



Santhika
Retreat
Center

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Caliber for Constant Self-Authority

Yogi Bhajan · March 1979

"Your caliber does not fail you. Caliber is a basic, consistent power in which a person can project, communicate, and lodge oneself, like a bullet." - Yogi Bhajan

Caliber is the ability to maintain the projected status and activity of our committed self. When we become our own directive authority, then the psyche can fulfill the self and you can be happy. Normally we reject authority and initiate chaos out of an attempt to create individuality by difference rather than through integrity and wholeness.

This meditation enhances your capacity for caliber, to hold and execute self-authority.

Posture: Sit in Easy Pose, with a light jalandhar bandh. Keep the torso straight at all times. Do not lean forward or backwards.

Mudra: Bring the hands in front of the body at the level of the Heart Center. Close the fingers over the thumbs into fists with the thumb tips at the base of the little fingers, if possible. Press the fists together at the first knuckles from the tips of the fingers, in such a manner that the base of the palms are together and the backs of the palms face away from the center.

