

WEEK 15 PASSION

“There is no Passion; there is Serenity” – Jedi Code

The underlying message of the mantra *“There is no Passion; there is Serenity”* is *acceptance*. It is important to understand that passion is not a negative emotion, it can be a virtue. However, passion can also become an obstacle to serenity if it is not controlled.

Passion is a wonderful gift and provides the drive and creativity in all human endeavours. Without passion in the world, we would see a stale and soulless world. Society could simply not exist. Imagine a world without art or music any other forms of human expression. There would be nothing, no creation, only a grey world devoid of colour and life.

I believe that the expression of passion is the expression of nature and the divine. But passion can also be destructive. Anakin had great passion for his love and his desire to be Master; however, his passion consumed him and overwhelmed his humanity. His passion became an obsession as he attempted to control others, the order of the galaxy and life itself. Anakin struggled against the Force, the natural order of things.

When we are passionate to a degree that it enriches the lives of others and brings us closer to our true inner self is when we achieve true serenity.

The purpose in life is to live to be whoever we choose to be and to fulfill our higher purpose as we define it. This can only be achieved by living in the *now* and enjoying life as a moment-to-moment experience rather than to feel regret or longing for a past that is gone forever and fear or false hope for a tomorrow that never comes. The universe does not revolve around us, but we are

all a part of the universe and have a right to be here. Life happens in the now.

We see the Jedi and they look serene yet focussed, nothing much seems to get them upset. They appear to be in a state of equanimity and non-attachment. This does not mean that a Jedi is an empty shell devoid of passion. Jedi do not get too excited about what they can and more importantly what they cannot control.

To experience serenity is enjoy the beauty in all things and take wonder in the simple things, the flight of a butterfly, the intricate design of a snowflake or a seashell and the immensity and mystery of the star filled sky. To accept things as they are not as we would have them be. To be present in the Now.

The serenity prayer best encapsulates the message behind the mantra “*There is no Passion; there is Serenity*”. Feel free to replace the word God, with “Force” or whatever you wish. The message is to learn to differentiate between the things that are in our control and things that are outside of our control. Therein lies the key to the good life.

*God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can, and
The wisdom to know the difference.*

DAY 99

“Acceptance doesn’t guard you from regret.” – Qui-Gon Jinn.

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 100

“Searching for the truth is easy. Accepting the truth is hard.” –
Moral “The Clone Wars – Senate Murders”

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 101

“Contempt often veiled bruised ideals.” - Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 102

"It's all Obi-wan's fault. He's jealous. He's holding me back!"
– Anakin

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 103

“Strike me down in anger and I’ll always be with you.” – Luke Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 104

“Anyone can handle a weapon. Reason is much more difficult to wield.” – Luminara Unduli

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 105

“The Sith rely on their passion for their strength. They think inward, only about themselves.” – Anakin

“And the Jedi don’t?” - Palpatine

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:
