

WEEK 37 SIMPLICITY

“Train yourself to let go of everything you fear to lose” – Yoda

Jedi work on ‘letting go’ of their attachments and train themselves on this. The fear of loss of one’s attachments leads to the dark side, so a ‘letting go’ and ‘trusting in the will of the Force’ attitude needs to be developed gradually to overcome this fear of loss. Everything really belongs to the Force anyhow, so we need to trust the Force, and not be so attached to people and possessions. - (33 Jedi Traits)

Buddhists believe that the fundamental cause of suffering is attachment. The premise is not solely with one religion. All the mainstream faiths warn followers of becoming overly attached to earthly possessions, title, bodies, relationships, and beliefs. With attachment comes the fear of losing what one is attached to.

People forget that all the things that are valued; all that is taken for granted and cherished is impermanent by nature. Any or all of them can be removed at any time. Nothing lasts forever and all things must change and eventually end. Everything ultimately returns to the Force.

Grasping attachment and the fear of losing what was most dear to him ultimately led Anakin to the Dark Side. Not happy to simply accept things as they were, Anakin wanted to control the Force to his will and claim ultimate power, the power over life and death. In his fear Anakin lost everything that was dear to him and became a tortured servant of the Dark Lord.

The Fictional Jedi were expected to follow the precept of non-attachment. For this reason, they were not allowed to marry or have children or carry on as normal Galactic citizens might have done. Their commitment was like being in a Monastic Order or perhaps even the Army of some countries. Personal possessions

were eschewed as were other attachments that the rest of us take for granted. A Jedi's possessions were usually limited to a robe and undergarments, a utility belt and lightsaber and enough credits to complete the mission and live frugally.

Allegiance to the Jedi Order demanded simplicity and purpose. By living simply, the Jedi were never distracted from their primary purpose of service to the Order and the Republic. The Jedi also kept their internal world well-ordered and simple. The Jedi demonstrated equanimity and dispassion as a result.

Being Jedi does not mean one should give away all your possessions away and start to live the life of a Monk. Being Jedi also means being reasoned and rational. Most sane people are not prepared to just hand their world possessions over and become a Monk, walking away from family and job. One can still own wealth and possessions as well as possess title and fame. But are you dependent on these things? Can you loosen your attachment to them? Can you contemplate and ultimately accept their loss? Do you really need your life to be full of clutter anyway? Can you simplify and minimalize?

List all the things that take up our time and attention. What do you enjoy doing? Are you doing things which take up time but bring you no joy or return? Decide which you would be better off without and drop it.

Review your consumer patterns. Take a shopping list with you or decide on what you are going to buy and then buy it. Avoid making purchases on impulse and ask yourself whether you need it or just want it. Remember, wants are not needs.

Go through your wardrobe and garage. Do you really need all the clothes hanging up? One way is to turn all your clothes and shoes to face one way. Every time you take something and put it back have it facing the opposite direction. After a year take all the items that were not moved and donate them to good-will. Take all of your horded clutter out on to the lawn and divide

them into categories based on their utility and purpose. If you have stuff sitting there for years which has not been used, donate it if it may be of use to others or throw it out.

Occasionally review your life and take stock. Not just where you are financially, in your career, or on the journey to achieving your goals; review your internal values system. Are your values consistent with who you are and who you want to be? Ask what you care about, what is your purpose and what do you want out of life. Decide whether your values match your principles and agree with your goals. *Remember that values define you, principles are the way you express them, and goals are where you want to take your life.*

Life can be lived from one day to the next mindfully or we can spend it in anxiety ridden anticipation of loss and catastrophe. We can spend our days clutching on to our money, possessions and life or we can loosen the bonds that tie us to this world a little. Do we hold a Dove in hand so tight that we squeeze the life out of it, or do we hold it gently and loosely and willingly let it go when the time comes?

You do not lose what you let go, it all belongs to the Force anyway.

DAY 253

*“Attachment leads to jealousy. The shadow of greed that is” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 254

“Easy isn’t always simple.” – The Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 255

“Easy is the path to wisdom for those not blinded by ego.” – The Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 256

“I don’t know, Chewie... fly casual!” – Han Solo

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 257

“If there’s one thing I’ve learned from you, master, it’s that following direct orders isn’t always the best way to solve a problem.” – Ahsoka Tano

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 258

“For 800 years have I trained Jedi. My own counsel will I keep on who is to be trained! A Jedi must have the deepest commitment, the most serious mind.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 259

“That is why you fail”– 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:
