



## Yoga: Immortality and Freedom (Bollingen Series, Vol. LVI)

By *Mircea Eliade*

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In this landmark book the renowned scholar of religion Mircea Eliade lays the groundwork for a Western understanding of Yoga, exploring how its guiding principle, that of freedom, involves remaining in the world without letting oneself be exhausted by such "conditionings" as time and history. Drawing on years of study and experience in India, Eliade provides a comprehensive survey of Yoga in theory and practice from its earliest foreshadowings in the Vedas through the twentieth century. The subjects discussed include Patañjali, author of the Yoga-sutras; yogic techniques, such as concentration "on a Single Point," postures, and respiratory discipline; and Yoga in relation to Brahmanism, Buddhism, Tantrism, Oriental alchemy, mystical erotism, and shamanism.

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Review

"[I]t states with clarity and precision what the beliefs and practices of yoga are, and how they originated from the primeval Indic religions."--*The New Yorker*

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