



- Be Receptive to Creative Thoughts -

A Conversation with Sri Dharma Mittra

Sri Dharma Mittra is a world-renowned Yoga Master and Guru. Since 1967, Sri Dharma has been tirelessly spreading a message of Love and Compassion through the continual practice of the Classical Yogic tradition, with a strong adherence to the Yamas and Niyamas, or Ethical Rules of conduct in Yoga. Sri Dharma Mittra is known as “The Teacher’s Teacher” and his “Master Yoga Chart of 908 Postures”, made as an offering of devotion to his guru, Swami Kailashananda, is a staple on the walls of schools and ashrams worldwide. In the words of Swami Kailashananda, also known as Yogi Gupta, “when thoughts become creative, their magnetic power starts to attract and draw, pull and push in numerous ways the things, persons and conditions to materialize your thoughts into a reality.” Sri Dharma patiently leads his students on the path of mental mastery, self realization and the power of collective consciousness at his school in the Gramercy Park section of New York City, where he continues to quietly teach daily.

Why is it essential that each and every one of us follow the Yamas, otherwise known as the Ethical Rules?

Dharma Mittra: Every religion has the Ethical Rules. But the Ethical Rules do not belong to any particular religion. They are Universal. Without them, the mind will never settle, people will lack the right conduct and behave with greed, lust and wrath and these are the gateways to hell...hell being suffering. We must escape these three, otherwise there will be no kingdom of God. It is not safe to enter in deep meditation if the heart and mind are not clean, it’s like trying to make a fire with wet wood, it will cause lots of smoke and bring tears to the eyes. So, Yama is the foundation, you understand? Without it you will never reach Enlightenment of Samadhi (Self-Realization).

Throughout the entire creation every religion has what? The Ethical Rules—thou shall not kill, thou shall not steal, thou shall not lie, you understand? The rules have to be kept in order to build harmony between each other and then the love starts expanding beyond your relatives. And then after human love comes Divine Love. First you have to break the boundaries from your relatives because in the beginning we all love only our relatives and friends. So by keeping the Ethical Rules, gradually we’ll reach all beings everywhere. Then only so, there will be Divine Love.

The ultimate purpose of yoga is to prepare the body and mind for meditation, and through meditation experience Self-Realization. Do you consider meditation a means of peaceful revolution?

DM: Yes, without this divine revolution or meditation towards the Supreme Self, there will be no peace. There are many degrees of meditation for controlling the mind. But to bring real peace a person must keep the Ethical Rules, the Yamas and Niyamas, you understand, otherwise the meditation doesn't reach Samadhi, the state of absolute bliss. Through meditation you may control your mind, you may control your breath and feel great and forget all the problems, and you may even gain psychic powers but not Self-Realization if the Yamas and Niyamas are not kept. Many people practice meditation sometimes just to be able to control their mind, to reduce their pain and suffering, to succeed in their personal things, in their business, you understand. But that is not the top one, the ultimate meditation. The highest state of meditation is Samadhi, where there is no "I" or ego anymore, no doubts, no me, no you, no notion of time, no eating, no talking, no walking, no working and not doing anything at all, realizing that the Self is action-less. This is Self-Realization and this is ultimate freedom.

Why do you think people should stop eating meat?

DM: For two reasons. By eating meat, you're breaking the first rule, the first commandment of all the Ethical Rules—thou shall not hurt anyone. By eating meat, someone has to kill the animal for you. The second reason, the material is no good for you. After 90 days or so that material turns into your physical body, and the mind will never settle. You will never enter the state of Samadhi. Your health will be lost, very soon your kidneys will fail due to the animal diet. And lack of compassion to all—you will never reach the reign of God. Your compassion should be great enough, big enough, so that you understand eating meat involves pain and suffering. The animals were made to be loved, not to be eaten! All beings are like us, they love life, they want to have a family and children and tremble with fear of violence.

Not everyone is compassionate and giving and receiving love isn't always easy. What are your thoughts on the responsibilities of the Guru, or any great leader or revolutionary, to guide students and disciples on a path of greater compassion and deeper love?

DM: There are many kinds of gurus fit for different classes of students. Those students who are old souls seeking liberation, they will find a guru or spiritual preceptor to guide them. It's very important. Even all the saints that we have, Jesus, Buddha, they had gurus in the past, too, to guide them a little bit. So the guru is very essential. The guru will guide and share his wisdom with the student and eventually show the location and how to get in direct contact with the Supreme Guru that resides within the student. The spiritual preceptors or gurus are always alert and radiating love and peace 24 hours a day, every day. Maybe their bodies and minds are tired, but never the Self.

Maybe we should launch a Dharma Mittra Om virus on the Internet so that everyone, everywhere in the world—at the exact same moment—would stop what they are doing and chant Om!

DM: That will generate some vibration and that will spread like a virus all over the planet. If people do it with bha va, or faith, at the same time, a tremendous amount of power will be created and every being everywhere will be affected by it.

What effect would it have?

DM: The effect would be on the minds of people. They would start getting calmer, more infused with thoughts of love and compassion and thinking about higher things. Soon, reverence, Devotion to God (the Supreme Self) would be cultivated. Thus, a strong desire for liberation grows within. With this, Enlightenment is around the corner.

An individual's mind is very powerful. Most people don't realize just how powerful the projection of their thoughts and feelings can be. Psychic development is critical if we are to change world consciousness and the quality and state of our reality. If everyone in the world meditated and projected thoughts of love and compassion, what do you think would happen?

DM: We are walking towards this direction. There are many groups, many teachers preparing their disciples, and they get united with one thought. When you have many people thinking the same thing at the same time, a collective mind is formed, and then it gets really very strong and everyone on the planet is affected by that thought. The thought is the most powerful thing if devoid of the personal Ego. If the thoughts are creative and come from a guru or people who have renounced their Will to God, they are like an instrument for God's message and that will really change the entire planet and affect every living creature on this planet.

Interview by Stefanie Schumacher
for more information on Sri Dharma Mittra and his New York Center go to
www.dharmayogacenter.com