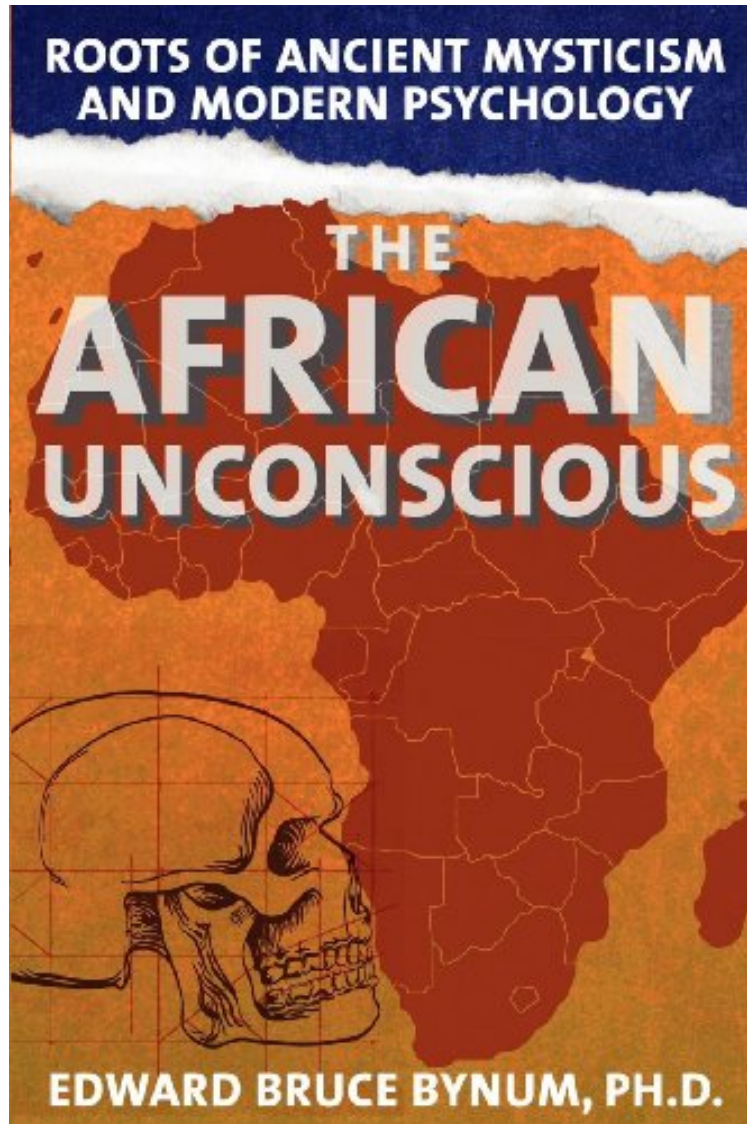


(Download ebook) The African Unconscious: Roots of Ancient Mysticism and Modern Psychology

The African Unconscious: Roots of Ancient Mysticism and Modern Psychology

Edward Bruce Bynum

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Edward Bruce Bynum : The African Unconscious: Roots of Ancient Mysticism and Modern Psychology before purchasing it in order to gage whether or not it would be worth my time, and all praised The African Unconscious: Roots of Ancient Mysticism and Modern Psychology:

6 of 6 people found the following review helpful. Should be required reading for every AmericanBy Dawn EThe Idquo;African Unconsciousrdquo; has assisted me in becoming less racist and more aware of my thought. I feel better having read it and grateful to the author for his insights and love. One can feel on a profound level that he wants us to

be aware of how we are hurting ourselves by holding onto our Eurocentric view of history rather than embracing our African origins. By limiting ourselves to a narrow view we cut off the richness and genius that is contained in our African past and then have to use valuable psychic energy to keep the truth of ourselves repressed. When did Egypt no longer become part of Africa? Why do we not know that modern medicine, math, religion, psychology, mysticism, and astronomy, etc. have their roots in Africa? Why is it threatening to see that more than 90% of our collective experience as humans was lived in Africa? What is it that we knew about energy and spirit and kundalini in our days in Africa that we seem to have forgotten since then? When did our rational minds become the only part of ourselves we valued when we still don't have a rational explanation for how the pyramids were built? What is the real threat here that we have cut off our African past; our spiritual and intellectual past? What are we so afraid of? When my Master Teacher first recommended Dr. Bynum's book to her students, I knew that it would be an important book for my spiritual development. Used to supplement her teachings, this book was highly instructive and extremely well-documented. Dr. Bynum is a poet and scientist, a historian and anthropologist, a psychologist and metaphysician. He has truly and lovingly set out to help his readers understand the African cultural, historical and spiritual roots of human consciousness (and I speak as a person who in this lifetime chose to be Caucasian) and why it is so important that we embrace rather than resist or be frightened of this. By bringing forward the facts of our African unconscious, and the beauty of what we knew and created while we were in Africa, it helps us to see and feel that there is no real separation between the material and the spiritual, and that the differences between one man and another based on skin color, culture, language, geographic location, and spirituality are only superficial. Dr. Bynum's work is unifying on every level as he brings together information from so many schools of thought into this one precious book. One can feel that he is trying to help us unify within ourselves and that by embracing our collective unconscious, which is largely an African unconscious, we can evolve and grow toward the essential Oneness that is underlying its many manifestations. I enjoyed particularly the chapter on kundalini (known as "Ureus" in Africa) or the divine evolutionary force in mankind and its relationship to neuromelanin in the brain and organs. He makes an excellent case for the connection between the light absorbing and transducing properties of neuromelanin and man's innate though often unrealized ability to absorb and receive the light of consciousness. Another profound work of his worth reading, "Dark Light Consciousness," devotes an entire book to this study. So when did Egypt get removed from Africa? When the genius of Egyptian civilization was rediscovered in Europe in the 18th and 19th centuries. To quote Dr. Bynum (page 80): "Such awareness must be repressed if you are to hold people in bondage and justify the belief that they are an inferior race. Otherwise, a deep disquiet disturbs the peace and the order of society is merely based on pure power, aggression, and savagery. This is incongruous with a self-perception of being a person or people of reason, enlightened and committed to the spiritual equality of all human souls in the community of God. Yes, all this must be repressed and replaced with a perception that is more soothing and justifying one's actions and the mission of one's culture. And yet this deep memory does not stay dead. It is alive and gives rise to our deepest experiences and perhaps our earliest, most noble aspirations. It is within all of us and all of us are within it." Ultimately upon finishing this book, one finds oneself more aware that we have always been on a spiritual quest, that we have always yearned for more union within ourselves, that there is nothing but consciousness, and that if we do not accept the full human journey because we have separated ourselves from our past and our Source, we will continue to hurt ourselves. Thanks go to Dr. Bynum for having the courage and discipline to bring forth such an important work!

0 of 0 people found the following review helpful. Back to Our Beginnings By Maggy A. Anthony A brilliant book that explains so very much about the unconscious mind and its workings. A much needed and welcome addition to Depth Psychology writings.

1 of 1 people found the following review helpful. Five Stars By Source excellent

The African Unconscious, originally published in 1999, is an Afro-centric look at human history based on archaeology, genetics, and the biospiritual roots of religion and science. Author Edward Bruce Bynum offers a captivating and controversial viewpoint on the roots of our human existence, positing that all humans at their deepest core are variations on the African template, creating a shared identity and collective unconscious in all. He looks at both phenotypical types and psychic structures that form and identify us as human beings. Ideal for humanistic and transpersonal psychologists and those interested in African American art and culture, The African Unconscious is a blend of modern and ancient psychology that provides a relevant backdrop to humanity and our daily life.