

Stanislav And Christina Grof Beyond Death

Increasing numbers of people are experiencing "spiritual emergency"--a crisis that occurs when the process of growth and change becomes chaotic and overwhelming. Here, the pioneers of the field of spiritual emergency validate that such episodes have profoundly healing potential.

Ready or not, everyone dies. How does one prepare for this inevitable transformational journey? In *Lucid Death*, author Kienda Betrue presents a guide to the possible afterworlds. From the religions of the world to original hypnotherapy research into the landscapes beyond life, she offers maps to the spiritual places and events that may be encountered after death. *Lucid Death* places religious beliefs of the afterlife from around the world and throughout time into a context of cosmology and the evolution of consciousness fit for the twenty-first century. Betrue communicates how life and death are seen as both universal and intimately personal, and she shares spiritual regressions that provide living images of life and death, and karma and reincarnation. Including the wisdom traditions of a variety of world religions, *Lucid Death* offers spiritual truths and tools for accomplishing life and death in noble, enlightened, and empowered ways. "Lucid Death is fabulous. The conceptual matrix is vast yet precise. It offers an understandable worldview that nestles human life between the microcosm and the macrocosm in a cozily affirming, yet crisply realistic way." —Burnette Carchedi, artist and musician "We are fortunate that the author applies her extraordinary inner capacities to explore the mysteries of karma and reincarnation. Rarely do we encounter such an accessible and multicultural rendering of the journey of the soul through the spiritual worlds after death." —Ignacio Cisneros, spiritual scientist

Have you ever wondered what happens to us when we die? What if you really HAD to know? When tragedy strikes the family of young Jobran Winter, he is forced to confront these questions directly. Undertaking a feverish "Quest," he explores various branches of Christianity; Judaism; Islam; Hinduism; Buddhism; Sikhism, as well as the religions of China and Japan. His search encompasses the New Age, Reincarnation, Spiritism and Psychical Research. Attending channeling sessions and seances, investigating haunted houses and Near-Death Experiences, he examines spiritual traditions ranging from Swedenborg to Scientology, from Jodo Shinshu to the Jehovah's Witnesses. Finally, the Quest brings him into direct contact with Hospice work; physical disability; child abandonment; abortion; suicide; euthanasia, and even cold-blooded murder. Encounter the doctrines of Purgatory & Predestination, Universalism & Annihilationism, as you journey in a novel that will make you reexamine your ideas about religion, skepticism, love, death . . . and LIFE.

Ervin Laszlo's tour de force, *What is Reality?*, is the product of a half-century of deep contemplation and cutting-edge scholarship. Addressing many of the paradoxes that have confounded modern science over the years, it offers nothing less than a new paradigm of reality, one in which the cosmos is a seamless whole, informed by a single, coherent consciousness manifest in us all. Bringing together science, philosophy, and metaphysics, Laszlo takes aim at accepted wisdom, such as the dichotomies of mind and body, spirit and matter, being and nonbeing, to show how we are all part of an infinite cycle of existence unfolding in spacetime and beyond. Augmented by insightful commentary from a dozen scholars and thinkers, along with a foreword by Deepak Chopra and an introduction by Stanislav Grof, *What is Reality?* offers a fresh and liberating understanding of the meaning and purpose of existence.

Death is the most predictable thing that will happen to any of us and one of the few experiences we share with every other human being, yet we hardly give it a thought. Most of us behave as if pretending it didn't exist gives us a measure of control over it. The traditional supports that used to cradle us in times of need are no longer there. *Acquainted with the Night* is the story of Allegra Taylor's year spent working in a hospice and training to become part of London Lighthouse, the support network for people with AIDS. Accessible, anecdotal and warmly personal, this is an important book. For it shows us that death is not the enemy; that it is possible to 'be there' for someone who is dying or bereaved, to grieve well in the face of death and, when the time comes, to die well ourselves.

