

## WEEK 33 CURIOSITY

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

To have the mind of a Jedi it is necessary to have the mind of a child. A child’s mind is in tune with her surroundings and open to input. The child is constantly learning, exploring, and discovering new things about the world around. A Jedi too is an open vessel constantly exploring, asking questions, and learning in the same way as a child. The Jedi has a curious mind.

Albert Einstein wrote, *“The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives”*. Yoda echoed these sentiments when he said, *“Truly wonderful the mind of a child is”*. Einstein and Yoda shared a common sense of wonder at the Universe and the mysteries that it held. Their inner child drove them to think, question and explore for answers.

Be curious. Explore and discover. Find and cultivate a sense of adventure. Be calm, passive and at peace but also restless and thirsty for knowledge. Have an inquiring mind. Find out what exists over the hill and beyond the horizon. Many people would prefer that we did not seek such answers choosing to accept dogma and what is and nothing more. The greatest explorers and discovers like Galileo were not satisfied with dogma and “what is”. They wanted to know more and so should you.

If you are reading this it is likely that you are an ardent fan of Star Wars. You enjoy discovering fantasy fiction and cultivating your imagination. The innate mythology that resides within you wants to explore and discover. You are living the “Hero’s Journey” in your own way. This is the inner child which resides within all but is fully awake in only some of us.

What are you waiting for? Free your inner child. Chase the dream. Find what you are looking for and never rest till you do.

**DAY 225**

*“Clear your mind must be, if you are to find the villains behind this plot.” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 226**

*“Much to learn you still have... my old padawan. This is just the beginning!” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 227**

*“Size matters not. Look at me. Judge me by my size, do you?  
Hmm? Hmm. And well you should not.” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 228**

*“Yes. Yes. A flaw more and more common among Jedi. Too sure of themselves they are. Even the older, more experienced ones.”*

– Yoda

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 229**

*“Whats in there?” – Luke Skywalker*  
*“Only what you take with you” - Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 230**

*“Hmm. To a dark place this line of thought will carry us. Great care we must take.” – 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:
