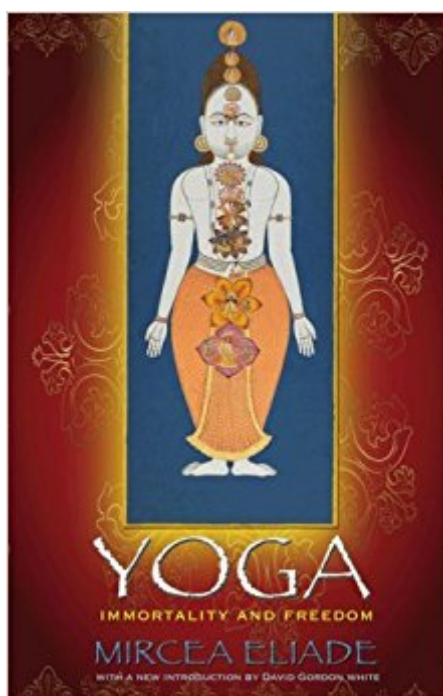


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# Yoga: Immortality And Freedom (Mythos: The Princeton/Bollingen Series In World Mythology)



## Synopsis

In this landmark book, first published in English in 1958, renowned scholar of religion Mircea Eliade lays the groundwork for a Western understanding of Yoga. Drawing on years of study and experience in India, Eliade provides a comprehensive survey of Yoga in theory and practice from its earliest antecedents in the Vedas through the twentieth century. A new introduction by David Gordon White provides invaluable insight into Eliade's life and work, highlighting the key moments in Eliade's academic and spiritual education, as well as the personal experiences that shaped his worldview. Yoga is not only one of Eliade's most important books, it is also his most personal--the only one to analyze a religious tradition that he had truly lived.

## Book Information

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## Customer Reviews

Praise for Princeton's previous editions: "[Yoga: Immortality and Freedom] states with clarity and precision what the beliefs and practices of yoga are, and how they originated from the primeval Indic religions."--New Yorker  
Praise for Princeton's previous editions: "[M]any of the scholars who have laboured to translate or interpret the Eastern scriptures have been handicapped by their own prejudices and preconceptions. . . . Eliade is emphatically not one of them."--Times Literary Supplement  
Praise for Princeton's previous editions: "[T]he best single book on yoga. . . . As a young man, [Eliade] lived for years in India practising authentic yoga and experienced all its phenomena, but he was in addition a master of all the relevant texts in the original Sanskrit, and his

book is unrivalled for its scholarship."--Robert Temple, Spectator Praise for Princeton's previous editions: "There has rarely been a book in English which treats the mental discipline of Yoga in such exhaustive detail. . . . [A] work that is likely to remain standard for many years to come."--Herbert Cahoon, Library Journal "This is . . . a book that will . . . whet the appetite of your intellect. It also offers the reader so much more insight into the tenets of yoga than the multitude of self-help books on meditation and how-to-do-yoga will ever give. In Yoga: Immortality and Freedom, Eliade analyzes in detail a religion and tradition that for years was his lifestyle. Get ready for some massive reading."--Minna Forsell, Metapsychology Online Reviews

Mircea Eliade (1907-1986), a native of Romania, was for many years the Sewell L. Avery Distinguished Service Professor of the History of Religion at the University of Chicago. His many books include *The Myth of the Eternal Return*, *The Sacred and the Profane*, and *Shamanism* (all Princeton).

Wow. If you want to get a grand total understanding of not only Yoga but also of Tantra and how it fits into the grand scheme of many of India's innumerable great teachings then this book is for you. It is absolutely phenomenal and on par with Vasistha's Yoga in terms of its profundity. Although Vasistha's Yoga is an actual scripture for teaching, this text is more of a scholarly epic detailing the "inside scoop" on a lot of what makes Yoga and Tantra so life changing. Not a lighthearted book for the typical Westerner looking for insight on Asana's or even a typical guru worship treatise expounding on what makes "my guru" so great. This cuts straight to the heart of what Yoga has always and will always be about; mystical union. Bring a dictionary. I know I needed one lol.

A classic text by a classic scholar. Mircea Eliade writes a scholarly work on the history, origins and practices of yoga. He references the Upanishads and other Sanskrit original works, but also scholars of his time who wrote about yoga. It's a good book for practitioners interested in deepening their knowledge about the ancient ways of yoga, but is best suited for people who are comfortable with foreign words, Sanskrit concepts and/or are adept at reading scholarly writing. This book will not be helpful to beginners and is certainly not as accessible as a pick it up and read it at the doctor's office kind of magazine article, nor is it a manual with instructions on asanas and breathing. It is a good read, perhaps even a must read for practitioners with a few years of yoga practice who want to go deeper in exploring the historical origins, beliefs and variations of yoga. It's quite dense and assumes the reader has familiarity with Sanskrit and Hinduism and other Indian philosophical

traditions.

This is a fantastic and comprehensive read. I can't recommend enough to read this book. Should be required reading in any yoga teacher training program that seek to an authentic grounding in traditional yoga.

This is the best book I have ever read on the philosophy and influence on Indian culture of Yoga. Nothing else comes near. Eliade is masterful.

Classic. Great.

An excellent documentary of all yoga aspects and philosophies, beyond the physical exercises we customarily associate yoga with. This book expands the reader's horizons, understanding of different yoga methods, goals, specialties, concentrations. "Must Read" is an understatement.

it is serious, academic, and authoritative -- but otherwise not for most practitioners. the history of significant texts is laid out with understanding of the thought.

If you are looking for a approach to the yoga from the understanding why this discipline impacts so deeply in the lives whom practices it, this is the book that do you need. It is writing so carefully and meticulously that is easy to read and it is an excellent map to the occidental yogi 's world.

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