

WEEK 13 PEACE

“There is no Emotion; there is Peace” – Jedi Code

The underlying message of the mantra “There is no Emotion; there is Peace” is *equanimity*. Emotion is a part of being human and to fully experience life one must embrace the full spectrum of emotions whether perceived as negative or positive.

The Buddha said that in life “there will be 10,000 joys and 10,000 sorrows”, that everything in life is essentially impermanent and transient. To grasp to anything, to build attachment, leads only to suffering. This includes emotions.

To achieve deep inner peace, one must be able to allow emotions to be as they are. To fight emotions such as fear, anger or grief is to give it life. What you resist persists. By being able to observe our emotional state, being aware of it and not letting it dominate our lives or dictate how we react to situations is the key to achieving inner peace.

The image of a Jedi calm in the face of adversity and completely at peace as a storm of fear and violence rages around him is in essence what this line teaches us. Think of Qui-Gon Jinn facing Darth Maul in the final scenes of the “Phantom Menace”. Before the duel, Qui-Gon Jinn meditates despite the danger he faces and finds inner peace. Decades later when Obi-Wan Kenobi met his former friend and apprentice on the Death Star he also confronted the peril with equanimity.

Embrace our emotions as the divine gift that they are, but do not let them rule us. Be “calm, at peace, passive”.

DAY 85

“The winding path to peace is always a worthy one, regardless of how many turns it takes.” – Dooku Captured (The Clone Wars)

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 86

“Train yourself to let go of everything you fear to lose.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 87

“He who seeks to control fate shall never find peace.” – Ghosts of Mortis (The Clone Wars)

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 88

“If you strike me down, I shall become more powerful than you can possibly imagine.” – Obi-Wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 89

“These are not the Droids you are looking for.” – Obi-wan
Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 90

“How can you look so calm at a time like this?” – Anakin
“I just hide it better than you Anakin” – Obi-Wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 91

“Comfort was always easier to steal than to earn, peace easier to break than to keep.” - Leia Organa Solo

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
