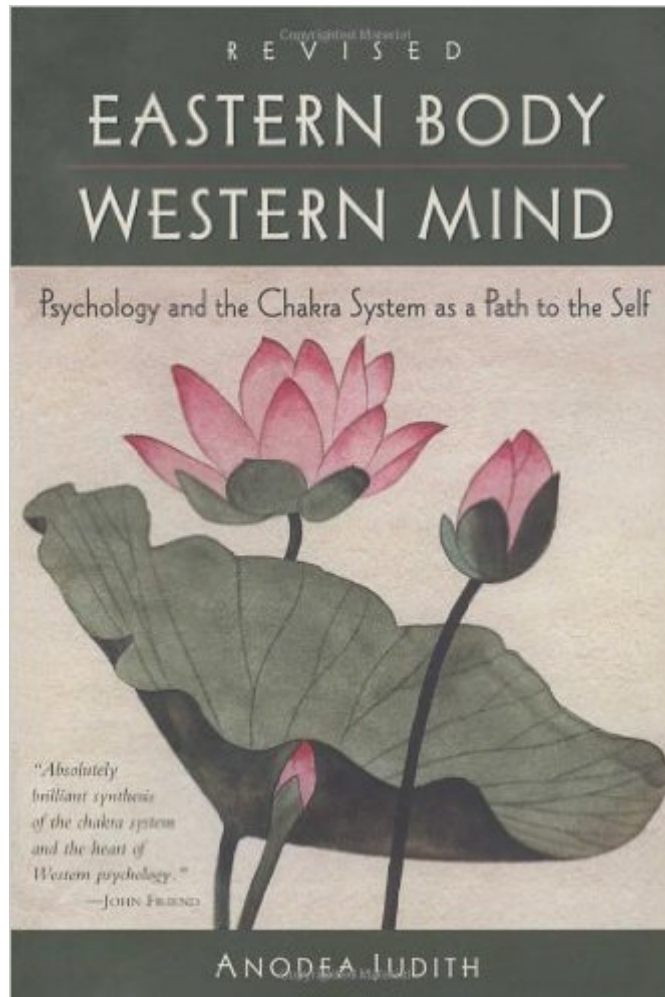


The book was found

# 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

Paperback: 504 pages

Publisher: Celestial Arts; Revised edition (August 1, 2004)

Language: English

ISBN-10: 1587612259

ISBN-13: 978-1587612251

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (162 customer reviews)

Best Sellers Rank: #3,985 in Books (See Top 100 in Books) [#3 in](#) Books > Religion & Spirituality > Hinduism > Chakras [#5 in](#) Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing [#26 in](#) Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual 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.

[Download to continue reading...](#)

Chakras for Beginners: An Idiot's Guide to Chakra Healing Chakra Energy and Chakra Balancing for Health, Wealth and Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1)  
*Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self*  
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)  
Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6)  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology)  
Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2  
Third Eye Awakening: The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini)  
Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7

Chakras (chakras, chakra healing, 7 chakras) Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Body of Knowledge: An Introduction to Body/Mind Psychology (SUNY Series in Transpersonal and Humanistic Psychology) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Chakra Tonics: Essential Elixirs For The Mind, Body, And Spirit CHAKRA Centers Chart, Rainbow: Body-Mind-Spirit Connections Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)

[Dmca](#)