

WEEK 30 DEFEND

“For thousands of years, Zygerria supplied slave labor to the galaxy. We prospered. Our customers prospered. Then the Jedi came.” – Darts D’Nar

“Jedi try to protect others if possible, Jedi are peaceful warriors. Jedi are also aware that being prepared and trained gives them the advantage if they do have to protect themselves and others. Most Jedi know at least one form of martial arts or self-defense.” - 33 Jedi Traits (Author Unknown).

The Jedi were a humanitarian movement. During the centuries of conflict in which the Jedi participated they were often rushing to defend one oppressed group or another. These efforts were limited only by the reach of the Jedi. Anakin and his mother were sold as slaves to the Hutt Clan by a slaving Empire run by the Zygerrians. Anakin carried the stigma of slavery with him, it burned like an old wound. The wound cut deep, and Anakin vowed to stamp slavery out.

One of the five goals of Jedi Philosophy is “Defend the Weak”. Some real-world Jedi work as police officers or serve in the military. Others are in emergency and medical professions. Aid and humanitarian workers and volunteers are also represented. Defenders of the animal rights are also among the Jedi. There are Jedi who work at the vanguard of environmental activism and others who try to advocate for sustainability and conservation through science, management, and education.

“I am a sheepdog; I live to protect the flock and confront the world.” – LTC Dave Grossman (ret)

Not all of us can find ways to “Defend the Weak” through our jobs. Those of us who volunteer our time do what we can. There are many ways you can defend or advocate for the defenseless.

When we see someone being treated unfairly, we speak up. Often the weak and the vulnerable are easy targets for ill treatment. By looking the other way, we would condone such abuse, so we say something. We intervene mindfully and use moral judgement. There is rarely any reason to resort to violence other than in self-defense. We show where our principles reside.

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen” – Winston Churchill

Courage is a virtue. Sometimes it takes real courage to stick to principles and act them out. By defending others, you are also showing selflessness and empathy. Avoid exploiting or abusing others. Never play the oppressor whatever the reason. This means being fair and diligent.

You would not short-change a customer or be silent if you were over charged. We would not push in ahead of others or use our size to intimidate people. You would not grow impatient and hurl abuse at a waitress doing her job on minimum wage. On a crowded bus you would willingly give up a seat to someone who needs it more. You would not bear silent witness to a person being victimized or bullied in the workplace or in public. You would speak up and defend the rights of that person.

“Courage is resistance to fear, mastery of fear, not absence of fear.” – Mark Twain

The Jedi path teaches that we are not the center of the Universe. There are other people in this world who are just as deserving of respect and dignity as you are. Also recognize that we depend on our environment to live. Clean living shows us the value of unpolluted air and water and the beauty of nature.

No one is watching you or knows you as well as yourself. You know what is in your heart. In the face of injustice, you can choose to look the other way and walk, or you can act.

DAY 204

“I can't believe there is still slavery in the galaxy. The Republic's anti-slavery laws...” – Padmé Amidala

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 205

“You're...a slave?” - Padmé Amidala
“I am a person! My name is Anakin.” – Anakin

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 206

“I had a dream I was a Jedi. I came back here and freed all the slaves...have you come to free us?” – Anakin

“No, I’m afraid not...” – Qui-Gon Jinn

“I think you have...why else would you be here?” - Anakin

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 207

“He deserves better than a slave's life.” – Shmi Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 208

“You’re no longer a slave” – Qui-Gon Jinn
“Now you can make your dreams come true, Annie. You’re free!” – Shmi Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 209

“Those who enslave others inevitably become slaves themselves.” – The Clone Wars (S4 E12)

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 210

“For thousands of years, Zygerria supplied slave labor to the galaxy. We prospered. Our customers prospered. Then the Jedi came.” – Darts D’Nar

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:
