

The Daily Jedi Journal  
DailyJedi.com

# THE DAILY JEDI JOURNAL

365 MEDITATIONS AND REFLECTIONS  
ON BEING JEDI IN THE REAL WORLD



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Any queries or concerns should be directed to [dailyjedi@gmail.com](mailto:dailyjedi@gmail.com). May the Force be With You.

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## INTRODUCTION

A Jedi is a fictional character created by George Lucas in the science-fantasy mythology of Star Wars. Most people know the Jedi as the type of warrior-monk who fights with a Lightsaber and travels through hyperspace across a “galaxy far-far away”. Jedi use the “Force” to wield amazing powers that move objects and influence others. They are the peacekeepers of the Galaxy.

The Jedi are also a growing community of people in our own real world. They are everyday people who have become inspired by the fictional Jedi to become a better version of who they are. Jedi Philosophy has evolved over the course of two decades through the growth of Jediism\* and Jedi Realism online. Today the tenets of Jedi Philosophy offer people a formula for living that is pragmatic and practical as well as spiritual. The end goal of Jedi Philosophy is “World Betterment through Self Betterment”. Every person can make a difference in the world by seeking to be a better person.

This is a practical journal to help those who wish to practice the tenets of Jedi Philosophy in daily living. Each day presents its own challenges and often all that is needed is a counterweight to help guide us on the path to being Jedi. This book has been developed to help you accomplish your goals in living a more mindful and fulfilling life through personal reflection.

Whether you consider yourself a Real-World Jedi or someone who is only seeking to improve every day I hope this book can serve you in some small way. One does not need to be a Star Wars fan to benefit from Jedi Philosophy.

\*Jediism is the name of the real-world religion inspired by the fictional Jedi.