

“Freedom From' or 'Freedom For' The World in Yoga? Perspectives from Classical and Modern Literature”

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This paper will challenge the often held radically dualistic and isolationistic interpretations of Yoga and suggest that, as classically envisioned, Yoga does not lead to the condemnation, abandonment or mere transcendence of material life, but to an enhanced engagement with the world, an engagement that seeks to enrich human interactions within the world. Highlighting initially the classical tradition and then examining key notions in the Integral Yoga of Sri Aurobindo, the paper will explore how Yoga can culminate in a balanced integration of the spiritual and material dimensions of human life that incorporates a clarity of awareness with the integrity of being and action.