

WEEK 43 PERFECTIONISM

“That is why you Fail.” – Yoda

There is no such thing as perfect practice. Perfection may be possible in the Star Wars Universe, but it does not exist in our world. It may be a noble goal and a target to aspire towards but anything and everything can be improved upon. In your practice you should strive for progress not perfection.

Perfectionism can undo all your work and best effort. The price of perfectionism is disappointment and failure. Failing to reach perfection you eventually grow weary and despondent and give up. Some people never start because they are held back by perfectionist goals. Rather than fail in their attempts they choose not to start.

Anakin was a perfectionist. When his demands for flawless performance, unconditional love and perfect obedience did not transpire he became unhappy, frustrated, resentful, and angry. Impatient with himself and others he demanded his ideal be realized. The Jedi Order would not recognize his mastery in all aspects of training. Anakin sought not only to be a Jedi Master but to go beyond perfecting his control over the Force and all life by becoming the most powerful force in the Galaxy. Perfectionism was his downfall because it was extreme and toxic.

Luke Skywalker sought perfection in his training and wanted everything to go his way. Failing to achieve a level of perfection in his training he would convince himself that it was impossible. The perfectionist mindset became the stumbling block which prevented himself from letting go of unrealistic expectations and settling for the best that he could do.

Luke Skywalker was impatient and frustrated with his lack of progress on Dagobah and decided to depart his training before he was ready. His mistake realized, he let go of his desire to become

a Jedi Master only to later demand perfection from his student Ben Solo. The unrealistic expectations he placed on his student ended with disastrous consequences. Punishing himself for failing, Luke abandoned his duty and exiled himself, descending into self-pity. Yoda would later show Luke where he had failed. Perfection is not the goal to being a Jedi, only progress and consistency matter.

Transcendence leads to perfection through enlightenment. Yoda, Qui-Gon Jinn, Obi-wan Kenobi, Anakin and finally Luke Skywalker all become one with the Force achieving perfection in the spiritual realm.

Star Wars is Fantasy. One might go a long way in their training and achieve a high level of competency maybe even mastery in their practice, but you will never reach transcendence and enlightenment.

In Buddhism it is believed that anyone who claims to be enlightened is not. Those that claim perfect practice also miss the mark.

What is perfection anyway? It is an abstraction, an illusion and a state that is impossible to achieve. No two people will agree on what represents perfection. Perfectionists are never happy. You must set your own goals and expectations and strive for progress not perfection. Be happy with the best that you can do, nothing more, nothing less.

DAY 295

“Let go of your conscious self and act on instinct” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 296

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

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 297

“Trust in the Force” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 299

“No. Not yet. One thing remains. Vader. You must confront Vader. Then, only then, a Jedi will you be. And confront him you will.” - Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 301

“I have failed you, Anakin. I have failed you!” – Obi-wan Kenobi

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:
