

GROF® LEGACY TRAINING:

In May 2020 Stan and Brigitte Grof launched their new international Training: Grof® Legacy Training is based on Stanislav Grof's research into psychedelic therapy, hotropic breathwork, transpersonal psychology, and spiritual emergencies. His work has been published in two comprehensive volumes "The Way of the Psychonaut: Encyclopedia for Inner Journeys," television courses, lectures, interviews, and many books.

Participants in this training will develop theoretical and practical knowledge and skills that are the result of more than 60 years of research of holotropic states of consciousness – a large category of non-ordinary states that have a healing, transformative, heuristic, and evolutionary potential. Holotropic states were discovered and coined by Stanislav Grof; the term holotropic means literally “moving toward wholeness.”

Holotropic is a new word (*neologism*) that is composed of two Greek words - *holos*, meaning whole and *trepo/trepein*, meaning moving toward or being attracted by something. Holotropic is related to the commonly used term *heliotropism* — the property of plants to always move in the direction of the sun. The holotropic states of consciousness that the participants will study in our training represent a common denominator for phenomena that are important in health and emotional disorders of the human psyche.

Training authorized under Grof® Legacy Training will be conducted within various countries or regions of the world the way Stan Grof would like it to be taught. In the GROF® Legacy Training, experience and instruction in holotropic breathwork will be given under the brand name GROF® Breathwork. Stan and Brigitte Grof are authorizing teachers

who have been known by the Grofs as exceptional carriers of Stan's work, GROF® Legacy Training is not responsible for the individual training programs, the content of their websites, their compliance with the laws of their various countries, or the actions or omissions of their trainers or trainees.

THE TRAINEES WILL LEARN TO BECOME:

Sitters, facilitators, and experiencers in psychedelic sessions

Supporters of persons in spiritual emergency

Facilitators, breathers, and sitters in holotropic sessions (GROF® Breathwork)

Students of transpersonal psychology

Assistants with dying people

Apprentices in the study of archetypal astrology for work with holotropic states of consciousness

The main quality of the training will naturally depend on the experiences and theoretical and practical knowledge of the teachers guiding the courses. Grof® Legacy Training will provide abundant resources for both teachers and students from Stan's sixty decades of consciousness research. These resources include books, videos, Power Points, articles, paintings, films, audios and telecourses for which we will have permission.

RESOURCES AVAILABLE FOR GROF® LEGACY TRAINING FOR TEACHERS AND STUDENTS.

The two volumes of *The Way of the Psychonaut* are the basic sources of the training. This two-volume encyclopedia has been specifically created to provide all the most important information for taking or guiding inner journeys (psychedelic and holotropic breathwork sessions) and in working with Spiritual Emergencies. All the chapters are provided with literature that help teachers and students give lectures and write papers or dissertations.

The *Psychonaut* books will be accompanied by 90 minutes of the film bearing a similar name: *The Way of the Psychonaut: Stan Grof's Journey of Consciousness*, produced by Susan Hess Logeais.

The *Psychonaut* books are translated into many world languages (Spanish, Portuguese, German, French, Russian, Czech, Chinese). This will enable students to read these books at home and deepen all that they learn in their classes. *The Way of the Psychonaut* film is available in English with subtitles in several world languages (www.thewayofthepsychonaut.com).

TELECOURSES:

Psychology of the Future (Shift Network) ... 7 weeks

The Way of the Psychonaut (Shift Network) 24 weeks

Is Archetypal Astrology the Rosetta Stone of the Human Psyche
(Shift Network) 8 weeks (with Rick Tarnas)

Psyche and Cosmos (Shift Network) 16 weeks (with Rick Tarnas)

Holotropic States of Consciousness: Technologies of Sacred (Science and Non/Duality)

- 1. Radical Revision of Psychology**
- 2. Spiritual Emergency**
- 3. Understanding Violence and Greed**
- 4. Cosmic Game**

Podcast:

Tim Ferriss' Interview with Stanislav Grof (close to three hours).

Other than occasions where Stan and/or Brigitte Grof will teach in an individual Grof® Legacy Training program, the Grofs will not receive any profit from Grof® Legacy Training or from the trademark in the brand name GROF® Breathwork. Grof® Legacy Training and the brand name Grof® Breathwork for holotropic breathwork have been created with the goal of protecting and spreading the Grof® work. Stan and Brigitte Grof believe it belongs to the world and should be taught for the generations to come.