

JEDI PHILOSOPHY

Jedi Philosophy is a practical philosophy for life inspired by the archetype Jedi characters in the Star Wars Fiction.

Jedi Philosophy is not a Fan Based ideology or an alternative new age religion. There is no specific doctrine or dogma attached. Jedi Philosophy is a simple and pragmatic way of living life in accordance with your own personal values. The Jedi Code provides a point of reference:

The Jedi Code

There is no emotion; there is peace.
There is no ignorance; there is knowledge.
There is no passion; there is serenity
There is no chaos; there is harmony
There is no death; there is the force

A Holistic Lifestyle

Jedi Philosophy emphasizes a holistic approach to life. Each person is made up of body, mind, emotion, and soul. Therefore, being Jedi approaches each element of the person in equal portion. That is, in Jedi Training there are usually components of:

- Meditation
- Physical Training
- Martial Arts
- Study and Application
- Mindfulness
- Service

To *be* Jedi is to embrace the whole and train the Body, Mind, Heart and Soul.

Jedi is a Verb

Being Jedi is about action, not appearances. To consider one's self Jedi one must act that way consistently in all their affairs.

How do you imagine a Jedi would act if you met one in the street? Would that person be polite, attentive, calm, and friendly? Would that person keep a level head when things became stressful? Would he or she show compassion to others as well as empathy? I believe a Jedi would also be attentive of their manners and their appearance as well as their personal health. A Jedi would also be active in the community and help where he or she is able to.

No one introduces themselves as a Jedi and expects to be taken seriously. However, one can *be* Jedi as much as he or she can choose to practice Stoicism, Taoism, Zen, Humanism, Epicureanism or Objectivism. It is a Philosophy for Life, not a title or a badge.

The Daily Practices

To assist in personal growth and development, Jedi Philosophy recommends a set of five daily practices. The amount of time and effort you will apply to each will depend on you, but even moderate daily practice will bring benefits. Practices such as Awareness and Diplomacy can be incorporated as part of your daily activities and interaction with others. The goal is to develop virtue and self-sustaining habit over time.

Self Discipline relates to doing what you have committed yourself to.

The Five Daily Practices are:

- Physical Exercise

- Meditation
- Awareness
- Diplomacy
- Self-Discipline

The Jedi Goals

Real World Jedi do not exist as part of an organization. There is no recognized Jedi Order. You will not find a group of people calling them selves Jedi walking the halls of the United Nations or brokering for peace in the Middle East.

Real World Jedi however do have goals. The premise is that through self betterment, we arrive at world betterment. If I become a better person and try to help people or the environment, in a small way I am also making the world a better place.

Each Jedi must determine what his is her values are and then act consistently in accordance with those values. They then determine how they want to contribute to the lives of others, what their cause is, what their mission in life is.

The Jedi Goals are:

- Train Diligently
- Render Aid
- Provide Support
- Defend those in Need
- Study the Force

The Jedi Circle

The Jedi Circle provides a framework for students of Jedi Philosophy. Practiced consistently through training, the Jedi Circle will lead to improved physical, mental, emotional and spiritual well being.



The Jedi Circle (Courtesy Opie McLeod “The Jedi Circle”).

Further Reading:

Bird, C (2018). *Your First Step Into a Larger World: An Introduction to Walking the Jedi Path*. Amazon.

Opie McLeod (2013). *The Jedi Circle: Jedi Philosophy for Everyday Life*. Amazon.

Opie McLeod (2013). *Exploring the Jedi Lifestyle* (The Jedi Academy Online Presents: Book 1). Amazon.

Opie McLeod (2013). *The Jedi Religion* (The Jedi Academy Online Presents: Book 3). Amazon.

Opie McLeod (2018). *Jediism explained* (The Jedi Academy Online Presents: Book 3). Amazon.

Opie McLeod (2020). *The Situational Jedi: A Jediism Guide for Life*. Amazon.

Visit Jedi Living (www.jediliving.com) for more information.

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