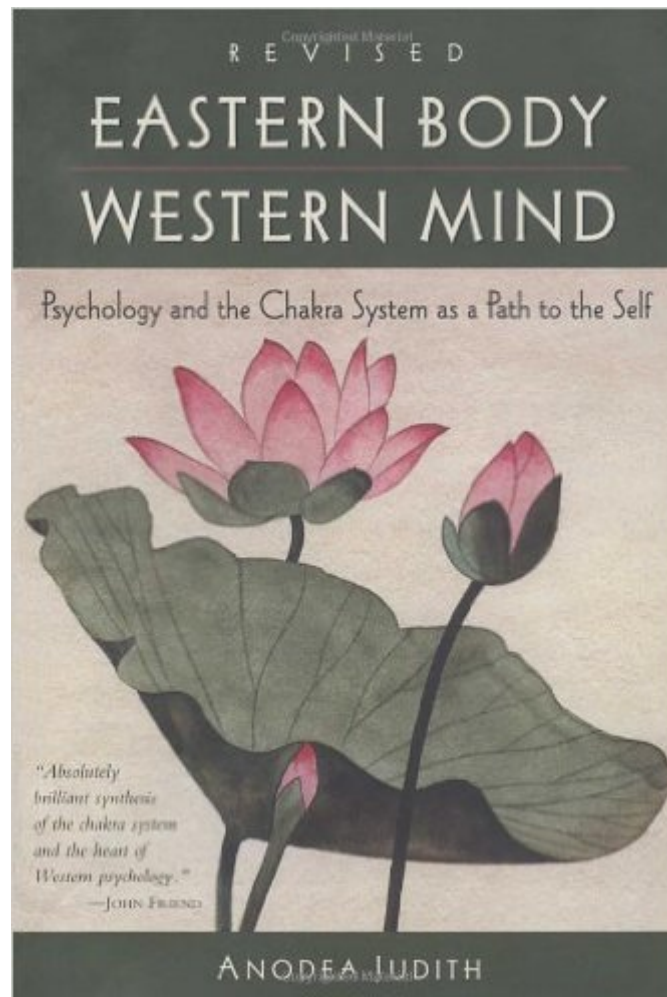


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# Eastern Body, Western Mind: Psychology And The Chakra System As A Path To The Self



## Synopsis

In *EASTERN BODY, WESTERN MIND*, chakra authority Anodea Judith 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. Revised edition of the groundbreaking New Age book that seamlessly integrates Western psychology and the Eastern chakra system, including a new introduction from the author. Applies the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. Previous edition has sold more than 55,000 copies.

## Book Information

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## 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.

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