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Perspectives on the Psychology of
Regression

Anand C. Paranjpe

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Yoga And Psychoanalysis

A. C. Paranjpe



Yoga And Psychoanalysis:

Freud and Yoga Hellfried Krusche, T. K. V. Desikachar, 2014-12-02 Lessons from a great yoga master and an eminent psychoanalyst that explore what psychotherapy and yoga philosophy have in common Yoga philosophy and Freud's revolutionary approach to psychology could not have been developed in more different times places or cultural conditions And yet these two profound and dynamic systems of understanding human behavior emotions perception and what's essential in our existence have an astonishing amount to share What we learn by comparing their similarities as well as their differences can enhance how we comprehend our lives and our potential for change In *Freud and Yoga* the great yoga master T K V Desikachar and the eminent psychoanalyst Hellfried Krusche examine forty classic sayings or sutras from the vantage point of their respective disciplines Through clear candid conversations that draw on long experience and are illustrated by case studies from the clinic and the shala these two experts explain the concepts terms forces and processes in their traditions Therapists and patients yoga adepts and professionals and readers interested in psychology and spirituality will find this unique investigation fascinating enriching and useful In a time when Western and Eastern modalities have ever more to offer each other *Freud and Yoga* is a watershed work one that draws us closer to understanding our own nature and the deep workings of the human psyche

Yoga and Psychoanalysis Anand C. Paranjpe, 2022-04-24 This book discusses the relevance of tracing back the course of individual development noted in psychoanalysis regression and in Patajali's *Yoga prati prasava* Although Freud found the diagnostic benefits in tracing the history of the patient's early childhood experiences he also recognized the influences of the history of civilization and evolution He also viewed the regression to earlier history in a negative light Ernst Kris on the other hand saw some benefits of regression The nature and extent of the influence of Jewish mysticism on Freud is highly controversial and scholars have pointed out the possible influence of Kabbalistic mysticism which held that enlightenment follows from going all the way back to the origin of human beings at the beginning of the cosmos This view has an interesting parallel in Patajali's *Yoga* This volume highlights these significant parallels in the Indian and the Western systems of knowledge in the study of human psychology and explores the need for their mutual understanding It also examines converging trends in modern psychology to recognize the need for transcendence of ego in individuals This book will be of immense interest to students teachers researchers and practitioners of psychology psychoanalysis and Yoga Psychology It will be of great interest to psychologists counsellors mental health professionals clinical psychologists yoga enthusiasts and those interested in transpersonal psychology

Yoga and Depth Psychology I. P. Sachdeva, 1978 *Yoga and Psychoanalysis* A. C. Paranjpe, 2022 This book discusses the relevance of tracing back the course of individual development noted in psychoanalysis regression and in Patajali's *Yoga prati prasava* Although Freud found the diagnostic benefits in tracing the history of the patient's early childhood experiences he also recognized the influences of the history of civilization and evolution He also viewed the regression to earlier history in a negative light Ernst

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Yoga and Psychoanalysis Günter von Hummel, 2010 This book offers a brief overview of the different types of Yoga and then provides a comparison with the modern science of psychology Laya Yoga as it was taught by Kirpal Singh 1894-1974 is a comprehensive physical and mental method and widely known in India and abroad A comparison is made with psychoanalysis especially in its form taught by J Lacan This study of western and eastern spiritual ways centers around so called FORMULA WORDS They each bear several meanings in one formulation and so correspond to the scientific term unconscious as well as to the exercises of Yoga This comparative study culminates in a independent and new method which can connect East and West in an ideal way

Yoga and Mindfulness Based Cognitive Therapy Basant Pradhan, 2014-11-05 This book attempts to bridge the considerable gaps that exist between spiritual philosophies and evidence based medicine and between the psychotherapeutic models of the East and the West Based on the insights of both the ancient wisdom and modern medicine this book presents Yogic science not just as a set of physical exercises or religious rituals but as theories about the mind that have bio psycho social implications in relation to health and illness Drawing on his years of monastic training and his extensive experiential clinical and research knowledge on the utility of Yoga meditation in standardized and evidence based medicine protocols the author describes symptom specific clinical applications of Yogic meditative techniques using standardized protocols for the various psychiatric and psychosomatic conditions In addition he explains the value of these techniques in reducing stress and improving quality of life in healthy populations Dr Pradhan names the proposed integrative model of psychotherapy Yoga and Mindfulness Based Cognitive Therapy Y MBCT Unlike other models Y MBCT uses Yoga in its entirety all eight limbs including meditation rather than piecemeal The standardized and evidence based format of Yoga meditation described in this book will help all aspiring Yoga practitioners and will hopefully also provide the impetus for multicenter research studies on the value of this ancient wisdom

