



Obedience: How to Develop Reverence by Yogi Sri Dharma Mittra

 by [Dharma Mittra](#)

December 26, 2012



It is said occasionally that yoga is perfect obedience to the teacher.

It is very difficult to be obedient. Nowadays, it's very rare to find the quality of reverence in students—very few have this Divine quality. Reverence: it seems that it is respect mixed with a little touch of fear. The same respect you have for your Father, for example, is the respect that you should always show for others in positions of authority. Sometimes, you see in the army that the soldiers approaching a general are terrified of making any mistake before him, display extreme reverence towards him and are even afraid to make eye contact.

I remember when I first met my Guru, once I was attending his class and before the class I couldn't "control myself. (I had eaten potato mixed with American cheese, and then I ate watermelon. That was a disaster, because one is slower digesting and the other is faster.) Anyway, I had this terrible feeling that I must go to use his bathroom. He said to me: "That's the only bathroom available." It was like going to the bathroom of G-d – I entered there very carefully. When I left, I brought the seat down, and then I was looking to see if there was one tiny spill of anything there. I wiped every surface and even the entire bowl of the sink. Can you understand that feeling of reverence, respect? If you have a little bit of that, you'll be able to follow the teacher's instructions.

How to develop reverence? **Try to at least be compassionate to all beings.** Not only to your loved ones, to all beings: respect everyone. Also, read a little about the Saints or the Yogis. Not only the Yogis, but those who at least believe they have some Self Knowledge or realization, and then, if you find someone like that, follow them. He or she will tell you where you're going to fall and how to come back out from that hole because he or she passed through that too in the past. In other words, if you find someone that G-d manifests through a little more than you: follow them, listen to them.

As you have no doubt heard before, a portion of G-d is dwelling there within you. We have over 350,000 psychic channels in the Subtle Body and it is believed that it is through them that G-d reflects in you, the love of G-d comes through them to your consciousness. One who has some good virtues, is self-controlled, has no ego, is temperate in food and sleep and is working for the welfare of all beings, definitely, the psychic channels are open a little wider and are without impurities, and the love of G-d flows through them a little more.

Your spiritual preceptor should be like that. Your first gurus are your Father and Mother, and then you have to find the one who can guide you spiritually. G-d reflects in your spiritual preceptor a little more than in you, so be reverent and respectful towards him or her. And then, automatically, your

obedience improves.

Without obedience, you'll never be able to keep up with the instructions. Without practice, constant practice: no Kingdom of G-d, no results, no success, so, be reverent, or at least pretend...

Do you know how to practice reverence? Bow to all beings mentally. When you walk in the street, mentally send your love to everyone—even those who hate you. When you sit on the bus, send love to everyone there. Sometimes, you'll notice some people maybe feel the vibrations. They're looking back at you with recognition or something like that. So, mentally bow to all beings—that's part of the reverence and reverence is also part of Self Knowledge.

Self Knowledge—you have to wait until it ripens. As you purify your heart, the realizations keep coming. Just wait. Learn how to fast, to be silent and wait. With these three, you will win anything.

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About Dharma Mitra

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Yogi Sri Dharma Mitra was born in 1939 in Brazil and first encountered reincarnation and the Laws of Karma at age 14, yoga at 17, all through the pages of books. From 1958-1964, Sri Dharma served in the Brazilian Air Force and focused on bodybuilding and wrestling in his spare time. In 1964, Sri Dharma met his Guru in New York City and immediately became a full-time Yogi. Two years later, h... [READ MORE](#)

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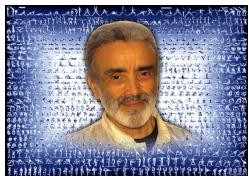
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