

Mp3 Dharma Mittra - Om Namah Shivaya/hum Sa

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Om Namah Shivaya and Hum Sa mantras for deep concentration and meditation or to chant along to. 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: DharmaDuty to participate in the Divine plan for humankind's higher evolution. Sri Dharma Mittra has spent most of his life in service to humanity, disseminating the ancient knowledge of how to achieve radiant health and spiritual development. Dharma was born in the late 1930's, and has studied Yoga since 1958. He spent 7 years in the air force and in 1964 he met his teacher Sri Swami Kailashananda. Immersing himself in intense study and practice of the eight limbs of Yoga and two years as a full time Karma Yoga, he was accepted and initiated as a sannyasi (one who renounces the world in order to realize God). Dharma started teaching in 1967 after 11 years as a full-time yogi and bramachari, a celibate religious student who lives with his teacher and devotes himself to the practice of spiritual disciplines. After being a celebrated teacher for many years at his guru's Ashram, he left in 1975 and founded the Dharma Yoga Center, originally known as the Yoga Asana Center.

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