

# Dharma Yoga

new york center

Try keeping the ethical rules, gradually we'll reach all beings everywhere.  
Then only so, there will be Divine Love. DM

The highest state of meditation is Samadhi, where there is no 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. DM

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. DM

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. DM

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. DM

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. DM

