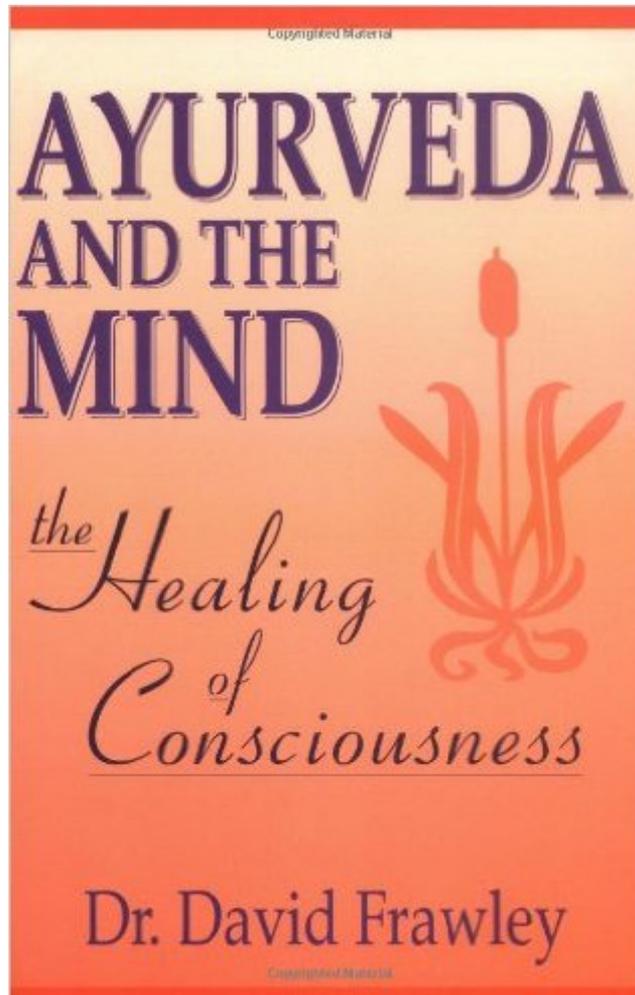


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# Ayurveda And The Mind: The Healing Of Consciousness



## Synopsis

This book explores how to heal our minds on all levels to create wholeness.

## Book Information

Paperback: 358 pages

Publisher: Lotus Press; 1st edition (March 21, 1997)

Language: English

ISBN-10: 0914955365

ISBN-13: 978-0914955368

Product Dimensions: 5.6 x 0.7 x 8.7 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (43 customer reviews)

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## Customer Reviews

I used to think Auryveda was all about herbs and bad-tasting concoctions ...not so!In this book David presents the Auryvedic veiw of man. It encompasses not just the physical body (sharir, in Sanskrit), but also the outer "sense-oriented" mind (manas) and inner "feeling-oriented" mind (chitta). Just as the physical body's well-being is determined by a regimen of diet and exercise, so too, is the well-being of one's outer and inner mind determined by diet and exercise. The only difference is that "diet" and "exercise" for the mind isn't, say, food and aerobics, but something a lot more subtle.One can go through life ignoring all of life's profound questions. But, one cannot live life ignoring one's body and mind. This book helps contend with those "devils" :-). There's something for everyone.

This is an EXCELLENT book. Abstract and very deep truths are lucidly conveyed without sacrificing intricacy or impact. If you are interested in psychology, spirituality, or Ayurveda, this is a wonderful, unique book. Dr. Frawley is extremely thorough and brings much integrity to his work. This book may be a bit much for some, but those truly interested in furthering their awareness will find many treasures in these pages. If you are looking for an intro to Ayurveda, start with something else, like Dr. Frawley's "Yoga and Ayurveda."

Anyone looking for practical psychological applications of Ayurveda and a better understanding of what we call "meditation," should read David Frawley's *Ayurveda and the Mind*. The book, which reads like a textbook, can be dry at times. But making sure you've digested parts one and two (like vegetables) will make the rest of the book come to life (like dessert). I had an "aha" moment when reading Dr. Frawley's explanations of Pratyahara (withdrawal from the senses), Dharana (concentration), and Dhyana (meditation). It gives context and explanation to various mindfulness techniques which is helping me in my own practice.

This is an excellent compliment to traditional Western Psychology. I've struggled with bouts of depression for years. While there is definitely a place for anti-depressants, I found they had severe limits in my case. I found this book extremely helpful. Frawley's Ayurveda model seems to offer tailored treatment for the individual. It includes simple lifestyle changes while the Western model seems to push mass produced meds for mass treatment.

This work by Dr. Frawley is not one that you can blaze through from cover to cover, or even expect to absorb in a single reading. I found that having a basic background in yoga and ayurveda prior to reading this book, where these principles are expanded to the psychology of the mind and consciousness, was very helpful. I found that "*Ayurveda: A life of Balance*" by Maya Tiwari was an excellent primer. I highly recommend "*Ayurveda and the Mind*" for those who want to continue along the path of mindful consciousness...you will need to think, experience, and study this material (meditation was helpful as well), but the reward is worth the effort!

Over the years, I have read over 20 books on Ayurveda. This book emphasizes the most important parts of Ayurveda!! Might be hard to understand at first, but be patient and discover how it can help you meet your needs.

I bought this book over 10 years ago and read it, and decided it was a little beyond me. Now I reread it, and can not put it down. This is highly inspiring material, and finally a psychology with the "right" or at least profound perspective on what life is all about. Dr. Frawley expresses himself in a masterful way, straight forward, clear and to the point. A true gem of a book, and a blessing to have teachers of this calibre around in our time!

I enjoyed this book, fair warning though, I knew very little about Ayurveda when I started this book -

it is packed with great info - and I found it fascinating. If you enjoy learning new ways at looking at how the mind works, it's worth a read.

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