitical crisis.

## **BIOGRAPHICAL NOTE:**

**Stanislav Grof, M.D.**, is a psychiatrist with more than fifty years of experience in research of non-ordinary states of consciousness induced by psychedelic substances and various non-pharmacological methods. Currently, he is Professor of Psychology at the

California Institute of Integral Studies (CIIS) in San Francisco, conducts professional training programs in Holotropic Breathwork and transpersonal psychology, and gives lectures and seminars worldwide. He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association (ITA). In October 2007, he received the prestigious Vision 97 Award from the Dagmar and Václav Havel Foundation in Prague and in 2010 the Thomas R, Verny Award for his pivotal contributions to pre- and perinatal psychology.

Among his publications are over 150 papers in professional journals and the books **Realms of the Human Unconscious; Beyond the Brain; LSD Psychotherapy; The Cosmic Game; Psychology of the Future; When the Impossible Happens; The Ultimate Journey; Healing Our Deepest Wounds; Spiritual Emergency; The Stormy Search for the Self; and Holotropic Breathwork** (the last three with Christina Grof).

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