

11-17-06

Dear Eva and Dharma

I would like to share with you and my fellow classmates my yoga and life experiences that have developed over the last twelve months. Last October my practice became a daily part of my life. On thanksgiving I overate to the point that I became sick all night. The next day I gave up meat and changed my eating habits . I began eating only enough food to supply me with good energy for a couple of hours and would have small amounts every so often to do the same. A couple of months later I signed up for a three day work shop of Dharmas without even knowing who he was. That is also when I met Erin Vaughn who was assisting Dharma. She invited me to the city for class and the rest is history. That three day workshop was special to me as it seemed to be more than a wonderful experience it was my natural path being fulfilled. All the natural progressions of life, my practice and diet were being confirmed by Dharma. To that point yoga was an exercise class to me. Now it has become a way of life. I feel like my life has just started, I see no limitations of any kind. All the goodness that has been in me for such a long time is being released and allowed to grow without restraint. Some say I have been transformed but I think at the age of fifty two I have just now found my true self. The signals were out there and they came from Dharma and Erin and so many more wonderful people who to that point I did not know yet. Those signals continue to come and I find that it is easier to identify and respond to them. Those special times align briefly and will be gone if we are not aware and open. For me I was ready it was time for me and I was receptive to Dharma. There was an empty space in me an exact shape of Dharma and he filled it that weekend. I now carry him inside of me just like I carry all of you. It is a perfect fit with nothing to do, only to allow and accept the goodness we all share. I see that I am a much better person and continue to develop in positive ways. My family and friends are amazed at the now 60 lb. lighter person who seems to be a different person altogether. Some are thrilled and some think I have lost my way or was taken and returned by aliens. Either way I am complete thanks to all of you and very comfortable. Life is funny, you look for one thing and find another. I thank Dharma and Eva, all the teachers, mentors, staff, students and classmates for their support, knowledge, kindness and for all their hard work and love that warms me each day. I did not think that I would be teaching yoga before and during the training. Surprised again, you look for one thing and find another. I have pictures of Dharma, Eva and our class picture on the wall where I teach. I look into your eyes every day and feel your energy and support. All of you are with me and bring something special to me, my space and to my students. Being fortunate enough to be here for Fridays noon class has shown me that we are all students and we are all teachers at one time or another. I try to be a good example and teacher. I try to be humble and sincere. Teaching Dharma Mittra Yoga is humbling. I do not feel worthy and do not want to let any of you down. I remain conscious not to undermine Dharma life's work, that I make a good example and carry forward the teachings and life style of Sri Dharma Mittra with the same encouraging playful approach I have enjoyed. I am honored and feel blessed to have met all of you. Special thank to Dharma you are truly a wonderful person and teacher. My love is with you. Tony Urbano

Respectively yours Tony Urbano