



Sri Dharma Mittra expounds on:

The Importance of a Guru in Yoga Tradition

The wise men of ancient times evolved and perfected over the centuries, a system of self-development known as Yoga, a Sanskrit word meaning union or joining together. This unifying objective is achieved thru the self-development of ones own unique individual potential for self-realization. Since time immemorial, the science of Yoga has always been transferred from the lips of the Guru to the spiritual aspirant or disciple. The Guru illumines the spiritual path by casting his internal light towards the aspirant, so that he can begin to see with the inner eye. This is due to the awakening of spiritual energy. Spiritual knowledge can only be imparted psychically. Spiritual knowledge is a matter of Guru-Parampara. It is transmitted from Guru to disciple. The role of Guru is of the highest importance, as is the sincerity, humility, and loyalty of the student. His grace enables the disciple to perceive the latent spiritual power within, and shows the doorway to the Super-consciousness. But it is the disciple who must step through it. The Guru is God incarnate and turns the key in the door to liberation. To see the Guru is to see God. In the Guru, you have the ideal of liberated perfection and the human example from which to mould your life. The Guru will remove all doubts and ignorance and transform the vicious past impressions (samskaras). Worship your Guru and bow to Him or Her with reverence.

I came to New York City to study with Swami Kailashananda, a holy man that my brother was already with. I came not speaking a word of English, and found that it was not needed to understand the Guru. I was blessed with the opportunity to serve the Guru, and was assigned to attend to all his needs. I had to shave his head, wash and iron his clothes, prepare his food, and provide for his daily needs. I soon realized that I was indeed very lucky to be so close to the Guru. By being near him, and absorbing his positive psychic influences, I learned many things one would not know otherwise.

The student who is under the guidance of Guru is safe from all. Guru is your fortress against your lower nature and all obstacles and difficulties. But you must follow the Gurus guidance implicitly. The Guru forces you to look at your behavior, and a true Guru is never concerned with what people think of them. The Guru takes on the task of guiding the soul from identification with the material world, the senses and sense objects to improve your destiny the spiritual world of Divine consciousness.