

WEEK 47 OBSTINANCE

“Never tell me the odds!” – Han Solo

Being stubborn can have both positive and negatives. Stubborn people often get things done and achieve their goals because they refuse to give up. Refusing to compromise on principles and values can also be a virtue because it means you are less likely to betray them. For example, you can be stubborn in your refusal to betray friends or cheat in a game.

Obstinance on the other hand is being stubborn to the point where it is counterproductive and actually harmful to you or others. You may refuse to bend to a certain rule or are inflexible in making demands or in your expectations of others. Being stubborn with yourself may also be harmful. For example, you may push yourself or others to the limit physically or mentally not settling for anything less causing harm or injury. Perfectionists can be obstinate, and we know that perfectionism can also be a flaw.

The Jedi could be stubborn, but they were rarely obstinate. To get through Jedi training a Padawan had to have perseverance, persistence, commitment, and stubbornness. A Jedi had to be stubborn when required but also remain agile and flexible with changing circumstances. Failure to quickly adapt with change could have severe consequences. A Jedi that blindly followed orders or protocol could find themselves quickly overcome in battle or unable to make decisions on the fly.

Anakin could be stubborn in his convictions especially on matters that he felt were important to him. This stubbornness extended to his feeling towards others. Anakin’s love and devotion for Padmé was undeniable as was his loyalty to Ahsoka, Obi-wan, and his troops. Anakin’s stubborn nature was his undoing. The Force had to be bent to his will. Others had to submit to his demands. Unable to let go and let things be as they are, he insisted on control. In the end that stubborn nature fed the madness that consumed him.

DAY 324

“A Jedi uses the Force for knowledge and defense, never for attack.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 325

“Be mindful of your thoughts, Anakin, they betray you.” – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 326

“The Sith rely on their passion for their strength. They think inward, only about themselves.” – Anakin

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 327

“Don’t you see? We don’t have to run away anymore! I am more powerful than the Chancellor, I... I can overthrow him! And together, you and I can rule the galaxy! Make things the way we want them to be!” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 328

“I will be the most powerful Jedi ever. I promise you. I will even learn to stop people from dying.” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 329

“Something’s happening. I’m not the Jedi I should be. I want more. And I know I shouldn’t.” - 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:
