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The above quote provides a valuable insight into the world of Carl Gustav Jung (1875-1961), regarding the psychological and spiritual meeting points of yoga between East and West - or not as the case may be. With his fiery and determined disposition, he was adamant in his disuasion of Westerners practising yoga.

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Jung argues that Yoga is not appropriate for Westerners because we already have a highly developed psyche and the Yogic discipline will further enhance this mentality (Coward, 2002). It would be a mental leap for people in the West to attempt to consciously integrate ideas that they cannot experience intuitively.

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Simply stated, Jung's model of the psyche has three main parts: the ego which is the home of our consciousness, the personal unconscious into which we stuff everything we have seen and forgotten or would like to deny exists within us

~~The Jungian Model of the Mind | Yin Yoga~~

In the Indian traditions Jung found comparable evidence to what he termed individuation, the central process of human development and the spiritual development of the personality. Consequently, he found Eastern philosophy and psychology, including Patañjali's Classical Yoga, to be of tremendous value to his psychological research.

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Jung held that the psyche has the ability to bring into awareness dissociated complexes and archetypal material in order to provide a balance or compensation to conscious life. He thought that the ego was prone to making inappropriate choices or to one-sidedness, and that material arising from the unconscious could help to bring a better balance to the individual and enable further development to take place

~~Jung's model of the psyche | Society of Analytical Psychology~~

To Jung, it was the religious impulse - inherent in the sacred nature of the psyche (soul) - that has the potential to heal the restlessness and material craving so prevalent in our time, and provide us with living symbols, rituals, and rites of passage to meaning-make life's transitions and encounter a world ensouled.

~~The Sacred Psyche: C.G. Jung's Psychology of Religion~~

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Jung believed that the psyche is a self-regulating system, rather like the body, one that seeks to maintain a balance between opposing qualities while constantly striving for growth, a process Jung called " individuation ".

~~The Jungian Model of the Psyche | Journal Psyche~~

common parlance to refer to the aspects of mental functioning which are conscious. Jung maintained that the psyche is a self-regulating system (like the body). The psyche strives to maintain a balance between opposing qualities while at the same time actively seeking its own development or as he called it, individuation. For Jung, the psyche is inherently

~~JUNG'S MODEL OF THE PSYCHE~~

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Find empirical evidence of the psyche's religious function, Jung studied a variety of subjects including the Eastern liberatory traditions of Buddhism and Patañjali's Classical Yoga. In these traditions, Jung found substantiation of his ideas on psychospiritual development. Although

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