



# **The Cosmic Game: Explorations of the Frontiers of Human Consciousness (S U N Y Series in Transpersonal and Humanistic Psychology)**

*Stanislav Grof*

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## **The Cosmic Game: Explorations of the Frontiers of Human Consciousness (S U N Y Series in Transpersonal and Humanistic Psychology) Stanislav Grof**

In this, his culminating work, the leading international figure in consciousness research masterfully synthesizes his vast findings, drawing not only upon psychedelic therapy and Holotropic Breathwork, but also from literature, cross-cultural studies, ancient mystical sources and psychological data, resulting in a profound consolidation and articulation of what is now known about nonordinary states of consciousness.

The Cosmic Game discusses the broadest philosophical, metaphysical and spiritual insights gleaned in Grof's research concerning human nature and reality, addressing the most fundamental questions human beings have asked about the nature of existence since time immemorial.

Insights from research into nonordinary states of consciousness portray existence as an astonishing play of the cosmic creative principle that transcends time, space, linear causality, and polarities of every kind and suggest an identity of the individual psyche in its furthest reaches with the universal creative principle and the totality of existence. This identity of the human being with the Divine is the ultimate secret that lies at the core of all great spiritual traditions.

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