

WEEK 8 MEDITATION

“You will know (the good from the bad) when you are calm, at peace, passive.” – Yoda

When we think of the Buddha, we imagine a spiritual person sitting in a lotus position meditating. There is a serene expression on his face. The image captures a sense of peace, calm, and equanimity. Nothing could disturb that state. Meditation is like a peddle in a pond but it also a rock in a sea of chaos. By sitting you clear your mind of the noise and pollution of the day. Meditation allows us to unify body, mind and soul for a short time. You are unified with your true state of being.

To Jedi the practice of meditation is more than a daily practice or a discipline. The Jedi use meditation and contemplation to better understand the nature of the Force and to seek connection with the Force that resides within.

The fictional Jedi are often presented in the state of meditation. Yoda levitating above a forest floor, Obi-Wan Kenobi cross legged with eyes closed and head tilted slightly forward, his back straight and hands cupped before him is how we imagine it. Yet meditation need not seem mysterious or mystical. It is not the sole domain of Monastics, Warrior-Monks and Mystics.

Meditation is not about escape or withdrawal from life it is about being completely in engaged in life. It is about knowing yourself. The reason to meditate is to bring body, mind, and soul to the present moment and to who you truly are.

Meditation is not zoning out as some would believe. It is being completely aware of what is going on inside and outside of yourself. You are allowing your body to sleep while the mind is completely awake, present, and engaged without being distracted. Meditation is an active process of focus and attention in the present moment.

Meditation is a personal practice. Each person will find a different way to sit in meditation or contemplation. It can be done lying down, sitting, in a lotus position or even walking. Lying down may bring on sleep and the lotus position can be painful. You can use a straight back chair and sit with both feet on the floor and hands crossed on your lap. With head tilted slightly forward, get comfortable and take three deep breaths to clear your mind. Now close your eyes and commence a mantra or listen to a guided meditation. Otherwise relax your eyes and focus on an object a few feet away. Allow your awareness to expand outward, growing larger with every breath.

Now allow yourself to relax completely and scan your body from feet to head. Linger at each body part imagine a white light there enveloping it and glowing softly. As you work your focus upward feel each body part releasing and relaxing as the light spreads. With the end of the body scan return to the breath or the mantra or continue to allow the guide to take you through the meditation. If thoughts start to form in your mind, simply let them go imagining them to be like clouds passing in the wind. Allow any body distractions such as itching or aches to gently dissipate without getting distracted. Shift your body slightly or scratch the itch if required and resume focus without breaking attention. As the time comes allow yourself to gently exit the meditation. Look around you and see how everything appears clearer and sharper.

You can meditate to music, a meditation chime or simply by following the breath. Some people use a mantra to help them focus. You can use “*calm, at peace, passive*”, each word follows the other with the breath. “*I am one with the Force and the Force is with me*” is another mantra that can be used. You can meditate indoors or find a quiet and secluded place. An accomplished practitioner can meditate anywhere.

How and where you meditate is up to you. You will get the most benefit if you practice daily for 20 minutes or more. The benefits are emotional and spiritual balance and stability. Meditation leads to peace, harmony, and serenity.

DAY 53

“For my ally is the Force, and a powerful ally it is.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 54

“a Jedi can feel the Force flowing through him”. – Obi-wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 56

“You will know (the good from the bad) when you are calm, at peace” – 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:
