

WEEK 4 JEDI METHOD

“A Jedi must have the deepest commitment, the most serious mind.” – Yoda

Continuing from the theme of Intent it is important to understand the “Jedi Method”.

The Jedi Method is a formula used to apply mindfulness into our actions. Our desire is for an outcome which aligns with our values. The Jedi Method states:

$$\text{Intent} + \text{Action} = \text{Outcome}$$

If our Intent is right and our actions follow suit than there is a high likelihood, while never guaranteed, that outcome will agree with action and intent. Action and Intent is applied in a world in which we do not exercise supreme control over all external factors. We cannot foresee the future or account for every single possible variable. Our Knowledge is incomplete. We only have what we control (Intent and Action). Outcome is not always in our control.

1. Ask yourself before committing to an action “*Could this action lead to suffering?*” If the answer is “yes” reconsider it after applying ethics and your personal value system to a decision.
2. During the action ask, “*Is this action causing suffering?*” if so, then reconsider the need to continue or make adjustments that correct the error.
3. After the action consider “*Will this action lead to suffering?*” if so, then seek to remedy, learn from it, and avoid repetition in the future.

“Ends do not justify the means”. “The road to hell is paved with good intentions”. These are aphorisms that hold true. Remember these.

To be Jedi is to be mindful of intent, action, and outcome. Always ask do my intent and actions align with my values and principles as a Jedi? Do they agree with the Jedi Code? Will the outcomes be something that will benefit others as well as myself?

Remember that the answers to these questions will often depend on your viewpoint and motivations. Human bias ensures that the individual will interpret their actions as better intended than others. Human tragedies have often resulted from the “best of intentions”. If unsure, ask someone you trust.

We live in an imperfect system and everyone makes mistakes. All that one can reasonably expect is that we take due diligence in our actions. We are accountable and responsible for the choices we make. If our intent is challenged, we can defend our actions with conviction and without hesitation.

DAY 22

“Focus on what you can do, instead of what you can't.”
- Qui-Gon Jinn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 23

*“Few things of worth were accomplished in life without risk.” -
Qui-Gon Jinn*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 24

“Acceptance doesn’t guard you from regret.” - Qui-Gon Jinn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 25

“Sometimes we must let go of our pride and do what is requested of us.” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 26

“An affinity for combat was a necessary evil, but one that could be tolerated only when a Jedi held himself back and used it only to defend people. Seeing the line between offensive action and defensive was, at the best of times, difficult.” - Luke Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 27

“That’s good. You’ve taken your first step into a larger world.”
– Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 28

“A Jedi must have the deepest commitment, the most serious mind.” – 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:
