

Dharma Yoga

Life of a Yogi Immersions

I am thankful to have been blessed to join all of you in the graduation ceremony of completing Dharma Yoga Teacher Training. Although I am not here in the physical sense, I am with you in the spiritual plane that Sri Dharma has opened up for all of us. I realized today that I would not be able to attend the graduation ceremony that you have all gathered to celebrate. My desire to attend was to express my gratitude to Dharma for guiding me back on the path to seek the true-self within our heart. What better way than to honor him than to sit at the altar for worship....offering flowers, incense & oil lit lamps to the divine. I have a beautiful picture of Shiva and in front of it is a striking picture of Dharma with hands pressed in Anjali Mudra looking directly into the eyes of a humble yogi.

As I sat in padmasana draped in my Ganesha Prayer Shawl & with my rudraksha beads from teacher training, I meditated on Sri Dharma. I mentally prayed to him for his Grace & for blessing my life with his teachings. As I saw in my mind Dharma's humble face & eyes beaming both light & compassion, I saw the image of Shiva with his long matted hair standing behind him. As one, they both guide me on the path to enter the cave of my heart. As tears streamed down my face thanking Dharma for helping me return to this place in my heart, an outpouring of emotions flood my entire being. I was overcome with feelings of love & gratitude and familiarity to return home to the greatest teacher within all of us.

There is a story about how Ganesha & his brother Karthikaya both enter a contest to see who can go around the universe the fastest. Karthikaya takes off immediately on his peacock. Ganesha stands and looks at his parents, Shiva & Parvati. He then walks around his parents declaring the universe to be nothing more or less than Shiva and Parvati. By walking around his parents, Ganesha showed respect for his creators & that the world was within them. As a young child growing up in India, this story of Ganesha and the following statement were part of my upbringing: I was taught the following:

There are three people you always Respect & Honor: Your mother, your father, & your teacher.

I often thought that meant to respect my parents that raised me and the classroom teachers for the education they were giving me. It was not until tonight that the true meaning of this statement came to light. As I devoted my meditation practice to Dharma, and further reflected on the significance of Ganesha's actions, I realize the deeper meaning of this guiding statement is to:

Surrender to the divine the creator – Shiva – Shakti- and to realize the importance gurus have in the link between us as the individual and the immortal.

Swami Sivanada: "Do you realize the sacred significance and the supreme importance of the Guru's role in the evolution of man?"

I know I have. It is because of our spiritual guru, Sri Dharma, that we have all come to seek the path of Self-realization.

On this auspicious gathering of students of Sri Dharma, I pray to Lord Ganesha to remove all the obstacles in our paths and to empower us to continue to shine & reflect Sri Dharma's light like the moon reflects the sun's through our constant practice and reflections of his teachings.

I gracefully bow to you Dharma for all your offerings. With all of my heart, thank you Dharma.Om Shanti Shanti Shanti

Thank You Dharma, Vasanthi ~ Virginia DYLOAYTT Omega Aug. 09 Graduating Class of June 12, 2010

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