

## WEEK 26 MENTOR

*“Always pass on what you have learned.” Yoda*

Jedi act as mentors to others. Through guidance, instruction, and example they mentor those who wish to be Jedi. Each Jedi is at a certain point along their journey. They recognize that they have come so far and still have a distance to travel to complete their training. There are those that are behind them on the path and those who are ahead. The Jedi will look to those who are further along for mentorship and will in turn provide guidance to those who are behind. In this way there is an endless passing of a torch that extends from the most seasoned Master to the most junior Padawan. The link is unbroken and moves forward without end.

The Jedi to Padawan and Master to Jedi relationship can be thought of as a type of active mentorship. The Padawan has spent many years learning the ways of the Force and applying the skills and code of the Jedi. Following successful completion of the initial trials and crafting of a Lightsaber a Padawan may be deemed ready to step into the wider universe and embark on missions with a Jedi who will help further develop them into eventually becoming a Jedi. The Jedi in turn has a Master who serves as a mentor continuously honing their skills and connection with the Force until they too are ready to become a Master and in turn guide a Jedi to the next level of their personal and professional development.

In our practice we will often find opportunities to assist others to become better versions of themselves. It does not matter if these people identify as Jedi or not. Any opportunity to impart knowledge and experience to those that ask should be embraced. You may know something that they do not, and they may benefit in that knowledge and experience. For example, meditation may seem easy to you, but it may not be for someone

you know. Sharing your skills and experience in meditation is a form of mentorship. Providing sound advice and suggestions on fitness to someone who is starting on a fitness journey to providing philosophical insights to those who ask are also examples of mentoring.

A Jedi only provide guidance. Mentoring is not telling someone what they should do or how to do it but simply answering questions and making suggestions. A mentor might observe and highlight areas for improvement, but they stop short of being a teacher. That is not the role of a mentor. A mentor acts as guide when needed. They have no vested interest in whether the person being mentored succeeds or fails in their aspirations. The mentor's job is not to carry the student but only to act as support and a role model when needed.

There are mentorship programs at the professional level, in sports, youth and academic circles. The challenge is matching the mentor with a mentee. A poor match can be disastrous and lead to animosity, disillusionment, and disappointment.

Obi-wan Kenobi was an excellent mentor to Luke but the match up with Anakin was a poor one. Qui-Gon Jinn accepted Anakin as he saw great potential in the boy as well as a shadow. After Qui-Gon Jinn fell in battle with Darth Maul, Anakin passed to Obi-wan Kenobi. Yoda realized too late that the match was ill conceived.

Anakin saw in Kenobi a brother, father, friend, teacher, rival, and a threat and finally as an enemy. Kenobi failed to see the demons that lurked within Anakin. The relationship was mismatched and could only end badly. Paradoxically, the mentor-student relationship between Ahsoka Tano and Anakin worked well probably because they disagreed on everything, challenged each other, and clashed openly on contentious issues. The pair always found common ground and held a deep affection for each other. They formed a formidable relationship,

but war and betrayal would eventually drive them apart. Ultimately Darth Sidious become the false mentor that drew Anakin to his destiny.

The meeting between Luke and Obi-wan Kenobi and later with Yoda on Dagobah was the meeting of the inexperienced novice with the mentor who will guide him to become the Hero he is meant to be. The appearance of the mentor is an important step in the Hero's Journey. Without being guided to his mentors Luke would have never embraced his call to adventure, he would have failed to arrive at his destiny and complete the Hero's Journey.

The mentor does not only pass on experience, feedback, skills and knowledge but also helps form a human being. Wisdom is the most important gift a mentor can give. With it the mentee can find their path to self-actualization and individuation. This is ultimately the choice of the one being guided. They can embrace or ignore what is offered. You carry the message, not the pupil.

These days there are few people willing to be a mentor. Positive role models are scarce especially for young people. Being a mentor is a big responsibility. A good mentor is attentive and available as well as committed to their role. Therefore, it is a challenge that is not for everyone as it takes time and effort to invest in someone without any personal gain. The only reward is helping another human being become a better version of themselves.

Being a mentor is a good way to give back. You can spend years training, learning, taking in and growing but what comes in must eventually flow on to others. You have a responsibility to share what you have learned to someone who wants what you have. Always pass on what you have learned.

**DAY 176**

*“Master Yoda says I should be mindful of the future.”* – Obi-wan Kenobi

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 177**

*“But not at the expense of the moment. Be mindful of the living Force, my young Padawan.” – Qui-Gon Jinn*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 178**

*“Mysterious are the ways of the Force.”*

*“Did you just make me stand on my head for two hours because  
I was annoying you?”*

*“Very mysterious.”*

Luke Skywalker and Yoda (Dagobah training scene)

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 179**

*“Obi-wan informs me that running through a ship shouting ‘who’s up for a fight?’ doesn’t technically qualify as a briefing”  
– Anakin Skywalker*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 180**

*“We are what they grow beyond. That is the true burden of all Masters.” - Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




## DAY 181

*“If you end your training now, if you choose the quick and easy path as Vader did — you will become an agent of evil.” – Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 182**

*“Always pass on what you have learned.” 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:
