

## WEEK 40 THE TRIALS

*“I am ready to face the Trials.”* – Obi-Wan Kenobi

On a journey you must sometimes take a rough path through a dark forest. In that dark place you will at times be forced to overcome fears and confront your Shadow. The Dark Side is not a physical destination but a part of who you are. There is no denying that every person harbors a Dark Side deep within. Most will never meet their Shadow, but it is a necessary part of becoming integrated and realizing one’s full potential in life.

The Trails were a part of Jedi Training. They tested the physical, mental, and emotional limits of the Jedi as well as their command of the Force. The Trials also forced the Jedi to confront their arrogance, weaknesses, and self-doubts and overcome them.

On Dagobah, Luke Skywalker was sent into the Dark Side cave where he came face to with his Shadow. Yoda knew what darkness resided within Luke and feared that Darth Vader would exploit that to bring him to the Dark Side. Luke had to overcome that challenge by recognizing what lay within him.

What lies within you? The Jedi were required to undertake the five trials of Skill, Courage, Flesh, Spirit, and Insight to reveal the answer and prove themselves ready for Knighthood. There were nine elements to overcome: teamwork, isolation, fear, anger, betrayal, focus, instinct, forgiveness, and protection. Each drove the Jedi Padawan to the brink and forced them to confront themselves as well the challenge they faced.

Over the remainder of this journey, you will be forced in to the dark unknown and challenged. You will explore your darker side and ask yourself important questions. You will be required to look hard in the mirror and confront doubts, fears, and weaknesses. Layers will be peeled back as you begin to discover who you truly are. Are you ready to venture into the cave and peer in the mirror?

**DAY 274**

*“This is to be a test of your knighthood. You and your companions must make your own way through the difficulties you will encounter.” - Arca Jeth*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 275**

*“What’s in there?” – Lue Skywalker*

*“Only what you take with you” – Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 276**

*“And he endured an atrocious Trial of the Flesh at the hands of Count Dooku.” – Obi-wan Kenobi (speaking of Anakin)*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 277**

*“I’m...I’m sorry for my behavior, Master. It is not my place to disagree with you. I am grateful you think I am ready for the trials.” – Obi-wan Kenobi*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 278**

*“You have been a good apprentice. You are much wiser than I am, Obi-Wan. I foresee you will become a great Jedi Knight..”*

– Qui-Gon Jinn

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 279**

*“I am ready to face the Trials.”* – Obi-Wan Kenobi

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 280**

*“I'm ready for the trials. I know I am! He knows it too. He believes I'm too unpredictable...Other Jedi my age have gone through the trials and made it..I know I started my training late... but he won't let me move on.” - 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:
