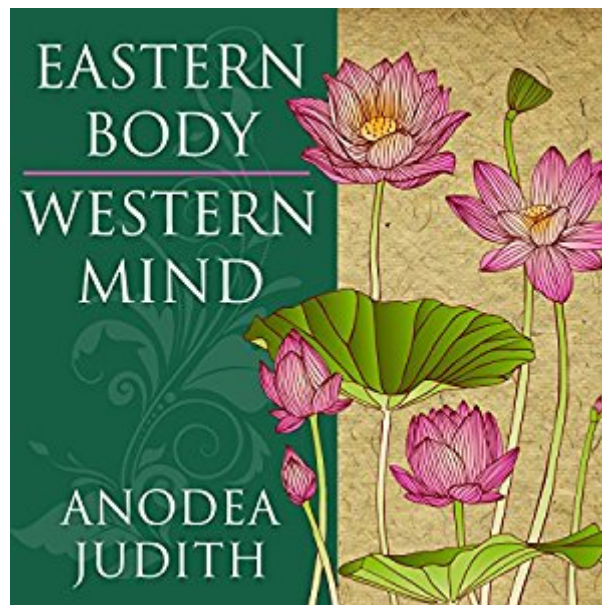




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# Eastern Body, Western Mind: Psychology And The Chakra System As A Path To The Self



## Synopsis

In *Eastern Body, Western Mind*, chakra authority Anodea Judith has brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics. This groundbreaking work in transpersonal psychology has been revised and redesigned for a more accessible presentation. Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics, then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance. Illuminated with personal anecdotes and case studies, *Eastern Body, Western Mind* seamlessly merges the East and West, science and philosophy, and psychology and spirituality into a compelling interpretation of the chakra system and its relevance for Westerners today.

## Book Information

Audible Audio Edition

Listening Length: 16 hours and 50 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: September 27, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01M0HYEY5

Best Sellers Rank: #1 in Books > Medical Books > Psychology > Movements > Transpersonal  
#10 in Books > Religion & Spirituality > Hinduism > Chakras #23 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

## Customer Reviews

I finally finished reading *Eastern Body Western Mind* by Anodea Judith. As I am a realist and an empiricist, this book appealed to me because it dives deep into the connections of Western psychology and Eastern philosophy. Each chapter was incredible, with many 'a-ha' moments where the murky became clear and epiphanies of greater universal understanding abounded. This is a great book, but not exactly an easy read. I would place it at the Masters level of college texts, as it is packed with powerful citations backed by sound research. It is a generally accepted fact that roughly

85% of Americans grow up in a dysfunctional family with experiences of abuse or neglect, which means that this book applies to 85% of you who are reading this post. It is the sum of our life experiences that form who we are and the patterns we live by. If your patterns aren't working for you and you keep finding that you often make the same life mistakes that leave you unhappy, unfulfilled and starting over, it definitely warrants a deeper look into personal healing. If you have anything in your life that you feel is giving you trouble and you feel stuck on, I highly suggest reading this book, but again it is not an easy read. Even with my advanced educational level and ability to comprehend complex subject matter, I found it to be a challenging read because it is not a passive activity. Once the words are read, the brain goes to work. *Eastern Body Western Mind* is not just a book to read, it is a 'work book' for healing the soul's wounds accumulated over a life time; learning how to live in a healthier, more balanced and self loving way. The content is so tightly packed and so powerfully written that I found I had to take a lot of time after reading each chapter to digest the information, considering how it might apply to my life experiences and traumas as I moved towards recovery. With each chapter, you work through deep wounds that surface and emotional healing work takes time. However, it is well worth the time investment and much less expensive than years of weekly therapy that never seem to 'cure' you because if you are cured, the therapist loses a client. There is something powerful about yoga and Vedic philosophies. Once you release and let go of things in a healthy way, they don't return to haunt you, they are truly gone and you can proudly stand up to say, "I AM HEALED!". This ONE BOOK, was more useful to me in helping to resolve my own internal issues than all the western psychology that has been offered to me combined in my life time. With this book, I was able to take my recovery into my own hands and heal in my own way. The book took me more than 6 months to read because each chapter brought up so many issues I thought I had already processed and dealt with. I may have, but never so deeply and mindfully with a focus on healing myself as a whole; body, soul, mind and spirit. After reading this book, I am now able to both ground myself and tap into universal connectivity and consciousness for limitless possibilities. I can pull that universal energy down through my chakras to manifest anything I can conceive of. I worked on the areas that needed attention with a new awareness. I know where I still need to keep working. I also know that now it is time to get out into the world and start using my new knowledge to connect, to grow, to expand and to love again. #Love and the heart are where everything meets and more growth becomes possible. I have made some massive changes in my life that I never thought possible 2 years ago, or even a year ago. Each day I become a better person. Each day I am more healed. It has been emotionally rough and all consuming at times, but I am glad that I put so much effort into seeking out my own way of healing and recovery. In finishing the book, I feel like I have

reached the top of a big mountain of s\*\*\* that I can now flush, like a toilet, back down into the earth beneath me, which acts as fertilizer for the trees and the earth that grounds me at a higher altitude of existence than I have ever experienced before. I have leveled the playing field onto higher ground, raising myself up and learning in the process what it really means to "let go of what no longer serves you". Because of Eastern Body Western Mind, I now understand myself differently, I understand others differently, I understand the world differently and I understand the universe differently. I have traversed through the depths of massive multiple traumas and grief, emerging from what seemed to be an endless tunnel of dark emotional pain, into a new light of being and a healthier way of living. It is my greatest hope that others in the world read this book and find their own way of healing and transforming; moving from darkness into the light and sadness into the happiness of enlightened living in a purposeful way. ~ Namaste ~

Excellent information about human consciousness. This book changed the way I think about my personal development. It's a very useful tool for pinpointing what part of life is lacking and what you should be focused on improving. Even if you don't agree with energy flowing through your body, and chakras controlling your perception of life, this book provides you with a way to get you thinking about what you are struggling with. You can then take steps to clean up your weaknesses, whether it is a lack of will power or the ability to open up to the people in your life. Open your heart and mind and you will see how to take control of your life.

This book has taught me so much to help myself and clients. I will always use it as a reference point for anything involving chakras.

I absolutely love this book! It is a deep and thorough read. If you are into the chakra system as a newbie or as an experienced yogi, I would recommend this book. Everything you wanted to know about the chakra system is here in this book. It is totally informative and also allows you to reflect on the system as a whole. I use this book as a reference guide and as a deep read. It doesn't ever get old. Completely recommended for anyone seeking answers about the chakra system.

Perfect! The most excellent book! I have a newfound appreciation and awareness of the chakra system and I have studied psychology for years so this book was just so informative. Excellent breakdown of each chakra, how each chakra relates to the system as a whole, the issues associated with each chakra, how they can become blocked, and effective ways to clear/open them.

HIGHLY RECOMMEND.

This book has been so incredibly inspirational and transformative for me that I've purchased several more for family and friends. A fresh look at the Mind, Body, Spirit connection, fusing together the ancient wisdom of the east with the booming era of technology (and often simultaneous detachment) of the west, it is a riveting, eye-opening - and often poignant - journey for the spiritually thirsty soul. You will not regret this purchase. Highly, highly recommend.

Very accessible, scientific and spiritual without being cheesy. Requires rereading to really internalize but incredibly helpful. More helpful than years of therapy! Digestible enough to read and make thoughtful progress on the subway ride. Authentic, helpful, insightful or rather, fosters self awareness.

Nice bedside table to pick up and read a bit at a time, then ponder. Lots of information

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