

WEEK 34 HUMOR

“Foreplay, cuddling a Jedi craves not these things.” – Yoda

Jedi are serious people, but they don't take themselves too seriously. Jedi like to make people smile and laugh, especially in bad situations - (33 Jedi Traits)

There is a saying that goes if you are laughing, you cannot have your mind in a dark place. Much of life is spent ruminating on the past with all its regrets or projected into the future with all its fears and hopes. Laughter puts you in to the present moment. When you laugh, you cannot be anywhere but in the here and now.

The Jedi are often depicted as the epitome of the stoic monk warrior; humorless, serious, and void of emotion. Jedi had a sense of humor and believed in the healthy display of emotions, they were serious about their work, but not themselves.

The Jedi knew the value of humor. Obi-wan Kenobi was one to often use irony and wit to refocus Anakin or defuse a situation from turning violent. Yoda laughed often and turned to humor and playfulness to make light of a situation, teach students, or disarm opponents.

The Jedi would respond to insult through use of dry wit and humor. There is nothing more disarming to an unpleasant or abusive person trying to insult you than to have their insult responded to with laughter and a joke. Why get angry and upset by hurtful words? Your mind is your own and you can take it as you want. Be offended or be tickled by an insult. Laughing off an abusive insult with a joke not only deflates a bully, it wins the respect and the laughter of bystanders. A sense of humor is like owning a suit of armor.

The Jedi Masters often saw humor in the most unusual places. It kept them centered and lightened the mood when hope appeared

lost and defeat seemed certain. Yoda and Obi-Wan often reverted to wit and “tongue in cheek” under stress. They saw no point in getting worked up about the situation; they dealt with the issue as it presented itself and used humor to help others cope.

Without a doubt one of the tools in your tool bag is humor. It is indispensable. Use it and use it as often as you like. People may not always appreciate your sense of humor but who cares? Laugh anyway if it is not at anyone’s misfortune. Always use your humor and wit to help not hurt.

How humor helps:

1. Fear and depression are disarmed as laughter reminds you that they are impermanent and will pass.
2. Humor releases endorphins and relaxes tension. Laughter feels good.
3. Laughter is used to treat pain and promote recovery.
4. Humor increases immunity by promoting immunoglobulin.
5. Stress hormones are reduced through laughter.
6. Humor cultivates optimism. If we can laugh something off we suddenly feel positive in the face of adversity.
7. Humor deescalates tension and conflict.

DAY 232

“When nine hundred years old you reach, look as good you will not” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 233

*“Lost a planet Master Obi-wan has. How embarrassing” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 234

Yoda: *“Mysterious are the ways of the Force.”*

Luke: *“Did you just make me stand on my head for two hours because I was annoying you?”*

Yoda: *“Very mysterious.”*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 235

“Why, you stuck-up, half-witted, scruffy-looking nerf herder!”

– Princess Leia

“Who’s scruffy looking?” - Han

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 236

“Boring conversation anyway...” - Han

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 237

“How you get so big eating food of this kind?” – 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:
