

Abstract

Connections, differences, and intersection points between East and West are explored through the symbol of the elephant, as it is found in the chakra images of the ancient spiritual practice of kundalini yoga. The symbolism of the chakras is explored through the lens of Western psychology, particularly in relation to Jung's theory of the development of consciousness. The exploration is inspired by a personal connection to the elephant that emerged during sandplay training – a connection through song, dream, sandpicture, and the creation of a symbol paper. What unfolds is a reverent discovery of the elephant in the natural world, in myth and folklore, in kundalini yoga and Jungian psychology, and in the sandplay process of an eight year-old girl with anxiety.

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