

The Jedi Code: Assignment 3 was created by Sarah Evans-Vallee

5/30/2022- 1) The Spiritual Art of Meditation - 10 Assignments: Completed. Setanaoko has it in her records.

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[Sarah Evans-Vallee](#)



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Replied by Sarah Evans-Vallee on topic The Jedi Code: Assignment 3

Looking over the fictional Jedi Code, which line do you feel is the most difficult to live by? Why do you feel this way, and how do you think you can work on incorporating it into your life?

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	Emotion, yet Peace Ignorance, yet Knowledge Passion, yet Serenity Chaos, yet Harmony Death, yet the Force
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The one line of the code that is difficult for me to live by is "There is no Passion, there is Serenity"

To me, this line talks about the willingness to let go of control. Control is difficult for me to let go of. I am better than I used to be but far from being perfect at it. Serenity is about being at peace with what is going on, despite of my part I played in it.

Everything that I do, I have passion for or else I would not do it. The passion arises in me as a need to control the situation instead of allowing it to be what it is. For example, I have a passion to keep someone near me sober from drugs. I do everything in my power to help them achieve sobriety. My emotion of sadness and/or fear drives this in me, knowing that if I do not help them, the inevitable will happen at some point. The guilt will become overwhelming. That is something I will need to deal with, on its own time, but for now it is my driving force. So, I do what I must to help them.

Serenity is accomplished when either I have done everything and as a result they remain sober OR I have recognized that I have done everything within my power and despite that, they continue to do it anyways. The moment of acceptance. Either way, it is when I realize that my control only goes so far. I have accepted the outcome, whatever that may be.

The AA Big Book says, in the chapter of "Acceptance was the Answer", that states ***"Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of Max (wife) and other people are, the lower is my serenity."*** The chapter talks about the need to control the world around us, the people in our lives, the situations in our lives, and untimely the belief that "it happened because I made it happen". Forcing others to meet our expectations of them, through our need to control them, gives our passion fuel to continue....or

else we wouldn't do it. If it fit our expectations, we wouldn't have the need to control it. Make sense?

I try to remember this guys story in the Big Book. There was a time that I remembered 6 of those paragraphs, word by word, because I read it so many times as a reminder that life happens on life's terms.

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Now, the other side to this. Passion is a drive in life and it is not a bad thing to possess. Passion is how we have evolved as a species and the reason we are where we are, in respects to politics/society's overall acceptance of behavior.

There are times that my passion has done a lot of good. Especially at my job. My passion is what keeps me around. I advocate for people. I give them what is needed in order to meet their needs and accomplish their dreams. I would not be able to accomplish what I have if I did not have my passion driving me to do it.

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This leads me to say this: we have to know when to stop. We have to know where our boundaries are. My need to control certain situations need to be known, by me. My overbearing emotions towards things need to be in control (first line of the Jedi Code). I need to know my biases. I need to know where my power ends. To ignore this is to lead me and others down a dark path, a selfish path. This is what led Darth Vader to his end. This I must avoid at all costs.

• [Sarah Evans-Vallee](#)



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3 years 2 months ago #1317

Replied by [Sarah Evans-Vallee](#) on topic [The Jedi Code: Assignment 3](#)

### ***The Jedi Code: Assignment 2***

Compare the Guidance Mantra (provided below) to another: note similarities, and differences. Discuss critically the mantra and its contents: how useful is it as a meditation tool?

#### **Guidance Mantra:**

Accept emotion to bring peace.  
Seek knowledge to challenge ignorance.  
Temper passions to find harmony.  
Death is not the end of life.

#### **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 chaos, there is harmony.  
There is no death, there is the Force.

**Similarities:** In both the Guidance Mantra and the Jedi Code, they speak about overall balance. In order to achieve XYZ,

you need to address ABC. I feel like the Guidance Mantra rewords the code to make it more understanding and easier to remember.

### **Differences:**

First, I would like to highlight my perspective before highlighting the differences: The Jedi Code is what I like to call the stern/blunt version of the codes that are out there. A type of black or white version of life verses the sugar coated “yet” version of the code. Where they are both ultimately saying the same thing, the one comes off more harsh than the other. Many people in the community believe that the “There is no” code takes away the first fact (emotion, ignorance, passion, chaos, death) and only highlights the other fact (peace, knowledge, serenity, harmony, force). The “yet” code, which appears more in the Mantra, accepts the first fact and the second fact...leading to the balance. Where for me, again, I see them saying the same thing but the “there is no” code is saying “No, we are going to focus on achieving peace and not focusing on the emotion”. It does not deny it’s existence, it just says the focus should be on the second fact, not the first and in order to achieve the second, you need to work towards it by combating the first fact. I hope that makes sense. In summary, I see no differences with the two. With that being said, I feel the same way about the Mantra and the Code. I am sure that if one was to break them down in more details, that is where the difference will come into the play. It would not be able to sentences themselves but how to achieve them.

### **Thoughts:**

Personally, I do not have any critical thoughts about the Mantra. I think the way that it is being used and can be used

is going to be held specific to the person and how they use the energy that it provides. I can see it benefiting someone in terms of giving them something to focus on verses the code that could focus on almost anything at a given time. For example, “accept emotion to bring peace” might mean that the focus is going to be on the emotion the person is feeling at that time where “There is no emotion, there is peace” can mean any type of emotion, past, present, or future....in an overall sense. Maybe with said person, maybe for those around them. It is up to interpretation instead of focusing on just one.

The one thing that I will say though...and it is something I always say:

To me, death is not about life and dying...what the after life is. To me, death/Force...is the end of one life and the birth of another. The code is practical in our lives for every step except the last line. The last line just is about a belief system. It makes no sense to me. However, when we learn and evolve in life, our old self dies and a new self is born, thus starting the code back over again: need to acknowledge, need to learn, need to control, need to balance, leading again to the death of old and birth of new. That makes sense to me and is how I apply the code. But that is a whole other discussion.

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2 years 11 months ago - 2 years 11 months ago #1335

Replied by [Sarah Evans-Vallee](#) on topic [The Jedi Code: Assignment 3](#)

**Looking over the different lines of the Jedi Creed (also known as the Alternate Code, Skywalker Code and/or Anderson Code), explain which one you feel best expresses the way you wish to manifest your Jedi Path. How do the lines around it inform the line you have chosen?**

**Your answer must be 250 words minimum (not including citations, if any)**

**Jedi are the guardians of peace in the galaxy. Jedi use their powers to defend and protect, never to attack others. Jedi respect all life, in any form. Jedi serve others, rather than rule over them, for the good of the galaxy. Jedi seek to improve themselves through knowledge and training.**

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In my life, I have adopted an idea that I was taught when I first started working. The term taught to me was “meet people where they are at”. When I walk into a situation where I am helping others, both personally and professionally, I am never walking in with the goal of meeting my own needs. Rather, I am there to help others achieve their goal.

At work, I can very easily gain the upper hand in a situation because of the title I carry. In many ways, people find me to be intimidating in situations. Society is very quick to place labels and certain expectations on my profession. The attitude around me changes as soon as the title is known. Quite frankly, Social Workers are party downers. It is not a secret that I am trained to look for abuse, neglect, or other possible harmful situations around a person. I usually get the best behavior from professionals and cautious reactions from people served. People often forget that I am human with my own opinions. I am dedicated to the state and not to let in very closely, as I might get someone in trouble.

A few types of professions will cause this kind of reaction from others. However, my actions and words very rarely show this type of ideal. When I walk into a home, the conversation is about what the person needs and wants. My conversations start with “Any changes since we last met?” and will always end with “Okay, this is what I will follow up on before we meet again. I will call you when there are any changes”. I support families, I don't destroy them. Of course I have to report abuse and neglect but usually by that time, a game plan is already in progress to address it. My boundaries of not invading others' lives are very clear cut. I am there for one

purpose, to help families. Not to share my opinions and tell them how to dictate their lives.

