

# Dharma Mittra

## Quotes

*Yoga, Attitude, Practice, Spiritual, Heart, Meditation, Ethical, Trying, Self, Mind,  
Moving, Thinking, Exercise, Frozen, World, Two, Permanent, Sun, Home,  
Mental Attitude*

There are young people today that move like old people from eating too much junk food and not getting enough exercise.

~Dharma Mittra

If you open your heart and become like a child, you will always be blissful, always content.

~Dharma Mittra

Don't worry. These poses have nothing to do with meditation or enlightenment.

~Dharma Mittra

Move your joints every day. You have to find your own tricks. Bury your mind deep in your heart, and watch the body move by itself.

~Dharma Mittra

Everything is perfect and nothing is permanent.

~Dharma Mittra

Reduce your wants and lead a happy and contented life. Never hurt the feelings of others and be kind to all. Think of God as soon as you get up and when you go to bed.

~Dharma Mittra

When you are quiet, you see everything with love.

~Dharma Mittra

Always remember that Nature refuses to be rushed. She can only be made to evolve and that takes time, so take heart.

~Dharma Mittra

Everything depends on your mental attitude.

~Dharma Mittra

You have to get serious about your practice!

~Dharma Mittra

With constant practice, one can improve his physical body and mental attitude rapidly, thereby igniting the higher motives of making one's self useful to himself and all mankind.

~Dharma Mittra

Yogis love to be alone.

~Dharma Mittra

People become depressed when they neglect their spiritual practice.

~Dharma Mittra

Be kind to everyone; forgive everyone everything.

~Dharma Mittra

The chakras are very intelligent - they are like the software of the whole computer body.

~Dharma Mittra

I love you all. I am you and you are me!

~Dharma Mittra

There is a time to be still in the pose.

~Dharma Mittra

When you are doing things together, you are inside the collective mind, and share psychic knowledge with each other. That is how you become one.

~Dharma Mittra

Try this now. If you can't do it, you can do Headstand instead. If you don't want to do that, go home!

~Dharma Mittra

With the Ethical Rules and a little concentration, anything is possible.

~Dharma Mittra

The Spiritual Sun already blazes within.

~Dharma Mittra

If you get bored of doing it (Peacock Pose) with two hands, try it with one.

~Dharma Mittra

Go into seclusion and rest your mind on the silence.

~Dharma Mittra

Every time you have a chance, go within and do your meditation.

~Dharma Mittra

If you eat dead, toasted, fried or frozen food, you will feel dead, toasted, fried and frozen.

~Dharma Mittra

I am only here to share my knowledge with others and to help them make rapid progress on the path of yoga.

~Dharma Mittra

If you offer them some sugarcane, even elephants can do this, sometimes on the first try.

~Dharma Mittra

Without the Yamas, known as the ethical rules, there is no success in Yoga

~Dharma Mittra

See yourself in the practice you are not able to access right now.  
Imagine yourself in it.

~Dharma Mittra

Animals are our inferior brothers and sisters. They are not meant to be eaten, but must be treated with love.

~Dharma Mittra

Don't teach too many postures; just the main ones, and hold them for a long time.

~Dharma Mittra

I spent six years in the army. That's the reason I am like a drill sergeant sometimes.

~Dharma Mittra

This is the only advanced pose (Firefly Pose) I know that you can run away from the police in.

~Dharma Mittra

Sometimes you think you are 100% right, but you are 100% wrong!

~Dharma Mittra

Let the skin be like water, let the flesh hang from the bones.

~Dharma Mittra

You have to find your own tricks!

~Dharma Mittra

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