

## WEEK 14 KNOWLEDGE

*“There is no Ignorance; there is Knowledge”* – Jedi Code

The underlying message of the mantra *“There is no Ignorance; there is Knowledge”* is *humility*. Through objectivity and rejection of illusion we see the world as it is. We recognize our delusions for what they are. We seek the truth and self-knowledge above all. In doing so we arrive at humility.

Pride and vanity cloud our judgment and obscure the truth and is the antithesis of humility. We learn to accept that we do not know what we do not know and that the truth behind all things is hidden. We then leave ourselves open like a vessel to inquire, question, to acquire knowledge, to never stop learning.

Ignorance is bolstered by pride, but fear keeps us there. The truth is that no-one in this world knows everything and can ever know everything. To believe different would be arrogance in the extreme. To be arrogant is to be ignorant and to turn away from learning is to deny growth. The human spirit wants nothing more than to grow. Arrogance and ignorance are born of fear and it is fear that keeps us from growing to our full potential.

Humanity now stands at a crossroad in its history. Society has harnessed the technological know-how to end all life on this planet as we know it. A mere virus of our own making can bring society to its knees. We are at the mercy of nature and worse, we are the victims of our own ignorance and hubris.

Humanity now stands on the brink and while the intellect exists to create technology and power, we also lack the wisdom to yield it for the benefit of all. It is ignorance and arrogance that will ultimately hold humanity back from achieving its highest purpose. It may also destroy all life on Earth. The Ego ultimately kills the Ego.

The human species has been around for a quarter of a million years as a sentient being able to think, reason, contemplate, judge and make conscious decisions. We have free will and the ability to exercise it. One would think after so many thousands of generations we would have learned a thing or two and not be making the same mistakes, the lessons would be written in our DNA.

We have all the power to change but at this nexus of collective human history we stand at the edge of a chasm. Beyond that precipice resides eternal darkness. Conscious thought, at least on Earth, will no longer exist. All knowledge ends when ignorance prevails. This should not be the future for humanity.

Consciousness of self and the gift of self-knowledge is granted to each person. It is up to you to “know yourself”. Each must find the path that separate ignorance from knowledge and false ideas from facts. This is done by identifying values, defining principles, realizing passions and interests, setting personal goals and understanding your strengths as well as your weaknesses. You may arrive at each through a guide or make the journey alone. When you know your life goal and purpose, you have arrived at true knowledge of your place in this world. At this place you leave yourself open to self-actualisation, individuation and transcendence to a state of higher consciousness. You become who you truly are, Self.

The wonderful reality is that we can transcend to the next level of knowing, a place where science meets spirituality and where we no longer need to live as un-evolved beings. Knowledge of the truth reveals the beauty and order in the universe and the divinity within all life and the oneness of all things. This state is pure consciousness, knowledge and enlightenment. It is the essence of the line “*there is no ignorance, there is knowledge*”.



**DAY 93**

*“Those who seek to make fools of others are fools themselves.” –  
Obi-Wan Kenobi*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 94**

*“The path of ignorance is guided by fear.”* – The Clone Wars  
“The General”

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 95**

*“Who’s more foolish, the fool or the fool who follows him?” –  
Obi-Wan Kenobi*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 96**

*“You don’t want to sell me death sticks.”* – Obi-wan Kenobi

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 97**

*“A Jedi uses the Force for knowledge and defense, never for attack.” – Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 98**

*“Not if anything to say about it I have.” – Yoda*

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:
