

## **The Thirst For Wholeness Attachment Addiction And The Spiril Path**

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### **The Thirst For Wholeness Attachment**

Carl Gustav Jung described the addict's craving as a 'thirst for wholeness.' Christina Grof, a pioneer in the transpersonal psychology movement, draws on her own spiritual journey and addictive experience to explore the issues at the very heart of that craving - the longing for spiritual identity and the yearning to know the true self.

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'A rich and powerful pathway to a fully human spiritual life...  
Excellent... please read it.' JOHN BRADSHAW Carl Gustav Jung described the addict's craving as a 'thirst for wholeness.' Christina Grof, a

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pioneer in the transpersonal p

Mindfulness lends itself particularly well to recovery, partly because it is a potent tool for self-management, but principally because it can be approached both as a secular or spiritual practice. The Twelve-Step approach of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) is unquestionably spiritual, with its emphasis on a Higher Power, and has been hugely successful. Some consider spiritual transformation essential for lasting sobriety. Not everyone, however, wants to pursue this path. The mindfulness practices can then be used in their own right, in a more secular context, and still be beneficial. My stance will, however, be mainly transpersonal. As Christina Grof, author of *The Thirst for Wholeness: Attachment, Addiction and the Spiritual Path*, says: 'The success of Alcoholics Anonymous (AA) and the many Twelve-Step fellowships that have modelled themselves after its program attests to the power and importance of the spiritual dimension in the understanding and treatment of addiction.'

The definitive overview of this transformative breathwork.

Argues that the craving for a spiritual identity is often misdirected towards addictive substances, and explains how to find the sacred dimensions of everyday life

The exploration of the psyche in non-ordinary states of consciousness provides access to powerful transformative experiences that can lead us towards a more complete experience of being human (the realization of a deeper identity) while also yielding extraordinary insights into the ultimate nature of reality. In this book, Renn Butler explains how to use archetypal astrology as a guide to the transpersonal journey. Described by Stanislav Grof as "the Rosetta Stone of consciousness research," archetypal astrology is based on a correspondence between planetary alignments and archetypal patterns in human experience. Here, by drawing on the work of Grof and Richard Tarnas, Butler systematically describes the archetypal themes and qualities associated with each of the major planetary combinations studied in astrology and considers how these themes might manifest and be supported in deep psychological self-exploration. Based on thirty years of research, *Pathways to Wholeness* is an indispensable reference book for explorers of the inner worlds. *Pathways to Wholeness*:-  
Explores the intersection between Grofian transpersonal psychology and archetypal astrology - Describes the nature of the planetary archetypes in astrology - Explores the archetypal meaning of all the main planetary combinations as applied to everyday life, perinatal psychology, and transpersonal experience - Provides illuminating case studies and vignettes - Illustrated with mandala drawings.

This book explores the path of recovery. James Nelson writes, as he lives, with a very special blend of insight, wisdom, humor, and humility. Sobriety sustainers and spirituality seekers will be

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encouraged and enlightened by his work.

This volume grapples with the potentials and limitations of illness narratives as diverse cultural perceptions probe into those stories from literary, textual, empirical, ethnographic, historical, and personal bases.

Through theoretical discussions, presentations of literary works, cultural artefacts and artistic performances, as well as descriptions of novel therapeutic approaches, *Topography of Trauma* engages in rethinking and re-examining trauma to address the transformed self and empowering post-traumatic developments.

Within the broad field of psychotherapy, there has not been an in-depth examination of the interface between psychotherapeutic practice and established religious tradition until now. In *Spiritual Presence in Psychotherapy*, David Steere identifies the spiritual roots in traditional religion - and presents a unique look at this heretofore neglected relationship. This book was written in response to the need observed by Dr. Steere for caregivers to accommodate a spiritual dimension in their work. Psychotherapists, psychologists, psychiatrists, social workers, pastoral counselors, nurses - and all who deal with the responsibility of treating mental disorders and helping people change - will find *Spiritual Presence in Psychotherapy* invaluable. In addition to the professionals who will find *Spiritual Presence in Psychotherapy* an important resource and reference, the book will also serve as a key graduate-level textbook for students of professional issues and ethics, as well as psychotherapy and spirituality.

Many people are undergoing a profound personal transformation associated with spiritual opening. Under favorable circumstances, this process results in emotional healing, a radical shift in values, and a profound awareness of the mystical dimension of existence. For some, these changes are gradual and relatively smooth, but for others they can be so rapid and dramatic that they interfere with effective everyday functioning, creating tremendous inner turmoil.

Unfortunately, many traditional health-care professionals do not recognize the positive potential of these crises; they often see them as manifestations of mental disease and respond with stigmatizing labels, suppressive drugs, and even institutionalization. In *The Stormy Search for the Self*, Christina and Stanislav Grof, the world's foremost authorities on the subject of spiritual emergence, draw on years of dramatic personal and professional experience with transformative states to explore these "spiritual emergencies," altered states so powerful they threaten to overwhelm the individual's ordinary reality. This book will provide insights, assurances, and practical suggestions for those who are experiencing or have experienced such a crisis, for their families and friends, and for mental-health professionals. It is also a valuable guide for anyone

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involved in personal transformation whose experiences, though generally untraumatic, may still at times be bewildering or disorienting.

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