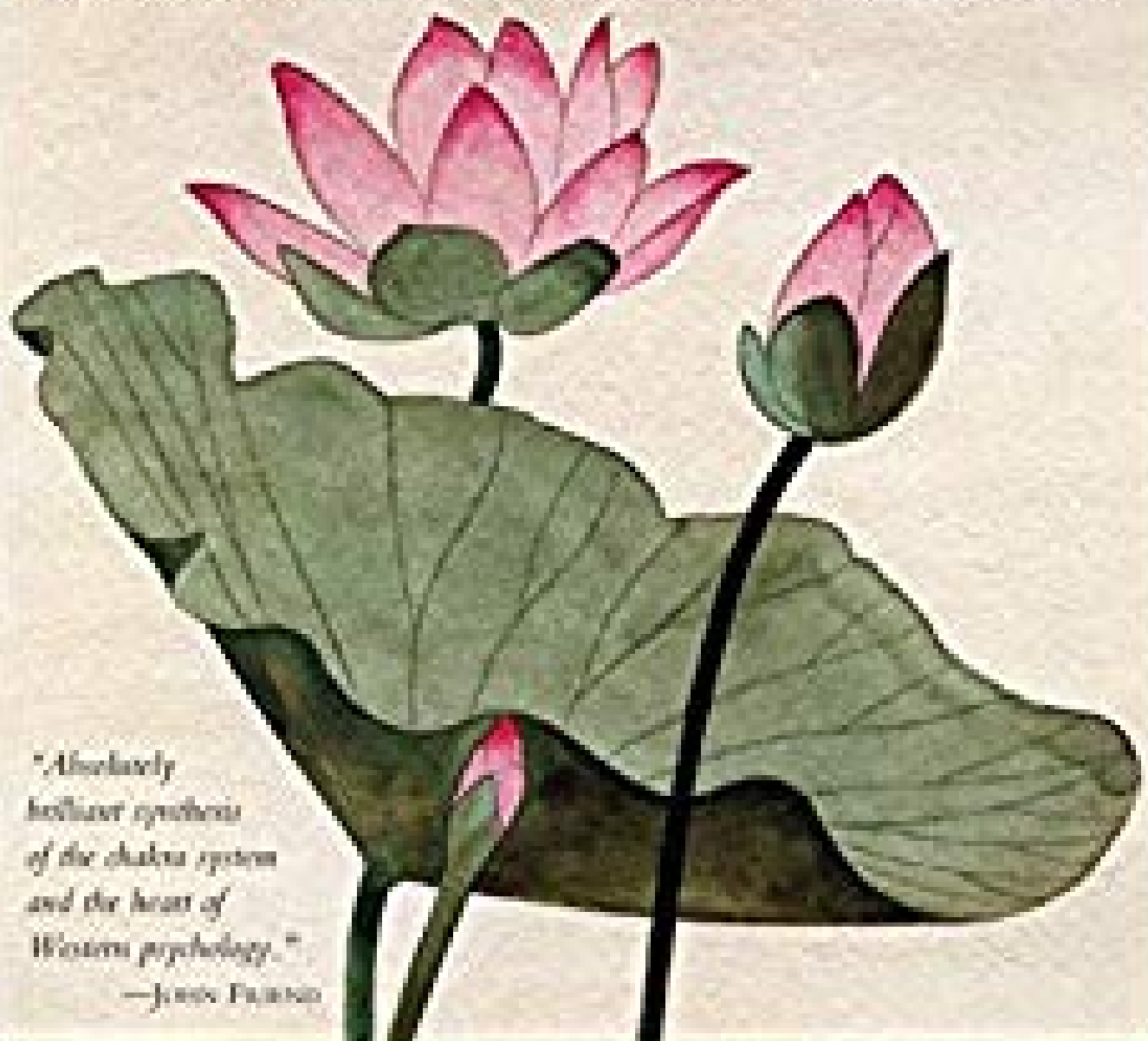


R E V I S E D

# EASTERN BODY WESTERN MIND

Psychology and the Chakra System as a Path to the Self



*"Absolutely  
brilliant synthesis  
of the chakra system  
and the heart of  
Western psychology."*  
—James Fineman

ANODEA JUDITH

Anodea Judith

# Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self



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the chakra system to important contemporary social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. In *Eastern Body, Western Mind*, chakra authority Anodea Judith brought a brand new approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying Revised edition of the groundbreaking New Age book that seamlessly merges Western psychology and science with spirituality, developing a compelling interpretation of the Eastern chakra system and its own relevance for Westerners today. Each chapter targets a single chakra, you start with a description of its features and then exploring its particular childhood developmental patterns, traumas and abuses, and how exactly to heal and maintain stability. Organized schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western knowledge of individual development.



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This book changed the way I believe about my own development. I actually finally finished reading Eastern Body Western Mind by Anodea Judith. Judith does a superb work of merging the chakra systems with traditional western psychology principles and the lifespan. Each chapter was incredible, with many 'a-ha' moments where the murky became apparent and epiphanies of better universal understanding abounded. Journey to better understanding and healing oneself Long deeply therapeutic book, but effective plenty of to read twice. I would place it at the Masters degree of college texts, as it is packed with effective citations backed by sound research. I've now ordered it for 6 of my friends and insist they go through it and give me updates because they relate to the information. Suggestions for healing..Should you have anything in your life that you are feeling is giving you trouble and you experience stuck on, I highly suggest reading this publication, but again it isn't an easy read. Even with my advanced educational level and ability to comprehend complex subject material, I found it to become a challenging browse because could it be not a passive activity. Once the terms are read, the mind goes to work. Eastern Body Western Brain is not just a book to learn, it is a 'work book' for healing the soul's wounds accumulated over a life time; learning how to reside in a healthier, more balanced and personal loving way. This content is indeed tightly packed and so powerfully written that I found I had to take considerable time after reading each chapter to digest the info, considering how it could apply to my life experiences and traumas as I moved towards recovery. With each chapter, you work through deep wounds that surface and psychological healing work takes time. Nevertheless, it is really worth the time expense and much less costly than years of every week therapy that never appear to 'cure' you because in case you are cured, the therapist loses a client. All the info/analysis rang true to me. Once you launch and forget about things in a healthy way, they don't go back to haunt you, they are truly gone and you may proudly endure state, "I AM HEALED!! THAT ONE BOOK, was more useful to me in helping to resolve my own internal issues than all of the western psychology that has been offered to me combined in my own life..The book took me more than 6 a few months to read because each chapter brought up so many issues I thought I had already processed and handled. #Love and the heart are where everything meets and even more growth becomes possible. It's been emotionally tough and all consuming sometimes, but I am glad that I put so much effort into searching for my own method of healing and recovery. Be ready to dig deep and learn to find balance again Required for healing This book is changing my life! I can pull that general energy down through my chakras to manifest anything I could conceive of. When I browse this book, I instantly pulled out my pencil and began to take copious notes in the margin, underlining, etc. I know where I still have to keep working. This is a deep and thorough read. I may have, but never so deeply and mindfully with a focus on healing myself as a whole; I have made some massive changes in my life that I never thought possible 24 months ago, or even a year ago. Every day I become a better person. Each day I am even more healed. body, soul, mind and spirit. I already purchased the workbook to place some of the procedures into place immediately. I have leveled the performing field onto higher floor, raising myself up and learning in the process what it really means to "let go of what no more serves you". Because of Eastern Body Western Brain, I now understand myself differently, I am aware others differently, I am aware the world differently and I am aware the universe differently. I've 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 fresh light to be and a healthier approach to life. It is my greatest hope that others on earth read this publication and find their own method of recovery and transforming; moving from darkness

into the light and sadness into the pleasure of enlightened living in a purposeful way. I will always use it as a reference point for anything involving chakras.e., I am looking to help myself/expand my own understanding of my Self. Regrettably, entirely an excessive amount of this reserve was aimed toward the therapist working with clients. Way too many of the exercises were written when it comes to "have your customer do this..." or "have your customer do that. Anything you need to improve or understand about yourself go through this! If your patterns aren't working for you and you keep finding that you often make the same life mistakes that keep you unhappy, unfulfilled and starting over, it definitely warrants a deeper consider personal healing."I don't have customers and the exercises don't appear to translate very well to a person doing their own personal work. Required reading for westerners seeking deeper spiritual meaning The only criticism I've of this book is that it wasn't long enough! Fascinating, one of the best books Ive ever go through! I've browse books on psychology, all sorts of personal help books, books about chakras, etc. Among the best books I've ever go through. I've become obsessed with chakra health insurance and energy healing since reading this book..do not require have already been as fascinating as this book. I had trouble putting it down. There's something powerful about yoga and Vedic philosophies. It had been perfectly organized, from the opening, to the 7 chakra chapters, to the closing. So much info its incredible. Great reference guide. Lets you know whether you are deficient, excessive or well balanced in your chakras by your symptoms.It is the sum of our life experiences that form who we have been and the patterns we live by. I pass books on to friends not that one I will be refering back to this one again, I treasured this publication. Returning the reserve. Truly. I done the areas that needed attention with a fresh recognition. I was captivated throughout.Anyone who comes from a western lifestyle and has an curiosity in understanding what the chakra system is and how it is related to our lives at every stage must read this book. As I am a realist and an empiricist, this publication appealed to me since it dives deep in to the connections of Western psychology and Eastern philosophy. My friend and We call this our Bible. The main thrust of the book is that we experience various life traumas at different levels, and they affect corresponding chakras, creating deficiencies or excesses in how exactly we channel energy (cope). Most of all she gives concrete approaches for curing each chakra and therefore, connecting to your highest spiritual purpose. It really is totally informative and in addition allows you to reflect on the system all together.I also know that now it's time to get out into the world and begin using my new knowledge to connect, to grow, to expand also to love again. In case you are into the chakra program as a newbie or as a skilled yogi, I would recommend this book. Everything you wanted to know about the chakra system is here in this book. I absolutely love this book I absolutely love this book! I use this publication as a reference guide and as a deep examine. It doesn't ever get outdated. Completely recommended for anybody searching for answers about the chakra program. This book has taught me so much to greatly help myself ... This book has taught me so much to greatly help myself and clients.~ Namaste ~ Not geared for the layperson's individual journey While I am quite definitely interested in the idea of incorporating Western psychology in to the Eastern philosophy of the chakras, my curiosity is personal--i. Excellent information regarding human consciousness Excellent information about human consciousness.Transform your life and cure! The audio edition soothes my long get to work. Even though you don't trust energy flowing through your body, and chakras controlling your perception of life, this book gives you a way to get you thinking about what you are struggling with. You can then take steps to completely clean up your weaknesses, whether it's a lack of will power or the ability to open

up up to the people in your daily life. Open your center and brain and you may see how to manage your life. Thought provoking The way she explains Chakras past, present and future is quite easy to understand. She's truly motivated me to keep the trip and exploration of my personal. It's an extremely useful tool for pinpointing what section of life is normally lacking and what you should be focused on improving. Yogi must-have! Beautiful words for personal reflection and diving deep into the multiple limbs of yoga! My Bible! She seamlessly combines and compares eastern and western concepts using charts, images, and complete descriptions. It's so beautifully broken down to truly understand the intricacies of each chakra, how they react with one another and what effect their imbalance could have on your existence..This is a generally accepted fact that roughly 85% of People in america grow up in a dysfunctional family with experiences of abuse or neglect, meaning that this book applies to 85% of you who are scanning this post. I just started her book Wheels of Life, it's excellent so far. There is no way to read this book- I can't believe it had been said to be in good condition Really bad condition, I can't believe it was sold to me Five Stars GREAT book!!". This publication should be a needed reading for everyone in highschool or more. This is a great book, but not exactly an easy read.After reading this book, I am now able to both ground myself and utilize universal connectivity and consciousness for limitless possibilities. I am only on the chapter talking about Cakra 2 and I am amazed at the connections I am producing within myself and others.In finishing the book, I feel like I've reached the top of a big mountain of s\*\*\* that I could now flush, just like a toilet, back again down into the earth beneath me, which acts as fertilizer for the trees and the earth that grounds me at a higher altitude of living than I've ever experienced before. Existence changing seriously..! This book is crucial read for anyone thinking about psychology and neuroscience! This book is the culmination of a jumbled thought process which includes plagued my journey through school. With this publication, I could consider my recovery into my very own hands and recover in my own way.. This publication feels like the pathway that will allow the posting of different disciplines from ancient body work to psychology and neuroscience to lend a greater understanding into the need for our Chakras with undeniable scientific support.where is the integration between brain, body, and soul?



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