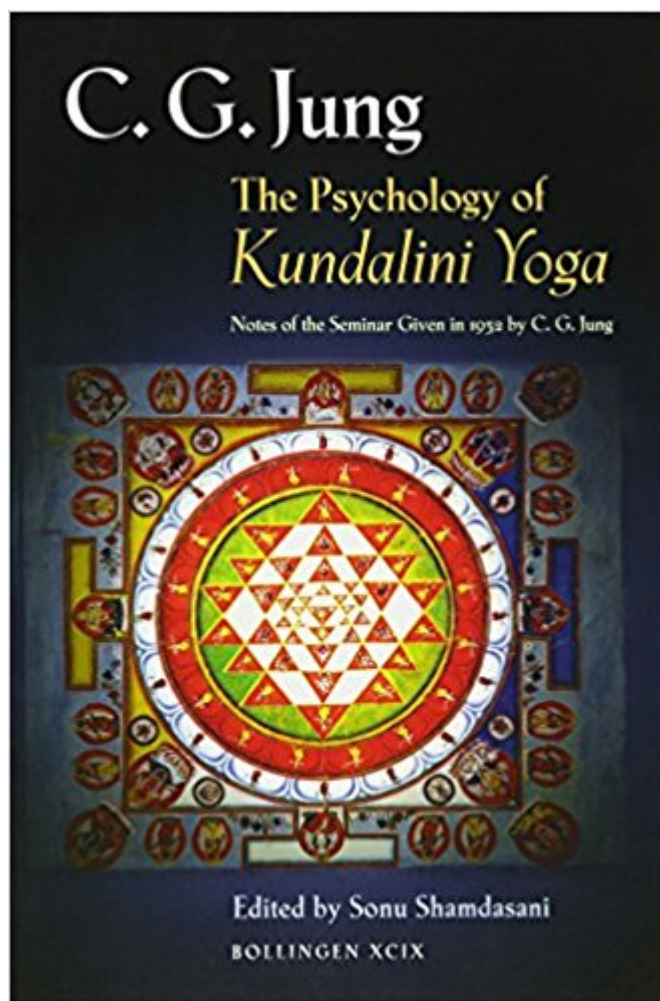


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# The Psychology Of Kundalini Yoga



## 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

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## 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. ãfÂ ã Å,Ã ËœÃ Å

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.

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