

WEEK 17 FORCE

“There is no Death; there is the Force” – Jedi Code

The underlying message of the mantra *“There is no Death; there is the Force”* is *self-realization*. You are more than a persona, a physical being with an ego. Within all people resides the potential of infinite higher self. The true goal in life is to come to knowledge, understanding and realization of that true nature.

The Jedi accepted that death does not exist. Death is an illusion like time or matter. Life is seen as a manifestation of an eternal state that transforms between the physical and the spiritual which is eternal.

Some people describe the eternal essence as the spirit, the inner divine and Chi, Prana, Baraka. The Jedi describe it as the Force.

Death does not exist, only the dissolution of the physical state and the ego. What is left, call it the spirit, returns to the Force. This true inner self was always connected to the Force and always one with it; it just did not know in its physical state and was disconnected. This is the illusion of separation.

The concept of enlightenment is the return of oneness with the source, the loss of duality and self-realization. Some call this enlightenment or transcendence. It is also known as “God-Realization” and “Nirvana”.

The Jedi aspired to reach this level of awareness and Obi-wan Kenobi, Yoda, Anakin and Luke Skywalker achieved this state of becoming “one with the Force” through their physical deaths.

Arriving at self-realization can take years or decades. Sudden enlightenment can also occur through a profound spiritual

experience. People who have had traumatic experiences, hit rock bottom, and visited hell speak of a sudden and overwhelming spiritual realization. Some psychedelic experiences have also left a permanent mark on people through a transcendent episode.

For the most part self-realization of our true nature evolves slowly and gradually through meditation practice and application of training. Over time we come to different levels of awareness and realization on our life journey.

Self-awareness is an awakening to our potential. We come to a spiritual awakening that reveals our ignorance and the path before us. This is the beginning of the spiritual Hero's journey for many. Luke Skywalker's accepting the call to adventure on Tatooine was the realization of this stage.

Self-exploration follows. Awoken to the possibilities we begin to seek answers to the questions that matter; "who am I?", "what is my purpose". We begin to change the way we live and adopt practices such as meditation and study to deepen our understanding. We are looking for jewels.

Luke Skywalker's time with Obi-wan Kenobi and with Yoda on Dagobah gave him the opportunity to seek knowledge of his life purpose.

Self-discovery is experienced through insights as our consciousness begins to expand through the practices. We are finding jewels through our efforts. The seeker becomes the finder.

On Dagobah and then on Cloud City Luke was forced to confront his shadow and dark personal truths. Along the way, he came to deep insights.

Self-understanding is the beginning of self-knowledge at a deeper level. In Jungian terms it is the process of individuation

of the true self. Knowledge of the ego self, the inner anima and animus and acceptance of the shadow are part of the process.

Self-love is acceptance of the whole of one's being and forgiveness of one's faults. This acceptance and forgiveness is extended to others. The presence of the inner divine is heightened at this point. Luke was here in "Return of the Jedi".

Self-transformation is the realisation of the archetypes in our lives. Through inner awareness and life experience we put aside old habits and ideas that no longer serve. The personality undergoes a death and rebirth as the ego begins to be eclipsed by the true (individuated) self. One can be said to be reborn. Luke Skywalker arrived at this nexus when he refused to kill Vader.

Self-mastery is the full realisation of individuation. The whole personality is born, and the ego is mastered. The emerging archetype resembles the Jedi Master who is calm, at peace, passive. Obi-Wan Kenobi on Tatooine had arrived at Self Mastery when he met Luke Skywalker.

Self-transcendence is the flowering of the individual potential in this life. Short of being "one with the Force" it is the highest level of awareness possible. This state is being in constant conscious contact with the divine. Life becomes a meditation. Very little will upset or ruffle the feathers of someone at this level. Imagine Yoda on Dagobah as he neared his physical end.

Self-realization is the conscious union of the self with the soul. Enlightenment has occurred. The illusion of suffering, separation, duality, and the ego has been dispelled. The true nature of all things comes in to focus as the veil is finally removed removing the last veneer of separation. There is no longer self, there is all. There is no death there is only the Force. One can now be said to be "One with the Force".

This is the Jedi journey.

DAY 113

*“The Force is an energy field created by all living things. It surrounds us and penetrates us; it binds the galaxy together.” –
Obi-wan Kenobi*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 114

“Remember the Force will be with you always.” – Obi-Wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 115

“For my ally is the Force, and a powerful ally it is.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 116

“Close your eyes. Feel it. The light...it’s always been there. It will guide you.” – Maz Kanata

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 117

“Mysterious are the ways of the Force.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 118

“Death is a natural part of life. Rejoice for those around you who transform into the Force.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 119

“A Jedi’s strength flows from the Force.” - 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:
