

# ***The Inner Door: An Annotated List of Articles***

*Articles published since July 1991 by the quarterly publication of  
The Association for Holotropic Breathwork International*

- 7/91 —***Breathwork Behind the Walls*** by Karen Kable  
A short description of the work of Diane Magliolo and Francis Cox as they introduced breathwork into the Texas prison system.
- 7/91 —***Yogic Sleep and Meditation States During Holotropic Breathwork*** by Kylea Taylor  
A description of Tandra, Yoga Nidra, Murcha, Jada Samadhi, Sabija Samadhi, and Nirbija Samadhi, meditation states that seem to occur at times during breathwork sessions.
- 11/91 —***High End Sound Systems*** by Forest Flashman  
A review of very expensive music sound systems.
- 11/91 —***The Sitter as Witness*** by John W. Johnson  
A comparison of the Sitter role with the witness role in Janet Adler's Authentic Movement sessions.
- 11/91 —***On Being Seen, Heard, and Touched*** by Kylea Taylor  
The value of the gift the sitter gives to the breather in really witnessing and receiving the breather's experience.
- 2/92 —***Trauma and Abuse: Some Guidelines*** by John William Johnson  
Interview of several Holotropic Breathwork facilitators on their experiences working with participants who have a sexual abuse history.
- 2/92 —***Healing the Sacred Wound*** by Cynthia DeFillippo  
A Holotropic Breathwork participant's own experiences of reliving and healing a sexual abuse history during several years of regular Holotropic Breathwork sessions. She talks about the transpersonal as well as biographical experiences that related to her healing.
- 2/92 —***Awakening the Body and the Heart*** by Karen Kable  
A description of the work of facilitator Laurie Weaver in her ongoing Holotropic Breathwork groups.
- 2/92 —***Pilot Research Using Breathwork with Female Incest Victims*** by Curtis Byford  
A description of the author's research study "Holotropic Breathwork: A Potential Therapeutic Intervention for Post-Traumatic Stress Disorder [PTSD] in Female Incest Victims. Byford makes the case that birth trauma may well be another source of PTSD.
- 5/92 —***Working with the Recovering Community*** by Kit Wilson  
How to discuss Holotropic Breathwork with recovering addicts in Twelve Step programs. Information on relapse behavior.
- 5/92 —***Understanding Recovery- a Primer*** by Kit Wilson  
A definition of 12 Step and recovery terms for breathwork facilitators who might be unfamiliar with them.

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**5/92 —*Protocol: The Relationship Between Nonordinary States of Consciousness and Outcome in Drug Abuse Treatment*** by John Freeman

Excerpts from an actual research protocol written to seek funding for Holotropic Breathwork research. Basic premise is that peak experiences and/or emotionally cathartic experiences are correlated with successful long term drug and alcohol abuse treatment.

**5/92 —*Co-Dependency and the Basic Perinatal Matrices*** by Barbara Jeffreys

Relates Timmen Cermak's criteria for diagnosing co-dependency to the four matrices.

**5/92 —*Breathing at Sunflower House*** by Kylea Taylor

A description of facilitating regular Holotropic Breathwork sessions in a long-term, residential treatment center for court-referred addicts.

**5/92 —*Addiction Recovery and Holotropic Breathwork: A Personal Story*** by John B.

A personal story of early sobriety, participation in Holotropic Breathwork, and the importance of a personal supportive community by a certified Holotropic Breathwork facilitator.

**8/92 —*Talking about Holotropic Work in Addictions Treatment*** by Brack Jeffreys

Discussion of the importance of translating language and re-framing concepts in order to bring Holotropic Breathwork to traditional settings, especially how to discuss the experiences of the transpersonal or perinatal.

**11/92 —*Ethical Issues Surrounding Therapeutically Induced Nonordinary States of Consciousness*** by Kylea Taylor

Discussion of the differences and similarities in ethical issues when working with clients in nonordinary states rather than ordinary states of consciousness.

**11/92 —*Holotropic Breathwork in Czechoslovakia: The Early History and its Applications in Addiction Treatment*** by Stanislav Kudrle, M.D.

Describes the secret meetings of early breathwork participants and the difficulties in introducing new concepts of addiction treatment as well as the concepts of transpersonal and holistic therapies into traditional Czech treatment programs.

**2/93 —*COEX Systems and Biographical Trauma: Working Multi-Dimensionally in Holotropic Breathwork*** by Cary Sparks

Describes the confusion both facilitator and breather may have in differentiating between "real" biographical experiences and "real" perinatal and transpersonal experiences.

**2/93 —*Gurus, Sacrificial Lambs, Shamans, and Scapegoats: Speculations on a Collective Pool of Pain*** by Mickel Adzema

Raises the question of whether we do our work just for ourselves or for the collective healing.

**5/93 —*Stretching the Limits: 40 Consecutive Days of Breathwork*** by Jay Gilliland

A Holotropic Breathwork facilitator did breathwork as a practice and noticed some interesting changes in his physical body and consciousness.

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- 5/93 — ***A Family Breathes Together*** by Laurie Weaver & the Schmitz family  
A mother, father, and daughter and their facilitator tell their experiences with Holotropic Breathwork in their own words.
- 5/93 — ***Holotropic Approach to Recurrent Depression*** by Arlene Fox  
A description of using Holotropic Breathwork with ongoing groups of patients with major or bi-polar depression in a Canadian hospital.
- 5/93 — ***Attraction to Magic*** by Renee Brody  
An account of the author's difficult experience with the staff of a psychiatric hospital after Holotropic Breathwork and proved beneficial to the patients.
- 5/93 — ***Holotropic Politics*** by Mickel Adzema  
A consideration of the American Political events of 1992-93 as a collective expression of our "collective inner reality."
- 5/93 — ***Holotropic Breathwork with Voice Dialogue*** by Alex Lessin  
A description of how the author uses the work of Hal and Sidra Stone in conjunction with Holotropic Breathwork with his clients.
- 8/93 — ***Using Holotropic Breathwork with MPD*** by Ingrid Pacey, M.D.  
Pragmatic advice for facilitators of participants with multiple personality disorder from a facilitator who has worked extensively with such clients.
- 8/93 — ***Colin Ross, M.D. presents on Multiple Personality at 1993 Advanced Grof Training*** by Carleen and Richard Blum  
An overview of the presentations of Colin Ross and his dialogue with Stan Grof about the transpersonal aspects of multiple personality.
- 8/93 — ***Holotropic Breathwork with an Inpatient MPD Case*** by James D. Eyerman, M.D. and Janice Teece, Ph.D.  
Description of the case and suggestions for future such work.
- 8/93 — ***Life on the Astral Plane: A Transpersonal view of MPD*** by Marguerite J. Holmes  
Speculations on the origins of alters. Questions such as which alters are manifestations of the same person or same soul and which may not be.
- 8/93 — ***Holotropic "Rules" Apply to Dissociation*** by Amy Miller  
Comparison of various transpersonal experiences with the experiences of dissociation.
- 8/93 — ***Multiples Speak for Themselves About Their Breathwork*** by Amy Miller  
A compilation of the experiences of multiples in breathwork sessions excerpted from their own reports of their sessions.
- 11/93 — ***Trance Formation of Consciousness: Combining Ericksonian Hypnotherapy with Holotropic Breathwork*** by Rudolf Elterich  
A well-referenced discussion of Ericksonian technique and a discussion of the use of hypnotherapy at various stages of the breathwork process.

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- 11/93 —***Hypnosis and Breathwork*** by Marianne Miller with Jamilla Morley  
Discusses using hypnosis for completion of breathwork material.
- 11/93 —***Hypnosis, Holotropic Breathwork, and the Psyche*** by Max Rossler  
Ways in which hypnotherapy can be used with Holotropic Breathwork.
- 2/94 —***Holotropic Breathwork and the Resolution of Physical Dis-Ease*** by Judith Nourse, R.N.  
Author discusses the spontaneous remission of physical symptoms following breathwork sessions based on her own research.
- 2/94 —***The Importance of the Voice in Breathwork*** by Stephanie Burns  
Discussion of the effect of breathwork on finding the voice metaphorically and on clearing and developing the voice physically.
- 2/94 —***Hypnosis and its Function in the Practice of Holotropic Breathwork*** by Michael Vancura  
Discussion of the differences and similarities of breathwork and hypnosis and the uses of hypnosis in conjunction with breathwork.
- 2/94 —***“I Breathed Them”*** by Kylea Taylor  
A spoof of those who use the phrase, “I breathed them”, when referring to their facilitation of others who breathe. Makes the point that breathers, not facilitators are responsible for their own experience and language that reflects otherwise is disempowering.
- 5/94 —***Nature: Shamanism and Holotropic Breathwork*** by Sheelo Bohm and Ahmayo  
Description of shamanic work in conjunction with Holotropic Breathwork and illustrated with participant’s own descriptions of their experiences and resolution of problems and issues.
- 5/94 —***Dismemberment: Initiatory Sequences in a Holotropic Breathwork Series and Shamanic Journeys*** by James C. Nourse, Ph.D.  
A description of classic shamanic initiatory experience in Holotropic Breathwork sessions.
- 5/94 —***The P300 Cognition Brainwave Appears After Breathwork*** by D. Spivak and L. Spivak  
Description of brainwave research on breathwork participants from research conducted in Russia.
- 8/94 —***Relationship in the Breathwork Experience: Close is Enough*** by Thomas Merton Brightman  
Accounts of family and intimate relationships enhanced by Holotropic Breathwork.
- 8/94 —***“Nothing but Trouble” as Holotropic, Post-Heroic Myth*** by Mickel Adzema,  
A review of the perinatal themes in society and the media.

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- 11/94 — ***Vaclav Havel Honors Stanislav Grof While Speaking at Stanford University***  
News article with some of the text of Havel's speech included.
- 11/94 — ***Psyche and Soma: Re-Integrating Therapy*** by Don Baker  
A discussion of "somatic neurosis" and the importance of both breathwork and massage in healing.
- 11/94 — ***Bodywork and Holotropic Breathwork*** by Jay Gilliland  
Bodywork is proposed as useful for integration. The article enumerates some signs that integration is taking place.
- 11/94 — ***Bones*** by Elizabeth Gibson  
Personal account of how the author experienced Holotropic Breathwork as having a healing effect on her biographical wounds.
- 2/95 — ***"My Heart is Shutting Down"*** by Thomas Merton Brightman  
A facilitator's personal account of a woman who had a heart attack after not revealing pertinent medical history prior to breathwork. He discusses the metaphor of "heart problems" in this case as well as the difficulty in getting relevant medical information from prospective participants.
- 2/95 — ***Women's Sweat Bath Materializes After Breathwork Experience*** by Ruby Webber  
Women in Virginia build a sweat lodge following one woman's breathwork experiences.
- 2/95 — ***Suggested Research Projects*** by Stanislav Grof, M.D., Ph.D.  
Stan Grof suggests eight research projects that could be done with Holotropic Breathwork participants.
- 2/95 — ***Russians study Transpersonal Aspects of Childbirth***  
A news article about the work of researchers D. Spivak, L. Spivak, and K. Wistrand who interviewed new mothers about their transpersonal experiences during childbirth.
- 2/95 — ***A General Release to Participate in Breathwork Workshops***  
Thomas Merton Brightman shares the release form he uses for informed consent to participate in Holotropic Breathwork sessions.
- 5/95 — ***The Ones Who Went Before*** by Sheelo and Ahmayo Bohm  
Account of Holotropic Breathwork combined with "ancestor" work in the shamanic tradition.
- 5/95 — ***Under One Roof*** by Marty Boroson  
A personal account of the author's experience of Insight and Opening, the retreat at which Jack Kornfield and Stan Grof combine Vipassana meditation with Holotropic Breathwork
- 5/95 — ***Biopsychology Catching Up with Grof's Research*** by Kevan Prosnick  
This news article reports on research that shows that if a schizophrenic patient does not have close relatives with schizophrenia, he or she is more likely to have a history of perinatal trauma.

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8/95 — ***Holotropic Breathwork & Experiential Talk Therapy*** by Timothy J. O’Connell  
Interfacing transpersonal therapy with traditional therapy.

8/95 — ***Working with Dreams, Mandalas, and Claywork*** by David Edwards  
The author describes his use of art therapy with breathwork.

8/95 — ***Statistics, Statistics*** by Sean O’Sullivan  
Describes the difficulty in getting accurate medical history information from breathwork participants prior to their participation.

8/95 — ***Holotropic Reflections*** by Stephen Linsley  
A personal account of medical problems and the changes undergone by the author during breathwork process.

8/95 — ***Breathwork, Barn-Raising, and Community-Building*** by Sharon King  
An account of the establishment of community among breathwork participants during the organization and building of a center in Pennsylvania.

11/95 — ***Interacting with the Breather*** by Linda L. Stevens  
A discussion of the extraordinary connection between breather and sitter.

11/95 — ***An Unusual Breathwork*** by Linda L. Stevens  
A personal account of sitting in which the sitter and author was moved spontaneously to connect with the breather in an unorthodox way.

11/95 — ***Diagnosing Spiritual Emergence*** by Kylea Taylor  
A review of an article in *The Journal of Nervous and Mental Disease* which was written by the authors of the new DSM IV category: Religious or Spiritual Problem

11/95 — ***Interactive Psychic/Shamanic Therapy*** by Elizabeth Borg  
Discussion of work with spirits and entities in the context of transpersonal therapy.

11/95 — ***Examining the Effects of Holotropic Breathwork in the Recovery from Alcoholism & Drug Dependence: An Independent Research Project*** by Byron Metcalf  
The results of research with ten men and ten women showed Holotropic Breathwork to be effective. Also includes a discussion of the difficulties in doing research on Holotropic Breathwork.

11/95 — ***Holotropic Breathwork to Resolve Psychoid Phenomena?*** By Oliver Lorton  
Discussion of a case in which the Holotropic Breathwork participant experienced the visitation of a spirit and how that visitation interfaced with her personal relationship and process.

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**2/96 —*Which Patients Leave Holotropic Groups Prematurely? The Study of a Long-Term Psychiatric Group*** by Kevin C. Martin, Paul Grof, and Arlene Fox.

Early drop outs in this Canadian psychiatric hospital group tended to be less motivated, less able to identify psychological components in their own process, less introspective, sophisticated, and less about to establish mature relationships and more fearful of self-disclosure. There were more diagnoses of personality disorder in the drop-out group.

**2/96 —*Grof Holotropic Breathwork and Hendricks Cathartic Breathwork*** by Brack Jeffreys

A facilitator certified in both methods compares them.

**2/96 —*Lucid Dreams and the Modified States of Consciousness in Holotropic Breathwork*** by Max Rossler

A comparison of lucid dreaming and states in Holotropic Breathwork. The author contends that in lucid dreaming, the ego is still in charge.

**5/96 —*A View from the Window: Considerations about Life Review and Holotropic Breathwork*** by Kathleen Silver

After sitting with her dying father during his life review, the author discusses the healing process of life review in breathwork and shamanic systems.

**5/96 —*HiFi VCR/VHS*** by Bob Dixon

A discussion about the benefits of using video tape to provide high quality, long-playing sound for Holotropic Breathwork workshops. Also includes a review of systems available for purchase.

**5/96 —*Sexual Abuse and the Second Matrix*** by Judy Forester

From her personal experience the author ties the reliving of her sexual abuse history to BPM II rather than BPM III and offers some suggestions to facilitators for how to work with participants who are experiencing in this way.

**8/96 —*Does it Matter How we Breathe? A Rebirther Views “Positive” and “Negative” Breathing Patterns*** by Gunnel Minnet

The author of *Breath and Spirit* differentiates between a negative “hyperventilation” and a positive “deep breathing”. Offering a counterpoint opinion to the Holotropic Breathwork stance that we can trust the breath without needing to coach it, this Rebirther contends that it does matter how we breathe.

**8/96 —*Two Forms of the Breath*** by Lorri Kesich

A certified Holotropic Breathwork practitioner who also trained in Rebirthing compares the two techniques.

**8/96 —*Rebirthing to Holotropic Breathwork*** by Max Rossler

A certified Holotropic Breathwork practitioner who also trained in Rebirthing compares the two techniques.

**8/96 —*ITA in the Jungle*** by Sean O’Sullivan

A descriptive report of the International Transpersonal Conference (ITA) in Manaus, Brazil in May, 1996.

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- 11/96 — ***Perinatal Subdivisions: Specificity for Future Research*** by Kevan Prosnick  
The author suggests categorizing the transitions between the matrices in order to correlate them more accurately with astrological transits and participant experiences.
- 11/96 — ***Breathwork in Academic Curricula? Experiences in Germany and California***  
by Mark Seelig, Ph.D.  
An account of the author's difficulties in using transpersonal techniques in academic settings.
- 11/96 — ***The Power of Intention*** by Thomas Merton Brightman  
An account of a participant's difficulties in attending a workshop and the perceived effect of the facilitator's persevering intention on her ability to finally attend.
- 11/96 — ***Is Trusting the Inner Healer Enough?*** By Sean O'Sullivan  
An account of a participant who reported consistently in the sharing groups that "nothing was happening" and a discussion of our commitment as facilitators to trust the process even in such a case.
- 11/96 — ***Pockets of Compassion*** by Kathleen Silver  
A personal account of how her deep work has opened her to feel more compassion.
- 11/96 — ***Sitting with Life, Sitting with Death*** by Kylea Taylor  
A personal account by the author of sitting with her dying father and reflecting on the value of the Holotropic Breathwork training as unique preparation for being present for both life and death.
- 2/96 — ***Birthing and Breathwork*** by Patricia Anne Meadows  
Appreciative description from a nurse of the parallels between giving birth and breathwork, as well as the usefulness of "midwifing" as a feminine approach to facilitating breathwork.
- 2/97 — ***When Darkness Brings Light*** by Rebecca B. Browning  
From her personal experience the author writes about the gift of "the dark night of the soul" and her trust in that part of the process as much as any other part.
- 2/97 — ***The Divine Feminine*** by Judy Forester  
From her personal experience the author reflects on the importance of systematic, nourishing physical contact with Holotropic Breathwork participants whose history is one of deficiency.
- 5/97 — ***Holotropic Breathwork and the Hyperventilation Syndrome*** by Stanislav Grof, M.D., Ph.D.  
A previously unpublished journal article by the co-developer of Holotropic Breathwork discusses the medical Syndrome and its interface with the deep breathing experiences of Holotropic Breathwork.
- 5/97 — ***The Physiology of Hyperventilation*** by Michael Mithoefer, M.D.  
Research from the medical literature on the effects of hyperventilation. The author advocates for Holotropic Breathwork research to document the beneficial effects which have been reported anecdotally and to test for any adverse effects.



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- 8/97 — ***Illness as a Path to Soul*** by Sandy Steckling  
A personal account of radical healing of severe rheumatoid arthritis through the author's work with Holotropic Breathwork and other related techniques.
- 8/97 — ***Curative Factors of Holotropic Breathwork*** by Pamela Cappetta  
A personal account of physical and emotional healing during a period of regular Holotropic Breathwork sessions.
- 8/97 — ***Some Anecdotes of Healing and Breathwork*** by Michael Mithoefer, M.D., Thomas Merton Brightman, Thomas A. Tepfer, and Max Rossler  
Anecdotes provided by facilitators of Holotropic Breathwork from the United States, France, and Germany include cases of healing a sprained ankle, PMS symptoms, scoliosis, high blood pressure, phobia of birds, and skin rashes.
- 11/97 — ***Marketing Holotropic Breathwork: The Pricing Debate*** by Jim Compton-Schmidt, Ed Willard, Ray Kelly, Don Baker  
A collection of essays on the issues of pricing, profit, service, consistency, and the integration of good business into good mission.
- 11/97 — ***"Dying Among Friends"*** by Steve Dinan  
Meeting the needs for safety and community with creative containers for deep death/rebirth work.
- 11/97 — ***The Jupiter-Uranus-Neptune Conjunction*** by Renn Butler  
A description of the February, 1997 Cycles & Symbols conference in San Francisco. An interpretation of recent events such as movements in science, recent movies, and the death of Princess Diana in the light of planetary aspects.
- 11/97 — ***Marketing and Marketability*** by Don Baker  
An essay encouraging continuing education for breathworkers especially in the areas of group management, bodywork, and touch. The essay connects such ongoing training to increased marketability.
- 11/97 — ***Profit Keeps Holotropic Breathwork Available*** by Thomas Merton Brightman  
Discussion of the value of profit in perpetuating good work.
- 2/98 — ***A Brief Marketing Plan for Everything*** by Martin Boroson  
Contends that the greatest marketing challenge of Holotropic Breathwork—its enormous scope—can be turned into an advantage as it is the only discipline that allows healing to emerge at whatever level of the mind, body, or spirit requires attention. It lets the healing energy take the precise form of therapy or practice needed.
- 2/98 — ***What is Healing?*** by Judy Forester  
Argues for broadening the scope of healing beyond relief of symptoms. Discusses the need to be with suffering rather than to try to fix or eliminate it.
- 2/98 — ***Holotropic Breathwork on the World Wide Web*** by Kylea Taylor  
Discusses the advantages to breathworkers to having a presence on the internet and how the Association for Holotropic Breathwork is working to facilitate that.

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**2/98 —SEN and Holotropic Breathwork Viewed as Cults in France — A First Hand Report** by Max Rossler

Describes the factual legal events that have led to severe difficulties in the free practice of “spiritual techniques” such as breathwork in France since 1996.

**2/98 —Our Top 80 Breathwork CDs: Results of the Music Master Poll** by Steve Dinan

Certified Holotropic Breathwork practitioners listed their favorite music and author organized it to make it easy for those just buying music to buy those CDs that have both quality and quantity of breathwork music.

**2/98 —Breath at Its Best** by Thomas Merton Brightman

A collection of inspiring quotations about breathing and the breath from spiritual teachers.

**5/98 —Rick Tarnas Discusses Stanislav Grof’s Astrological Birth Chart – Part I**

A transcript of Rick Tarnas comments recorded on March 11, 1998. Fascinating tour through the archetypes that have a prominent place in Stan’s life and work.

**5/98 —Planets, Signs, and Houses** by Mark Seelig

Basic archetypal astrology lesson for breathwork practitioners on the “Actors”, “Stage”, and “Script” of a natal chart.

**5/98 —Transiting Toward Wholeness** by Marcia Shanti Breaux

The description of a transformative breathwork session in archetypal astrological terms.

**5/98 —How Grof Found Astrology** by Matthew Stelzner

The story of how Stanislav Grof discovered astrology and came to appreciate its ability to make archetypal predictions about the content of nonordinary states of consciousness sessions.

**5/98 —Informed Consent Form** by Michael Mithoefer, M.D.

Psychiatrist and certified Holotropic Breathwork practitioner Mithoefer shares the informed consent form that satisfied his professional liability insurance company.

**5/98 —Mastering Sessions on Computer** by Ted Riskin

Instructions on how to use a computer for modulating, mixing, and mastering a music session for breathwork.

**5/98 —Newly Certified Practitioners**

List of those certified at the April 1998 Certification of Holotropic Breathwork Practitioners in Oregon.

**5/98 —Integrating Astrology with the Practice of Holotropic Breathwork** by Matthew Stelzner

In the “Practicing Breathwork” column, Stelzner describes ways of using astrology in an amplifying and non-threatening way with Holotropic Breathwork participants.

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