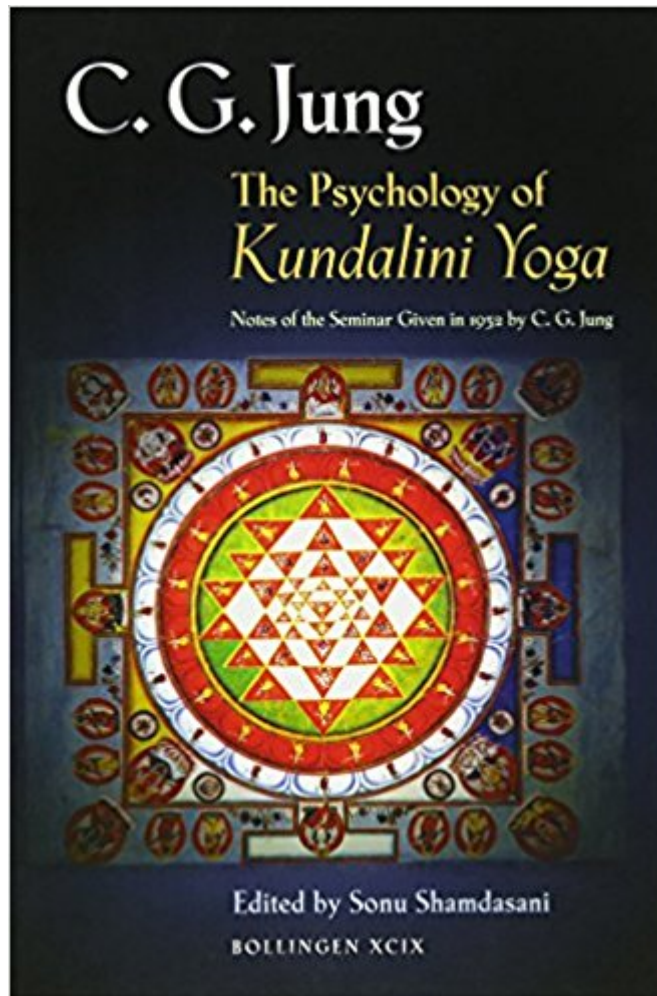




The book was found

The Psychology Of Kundalini Yoga



Synopsis

"Kundalini yoga presented Jung with a model of something that was almost completely lacking in Western psychology--an account of the development phases of higher consciousness.... Jung's insistence on the psychogenic and symbolic significance of such states is even more timely now than then. As R. D. Laing stated... 'It was Jung who broke the ground here, but few followed him.'"--From the introduction by Sonu Shamdasani Jung's seminar on Kundalini yoga, presented to the Psychological Club in Zurich in 1932, has been widely regarded as a milestone in the psychological understanding of Eastern thought and of the symbolic transformations of inner experience. Kundalini yoga presented Jung with a model for the developmental phases of higher consciousness, and he interpreted its symbols in terms of the process of individuation. With sensitivity toward a new generation's interest in alternative religions and psychological exploration, Sonu Shamdasani has brought together the lectures and discussions from this seminar. In this volume, he re-creates for today's reader the fascination with which many intellectuals of prewar Europe regarded Eastern spirituality as they discovered more and more of its resources, from yoga to tantric texts. Reconstructing this seminar through new documentation, Shamdasani explains, in his introduction, why Jung thought that the comprehension of Eastern thought was essential if Western psychology was to develop. He goes on to orient today's audience toward an appreciation of some of the questions that stirred the minds of Jung and his seminar group: What is the relation between Eastern schools of liberation and Western psychotherapy? What connection is there between esoteric religious traditions and spontaneous individual experience? What light do the symbols of Kundalini yoga shed on conditions diagnosed as psychotic? Not only were these questions important to analysts in the 1930s but, as Shamdasani stresses, they continue to have psychological relevance for readers on the threshold of the twenty-first century. This volume also offers newly translated material from Jung's German language seminars, a seminar by the indologist Wilhelm Hauer presented in conjunction with that of Jung, illustrations of the cakras, and Sir John Woodroffe's classic translation of the tantric text, the Sat-cakra Nirupana. ?

Book Information

Series: Jung Extracts (Book 99)

Paperback: 176 pages

Publisher: Princeton University Press (July 1, 1999)

Language: English

ISBN-10: 0691006768

ISBN-13: 978-0691006765

Product Dimensions: 0.5 x 6 x 9.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 30 customer reviews

Best Sellers Rank: #87,318 in Books (See Top 100 in Books) #29 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian #30 in Books > Medical Books > Psychology > Movements > Jungian #67 in Books > Medical Books > Psychology > Movements > Psychoanalysis

Customer Reviews

"The Psychology of Kundalini Yoga serves as an excellent introduction to the higher realms of consciousness.... I enthusiastically recommend this book as an introduction to realms of analytic thought generally outside the classical and mainstream views."--David Nichol, Psychoanalytic Books: A Quarterly Journal of Reviews

"In these four lectures ... Jung placed some very complex Indian concepts within the Western psychological understanding of his time, thereby helping us to grasp better both systems of thought and realization."--Betsy Halpern, Quadrant

"Shamdasani has performed a valuable service by editing these seminar notes and making them available to a wider audience. In addition to Jung's four lectures [he] provides an excellent introduction as well as informative footnotes.... This volume is a welcome addition to the Bollingen Seminar Series."--William E. Kotsch, Journal of Analytical Psychology

Jung's seminar on Kundalini yoga, presented to the Psychological Club in Zurich in 1932, has been widely regarded as a milestone in the psychological understanding of Eastern thought and of the symbolic transformations of inner experience. Kundalini yoga presented Jung with a model for the developmental phases of higher consciousness, and he interpreted its symbols in terms of the process of individuation. Sonu Shamdasani has brought together the lectures and discussions from this seminar for the first time. This volume also offers newly translated material from Jung's German language seminars, a seminar by the indologist Wilhelm Hauer presented in conjunction with that of Jung, and Sir John Woodroffe's classic translation of the tantric text, the Sat-cakra-nirupana.

As a student of Kundalini Shakti as a living practice, I am always interested in the process by which these ideas came to the West. This slim volume provides one episode in that ongoing story. While I disagree with Jung's conclusion that Kundalini practice is not for the Western student, his insights

are important.

An excellent, scholarly work that underscores Jung's genius and his ideas, ahead of his time, serve as the original, foundational basis for understanding the integration of Western psychology with Eastern spirituality.

One of the best books I have read on the psychological aspects of Kundalini Yoga.

We are professors of psychology and yoga and this book gives enormous insight into the East West relationship. Even though it is describing long past events it is of completely modern relevance.

Love this because it makes this topic very clear and easy to understand. As usual, Jung can get heady at times but overall this is good. Most is from his lectures but the introduction really explains the topic very well. Highly recommend.

This is not for the layperson. It's for the well-versed in the subject. Now, I'm quite intelligent, but there's jargon I couldn't grapple with, and I think you'd need some sort of grounding in actual psychology to really grasp what's being said (college grad here with decent exposure to the subject). Challenging is a good word. Imagine reading a book on building custom gaming PCs without knowing what a gpu is- that's about the level. ã â Â^Â

Read this if u think u are evolved. Jung has news. We must integrate and evolve our minds.

A deep book, not an easy read.

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

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Chakras, Kundalini: 2 in 1 Bundle: Book 1: How to Awaken Your Internal Energy through Chakra Meditation + Book 2: The Kundalini Awakening Guide for Healing and Unlocking Your Spiritual Power Kundalini Yoga: The Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan, Ph.D. The Psychology of Kundalini Yoga The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932 (Jung Extracts) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for

beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. (dark psychology, mind control, hypnosis, forbidden psychology, manipulation)) Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)