

## WEEK 28 DUTY

*“Impossible to see ... The Dark Side clouds everything. But this I am sure of...Do their duty the Jedi will.” – Yoda*

Jedi philosophy is a practical philosophy for life that is *defined* by the actions of its practitioners. To paraphrase the Stoic philosopher Epictetus, the goal should not be to explain your philosophy but to embody it in your everyday actions. Duty is what is expected of you. Your duty defines your relationship with yourself, others, and society. Your duty may be to rise early in the morning, make yourself presentable and attend to your place of employment where you are compensated for your time and effort. You may have a duty to serve your clients, customers, family, and friends. Duty may also require that you fulfil a promise or contract. It can also be argued that you have a duty to be a good person to others and to yourself. Your first duty is to be a human being, a citizen of the world.

Duty means that you take responsibility for your own physical, mental, spiritual, and emotional health. Taking responsibility means living in accordance with your principles and values. It also means considering the duty you owe to others and to the community.

There are no specific duties that you must attend to practice Jedi Philosophy. How you achieve each of the Jedi Goals of service, defence, proficiency, creativity, and inquiry (study) is up to you. Your work may provide you the opportunity by which the goals can be practiced, as can your studies and involvement in social, environmental, or political causes that you identify with. Duty is not what others owe to us more than what we owe to others.

The Jedi Goals define duty as actions that lead to world betterment through self-betterment and service to others:

*Train diligently*

Right effort is required to arrive at desired outcomes. What you put in will ultimately determine what you get out. This means dedication and consistency in application. Self-discipline is the key to improvement whether in meditation, physical fitness, or the martial arts.

*Render Aid*

Jedi provide aid to those in need when it is requested of them. Your personal circumstances will determine what you give and to whom and why.

*Provide Support*

Support can be many things. It can be as simple as emotional support to a friend in crisis. Working to support a family is a duty for some. Attendance at a protest demonstrates support to a cause as does giving donations. Voting at elections shows support not only for a political party but democratic rights.

*Defend those in Need*

Advocacy means representing that which does not have the means to self-represent. This means taking the side of the disadvantaged or the oppressed and seeking justice in some way. The cause may involve human rights or environmental protection. Which cause, will ultimately depend on the individual. Advocacy is always through lawful and peaceful means.

*Study the Force*

Each person will define the Force in their own way. One way to define the Force is wisdom. The pursuit of wisdom is a Jedi goal. Meditation, reading and application all lead to wisdom. Wisdom itself leads to unbiased judgment, compassion, experiential self-knowledge, self-transcendence and non-attachment, and virtues such as ethics and benevolence.

Whatever you do today, do your duty first.



## DAY 191

*“If there’s one thing I’ve learned from you, master, it’s that following direct orders isn’t always the best way to solve a problem.” – Ahsoka Tano*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 192**

*“Anakin, my allegiance is to the Republic, to democracy!” –  
Obi-wan Kenobi*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 193**

*“If you're not with me, then you're my enemy.” - Anakin*  
*“Only a Sith deals in absolutes. I will do what I must.” – Obi-  
wan Kenobi*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 194**

*“Luke, I'm not going wait for the Empire to draft me into service. The Rebellion is spreading and I want to be on the right side -- the side I believe in.” – Biggs*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


## DAY 195

*“Today we fight for more than the Republic. Today we fight for all our brothers back home.” – Captain Rex*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 196**

*“I did my duty as a citizen.” – Ahsoka Tano*

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:
