

WEEK 32 CREATIVITY

“This is my creative vision.” – George Lucas

The Force is expressed in humans through their creativity. Human are driven to create and manipulate the world around them. Creativity makes us human and reflects the divine within.

The daily routine of personal improvement for a Jedi should include a brief period of meditation or contemplation, physical exercise, study, service to others and a creative pursuit. The way a Jedi will undertake all these activities will vary as much as the individual. Creativity could include writing, blogging, painting, drawing, sculpting, gardening, building, coding, photography, making music, singing or anything where something is brought in to being by your efforts. Thanks to the creative energy of George Lucas, we have the Star Wars universe to enjoy.

Have you ever wondered why some activities like art are so relaxing and fulfilling? It is because your mind is engaged in the act of creation. You are forming something with your mind and bringing it into reality in a way that you and others can appreciate. Your mind is drawn from the noise and confusion of life for a short time and is engaged and focused on one act: creation. The act of creation brings you closer to who you are.

The musical note is created by the silence that exists on either side. All that exists was once absent and came in to being through the transfer of energy and the manipulation of matter. In the beginning there was void and at the end there will be void and between that vast emptiness resides creation, including you.

You could say that to *be* Jedi is to be creative. The Force compels you to express yourself through its creative energy because you *are* the Force. You are a point of reference in an infinite stream of consciousness that binds all things together in the Force, constantly creating itself. You were created to create.

DAY 218

“Nothing is lost where the Force dwells, and the Force is everywhere.” - Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 219

“I am part of the Living Force.” – Qui-Gon Jinn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 220

*“It’s (The Force) an energy field created by all living things. It surrounds us and penetrates us; it binds the galaxy together.” –
Obi-wan Kenobi*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 221

“Luminous beings are we, not this crude matter.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 222

“Belief is not a matter of choice, but conviction.” – Moral

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 223

“The best confidence builder is experience.” – Moral

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 224

“I’m one with the Force, the Force is with me.” – Chirrut

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:
