



## The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932 by C. G. Jung

By C. G. Jung

Princeton University Press. Paperback. Book Condition: New. Paperback. 176 pages. 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...



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