Exploring Psyche Through the Body Mary L. Flocca, 2021 Yoga has gradually become recognized in the West as a mind body exercise with multiple psychological benefits Although yoga has been studied as an adjunct to psychotherapy there is little research exploring yoga as a somatic exercise to be used in the therapeutic process This research examines

how the application of yoga as a clinical intervention in a depth psychological approach to psychotherapy might foster greater healing In doing so it seeks to increase the ways in which psychotherapy might incorporate the body as a means of psychological processing By way of heuristic inquiry the author explores her experience of deep integration through the embodied practice of yoga The psychological components of yoga are explored to examine its potential therapeutic benefits Drawing on depth psychological concepts the research illuminates how yoga can be incorporated into psychotherapy to facilitate the integration of unconscious content toward greater wholeness

Yoga Kovoort T. Behanan, 2012-06-26 Clearly explains and evaluates fundamental concepts of Hindu thought development of Hindu religious philosophy detailed descriptions of the psychology and psychoanalysis of yoga its postures and varieties of breathing much more

The Psychology of Kundalini Yoga C. G. Jung, 2012-01-12 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

The Psychology of Kundalini Yoga C.G. Jung, 2015-07-30 Jung's Seminar of Kundalini Yoga presented to the Psychology Club in Zurich in 1932 has been widely regarded as a milestone in the psychological understanding of Eastern thought and the symbolic

transformations of inner experience With sensitivity towards a new generation s interest in alternative religion 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 pre war Europe regarded Eastern spirituality as they discovered more and more of its resources from yoga to tantric texts *Contemporary Yoga and Sacred Texts* Susanne Scholz, Caroline Vander Stichele, 2024-09-10 This book explores the textual traditions that authorize the history legitimacy and authenticity of today s physical posture practice The volume focuses on why and how yoga communities have adopted various texts that they consider sacred or spiritually meaningful Among the texts discussed are Yogananda s Autobiography Sri Aurobindo s Savitri Patanjali s Yoga Sutra the Bhagavad Gita the Hatha Yoga Pradipika the Upanishads the Vedas and the Yogin Tantra Famous thinkers included are Aurobindo Yogananda Osho Rajneesh Sogyal Rimpoché Charles Johnston and Howard Thurman Offering a starting point the ten chapters address the nature selection and function of various ancient and contemporary texts read in contemporary yoga settings The attention centers on how and why texts are read and for whom they are read As yoga is practiced in ashrams yoga studios gyms meeting rooms and even private living rooms scholarly approaches to investigate the connections between yoga and texts are necessarily diverse This volume aims to inspire further scholarship on the reading of texts in past and present yoga communities The collection demonstrates that textual traditions deserve to be an important part of contemporary yoga scholarship The volume will therefore be of great interest to scholars of religious studies yoga studies and Asian studies as well as those studying sacred texts **The Integral Yoga** Sri Aurobindo, Aurobindo Ghose, 1993 Between 1927 and 1950 Sri Aurobindo one of the foremost Indian philosophers of the 20th century perfected a new kind of spiritual practice he called the Integral Yoga This volume brings together a comprehensive selection of Sri Aurobindo s letters pertaining to the practice of this discipline

YOGA - IMPACT ON HUMAN LIFE Jitendra Sharma, 2015-08-01 Nothing provided Psychoanalysis from the Indian Terroir Manasi Kumar, Anup Dhar, Anurag Mishra, 2018-02-19 In *Psychoanalysis from the Indian Terroir* Manasi Kumar Anup Dhar and Anurag Mishra discuss the synergies and diachronic thought that is emblematic of the current psychoanalytic narrative in India and examine what psychoanalysis in India could become The contributors to this edited collection connect problems around culture family traditions and the burgeoning political changes in the Indian landscape in order to provide critical rejoinders to the maternal feminine thematic in India s cultural psyche Specifically the contributors examine issues surrounding ethnic violence therapists gender and political identities narratives of illness and spiritual and traditional approaches to healing **Yoga and Psychotherapy** Swami Rama, Rudolph Ballentine, Swami Ajaya, 2007-02-08 Provides and in depth analysis of Western and Eastern models of the mind and their differing perspectives Publisher s description

Engaging the World Mary C. Rawlinson, 2016-05-01 *Engaging the World* explores Luce Irigaray s writings on sexual difference deploying the resources of her work to rethink philosophical concepts and commitments and expose new

possibilities of vitality in relationship to nature others and to one's self The contributors present a range of perspectives from multiple disciplines such as philosophy literature education evolutionary theory sound technology science and technology anthropology and psychoanalysis They place Irigaray in conversation with thinkers as diverse as Charles Darwin Claude Lévi Strauss Gilles Deleuze René Descartes and Avital Ronell While every essay challenges Irigaray's thought in some way each one also reveals the transformative effects of her thought across multiple domains of contemporary life

The Psychology of Yoga Georg Feuerstein, 2014-01-14 Psychoanalysis itself and the lines of thought to which it gives rise said C G Jung are only a beginner's attempt compared to what is an immemorial art in the East by which he was referring to the millennia old study of the mind found in Yoga That tradition was hardly known in the West when the discipline of psychology arose in the nineteenth century but with the passing of time the common ground between Yoga and psychology has become ever more apparent Georg Feuerstein here uses a modern psychological perspective to explore the ways Hindu Buddhist and Jaina yogas have traditionally regarded the mind and how it works and shows how that understanding can enhance modern psychology in both theory and practice

Readings in Living Within: The Yoga Approach to Psychological Health and Growth Santosh Krinsky, 2023-10-10 What is psychological health and growth Western psychology tends to define psychological health as the absence of various forms of extreme disturbance or disruption Normal levels of dissatisfaction upsetness are considered to be both acceptable and part of everyday life It is only when someone experiences a psychological state that drifts into total disorientation violence suicidal thoughts or disassociation from the expectations of society that psychology labels the behavior as unhealthy or harmful There is however another way to look at the issue of psychological health and growth and that is to affirm the development of positive attributes as representing health Thus the individual can find and implement measures to create forward looking and positive directions in his life and contextualize the obstacles or issues that arise as challenges to be met and overcome along the way Western psychology has a very rudimentary view of human psychology perhaps due to the fact that as a science it has been around for a very short period of time and has not yet had the opportunity to look into the vast ranges of human psychology and the complexity of the various aspects of our being and their interaction with one another Nowadays as Western psychology has developed more emphasis is being placed on the wider field of human growth and empowerment and thus Western psychology is entering a field long known to the yogic practitioners of India who long ago codified the actions of mind life and body and found ways to enhance the developmental powers of existence Patanjali's Yoga Sutras set forth a systematic approach to psychological development for instance Many yogic practices are based in a deep understanding of human psychology In the present volume Dr A S Dalal bridges the gap between Western psychology and Eastern spirituality as he explores the detailed inner workings of human life and provides at the same time a way of understanding based on the ground breaking work of Sri Aurobindo and The Mother which puts the human potential for self exceeding front and center Dr Dalal has compiled this book from the

writings of Sri Aurobindo and the Mother after first providing a detailed introduction and outline of their approach to facing issues overcoming disturbances and enhancing peace creativity growth and satisfaction in life He calls upon the principles of yogic psychology to show us the way beyond reactions of anger fear anxiety and depression as well as how to achieve positive mental health and psychological growth from the Introduction *Integral Yoga and Psychoanalysis* Aurobindo Ghose, La Mère, Miranda Vannucci, 2007* Comprised of reports given at four sessions of an Italian group studying the works of Sri Aurobindo and the Mother **The Alchemy Of Yoga** Osho, 2005-04 Spontaneous talks given by the author in Chang Tzu auditorium Pune India

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