

*Paths to the Soul* is an excellent introduction to basic tenets of Hindu teaching. The book offers a counterpoint to traditional Western thinking by an author who is in an ideal position to integrate Eastern and Western thought. Dr. Bedi was raised in Hindu India and then subsequently educated in Western psychiatric medicine both in Great Britain and the United States. Furthermore, his Jungian training helped him to take his spiritual knowledge and put it into an emotional-psychological framework. Hence, Dr. Bedi is in a privileged position to write a valuable resource for those yearning to find a deeper sense of spiritual and emotional connection with the cosmos. Dr. Bedi deftly illustrates how ancient Vedic wisdom can help us tame the pressures of a modern day hustle-bustle lifestyle.

The Western reader is initiated into a different paradigm, one that emphasizes our essential oneness with the universe, rather than the rugged individualism that epitomizes the American tradition. Dr. Bedi spurs us on to contemplate our role in the world, addressing the age old question of whether there is an ultimate purpose to our existence. He presents the thesis that our individual consciousness and being are but ephemeral transient manifestations of a larger cosmic consciousness that we would do well to honor and understand. This view adds poignancy to the altruistic Judeo-Christian teaching of Agape, that we are indeed our brother's keeper. From the vantage point espoused by Dr. Bedi, we are our brother and our brother is us. That is to say we are all part of an organic whole which comprises the universe. With this understanding, Dr. Bedi provides us with a framework to lead our lives with an eye to making the world a better place, as opposed to focusing on more parochial individual interests.

Modern science emphasizes the physical realm. Bedi, drawing on the tradition of Eastern mystical teaching, presents us with a larger realm of Cosmic Soul from which the physical realm is created. Although these teachings were first outlined in the Upanishads nearly three thousand

years ago, Dr. Bedi illustrates the timeless aspects of these teachings with rich twentieth century examples.

*Paths to the Soul* is a triumphant inspiration to lead a more peaceful harmonious existence. A good book often challenges assumptions that are taken for granted and stretches the reader's perspective, with the ultimate affect of expanding one's world view. Dr. Bedi accomplishes these tasks ably.

Jan Van Schaik, M.D.

Jan C. Van Schaik, MD is a board certified psychiatrist and psychoanalyst in private practice in Milwaukee. He received his medical education at U.C.L.A. and his psychiatric training at the Medical College of Wisconsin. He is a graduate of the Chicago Institute for Psychoanalysis. As a clinical assistant professor of psychiatry at the Medical College of Wisconsin, he teaches the Advanced Psychotherapy course for senior residents, provides psychotherapy supervision and lectures to medical students. He is also a psychotherapy and psychopharmacology consultant to various social service agencies. He is a Fellow of the American Psychiatric Association. His professional interests include the psychodynamics of work, the transference-countertransference relationship and sexual abuse of patients by psychotherapists.