

## WEEK 16 HARMONY

*“There is no Chaos; there is Harmony”* – Jedi Code

The underlying message of the mantra *“There is no Chaos; there is Harmony”* is *perception*. At times everything around us seems in utter chaos. Thoughts and emotions can run amok and cause us to act in ways that we later regret. The way you respond to things out of your control remains within the power of your control.

You can choose Chaos or Harmony. That is in your control.

We know that the world can seem chaotic yet viewed from a distance the planet appears in order, calm and peaceful, in harmony. Even if your world seems to be falling apart there is more working in the world than not. The water, electricity and telecommunications systems are still running. There is still food on supermarket shelves. Harmony resides behind the chaos.

Whether in full glory or behind a mask of clouds, the sun will rise in the morning. Harmony cannot exist without chaos no more than day can exist without night. The sun never really rises, and it never sets, that is only a perception. Yet we do not feel the world turning beneath our feet.

When we centre ourselves and look at a situation outside of the lens of our own reactivity it often looks very different. To paraphrase Epictetus, “it is not the thing that harms us but our perception of it”. Chaos exists within you but so does harmony.

By grounding yourself you can sort through the chaos and find inner harmony. The world may fall apart but that does not mean that it should also cause your mind to do the same. You have a choice how to perceive a thing and how to respond to it.

Buddha stated that in fact there is nothing. Nothing we perceive is as it appears. Everything is an illusion. Yoda tried to explain this to Luke Skywalker and demonstrated that power when he lifted the X-Wing out of the swamp on Dagobah with his mind.

Quantum physics demonstrates how little we understand matter and energy. All matter is in fact packets of energy and essentially comprised of nothing. This sub-particle concept is incredibly mind-boggling but illuminating. Consider that an electron can exist in two different points in the Universe at the same time. It can be here and there at the same time.

When Yoda said “*we are luminous beings, not this crude matter*” I believe that George Lucas was alluding to this convergence between science and the spiritual. Harmony cannot exist without chaos. The Force binds everything together and pervades everything like the Tao. Where chaos and harmony meet and balance, we find the Force. Is Life, the cosmos not both? The universe is a perfect union of chaos and harmony.

To ground yourself be mindful of your thoughts and emotions by regularly checking in on them. Ask yourself, “*What am I feeling right now*”. Observe, impartially, the emotions that stir within you. Explore them with a curious mind, without becoming attached to them as if observing them from a distance.

Observe your thoughts in the same way; ask “*What am I thinking right now?*” Dissect your thoughts without judgement resisting the urge to attach to them. You only need to decide if they are reasoned and serve you. Let go what does not.

Anytime you feel yourself disconnected stop for a moment. Just breathe, focussing on the air entering and leaving your lungs. Close your eyes if you wish. Open them and look around. Feel the earth beneath your feet. Open your senses to the world. Seek out nature whenever you can. The natural world will centre you and restore harmony. Be at peace, calm, passive in the world.



**DAY 107**

*“Fear is the path to the Dark Side. Fear leads to anger, anger leads to hate, hate leads to suffering.” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 108**

*“But Master Yoda said I should be mindful of the future.”* –  
Obi-Wan Kenobi

*“Not at the expense of the moment.”* – Qui-Gon Jinn

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 109**

*“Uh, everything’s under control. Situation normal.”* – Han Solo

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 110**

*“I sense great fear in you, Skywalker. You have hate, you have anger, but you don’t use them.” – Count Dooku*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 111**

*“I shouldn't have done that, Chancellor. It's not the Jedi way.” – Anakin (after executing Count Dooku)*

*“....It wasn't the first time, Anakin. Remember what you told me about your mother and the Sand People” – Palpatine*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 112**

*“Standing in the middle of the chaos, a vision of calm and foreboding, is Darth Vader.” – A New Hope (Script)*

**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:
