

WEEK 45 BIAS

“Every Jedi, in every task, should prepare for the possibility of failure.” – Yoda

Overconfidence leads to bias which leads to blindness. Unable and unwilling to clearly see all sides of a situation you are at an immediate disadvantage and more likely to fail. Always be aware of your own prejudices and biases. In the real world there is no dark side or light side, there is only shades of grey.

Society is highly polarized. People more than ever choose their sides. Echo chambers exist that people can retreat to be with their tribe. People no longer want to engage in reasoned debate with contrary or opposing views. Dissenting opinion is longer tolerated. The culture war is in full swing and it is driven by bias.

It is easy to be drawn into dogma because there is no need to think. Free thought and reason can be dispensed with. All the answers are conveniently packaged. When views and evidence is presented that challenges the narrative it can be dismissed and attacked and suppressed.

The Jedi Order had a code which provided guidance for conduct. Jedi were expected to exercise a high level of self-discipline. A hierarchy based on seniority and merit existed. Dogma was generally avoided. Even Jedi stalwarts like Mace Windu were gate keepers of tradition more than religious zealots demanding blind adherence to dogma. Jedi were encouraged to think for themselves, to be free thinkers and to use the Force and the Jedi Code to guide them. This freed the Jedi to avoid being blinded by bias and to use reason and logic in decision making.

Of course, reality was far from perfect. The Jedi Council had biases as did the Jedi that were part of it. The mission of the Jedi was to serve and protect the Republic. The function of the Jedi was diverse, but it became increasingly entrenched in politics and

power plays. As a result, it became influenced by the machinations of power. Biases were formed and dictated decisions within the Jedi Council. In the end the Jedi became a tool and plaything for Palpatine's pleasure. The Chancellor was able to manipulate their biases to his advantage and schemes.

If Anakin were a real person he would be viewed as inflexible, intolerant, narrow minded and extremely bias in his views. Anakin hated the Tuscan Raiders and it is a wonder he did not seek to have them wiped out when he became Darth Vader. In battle Anakin could be merciless and would stretch the boundaries of the Jedi Code. On more than one occasion he let his extreme prejudice dictate his actions leading him to commit summary executions in the field. Anakin was always careful to frame his actions as justified and in the interests of the Republic.

Darth Vader was the ultimate manifestation of Anakin's shadow. Darth Vader was not evil he was blighted with extreme bias that refused to entertain any view contrary to his or his Master's. As a result, Vader was capable of the most extreme atrocities.

Be mindful of your own biases. Always apply reason, logic and your own personal principles when making decisions. The Jedi Method is a tool you can use to help you remain impartial and objective. Avoid judgements that are grounded in bias. You know what is true and what is false. Search for the answer in your heart if you are unsure.

Always seek to understand others. Never dismiss any argument or idea without consideration. Value the opinions of others even if you disagree with them. All people have a right to be heard and treated with dignity and respect. You may disagree vehemently but that does not excuse poor treatment, disrespect, or violence.

Remember that everyone forms their own biases. You are welcome to challenge their beliefs and reason with them but should never seek to cause them harm. You can have your biases but never allow them to control your actions. Use the Jedi Code.

DAY 309

“Much to learn, you still have.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 310

*“Who we are never changes, who we think we are does.” –
The Clone Wars “Bounty”*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 311

“Obi-Wan. Now there’s a name I’ve not heard in a long, long time. A long time” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 312

*“Who’s more foolish, the fool or the fool who follows him?” –
Obi-wan Kenobi*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 313

“Luke, you’re going to find that many of the truths we cling to depend greatly on our own point of view.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 314

“The truth is often what we make of it; you heard what you wanted to hear, believed what you wanted to believe.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 315

“Only a Sith deals in absolutes” – 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:
