

## WEEK 36 COMPASSION

*“Compassion, which I would define as unconditional love, is essential to a Jedi’s life.” – Anakin*

*Compassion is central to a Jedi’s life. We need to have love and compassion for ourselves first and foremost, and then let that compassion gravitate outwards to the whole creation - (33 Jedi Traits)*

*Metta* is the Buddhist practice of “Loving Kindness”. Buddhists believe that compassion for all living things is vital as all life is precious. With compassion and loving-kindness, the karmic consequences from past lives can be reversed and the Adherent can become a Bodhisattva, an “awakened one”.

The Bodhisattva postpones their transcendence to Nirvana for the sake of compassion for all life. Imagine that, to willingly seek to take on all the worlds suffering. These Buddhists feel compassion for all life. Like Yoda, they take the “passion” out of “compassion” and replace it with loving kindness.

The word compassion means “with passion” or “to suffer with”. Anakin and Luke both felt uncontrolled compassion for others and allowed that emotion to cloud their judgement. This misguided compassion ultimately led Anakin to the Dark Side and almost destroyed Luke as well as he attempted to rescue his friends on Cloud City.

Mindful compassion and empathy on the other hand allowed Luke to put aside his passion and spare his Father. In an instant Luke was awakened to the fact that he did not need to have conflicting passions. Luke chose to understand the suffering of Darth Vader and put an end to it. Luke refused to feed the fear, anger, and hatred that Darth Sidious demanded. Through loving kindness, he defeated the Sith Lord and redeemed his Father.

During his captivity under the *Zygerrian* Slavers, Obi-wan Kenobi was almost broken. Obi-wan suffered from a crisis of compassion. The more he tried to help his fellow slaves the more they were punished by their captors. As he rushed to intervene to stop an act of cruelty, a guard would rush in and take a whip to him and then punish the slave even more.

The cruelty to others was too much for Obi-wan, he suffered because he could not help and when he tried it made matters worse. Eventually the other slaves shunned Obi-wan telling him to keep away. After the second battle of Christophsis, Obi-wan also suffered the emotional toll of having so many friends killed around him.

Obi-wan had a compassionate heart, unlike Yoda he was not always able to see clearly beyond his concern and anxiety for the suffering of others. The fall of his student and friend Anakin on the lava flows of Mustafar almost drove Obi-wan to despair such was his overwhelming compassion and grief. Being overanxious for others does not help anyone, least of all ourselves. Yoda had compassion and serenity without attachment. Yoda did not suffer for the sake of others.

You can react with blind compassion, to do so can ignite an emotion, often raw and irrational. To respond with empathy is to use one's heart with a brain attached. By acting with *Metta* you combine heart, soul and mind together in a mindful way.

You recognize the suffering of others and willingly take that suffering from them. Instead of attaching your emotions, you let it go. This leads to healing. Use empathy and mindful action to make a difference. You can stand in a storm of tragedy and chaos and not let it affect your serenity.

This is the true nature of Jedi compassion. Embrace it.

**DAY 246**

*“Attachment is not compassion”* – The Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

**DAY 247**

*“Attachment is forbidden.” – Anakin*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 248**

*“Possession is forbidden.” - Anakin*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 249**

*“Compassion, which I would define as unconditional love, is essential to a Jedi's life” - Anakin*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 250**

*“You might say that we are encouraged to love.” – Anakin*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 251**

*“The Sith rely on their passion for their strength. They think inward, only about themselves.” – Anakin*

**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:
