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JEDI REALIST STUDIES**

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Creed 101: The Jedi Code

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The Jedi Code

Introduction

There are many things you will learn upon your online and offline path to be a Jedi Knight. Something that may surprise you to learn is that at the IJRS, it's going to take you a while to get there. One of the other bits of information you may wonder about is that there are few things more fractious to the community than the Jedi Code.

There are many reasons for the Code to be as such. On one hand, there are those who would say that the Code isn't cannon. It's not found in the movies and there are several versions which can be found in the Expanded Star Wars Universe from which it sprang. On the other hand, there are those whose very purpose of being a Jedi Realist is based solidly upon one of the Jedi Codes.

Also to be considered, within Star Wars fiction the Old Republic Jedi lived by one type of the Jedi Code and Luke Skywalker designed a totally different 'mission statement' style Code from which New Order Jedi would work from.

There is also the fact that the fictional time-line for the Code and sub sequential versions was not released in a linear order. This is important because it can - and does - affect a Jedi Realist's judgement as to which one seems more 'proper' to them.

Before the end of the course, we will take the time to compare the different versions of the Code. Much like all important things in life, each one resonates uniquely and you may find one that is more 'in tune' with you and your life.

For the purposes of this course, we will use the Odan-Urr version which reads like this:

*There is no emotion, there is peace.
There is no ignorance, there is knowledge.
There is no passion, there is serenity.
There is no death, there is the Force.*

There is a version of this which was seen in the Knights of the Old Republic video game version which added:

*There is no emotion, there is peace.
There is no ignorance, there is knowledge.
There is no passion, there is serenity.
There is no chaos, there is harmony.
There is no death, there is the Force.*

For this course, we will choose not to use the version from the video game. This is not a judgement on that version and in fact we will address the added line when we compare the different versions.

In the end, you may decide one of these versions of the Jedi Code is useful to you. You may also come to the conclusion that NONE of the codes reflect you as a Jedi Realist. You need not follow my opinion, but I will tell you that any of the choices the Force moves to you take is the right one for you. Just remember that the Force may move others to different choices – and that's OK too.

It is my sincerest hope is that you find this course inspirational.

Beral Kahn

IJRS Instructor

Beginning Exercise

Initial Thoughts

To know where you are, you have to first look to where you have been. In this case, we need to examine the code as a whole and contemplate what we think about it prior to studying it.

There is no emotion, there is peace.

There is no ignorance, there is knowledge.

There is no passion, there is serenity.

There is no death, there is the Force.

To some Jedi, we look at the code and it may see it as a pledge of allegiance to the Jedi Realist. To others, the Code appears as a writ designed to tell them how to live each day. And to an even different group of Jedi, the Code is an instruction to how life works. A few feel it should be taken literally, others figuratively and some just think it's a good idea. There is also some Jedi Realists who do not use it at all.

In the upcoming lessons, we will see but ONE point of view as to how the code is best used as a Jedi Realist.

EXERCISE

To begin learning about the Code, take some time (I will not tell you how much – that is up to you and the Force) to read over a few times this version of the Jedi Code. When you are ready, record your thoughts on it. First over all – how does it make you feel when you contemplate it? Maybe it doesn't make you feel anything? There are no right or wrong answers to this exercise.

Next, take each line and record how YOU would define its meaning. Again, there are no wrong or right answers. The point of this exercise is to let you see where you are at the beginning of this course.

Please post your findings (and all future assignments) in your Training Journal and on the Creed 101 training area of the IJRS Forums. Once you have done that task, you will be ready to move onto the first lesson.

Lesson One: The First Stanza

There is no emotion, there is peace.

I believe you will find that each of these lines are mantras to help a Jedi Realist focus on the 'Now.' Or to put it another way, a Jedi Realist strives to be focused on the present.

Of course there is going to be emotions in our lives. Being human, it is a part of how we are made. So this stanza is there to help us when our emotions have taken us away from the present.

Emotions that make us feel both happy and sad can transport our minds back to the past. Many times we play out the scenes of recalled emotions and re-live how those emotions came to be or the result of those emotions.

And while we must be mindful of our future, emotions can also transport us there as well. Hope, fear, anxiety of what is about to be or that which we hope will be takes away our focus on the present.

This is where the first stanza helps us as Jedi Realists maintain our focus on the present. When there is emotion that we do not wish to have – for whatever reason – we can state: 'There is no emotion there is peace.' We can use it to remind ourselves that we strive for internal peace. We basically are telling our minds to let go of the emotions (for now at least) and allow peace to be within.

Why is this important?

First and foremost, we, as Jedi Realist, maintain a connection with the Force in a way that makes us much more aware of it than others. As the Force flows through us and around us, being at peace allows us a more open and honest connection. The Force may have come from the past and is moving into the future, but our connection to it is in the present.

EXERCISE

Use the concept of quelling emotions by focusing on inner peace by actually repeating 'There is no emotion there is peace'

Sometime over the next few days (when the Force moves you to) when you are feeling any type of strong emotion, repeat the first stanza a few times. While doing so take deep breaths and slowly release the air like this:

Breathe in and hold for a second.

Breathe out slow saying 'There is no emotion,' and hold for a second.

Breathe in slowly saying 'There is peace,' and hold for a second.

Repeat this a few times, until you feel you are either at peace or no longer wish to continue.

Be sure to journal your results so that you can look back on them as you progress as a Jedi Realist.

Lesson Two: The Second Stanza

There is no ignorance, there is knowledge.

As Jedi Realists, we all seek to have a deeper understanding of the world around us, a deeper connection with others. We get all of that and more when what we learn to be true replaces what we thought to be true. This stanza can mean that we can replace our ignorance with knowledge.

Being Ignorant

Being ignorant means we are not aware of something. This something could be something unbelievable such as a new life form in our oceans with the ability to communicate with humans or something as mundane as what the current time might be.

Either way, it means we are making decisions based on what we think to be true and if we are ignorant we are not making decisions in congruity with the Force in as much as we could be.

Being Knowledgeable

When we have learned something new about the people places things and world around us, we make decisions base on that. Making ourselves more knowledgeable means we are more aware of our present.

By the idea that our connection with the Force is in the present moment, it means we are more likely to be more 'in tune' with the Force.

Think of gathering knowledge (aka 'data') as our way of defining our world. The more we can define the more we can make better decisions for the overall world around us.

This stanza is a really good reminder that all ignorance can be replaced with knowledge and that all things, with enough time and patience can be learned.

EXERCISE

Over the next few days (as the Force moves you) pay close attention to when you or someone else asks you something and you do not know the answer. At that moment, tell yourself 'There is no ignorance, there is knowledge.' Then, if you can, consider taking some time and learning the answers. I suggest doing this a few times maybe 3 or 4 if you can. Again, it is up to your discretion. This exercise is an excellent example of how you can help yourself continue to grow in knowledge and with the Force.

If no one gives you an opportunity here are some examples:

How do you say 'Hello' in India, Egypt, New Zealand and Hawaii?

What do you do in a case of a choking pet?

Be sure to record your results in your journal.

Lesson Three: The Third Stanza

There is no passion, there is serenity.

One could say it is nearly a shade off of the first stanza. By definition, passion IS an emotion. As in all things, we must look to understand the context of the use of the word in this stanza.

Passion

When a person's focus is such that all else is ignored, we often say they have a passion for that focus. It is this that a Jedi Realist must look to avoid. Whereas general emotion, as stated in the first stanza, can cloud a person's judgement, true passion can blind them.

Passion can be seen as a lit fuse of a Roman candle and serenity can be seen as a lit wick of a wax candle. In passion we see the world in a very narrow and often selfish point of view. Take falling in love as an example. When you first fall in love you are passionate about them.

In this definition passionate means they consume your thoughts. You think about the time you did spend with them, and the time you are going to spend with them – not mindful of the present except to think you are sad because they aren't with you at that time. It affects your judgement in a way that will always favor your relationship with the object of your passion before all else.

There are those who would claim their passion is a good thing. It is true that being passionate about something can certainly help us accomplish much in those particular areas. That same strong focus could also cause us to overlook important things outside of that for which we are passionate.

Serenity

To have serenity we must be serene. This can be related with being at peace, of course, but again we must take it in context. Wherein passion is a drive to a singular goal, serenity is a bright unclouded calm.

With serenity, we see things are they are. No matter how chaotic things may be around us. This does not mean we cannot have joy or be focused. The difference is WHY we are focused. It means we are focused on a particular thing because it is the task at hand, not, necessarily because it is the task we want done.

Where Passion makes us focus on a particular thing making us blind to all else, serenity means we are open and aware of all things around us. Still intent on being motivated but not so engrossed in one thing that we miss something important outside of our focus.

EXERCISE

In your journal, make a list of 3 to 5 most important people, projects or objects in your life. What is it that you feel passionate about? These would be anyone or anything that comes first to mind when making decisions.

When you take the time to consider each area on your list, what other areas of your life do not get the attention you would like to give them due to being overshadowed the more important ones? We are often passionate about people or things and are not aware of it.

This exercise is not to say you shouldn't have these priorities or that you shouldn't have passion for the people or things on your list. Its purpose is for awareness.

Lesson Four: The Fourth Stanza

There is no death there is the Force.

Death

We know all living things die. The key here is to recognize that stanza four **does not say** things do not die. It says 'there is no **death**.' In this case 'death' refers to the time after one has died.

The act of dying is one of change. This doesn't just refer to physical death. When things have changed from one form to another, we no longer see them in the form they were. The previous form has changed – or in other words 'died.' It is something different.

But, has it ceased to exist? No.

As it is true of a seed that dies to become a tree so does the tree die but drops the fruit. The fruit ripens and drops a seed. The seed grows to become another tree. At what point does the tree/seed/fruit ever truly cease to exist?

Force

We won't go deeply into the Force here – there's a whole set of courses for such things. In this case, we can see that the Force is made up of the present –the 'Now.' The present comes from EVERYTHING that has happened everywhere in the universe up to this point. The future is that past added to the present. The Force is the unequivocal truth that nothing stays in death. It is proof that all things continue in some form into the future and by knowing this, we can help shape the future by ensuring the present is peaceful, well known, and harmonious.

EXERCISE

Consider all the things around you and see their flow within the Force. Where did they come from? Where will they go? How is your relationship with them? Is it something you need to let go so it can transform into its next form? Is your relationship with those people and things around you 'in the present?'

Lesson Five: The Other Codes

The Odan-Urr Version

The first few lessons were to show you how the Jedi Code, on its surface, can help you be a better Jedi Realist.

After this code was printed in the form we covered, there were a few others said to come before and after this one. To start, let us look at the added line to the Odan-Urr version.

There is no chaos, there is harmony.

Obviously if we were trying to take this literally to mean a Jedi Realist has no chaos in their lives none of US could ever be a Jedi Realist!

In fact, this line – in the same methodology of the others - can mean that you can replace chaos with harmony.

CHAOS

Chaos can be defined as a lack of order to things in our lives. Examples of this could be physical – our house and workspaces could be messy and cluttered; emotional – we lack clear boundaries with people around us causing friction with loved ones and co-workers; or even mental – we may lack a disciplined mind that would allow us the ability to prioritize.

In these chaotic parts of our lives, we are constantly being taken back to the past via unresolved issues or missing paperwork, or forgotten appointments. We are also constantly being pushed into the future by our desire for the weekend, the thought of something challenging that needs to be overcome, the desire for a payday to be here now rather than 13 days from now.

All of this chaos causes ripples throughout our lives and into others.

As an example: Let us say that we missed a dentist appointment so we reschedule. The spot we did get should have been someone else's, but they didn't get it because we missed ours. Therefore the time they had to take because we took what would have been their appointment made them have to take away time from hearing their child play cello at their school. The child was feeling neglected and so when she didn't see their parent she didn't play as well as she could have. It was that little bit of sound that made them not take first in the competition. The viola player, had they taken first, would have been moved to play professionally and at age 25 found themselves working in another country. That summer they would have saved a person's life because they saw them fall off of a bridge and no one else did..

While hypothetical we can see the point: Every action carries weight. Thus it is important to remove as much chaos from our lives as possible. Yes, things happen and they happen ALL THE TIME and yet we can do our part as Jedi Realists and remove the chaos making things run better for all.

HARMONY

One would have thought that the non-fictional author of the code would have had us replace chaos with 'order' instead of 'harmony.' As such, we must consider it was a purposeful move. Harmony is when all things blend homogeneously. There are no sudden stops or 90 degree turns. No wondering where something is that was important yesterday. Harmony is not peace, but rather a state of being where all things fit together and blend well. This also allows us the ability to be better connected to the Force.

EXERCISE

Look for some physical clutter in your life. When you see it, confront it. Tell yourself, 'There is no chaos, there is harmony.' And then work to find a home for everything in that pile of clutter. If it's not serving a purpose, recycle it or throw it away. Keep telling yourself 'There is no chaos there, is harmony.' Once you have finished take some time to use the space and see how you feel.

Please take the time to record your thoughts and experiences on this in your journal.

When examining your life mentally and emotionally, be aware that should you need a therapist to work out your chaos, I HIGHLY RECOMMEND IT from personal experience. You will come to see harmony and understand how it can make your life better. Also be aware that personal examination can bring about forgotten memories and emotions so should you do so, use caution. Always seek help from professionals when needed.

Take some time to consider if you feel this is a part you would like to add into the Code for you to use.

Lesson 6: The Other Codes

The 'Original' Code

Next is the 'original' code.

Emotion, yet peace.

Ignorance, yet knowledge.

Passion, yet serenity.

Chaos, yet harmony.

Death, yet the Force.

This version is often preferred by those among us who prefer to use the code to filter the world.

It says to us, 'yes, we have emotion yet we are at peace; we have ignorance but there is knowledge.'

Each line is focused in this way. To some of us, this is what we strive for in our Jedi Realist life.

Rather than trying to insure we are closer to the force in the present through the exercises presented in the Odann-Urr version, we can try to be more Zen.

We can find an understanding that life is full of all these things – emotion, peace, ignorance, knowledge, passion, serenity, chaos, harmony and even death and the Force - and that if we accept them, we are more in tune with the Force.

Exercise

Take some time to record in your journal both the pros and cons that come to mind when you consider using a balanced code rather than an instructive code.

Luke Skywalker's Code

Finally, we come to the New Order Jedi code fictionally created by Luke Skywalker.

Jedi are the guardians of peace in the galaxy.

Jedi use their powers to defend and to protect.

Jedi respect all life, in any form.

Jedi serve others rather than ruling over them, for the good of the galaxy.

Jedi seek to improve themselves through knowledge and training.

Unlike its predecessors, the New Order Code is clear as to what is expected of a Jedi. There are those among us who use this to guide their path as a Jedi Realist. Others will tell us this is their Mission Statement, modified to be for the good of the planet, and that the old Jedi Code is still used in addition to this one.

All of these uses, as well as every other way you could come up with, of the Jedi Codes are acceptable. As too is the choice to not use it all. Some people have studied these Codes and were inspired to write a personal Jedi Code. This, too, is a fine thing to do.

At the beginning of this course, it is stated that the Jedi Code is one of the most fractious items of this movement. There are those among us who would say that there is only one 'right way' that the code is to be used. For them, this is true. It is also true that however the Force moves you to use it is also correct. Your Path is yours.

EXERCISE

After reading all of the codes, consider if any particular one stands out to you. Or perhaps you are moved to write your own personal Jedi Code. Be sure to journal which one you prefer or the personal one you come up with for yourself.

Lesson 7: Summary

Final Exercise

Once again, read the Jedi Code:

There is no emotion, there is peace.

There is no ignorance, there is knowledge.

There is no passion, there is serenity.

There is no death, there is the Force.

And, again, contemplate what it now means to you. Please take some time to journal what it means to you now. Not by defining each line, but rather, what it means overall to you. How did your thoughts and opinions about it change - if at all? What are your thoughts on an established Jedi Code or even a personal Jedi Code being needed for a Jedi Realist?

Further Study

Meditation Beads

One of the ways to bring yourself closer to the force is to meditate on which ever Jedi Code you chose to study. There are many ways to help yourself reinforce the message of the Code as well as help you focus during your meditation. Meditation Beads are one way that can be accomplished.

WHAT you use for meditation beads is truly a personal choice. Some Jedi Realists prefer having a set of beads in the form of a bracelet or necklace with particular types of stones used to represent each particular line. Others may use just a particular number of the same kind of bead or stone. Either way is perfectly fine.

Just how many beads or stones you have in your string is completely up to you. Sometimes people chose a particular amount that would allow them to go through the lines a few times before returning to the first one. Other times, people may choose to have just one for each line.

In the end, it is personal preference when it comes to meditation beads. If you would like to know more about their use, be sure to check out Jax's Meditation Beads.

Walking Meditation

This is an extension of the first line exercise. When walking, this exercise can help you settle your mind, help your breathing, and focus your mind on the world using the Jedi Code as a filter. I personally have found this useful for centering myself.

First, begin your walk.

Second, as you walk, take a breath, hold it for a moment, relax and let out the breath. Do this a few times to get your rhythm.

Third, as you exhale release from you the thought 'There is no emotion.'

Forth, as you inhale hear yourself saying mentally, 'There is peace.'

Repeat steps three and four for the rest of the code you use.

At the last line you will inhale thinking, 'There is the Force.'

Take a few breaths and focus on the world around you at that very moment.

Then, upon exhaling again, repeat the process.

It has been my own personal experience that this is a powerful Jedi Realist Technique for centering.

Take some time to try this yourself and record your results. Ask yourself if you were in any way affected by taking that time and how your relationship with the Jedi Code was in any way affected.

Post Script

Feel free to post on the Forums your thoughts and feelings if you wish to engage others on the subject or feel free to Personal Message me on the forums. Whatever you choose, may the Jedi Code guide you on your path of Jedi Realism and may the Force be with you.

Beral Khan

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