Argues that philosophical reflection today must include the findings of depth psychology and the critical study of non-ordinary states of consciousness. Combining philosophical reflections with deep self-exploration to delve into the ancient mystery of death and rebirth, this book emphasizes collective rather than individual transformation. Drawing upon twenty years of experience working with nonordinary states, Bache argues that when the deep psyche is hyper-stimulated using Stanislav Grof's powerful therapeutic methods, the healing that results sometimes extends beyond the individual to the collective unconscious of humanity itself. *Dark Night, Early Dawn* is the most important book I have read in recent years. Whenever I present a brief summary of its major ideas, either to students in my graduate classes or to general audiences, it unfailingly arouses intense interest. I believe Bache's work evokes this response because he has articulated, with superb clarity, rigor, and depth of insight, a radically expanded perspective on the deeper nature of individual human experience, a perspective that many have been gradually intuiting but had not yet been able clearly to formulate. "With moving honesty and a rare lack of inflation, Bache has brought forth a conception of the human psyche that intimately reconnects the personal ordeals and awakenings of the individual to the larger collective suffering and spiritual transformation of the entire human species, at this most crucial of historical thresholds. This is a book to read soon and to integrate carefully." -- Richard Tarnas, author of *The Passion of the Western Mind: Understanding the Ideas That Have Shaped Our World View* "This very important contribution to transpersonal psychology, I know very few books that represent such a unique balance of critical thinking and deep personal experience. The author's extensive knowledge of philosophical, religious, and psychological literature makes it possible for him to provide solid grounding for the profound insights from his nonordinary states of consciousness. Brings unusual clarity into several important problem areas and represents an important step toward an integration and synthesis of the observations and experiences involved. Christopher Bache is one of the most creative and imaginative thinkers in the transpersonal field." -- Stanislav Grof, author of *The Cosmic Game: Explorations of the Frontiers of Human Consciousness and Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy* Christopher M. Bache is Professor of Religious Studies in the Department of Philosophy and Religious Studies at Youngstown State University. He is the author of *Lifecycles: Reincarnation and the Web of Life*.

Here Grof presents a useful model of the psyche—a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution. This book might have been entitled *Beyond Drugs*. The second part describes the principles and process of the non-pharmacological technique developed by the

author and his wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it utilizes the natural healing capacity of the psyche.

Covering neurological, pharmacological and psychological approaches, this book examines the constant themes that run through both positive and negative near-death experiences.

Psychiatry remains an emerging discipline. Many people suffer from ailments that have no apparent cause, no obvious cure. Quite by accident, while using hypnotherapy, Dr. Modi discovered that pastlife regression can be a beneficial treatment. Many of these patients, under hypnosis, claimed to have spirits attached to their bodies and energy fields, creating psychological and physical problems. Based on years of experience, Dr. Modi describes techniques that release these spirits, revealing how patients can sometimes recover within a few sessions. While most doctors would agree that emotional states affect our health, few would give credence to spiritual "influences." In this truly groundbreaking book, Dr. Modi presents evidence that something beyond the physical affects the health of many people, and urges medical scientists to objectively assess this revolutionary approach to mental and, often, physical illness. Pioneers have the courage to put aside the status quo and evaluate what the evidence shows, even if it defies the prevailing logic of the time. Both physicians and the general public should explore the pioneering work of Dr. Modiwor which no doubt has produced many remarkable healings.

Linking the ongoing ecological crisis with contemporary conditions of alienation and disenchantment in modern society, this book investigates the capacity of oral storytelling to reconnect people to the natural world and enchant and renew their experience of nature, place and their own existence in the world. Anthony Nanson offers an in-depth examination of how a diverse ecosystem of oral stories and the dynamics of storytelling as an activity can catalyse different kinds of conversation and motivation, helping us resist the discourse of powerful vested interests. Detailed analysis of traditional, true-life and fictional stories shows how spoken narrative language can imbue landscapes, creatures and experiences with enchantment and mediate between the inner world of consciousness and outer world of ecology and community. A pioneering ecolinguistic and ecocritical study of oral storytelling in the modern world, *Storytelling and Ecology* offers insight into the ways that sharing stories in each other's embodied presence can open up spaces for transformation in our relationships with the ecological world around us.

Reviews accounts of demon-possession, memories of past lives, ghostly apparitions, and out-of-body experiences collected from Europe, Asia, and the Americas over the past century; and examines the tension between religious and scientific perspectives on the phenomena, the medical evidence, and the taboo on studying such subjects in the social sciences. Paper edition (unseen), \$18.95. Annotation copyright by Book News, Inc., Portland, OR

Argues that many episodes of transformational crisis have been misdiagnosed as mental illness, and explains how to use such a crisis for spiritual development

King Solomon asserted, "love is as strong as death" (Song of Solomon 8:6). Solomon, the wisest of all Israel's kings, recognized that while every human would eventually succumb to death, death is not ultimate in power. The God whose essence is love designed and created both human life and death as instruments for the display of his own splendor and purposes. Neither human life nor death, then, can deviate from God's ultimate purpose and good for the creature made in his own image. Biblically, death serves as the perfect foil to mark both the immeasurable value of human life and at the same time the relatively limited value of it. Rather than either worshipping or desecrating this finite gift of human life, we can value it rightly and also worship the God who, in his literally infinite wisdom, gives and takes away life in accord with his good and gracious purposes.

Dozens of books, articles, television shows, and films relating "near-death" experiences have appeared in the past decade. People who have survived a close brush with death reveal their extraordinary visions and ecstatic feelings at the moment they died, describing journeys through a tunnel to a realm of light, visual reviews of their past deeds, encounters with a benevolent spirit, and permanent transformation after returning to life. Carol Zaleski's *Otherworld Journeys* offers the most comprehensive treatment to date of the evidence surrounding near-death experiences. The first to place researchers' findings, first-person accounts, and possible medical or psychological explanations in historical perspective, she discusses how these materials reflect the influence of contemporary culture. She demonstrates that modern near-death reports belong to a vast family of otherworld journey tales, with examples in nearly every religious heritage. She identifies universal as well as culturally specific features by comparing near-death narratives in two distinct periods of Western society: medieval Christendom and twentieth-century secular America. This comparison reveals profound similarities, such as the life-review and the transforming after-effects of the vision, as well as striking contrasts, such as the absence of hell or punishment scenes from modern accounts. Mediating between the "debunkers" and the near-death researchers, Zaleski considers current efforts to explain near-death experience scientifically. She concludes by emphasizing the importance of the otherworld vision for understanding imaginative and religious experience in general. Are language and consciousness co-evolving? Can psychedelic experience cast light on this topic? In the Western world, we stand at the dawn of the psychedelic age with advances in neuroscience; a proliferation of new psychoactive substances, both legal and illegal; the anthropology of ayahuasca use; and new discoveries in ethnobotany. From scientific papers to the individual trip reports on the Vaults of Erowid and the life work of Terence McKenna, Alexander and Ann Shulgin, and Stanislav Grof, we are converging on new knowledge of the mind and how to shift its functioning for therapeutic, spiritual, problem-solving, artistic and/or recreational purposes. In our culture, psychonautics, the practices of individuals and small groups using techniques such as meditation, shamanic ritual, ecstatic dance and substances such as LSD and psilocybin for personal exploration, is a field of action and thought in its infancy. The use of psychonautic practice as a site of research and a method of knowledge production is central to this work, the first in-

depth book focusing on psychedelics, consciousness, and language. Xenolinguistics documents the author's eleven-year adventure of psychonautic exploration and scholarly research; her original intent was to understand a symbolic language system, Glide, she acquired in an altered state of consciousness. What began as a deeply personal search, led to the discovery of others, dubbed xenolinguists, with their own unique linguistic objects and ideas about language from the psychedelic sphere. The search expanded, sifting through fields of knowledge such as anthropology and neurophenomenology to build maps and models to contextualize these experiences. The book presents a collection of these linguistic artifacts, from glossolalia to alien scripts, washed ashore like messages in bottles, signals from Psyche and the alien Others who populate her hyperdimensional landscapes. With an entire chapter dedicated to Terence and Dennis McKenna and sections dedicated to numerous other xenolinguists, this book will appeal to those interested in language/linguistics and the benefits of psychedelic self-exploration, and to readers of science fiction.

Traces the use of powerful gnostic visionary techniques from Hellenistic Gnosticism and Jewish merkabah mysticism, through Muhammad, the Ismaeilis, and theosophical Sufism to medieval neoplatonism, and renaissance alchemy. In the third edition of Jewish Views of the Afterlife, Rabbi Simcha Paull Raphael walks readers through the Jewish tradition of the afterlife while providing insights into spiritual care with dying and grieving individuals and families. 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.

This book discusses the history and evolution of the field of psychology and its position as a global, integrated, hub science. It presents the nexus between science, the humanities and social sciences. It addresses the seminal work of Cambridge physicist C.P. Snow, who, more than five decades ago, wrote the book on The Two Cultures, outlining the intellectual schism between the academic disciplines—the humanities, arts, religion and the sciences. Today, the social sciences comprise the third culture; and Jerome Kagan, a Harvard developmental psychologist, published a book in 2009, The Three Cultures: Natural Sciences, Social Sciences and the Humanities in the 21st Century, responding to Snow's earlier concerns that includes a look at the newest culture—the social sciences. Psychology and the Three Cultures—History, Perspectives and Portraits, examines early and current notions about the three cultures reflecting on C.P. Snow's treatise on The Two Cultures, and Jerome Kagan's treatise on The Three Cultures, as related to the field of psychology. The book illustrates how psychological science, historically, has blended all these cultures in order to understand human nature. It traces the history of psychology, highlighting pivotal places and people from around the world contributing to the evolution of the field. The book documents psychology as a global, integrated, hub science and a blend of the disciplines. The discussion here includes the emergence of psychology from the field of philosophy and the many subfields currently representing psychology today. Examples are provided of select subfields moving across disciplines, as well as portraits of three revolutionary scientists—Carl Jung, William James and Stanislav Grof—whose work intersects many disciplines as they study, understand and describe human nature. This book is a "must-read" for scholars, psychologists, social scientists, scientists, historians, and medical professionals, undergraduate and graduate students studying the history of psychological science and its evolution. The book is also written for lay persons interested in the field of psychology, dispelling the myth of psychology as a pseudoscience.

Stepping Stones to a Higher Vision examines the development of religious consciousness from religion to spirituality to mysticism. This developmental path imaginatively described as "stepping stones" in the title of the book and as "elevators of religion" in chapter one, has its rewards but also its dangers and pitfalls. Intended for the non-specialist lay person interested in religion, as well as the scholar, the book focuses on Jewish tradition and its sources (Hebrew Bible, Talmud-Midrash, and Kabbalah), but in a broad cross-cultural interdisciplinary context. Ritual, prayer, including meditation and contemplation, ethics and morality, religious leadership, and the afterlife are analyzed in the context of sociology, science, and the history of religion.

A guide to uncovering your post-retirement purpose and creating financial security. Art Mitchell uses the REWIREMENT process to empower and transform himself and people like you. He details ten critical steps to inform aging, building on the anti-ageism and conscious aging movements. In Grateful, Not Dead, you learn how to: overcome ageist myths and shame to change everything for yourself reboot your mind through self-reflection, consciousness expansion, and spirituality uncover purpose, boost creativity, increase engagement, and service find meaningful work and achieve financial independence take back your power and make the changes you want to see Those of you who have been forced to make career changes, retire, or otherwise chose to work past "retirement age" may find yourself wanting help. It's here. Prepare to learn how to live purposefully and inspired to do what's important to you! "Grateful, Not Dead is the best I have read to assist you in resetting your life script for the happiest, youthful aging!" —C. Norman Shealy, MD, PhD(from Foreword) "After decades in careers that have defined us, what's the next step? Guided by the author's life wisdom and skills as a coach, readers find their own answers through inspiration and exercises that tap into personal

power and purpose.” —Lois Guarino, author of *Writing Your Authentic Self* “Art Mitchell has written an indispensable guidebook for people entering the territory of older age.” —Harry R. Moody, retired Vice President, AARP

The *Psychic Vampire Codex* is the first book to examine the phenomenon and experience of modern vampirism completely from the vampire's perspective. Father Sebastiaan, a fellow vampire writes in the foreword that Michelle Belanger's system "introduced a breath of fresh air into the vampire subculture. It freed us to look at ourselves in a new light, and it also helped those outside our community to view us differently. No longer were we parasites or predators . . . we could use our inborn abilities to help people heal." Psychic vampires are people who prey on the vital, human life energies of others. They are not believed to be undead. They are mortal people whose need for energy metaphorically connects them to the life-stealing predators of vampire myth. In *The Psychic Vampire Codex*, Michelle Belanger, author and psychic vampire, introduces readers to the fascinating system of energy work used by vampires themselves and provides the actual codex text widely used by the vampire community for instruction in feeding and other techniques. Belanger also examines the ethics of vampirism and offers readers methods of protection from vampires. The *Psychic Vampire Codex* explodes all preconceptions and myths about who and what psychic vampires really are and reveals a vital and profound spiritual tradition based on balance, rebirth, and an integral relationship with the spirit world.

The definitive overview of this transformative breathwork.

Analyzes the portrayal of death, afterlife, heaven, and hell in the art of various cultures, from ancient Egypt to the North American Indian

First book to investigate the links between the Modernist movement and the archaeological discoveries of the period.

The key to self-development, says Mike Sayama, is the experience of Samadhi, a state of relaxed concentration in which the individual neither freezes out of fear nor clings due to desire. Simply stated, samadhi is the free flow of vital energy within the body and between the body and the universe. Moving effortlessly across traditions and techniques, Sayama discovers that sages throughout history—Greek philosophers, German mystics, Indian seers, and our own Albert Einstein among others—have taught that this experience of transcendental oneness lies at the heart of full self-realization. The first part of the book studies self-realization in Zen Buddhism. The author pinpoints its essence in Buddha's enlightenment. The development of Zen is then traced, continuing down to living masters who in very recent times have transplanted their lineages from Japan to the United States. Sayama notes that we must choose as masters those to whom the authentic teaching has been transmitted through generations, and he examines in loving detail the sometimes strange and astonishing behaviors of those whose very presence communicates the state of samadhi. The second part of the book presents Zen therapy, a way of self-development emphasizing the cultivation of samadhi through psychophysical training. Sayama compares the effects of Rolfing, Feldenkrais, and Zen therapy on the human body and mind. He includes easy-to-follow directions for creating the inner state he describes. He tells vivid stories of extraordinary cases treated from the point of view that the best therapy is nothing less than the removal of all dualism. Four main practices are presented: zazen (meditation), hara development, circulation of the vital energy, and communication.

Our ancestry influences more than just our physical characteristics - it can also have a profound effect on who we are as people. The success of TV shows like *Who Do You Think You Are?* has prompted a massive interest in people tracing their family roots. But researching into our forebears' lives can often unearth turbulent histories. The past 250 years has seen more change and upheaval on a global scale than at any other point in history. The legacy of the holocaust, of slavery, indentured servitude and of two world wars, has seen a massive migration of peoples across the world, and almost all families know of a recent ancestor whose life was turned upside down by these events. Discovering more about our forebears, and identifying inherited traits, can help us realise our potential and assist us in overcoming obstacles that may be holding us back. As we learn about and honour our ancestors, we can reclaim who we are, discover our creativity, and find our true soul path. In this extraordinary book, readers will find out how to: discover and honour their ancestors, heal their family histories, reveal inherited creative and inspirational gifts, discover their guardian ancestors and learn from inspiring case studies of personal growth. The *Ancestral Continuum* will take each reader on a journey through the labyrinth of their own ancestral legacy. As we explore our family tree, we can begin to see ourselves as just one strand in a never-ending tapestry of history and emotion, personality and achievement, birth and death, that will continue into infinity. The book is a powerful and revolutionary blueprint for transforming how we feel about ourselves.

Feelings of oneness with others, nature, and the universe. Encounters with extraterrestrials, deities, and demons. Out-of-body experiences and past-life memories. Science casts a skeptical eye. But Dr. Stanislav Grof - the psychiatric researcher who co-founded transpersonal psychology - believes otherwise. When *When the Impossible Happens* presents Dr. Grof's mesmerizing firsthand account of his fifty-year inquiry into waters uncharted by conventional psychology, an odyssey that will leave you questioning the very fabric of your existence. From the first LSD session that gave Dr. Grof a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork, *When the Impossible Happens* explores fascinating experiments in astral projection; remarkable tales of synchronicity; memories of birth and prenatal life; the survival of consciousness after death, and much more. Here is an incredible opportunity to journey beyond ordinary consciousness - guaranteed to shake the foundations of what we assume to be reality - and sure to offer a new vision of our human potential, as we contemplate *When the Impossible Happens*. STANISLAV GROF, M.D., PH.D. One of the founders and chief theoreticians of transpersonal psychology, Dr. Grof is the president of the International Transpersonal Association, and a professor of psychology at the California Institute of Integral Studies and the Pacifica Graduate Institute. His numerous books include *Beyond the Brain* and *Psychology of the Future*.

The author calls for the reinvestment of dying with the rituals that once gave it spiritual and social meaning, surveying the many ways death has been treated throughout history and demonstrating how the arts might lend a renewed reverence to death. UP.

Every one born on this planet has to die one day. Death is something no human being can escape. Death and dying are an inevitable part of human life. Death is universal. Every day, thousands of people die in every country throughout the globe. No one is promised a tomorrow. The only thing we can count on is today and this moment. Death crosses all barriers of religion, ethnicity, language, color, civilization, and culture. Death remains a grand mystery. Throughout history, every religion and every school of philosophy have attempted to explain this mystery. It is something that touches the life of every man and woman, binding the entire human race under the sky. It catches the rich and the poor and throws the black and the white in the grave. The powerful and the humble, all leave this world eventually. But the process of dying need not be painful as many imagine it to be. The knowledge about death and dying and preparing oneself to accept it as a new form of life can make the experience of dying more graceful and peaceful. The intervention of caregivers can play a vital role to make this happen. Thinkers and activists from many orientations and traditions are now coming together to explore ways to reconstitute rites of passage as a form of community healing for our public and personal ills. *Crossroads* is a comprehensive collection of over fifty cutting-edge writings on diverse aspects of the transition to adulthood. "In no uncertain terms, *Crossroads* opens our eyes to our responsibility to the adolescents who are now growing up without sacred rituals and hence without knowledge of spiritual roots in their culture. Many of the writers have first-hand experience and first-rate ideas of how to transform this cultural crisis. *Crossroads* also challenges us to integrate our own inner adolescent. Piercing insight with realistic hope " -- Marlon Woodman *The Ravaged Bridegroom*

How do we make sense of death--in theology, in philosophy, in experience? How do religions other than Christianity deal with death and with dying? In the now predominantly secular societies of the West, what are we to make of the theologies of death developed by writers such as Becker, Hick, Thieliicke, and Macquarrie? Ray Anderson tackles his subject with clarity and without sentimentality. He discusses first the treatment--and indeed, the denial--of death by contemporary Western society, and its place in other religious traditions. Going on to discuss the origins of a Christian theology of death, he examines the legacy of Judaism and seeks to lay the foundations for a Christian anthropology in the unity of the body and soul. Death, he argues, is alien to God's determination of our personhood. Outlining a classic Christian understanding of the death and resurrection of Jesus Christ, he explores the implications of the Passion for our own mortality. Even if the sting of death has been removed, the experience of dying and bereavement remains. Ray Anderson considers pastoral approaches to dying in the light of his observations and arguments and makes his case for a reintegration of the experience of dying into our communities. Argues that so-called psychiatric emergencies are actually opportunities for spiritual healing, and offers practical advice for individuals in crisis

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. - "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*

A pioneer in the synthesis of science, holistic health, and contemporary spirituality, Dr. Patricia Muehsam introduces and explores a path to health and well-being that is extraordinary in its ease and profound in its results. This groundbreaking work explores what health and healing — physical, mental, emotional, and spiritual — really mean and offers a revolutionary new way to think about health. You'll discover experiences of illness and healing that defy conventional thinking, explore the ancient wisdom and the modern science of consciousness, and learn practical tools for experiencing Absolute Health — which are also tools for navigating being human.

Style, Society, and Person integrates the diverse current and past understandings of the causes of style in material culture. It comprehensively surveys the many factors that cause style; reviews theories that address these factors; builds and tests a unifying framework for integrating the theories; and illustrates the framework with detailed analyses of archaeological and ethnographic data ranging from simple to complex societies. Archaeologists, sociocultural anthropologists, and educators will appreciate the unique unifying approach this book takes to developing style theory.

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