In my Jedi life, my boundaries are not so clear cut. There is always an opinion I have regarding situations. Unlike my job where I am not allowed to have opinions, in my personal life, I can express them. I will share these thoughts with others but when push comes to shove in the Jedi community, I really try to not impose but assist where I can. I slip at times, unfortunately, but usually followed by an apology for doing it. That is a principle I hold dear.

My observations don't just turn off after work. I am watching words being used, how they are being used. I am watching for how people react in conversations and I am taking mental notes on “triggers” that cause an outcry. I usually see what others cannot and will advocate for those who are not able to advocate for themselves. It is not about the leaders and what they want, it is about the students getting to where they need to be; at that moment and within their realm of readiness. This usually backfires on me but I am not one to give up and I have an interesting reputation because of it.

In reality, I believe people need to be able to express themselves in a supportive environment. They need to be able to communicate with others. They should be heard. No matter what type of environment they are in. Nobody responds well to being told what to do and how to do it. All one can do is share options and help them succeed in the choice they choose.

**Jedi are guardians of the peace in the galaxy.**

This does not mean that Jedi force others into doing things they do not want to do nor are they ready for. If one wants to feel peace, they need to be at peace with themselves. When Luke went into the cave, the thing that I believed he was to carry with him would be anger, sadness, doubt. These things carried with him since starting his journey. All things, I believe, were put upon him at a young age by the actions of others. Jedi should never add to these things. They should not belittle, judge, or criticize. They should be helping the situation, not making it worse. There are ways to teach others and guide them without the need of dictating them.

**Jedi use their powers to defend and protect, never to attack others.**

Jedi possess unique skills that can lead one out of darkness. These skills should never be used against another person but to help them on their journey. In my profession, we have a word often used called “redirect”. When we see there is an action that is going to cause a problem, we direct the person to something more positive. Something they can focus on to get their mind off the thing causing the problem. This not only protects the person but also those around them. Never would I use a skill to harm them or the people around them.

I will also never use my skill to fight others' battles for them. When we are fighting for others, we are taking away the possibility of them ever learning how to fight for themselves. Our goal should be a guiding light for others, teaching the way for themselves to use as they see fit. Our skills should not be used to enable or take away from others who can benefit from learning.

## **Jedi respect all life, in any form**

This line, though respectable, is not as easy as people think. I truly do not believe many Jedi actually follow this. It is nice in theory but not in practice. I believe it is because many people see the word “respect” as a way of enabling or accepting someone. However, one of the definitions is “due regard for the feelings, wishes, rights, or traditions as others”. Regard meaning “an aspect to be taken into consideration”. These are words that have several meanings but only one is ever really talked about.

To respect all life, in any form, just means to keep in mind that others exist in the world and it is not about self. It does not mean that we have to like everyone that we run across. It does not even mean that we should allow evil people to continue to do harm to others. It means that we are not alone and need to coexist. The Jedi role is to work towards balance. It is hard to not judge people based on the choices they make in life. It is human for us to do that. The point is that we do not create more barriers for others, just because they are not like us.

Jedi seek to improve themselves through knowledge and training.</strong>

In order for all of us to respect others, use our powers to defend, and become guardians of peace; we must be willing to improve ourselves through knowledge and additional training. This is how I manifest my path. With every situation I walk into, I try to gain as much information as possible before I make a move.

My goal is that I try to meet people where they are at, not where I want them to be at. I have to remember that everyone is different, has different views, and has different ways of addressing things. I gain knowledge where I can, I use that knowledge to help address things, and I never use that information against them. I have to remember that my purpose in that situation is not to control but to help them achieve their goal that they have identified for themselves.