

WEEK 3 INTENT

“A Jedi uses the Force for knowledge and defense, never for attack.” – Yoda

The first thing most people imagine when they hear the word Jedi is Luke Skywalker or Obi-wan Kenobi with Lightsaber in hand rushing towards an enemy as they deflect laser bolts. The image of the warrior is prominent in people’s mind. It is true that the fictional Jedi are armed with Lightsabers the same way Monks of the east and west were armed with staffs and martial arts to defend themselves. To imagine the Lightsaber as a weapon of offense is an error in fact it was a symbol of the Jedi principle of protection and defense. The intent of the Lightsaber was defense not offense. It was only used as a weapon as a last resort and never in anger.

With every decision we make there is always an intent, a purpose. Why do we make the choices that we do? What is our intent? When I first approached the Jedi community and revealed I wanted to train in Jedi philosophy I was asked to spend some time thinking about “Why Jedi”. What was the intent of my choice? Would it sustain my practice past a few weeks or months? Did I realize it was an internal path and one I would have to keep largely to myself? I found that being able to reason rather than rationalize my intent before doing something was more likely to align it to who I am and want to be.

The second step and virtue on the Eight-fold path of Buddhism is “Right Intent”. Intention is more than resolve. Through resolve we decide to do something, but it is not enough on its own. We must have “Right Intent” in order to stay the course.

Resolve and Intent are two different things and of course they work in tandem. Both must stay as strong as the day we set off for the duration of the journey. There are days when you will stagger and fall but intent keeps us moving forward even when

resolve falters. We strive for outcomes but must also accept what is in our control as well as what is outside of it.

Intention is flawed if our intent is:

- To draw something to ourselves for selfish gain.
- To force something away through ill will.
- To do harm to ourselves or others.

To counteract flawed intention, one's intention must:

- Be based on *renunciation*. We must be willing to let go of the causes of our suffering. Desires and clinging attachments to people, places, things, circumstance, and flawed ideas tightly held all lead to suffering as they are impermanent and transient. Addiction is a form of rampant attachment. Luke Skywalker casting his Light Saber aside was a renunciation of attachment to old strongly held beliefs.
- Derived from good will. When we do things, we essentially seek to serve others before ourselves. Caring for others is a corner stone of many philosophies including Jedi Philosophy.
- Inherently harmless. The Hippocratic Oath compels Doctors to "*primum non nocere*", first do no harm. Compassion and responsibility for our own actions is a Jedi trait. Jedi are accountable for their actions.

Right intent is expressed through thought, words and actions. Being mindful of intention is important. We should consider the impact of our choices on self and others. The potential consequences either immediate or delayed should be considered. We may do something with the best of intentions but not realize the consequences. By contemplating our actions and looking beyond outward far beyond ourselves we become more mindful of the reach of our intent. Always ask what your intent is and whether it serves or not. Intent is the key.

DAY 15

“No! Unfortunate that you rushed to face him... that incomplete was your training. Not ready for the burden were you.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 16

“I will be the most powerful Jedi ever. I promise you. I will even learn to stop people from dying.” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 17

“I'm not Resistance. I'm not a hero. I'm a stormtrooper. Like all of them, I was taken from a family I'll never know. And raised to do one thing. But my first battle, I made a choice. I wasn't gonna kill for them. So, I ran.” – Storm Trooper Finn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 18

“Right or wrong, this is my movie, this is my decision, and this is my creative vision, and if people don't like it, they don't have to see it.” – George Lucas

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 19

“Stay afraid but do it anyway. What’s important is the action. You don’t have to wait to be confident. Just do it and eventually the confidence will follow.” – Carrie Fisher

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 20

“If you make decisions out of fear you are more likely to be wrong” – Ahsoka Tano

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 21

“Truly wonderful the mind of a child is.” – 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:
