

East & West

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I am writing this monthly article from my hotel room in Mumbai, India, where I am offering a series of educational workshops on Jungian Analytical approach to treatment of addictions, psychiatric problems and relationship tangles. I am surprised at the ease with which the therapists and physicians who are uninitiated in the analytical thought are taking in new Jungian ideas. The only issue that sometimes emerges as resistance is that while they are open to the workings of the soul in the matters of the psyche, they take this dimension for granted. In other words, they assume that soul has something to do with addiction, psychiatric symptoms and illness in general. However, since East in general and India in particular is so immersed in the spiritual tradition that there is assimilation in the archetypes and the spiritual dimension of illness rather than

a reflective and discerning assessment of it. It is like the Fish takes the water so much for granted that the fish council may never consider an ongoing assessment of the quality of water. This is paradoxical and tragic since it the most crucial for the fish than any land based species to be conscious of the impact of water quality on the health of the fish and aquatic life.

The West in on the other hand is so embedded in the ego consciousness that there is a healthy respect for the other dimension – the soul dimension. This leads to a systematic study of the soul and its workings in the matters of illness. This has lead to a much more robust and conscious engagement with the soul dimension of illness and healing than is apparent in the East.

This reminds me of the legend of the Holy Grail. It is the fool knight Parsifal who guides the Fisher king that the while he is the keeper of the Holy Grail, he may also ask the grail to heal him. Perhaps it is time for the West to remind the East that they may also ask the Holy Grail of Soul consciousness to heal them!

It is now the West that may have to guide the East on the Spiritual path – with an attitude of reverence but also discernment. The East has the Gold mine of Spiritual tradition, but the Jungian Analytical approach offers the sophisticated psychological paradigm & clinical

methodology to mine this gold of the Psyche.

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Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website

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Ashok Bedi has been in practice in Milwaukee for over twenty- five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the

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