

WEEK 39 REALISM

“Many of the truths that we cling to depend on our point of view.” – Obi-wan Kenobi

Pause and assess where you are on your journey. Do outcomes match expectations? Are you pleased or disappointed with your progress? Are you converted or disillusioned? Do your initial prejudices and perceptions match up with reality?

It is often easy to start something and once it becomes too hard doubts begin to set in. How things were imagined do not become reality and we lose sight of the vision that spurred us to start in the first place. You are only human and will make mistakes and wrong calls. There is also no such thing as perfect progress.

If you came into this expecting perfection you will be disappointed. Eventually you will be let down. Sometimes by others but mostly by yourself.

Now is the time to take a reality check. After months and years of walking the Jedi Path it is easy to lose sight of reality. Jedi philosophy is rooted in pragmatism and realism. If it had no real world use it would have no purpose.

The Jedi understood the chaotic nature of reality. They appreciated the randomness and unpredictability of events. To achieve their purpose, they sought to balance the Force within themselves. Emotions were kept in check but not repressed. Opinions mattered but were not accepted as absolute truth. Absolutes were rejected and ideas welcomed and judged by their merits and not by prejudice or preconceived notions.

Behind the chaos of reality was the duality of the Force, the energies emitted by the light and dark sides of Ashla and Bogan. The goal of the Jedi was to seek balance within themselves

through the Force. By achieving balance they could come closer to bringing balance and harmony to the Galaxy.

Those that achieved balance with the Force were united with it. Through transmutation of the physical to the Force they became one with it and achieved enlightenment. This is the Star Wars depiction of transcendence to perfection. It may be fiction, but it is inspired by eastern and western philosophies and traditions that you can use in your own spiritual journey.

Star Wars is a fictional fantasy made for entertainment after all, but the stories and archetypes serve as modern surrogates to the symbols and myths which are part of the human makeup. The Jedi do not exist however the fictional order provides a model which can be used for self-improvement. Star Wars can be an inspiration as much as the Greek myths or Arthurian Legends.

Were the heroes of the ancient myths and legends perfect? Did they sometimes fall on their faces and crawl before they finished what had been started? Luke Skywalker did and with regularity. No hero, national treasure or legendary figure historic or contemporary was perfect and without fault.

In the beginning on Tatooine, Luke Skywalker gazed out at the setting suns and dreamt of a life as a fighter pilot in the Rebellion. Luke soon discovered that a life of adventure and heroism was not what he expected. There would be many failures along the way, and he would encounter his shadow, doubts and many fears. In the end he would face and overcome them all.

Later Luke would realize that the Hero's Journey does not start and end once in a lifetime. Life is a constant struggle and it rarely turns out the way we hoped but it often turns out the way we need it to. The journey comes to an end in ways that can not be imagined. The question is how will you face it when it comes?

Be hard on yourself but be kind at the same time. The Buddha rejected a life of luxury and spent years pushing his body to the

limits through self-deprivation only to discover the Middle Path was the path to enlightenment. The Buddha taught that rejecting extremes and taking a realistic path will lead to insight which leads to wisdom, calmness and finally nirvana.

Be realistic with yourself and others. Do not expect things to always turn out as planned. Flexibility is a trait of the resilient person. Change is inevitable and you can either resist and fight it or adapt and live with it. Those that are resilient choose the latter. Progress will be slow, but it will happen if you are patient.

Obi-wan Kenobi, Yoda, Anakin and Luke Skywalker all transcended to the Force. Obi-wan Kenobi and Yoda lived the Middle Path and transcended effortlessly. Anakin and Luke realized the truth more dramatically, but it was their final acceptance of reality and surrender to the Force that led to their transcendence and enlightenment. They also chose the Middle Path.

By taking a pragmatic and realistic approach to Jedi practice and be extension, to life you will find the Middle Path and live the Jedi Code. Realism brings about peace, knowledge, serenity, harmony, and the Force.

DAY 267

“Your eyes can deceive you; don’t trust them.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 268

“The Force will be my guide.” – Je’daii Lanoree “Into the Void”

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 269

“Luminous beings are we. Not this crude matter.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 270

*“No longer certain that one ever does win a war, I am.” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 271

“Enter our Temple unbidden, you have. Leaving it will not be easy, you will find.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 272

“Most powerful is he who controls his own power.” – Moral
“The Clone Wars – Lair of Grievous”

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 273

“Truth enlightens the mind, but won’t always bring happiness to your heart.” – Moral “The Clone Wars – Hidden Enemy”

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:
