

# Yogic Idea of Freedom: An Evolutionary Journey from the Past to the Present

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**Abstract:** *This research paper delves into the profound concept of freedom in the realm of yogic philosophy, tracing its evolution from ancient texts to contemporary perspectives. Through a comprehensive examination of classical yogic texts, including the Vedas, Upanishads, and the Bhagavad Gita, alongside an exploration of modern interpretations and applications, this paper seeks to illuminate the transformative journey of the yogic idea of freedom over time.*

**Keywords:** Yogic Philosophy, Moksha

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