

## REFLECTIONS ON DHARMA MITTRA YOGA TEACHER TRAINING JUNE 2007



My heart was beating very fast at the last day of the Teacher Training. I was exhausted and energized at the same time, relieved and sad that the course was over. My heart was beating with love for Dharma, for my new yogafriends and for the fantastic teachers and staff at the center, for the pink carpet, for the dog and for every living creature out there. I felt rejuvenated and awakened. The room was filled with love and energy, and in this moment I felt one with everything. I realized that I'd been looking for the mystery of life in the wrong places, I had looked outside instead of inside. I have been searching a lot, and I have encountered good yogateachers who taught me a lot. I have gained better health, less wrinkles and better sleep. But something important was missing, something I was unable to define, but I knew that I had to keep searching for. Selfrealization- the true purpose of yoga. Dharma Mittra is showing the way. I wasn't aware that "malnutrition", like eating meat, was blocking the deepest thoughts, and I didn't know about the supreme self. Now I know that my mind is playing with me all the time, trying to make me unstable and off balance, and that I don't need to worry, because deep within is my higher self observing all these games. I know how to find peace. I think about Dharmas words: Don't worry about it! God is everywhere. Be receptive.

I was the most worried person in the world- now my worries have gone with the wind, not only for a couple of days, but for ever. **Thank you for that Dharma!**

I also find great strength in the last words we all exchanged on the last day of the training. Thank you all for the love and friendship.

You can't understand anything unless you lived through it, and wisdom can only come to you through personal experience. You cannot teach things to others that you havent experienced yourself. I have learned a lot about compassion for others, I find it easier to see other people through compassion, and I have buried a lot of prejudice. We spent much of the time with closed eyes, and I have never felt more clear sighted. And I want to spraed the word, and open other peoples eyes through teaching them yoga, meditation, relaxation and other wonderful techniques that have literally turned my life upside down. The strange thing is that people are calling and mailing me all the time asking about yoga classes, although I havent advertised at all. Things develop naturally day by day, and I love that.

I have worked as a dedicated glass-artist for 15 years with great success. My ego has been too big, and I have identified too much with the success. Dharma has made me look at this from a different angle. The artwork is materializing itself through me, from something higher than myself. I am just the tool. Keeps me more on the ground. I look at money issues differently too. I used to get really mad when someone owed me money, but now I look inside my heart and ask myself if I always pay my depts on time? The answer is NO. Dharma has learned me that God is sending me hidden messages all the time, and that I better see things from more than one point of view...

It takes time to digest the teacher training, I am still on the yoga honeymoon, but it can get hard to keep inspired when you come home, and only have your teacher on dvd. Norway is far away! But when I ask Dharma for advice, I get an answer before I even think about sending him a mail. So the collective mind work outside of time and place. But I miss you! To the students in NYC: You are lucky to be physically close to Dharma Mittra Yoga Temple.

Another wonderful thing is to experience what happens when you go vegan. I was a cofeedrinking, braindead(no wonder) meateater when I came to the tt. I had no idea how this influenced my health and being. After I changed my diet, I have felt extremely stable over a long period of time. I am still working on the transition, as I think I should adjust to it naturally. I recently went to Argentina, meat everywhere, and in a weak moment I ate it to be polite. Result: I felt like a monster. And I think all that coffee I used to consume made my nerves go bananas. I try to eat as much rawfood a possible now. Makes me glow. Dharma Mittra Yoga has influenced every part of my life, not only the diet. My relations to other people, to myself and all living creatures have become more true and compassionate. I feel very grateful, and the teachings keep on working, living its own life inside my life, wonderful and neverending.

My first encounter with Dharma was at a MASTER CLASS. The word scared me to death, and I was sure I wasn't good enough for such a class, Dharma would probably ask me to leave etc etc.

I had THE YOGA TIME of my life! Dharma was the Yogi of all Yogis, very humble, strong and loving. I was flying down 3rd avenue after class, knowing that I had found my teacher.

- Camilla Prytz

