

Going Beyond Set and Setting to Achieve Visionary Virtuosity

Are you ready to transcend the limitations of your physical environment and achieve visionary experiences?



A.P. Psychedelics: Going Beyond Set and Setting to Achieve Visionary Virtuosity by Sean Manseau

★★★★☆ 4.6 out of 5

Language : English
File size : 1506 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 337 pages



In his groundbreaking book, *Going Beyond Set and Setting to Achieve Visionary Virtuosity*, leading psychedelic researcher Dr. Stanislav Grof reveals the secrets to unlocking the full potential of your mind.

Based on decades of cutting-edge research, Dr. Grof's book provides a step-by-step guide to creating the optimal conditions for visionary experiences. He explains how to:

- Choose the right setting and mindset
- Prepare your body and mind for the experience

- Use breathing techniques and other tools to induce altered states of consciousness
- Navigate the challenges of visionary experiences
- Integrate the insights and lessons from your experiences into your daily life

With clear instructions and real-world examples, *Going Beyond Set and Setting to Achieve Visionary Virtuosity* is an essential resource for anyone who wants to explore the depths of their own consciousness.

What You Will Learn from This Book

By reading this book, you will learn:

- The different types of visionary experiences and how to achieve them
- The role of set and setting in visionary experiences
- How to prepare your body and mind for visionary experiences
- How to use breathing techniques and other tools to induce altered states of consciousness
- How to navigate the challenges of visionary experiences
- How to integrate the insights and lessons from your experiences into your daily life

Who This Book Is For

This book is for anyone who wants to explore the depths of their own consciousness. It is especially relevant for:

- People who are interested in psychedelic therapy
- People who are looking for spiritual awakening
- People who are interested in altered states of consciousness
- People who are looking for ways to improve their creativity and problem-solving skills

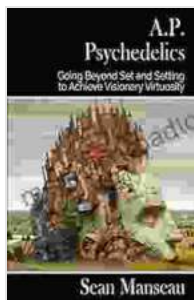
About the Author

Dr. Stanislav Grof is a leading psychedelic researcher and pioneer in the field of transpersonal psychology. He is the founder of the International Transpersonal Association and the Grof Transpersonal Training Program. Dr. Grof has authored numerous books on psychedelic therapy, spiritual awakening, and altered states of consciousness, including *The Ultimate Journey*, *Realms of the Human Unconscious*, and *When the Impossible Happens*.

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