



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

By Anodea Judith

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**Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self** By Anodea Judith

***Eastern Body, Western Mind* seamlessly merges science and spirituality, creating a compelling interpretation of the chakra system and its relevance for Westerners today.**

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.

- 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

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**Bibliography**

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### Editorial Review

From Library Journal

Judith (Sevenfold Journey, LJ 4/1/93), a healer, elucidates the chakra system and how it shapes and is shaped by human behavior. The seven chakras, or human biocomputer, are located at various levels of our bodies. The chakras start with survival (at the base of the spine), followed by sexuality (lower back), power (solar plexus), love (heart area), communication (throat), intuition (brow), and cognition (crown). Giving an understanding of the chakras and their corresponding psychological character, Judith then invites the reader to explore multidimensional healing processes to bring the chakras into balance. To provide illustrations of practical applications, she offers personal stories. Although her book contains a lot of information, it is user-friendly, allowing the reader to view pertinent chapters through the use of subtitles and reference charts. Like Rickie Moore's *Goddess in My Shoes* (Humanics, 1988), this work would be popular in New Age collections. ?L. Kriz, West Des Moines Lib., Iowa  
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Review

"Rather than presenting an esoteric borrowing from Indian culture, Judith employs the metaphoric language of the chakra system within the context of modern psychology. Her clear organization and numerous charts make browsing for subjects of personal relevance a breeze, and her comparison of the various maps of psychological development (Freudian, Piagetian, Eriksonian, Reichian, and others) is intriguing. The book provides a useful tool for contemplating our strengths, weaknesses, and appropriate approaches to growth."  
**-Yoga Journal**

". . . [S]parkles with insight. Spiritual seeker, client, and therapist alike will find treasures here."  
**-PanGaia magazine**

From the Publisher

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### Users Review

From reader reviews:

**Mable Garza:**

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a information or any news even a concern. What people must be consider when those information which is inside former life are difficult to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you have the unstable resource then you have it as your main information there will be huge disadvantage for you. All of those possibilities will not happen throughout you if you take Eastern Body, Western Mind: Psychology and the Chakra System As

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**David Carson:**

Reading a book can be one of a lot of action that everyone in the world enjoys. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a e-book will give you a lot of new info. When you read a e-book you will get new information because book is one of numerous ways to share the information as well as their idea. Second, examining a book will make a person more imaginative. When you studying a book especially fictional works book the author will bring you to definitely imagine the story how the people do it anything. Third, you may share your knowledge to some others. When you read this Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self, you are able to tells your family, friends as well as soon about yours reserve. Your knowledge can inspire the others, make them reading a publication.

**David Wysocki:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparettime with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self can be fine book to read. May be it can be best activity to you.

**Virginia White:**

What is your hobby? Have you heard that will question when you got college students? We believe that that question was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. So you know that little person like reading or as looking at become their hobby. You need to know that reading is very important and book as to be the issue. Book is important thing to increase you knowledge, except your teacher or lecturer. You discover good news or update regarding something by book. Amount types of books that can you go onto be your object. One of them is this Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self.

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