

The Regulations for The Teachings

A Partial Teaching on Regulation 9

Everything is Duty

Discourse

Duty is something that I must do.

Duty is something that I cannot avoid.

[The Teachings](#) govern every single aspect of life.

It is my duty to obey every single Teaching.

I am Responsible for my life.

I am Positive.

I am Self-Enabled.

I am Dynamic.

Ignorance of duty is no excuse or defense.

It is my duty to continue to breathe in and out.

It is my duty to keep my body healthy.

I must prevent harm to my body to enable the [completion of the Life Task of my Atma](#).

It is my duty to carry out the Life Task for my Atma.

It is my duty to do everything during the [physical Janam](#) as a duty.

It is my duty to [worship PARAMATMA through The Teacher](#) – HIS son and HIS representative in the physical universe.

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