



Who is Dharma Mittra to us?

The world works in mysterious ways. Who would have thought that something as mundane as the Yellow Pages would introduce us to a holy man like Dharma! But that's what happened when Jack was looking for a yoga class thirty years ago. They say for every known holy person, the world is filled with many lights that shine unseen. Dharma is one of those lights, seen mainly by those of us in New York, and in the cities he travels to, and his radiance has added a dimension to the lives of every one who has been fortunate enough to know him.

The traits that Dharma has that have been a model for us: He is patient and serene, no matter what is going on around him. He is kind and compassionate, attentive, and funny. He helps people to become their very best selves. He's just what the definition of a saint would be, but he's human, too. He enjoys tinkering with things, is original in his inventions, like the barking dog tape that alerted him to visitors at one of his early studios; like figuring out how to get the cat down from a high perch by bending over and letting the cat jump onto his back.

The recent documentary "Enlighten Up" followed a yoga novice to many studios in New York and around the world. He wasn't always kind in his assessments of his experiences. But after his class with Dharma, he said, "I really enjoyed the way you taught the class, there is such a nice feeling here." Dharma was his usual modest, glowing self, giving encouragement in a simple but clear way. During the class, Dharma was demonstrating a very complex posture, his head between his knees, his arms twisted this way and that, and the camera zeroed in on his face. He looked at the camera from his inverted position and said something like, "I find this a very useful position for looking at the world." Classic Dharma, a light touch, but a very deep message.

Marcia & Jack Kelly
Students of Sri Dharma Mittra since 1978

