

WEEK 29 SERVICE

“A great service to the republic, you have done.” – Yoda

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

“Not as a Jedi?” – Yoda

The purpose of the Jedi was to serve the Republic. The Jedi cannot be compared to real world services such as the military, the diplomatic corps or law enforcement but they had elements of each. The goal of each is to serve the government which may or may not act on behalf of the people. The Jedi were no different however they were sworn to serve and protect the Republic which had been built on the precepts of democracy and rule of law. Each Jedi existed to that end. Without a Republic to serve there was no reason for the Jedi to exist.

Adopting Jedi philosophy carries with it an expectation of service and a sincere desire to serve others. To be Jedi is by nature to avoid selfishness, self-centredness, and self-serving behaviour. Jedi take the focus off themselves and place it on others. This requires a degree of selflessness and self-sacrifice.

Most people think of service as being employed directly in the military, police, or in emergency services. Service may also be voluntary and unpaid by giving time to worthy causes and charities. It might be providing support and aid to those in need through disaster or crisis relief. Donating clothes, blankets, money, and blood is also an important form of service.

Many people also find it hard to dedicate themselves to service to others. Finding the time and opportunity to commit to worthy causes may not be for everyone. This should not preclude anyone from finding ways to be of service to others. Small everyday acts of kindness to others can be as important as dedicated service. Holding open a door, offering to help someone carry a heavy load or complete a difficult task, checking in on a friend, bringing groceries to those who are

unable to leave their home are services in themselves. Doing your job to the best of your ability is also an act of service.

The benefits of service to others are obvious. By helping others you help yourself. Research shows that people who volunteer in worthy causes are generally happier and more satisfied with life. Volunteers feel a sense of purpose and community as well as a deeper sense of gratitude for what they have.

Service was a duty of the Jedi. Even those who failed in their Jedi training went on to serve the Republic in the Jedi Service Corps. The work was hard, demanding at times dangerous and always thankless. Being Jedi is not providing service for the thanks, recognition, or reward but because it is what is done. It is a duty as a citizen.

“Small acts, when multiplied by millions of people, can transform the world” – Howard Zinn

DAY 197

“Fame, recognition—a Jedi does not seek these things. It was enough to serve and have good come from that.” - Plo Koon

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 198

“I have lived long enough to see the same eyes in different people.” – Maz Kanata

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 199

“I only wanted to do my duty.” – Fives

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 200

“This one a long time have I watched. All his life has he looked away... to the future, to the horizon. Never his mind on where he was.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 201

“We can learn from others, but we must also learn from our own experiences and our own mistakes.” – Luke Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 202

“Heroes are made by the times.” – The Clone Wars (S1 E8)

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 203

“A great service to the republic, you have done.” – Yoda
“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:
