



## *The Call of Duty*

*Yogi Bhajan, Ph.D. - October 11th, 1999 - Espanola, NM, USA*

The criteria of life are ultimately competent enough to consume you. There is a balance between pleasure and leisure, between the sweat of life and relaxation. And although the body relies on its immune system, when stress occurs, it does not know where to go. Man understood thousands of years ago that we should not start one day without meditation, without cleaning the hectic, dirty mind so that we can face life's circumstances, as we are going to do now in the following three exercises:

### **MEDITATION - Unlock to Infinite Power in You (31 minute)**

**1.** Sit straight in a cross-legged position. Place the left hand on your heart. With the elbow relaxed down, extend the right forearm, as though you are asking for a cup of water. Inhale heavily through the "o" of the mouth, as though you are drinking air, and exhale through the nose. Continue for 22 minutes.

This exercise will stimulate your immune system and your heart.

**2.** In the same posture do a powerful Breath of Fire. Continue for 3 minutes, then switch hands and continue for another 3 minutes.

**3.** Without pause from the second exercise, stretch both arms out to the sides parallel to the ground, palms facing up. Continue the powerful Breath of Fire for 3 minutes. To end, inhale deeply, hold the breath and squeeze the spine all the way up, stretching up the neck. Exhale. Repeat 2 more times. On the last inhaled breath also stretch the arms, pulling them from the shoulders. Exhale and Relax.

There is unlimited, infinite power in you. These exercises work together like a key to unlock it out. This kriya gives emergency strength.

Normally we have tons of feelings and emotions in our dealings. From feelings and emotions to thoughts, to desires, we consume 40% of our energy. Another 30% is consumed because we do not eat the right foods. 20% is consumed in finding our distractions. So we are left with only 10% of it, if environments are right. If not, we go to sleep and forget things.

When you eat simple foods, stimulate yourself through the power of the Breath of Life, and understand that your body is a temple in which your soul, the atma, resides, and this atma represents Parmatma, God, you do not have any hallucinations. All virtues come to you. Start being grateful. Count blessings, not curses.

Answering the call of duty is more than life. Life is a statutory situation. The call of duty is the most honorable product of it, and answering the call of duty is the grace. And that grace brings you prosperity, position, values and virtues. There is no secret or two opinions about it. But it depends on how sincerely you understand.

Somebody asked a hangman, "Is it your duty to hang people?" "No. I see that their death is done conveniently, and then I go home with clean thoughts." "What do you do?" "I put them to rest. I tell them to meditate. I make them strong and encourage them. Then I chop off their necks. Anybody I execute does not have any fear at that time. They understand I am answering the call of duty—I am not their enemy, they are not my enemy. And they are going home, as everybody has to. A cause and effect take place."

We are all byproducts of cause and effect. If anything stops us from surrendering to our fate, our destiny and our will, it is our ego. The more territorial we become, the smaller we become, the feistier we become and the more uncomfortable we are.

Worship and non-worship are both of God's Will. Fortunate are those who walk the path of love, dedication and affection. Those who are fortunate can mess it up by getting into the spiritual ego. Let us understand that this is a most precious life. It is a gift. If we handle it as a gift, it will solve our problem.

