

WEEK 25 ERUDITION

“You must unlearn what you have learned.”– Yoda

Erudition means to acquire knowledge through learning. This means by reading, taking notes, asking questions, seeking clarification, and digging deep into a subject until you have firmly grasped it. It is not enough to read a book and have a shallow understanding. It is also not enough to hold one view while discounting or ignoring a counter view. Erudition is more than learning it is being able to wield and use knowledge like a Jedi Master wields a Lightsaber. Erudition is an art and a skill.

Whatever you have been taught and despite how much you think you know; you will never know everything and can never know even a fraction of it. This is a good thing because it means that you never need stop learning. A Jedi should always be actively seeking to study, learn, experience, practice, and pass on knowledge. A Jedi should also be agile enough to avoid dogma.

Never be satisfied with a simple answer to a complex question. Avoid falling into the trap of accepting dogmatic principles without challenge. Always be prepared to question your own set of beliefs, assumptions and biases no matter how noble or perfect they seem to you. Understand that with new knowledge come changes to your thinking and how you perceive the world.

Therefore, be prepared to unlearn what you have learned. Be willing to let go of old ideas and beliefs and replace them. Yoda challenged Luke to let go of his doubts, biases and beliefs that held him back. Until Luke became an empty vessel ready to *let go* and receive knowledge, Yoda could not hope to teach him.

Whether it is through seeking knowledge through books, a mentor or master or by way of experience the important thing is to grasp every opportunity to learn. *Never stop learning.*

DAY 169

*“When I left you, I was but the learner; now I am the master.” –
Darth Vader*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 170

“You must learn the ways of the Force if you're to come with me to Alderaan” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 171

“I cannot teach him. The boy has no patience.” – Yoda

“He will learn patience.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 172

“Hmmm. Much anger in him, like his father.” - Yoda

“Was I any different when you taught me?” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 173

“You still have much to learn, my young apprentice.” – Qui-Gon
Jinn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 174

“You still have much to learn, Anakin.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 175

“You will learn to let go of everything. No attachment. No thought of self. No physical self.” – Qui-Gon Jinn

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:
