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# OPENING INWARD - A COLLECTION OF POETRY FROM THE INNER WORLD OF HOLOTROPIC BREATHWORK (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Opening Inward is a selection of metaphysical and mystical poems that offers an account of my inner experiences into the world of non-ordinary consciousness as revealed by the practice of Holotropic Breathwork. Holotropic Breathwork is a powerful experiential approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, transpersonal psychology, Eastern spiritual practices, and mystical...

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- Authored by Elle Stefani
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