

## WEEK 35 HUMILITY

*Jedi are humble and believe that they can always work on improving themselves. - (33 Jedi Traits)*

*“Judge me by my size, do you?” - Yoda*

The words by Yoda to Luke Skywalker on Dagobah well summed up the Jedi Masters assessment of his apprentice. Yoda recognized so many faults and shortcomings in Luke but also much hope. Yoda’s fear was that Luke would fall into the same emotional traps that undermined and overcame Anakin such as impatience, impulsiveness, fear, anger, uncontrolled rage and finally a fall to the dark side. Humility conquers pride.

Yoda recognized that Luke needed to be trained from zero as a Jedi. Obi-wan Kenobi had not had enough time to coach Luke. Yoda also realized that all of Luke’s perceptions, his biases and beliefs needed to be challenged and ultimately replaced with those that served him better as a Jedi.

The Jedi were humble, but they were also confident and self-assured. A Jedi was not in the habit of self-deprecation. Humility does not mean a lack of self-esteem. On the contrary to be humble is to have a healthy self-respect and knowledge of one’s own limitations and failings as well as strengths. A humble person may still think highly of themselves. They appreciate they may be better than others in some respects but not put themselves above others.

How often have we heard of someone at the top of their game let success get to their head? They become arrogant. Ultimately, they stumbled and fell. The damage to pride was is felt more than any physical harm or financial loss.

Humility comes from the word “humous” or soil. From humility other virtues grow. Humiliation is the bitter pill that people

swallow when hubris and pride get in the way and life then pulls the rug from under them. Life has a habit of reminding us to be humble or risk humiliation.

Yoda, Obi-wan Kenobi, Qui-Gon Jinn, Princess Leia all showed humility yet strength of character. Combined the traits conquer pride and hubris, overcome arrogance and gain respect and admiration from others. They went further than that. Through humility each of the characters were prepared to sacrifice themselves for a cause greater than themselves. Self-sacrifice and humility are not only great virtues but the mark of a true leader.

The Jedi Order was overthrown by a plot executed by Darth Sidious. The Jedi had long betrayed its humble roots for power, prestige, influence, and position. Pride, politics and finally hypocrisy and hubris left the order hollow and ready to be exploited by the Dark Side

*“Don’t get cocky”* – Han Solo

It is easy to “get cocky” and confident as things go well. But what happens when they do not? Where is that “cockiness” now? Anakin let his self-confidence grow to arrogant pride and finally hubris leading to his fall to the Dark Side.

To be Jedi is to be humble and willing to sacrifice. The path is not an easy one. Those that are not humble and willing to sacrifice ease, comfort, conceit, arrogance and what is expedient are likely to fail.

Your focus should be on acknowledging that you still have a lot to learn and can always work on improving yourself. The journey never ends, and you never stop learning, if you are humble enough and willing to do the work.



**DAY 240**

*“The ability to speak does not make you intelligent.”* – Qui Gon  
Jinn

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 241**

*“Smaller in number are we, but larger in mind.” - Yoda*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 242**

*“There is always a bigger Fish.”* - Qui Gon Jinn

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 243**

*“If you strip away the myth and look at their deeds, the legacy of the Jedi is failure. Hypocrisy, hubris.” – Luke Skywalker*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 244**

*“Without humility, courage is a dangerous game.”* – The Clone Wars

**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:
