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Spiritual Emergency: When Personal Transformation Becomes a Crisis

By Stanislav Grof, Christina Grof

Tarcher/Putnam,US. Paperback. Book Condition: new. BRAND NEW, Spiritual Emergency: When Personal Transformation Becomes a Crisis, Stanislav Grof, Christina Grof, From Spiritual Emergency to Healing and RebirthIncreasing numbers of people involved in personal transformation are experiencing spiritual emergencies crises when the process of growth and change becomes chaotic and overwhelming. Individuals experiencing such episodes may feel that their sense of identity is breaking down, that their old values no longer hold true, and that the very ground beneath their personal realities is radically shifting. In many cases, new realms of mystical and spiritual experience enter their lives suddenly and dramatically, resulting in fear and confusion. They may feel tremendous anxiety, have difficulty coping with their daily lives, jobs, and relationships, and may even fear for their own sanity.Unfortunately, much of modern psychiatry has failed to distinguish these episodes from mental illness. As a result, transformational crises are often suppressed by routine psychiatric care, medication, and even institutionalization.However, there is a new perspective developing among many mental health professionals and those studying spiritual development that views such crises as transformative breakthroughs that can hold tremendous potential for physical and emotional healing. When understood and treated in a supportive manner, spiritual emergencies can...

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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