

Types of Loyalty

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WRITTEN BY LJM ODAJEDI ON 04 JULY 2022. POSTED IN [LIGHT CONTENT](#). HITS: 1123

Business Loyalty –

The business leader offers a seduction of loyalty, from my point of view. They would like you to be loyal, especially when dealing with intellectual property. They would like to make sure (via contract or through loyalty) that you maintain a certain level of loyalty for the “firm.” If this leader is not an owner, the loyalty is as strong as pie crust. For example, during the early 1980s, General Motors expected a certain amount of loyalty from its employees despite the fact that they were downsizing. Today, companies that out source sometimes expect a level of loyalty that they are not ready to reciprocate.

Militant Loyalty –

The military leader engrains loyalty to the men that serve under them. They require loyalty to their fellow comrades, instilling its values and importance. Yet, I feel that can be a blind loyalty, as demonstrated in many military mistakes. It is indoctrinated in the soldier to be loyal for fraternity’s sake. One need only look at the recent disclosures of rape in the military and find that to a certain extent, military loyalty is not earned but forged under false pretenses.

Loving Loyalty-

This is the purest form of loyalty. And if you can find a leader that you welcome into this quality circle, it is a loyalty well earned. The bonds created in this tight knit group is strong, and to have a leader embraced in this quality circle is one

that has established all the tools necessary for those to follow and serve.

Natural Order

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WRITTEN BY ODAJEDI ON 04 JULY 2022. POSTED IN [LIGHT CONTENT](#). HITS: 2062

Natural order accounts for the progressive development through time. In nature, one season follows another in the proper sequence, without haste. A tree grows from a seedling as an adult grows from an infant. A Jedi's training is similar, it does not work backwards nor can it be rushed.

Only humans tend to hurry and rush things. Our minds race through things faster than life. We tend to ignore the mindfulness activities and resort to rushing through things with such haste. We set goals, which tend to be so arbitrary. Goals are good and can be productive, but I would suggest dropping the notion of rigid time schedules. Time goals tend to be unrealistic, even while utilizing the Force; we can not see the future. Life holds too many twists and turns, too many changes to second-guess the natural order of things.

When training we understand that progress is a function of both time and intensity. One can spend more time at less intensity and vice versa, we just need to maintain a balance.

If you begin to over train or be too intense, you'll lose motivation and eventual cease your activity. Yet if you train reluctantly, lacking modest goals, the same fate will befall you.

Humor is a good sign that you have a balanced perspective, reflecting your alignment with the natural order of life's flow. After all, no matter how Jedi-like our aspirations are, we remain eternally small in the great universe. Our

achievements will be the action that brings harmony to this beautiful world!

Be well!

Oda, Jedi Master

“As a would-be Jedi Student you will need a teacher or a Master. You may not realize this but you have one! Look around you will see them the best one you could ever find— just take a good look in a mirror.” —Jason - Christopher Garrett, Jedi Knight

Balance by LJM OdaJedi

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WRITTEN BY ODAJEDI ON 04 JULY 2022. POSTED IN LIGHT CONTENT. HITS: 2101

Every Jedi recognizes the need for balance. Yet balance is far more than your sense of equilibrium; it is a Great Principle informing every aspect of your body and mind in your daily life and training. This principle may simply be stated as, “Neither too much or too little!”

The Jedi who is balanced reacts neither too fast or too slow, too aggressively or too passively. The one that exhibits balances is in harmony with their surroundings and physical training can help achieve that sort of balance.

Balance determines the correct pace, timing, and accuracy any individual depends upon. The human body itself depends upon a delicate balance of its own bodily systems. For optimum health, the body must maintain the proper acid/base and blood-sugar levels; its temperature must neither be too hot nor too cold; breath, not too fast nor too slow; not too muscular or too emaciated. Even our water and nutrient intake must be in balance. Every where a Jedi looks he or she can see the laws of balance at work.

This law is the recognition of natural limitations. It is possible, of course, to go beyond the boundaries dictated by this law, just as you can temporarily resist the natural laws (one should be mindful that reference here concerning the context of the Force, which allows a Jedi to move beyond the natural perimeters of the natural arena).

Applying your understanding of this principle to your training, you become immune to the impatience and frustration,

because you recognize that balance refers to all aspects of life. You will be no longer enslaved to mental highs and lows, success and defeat. The Jedi will see balance as a means to transcend the extremes and see positive productivity to their training programs.

The Jedi understands the balance of three core areas, mind, spirit, and physical. To focus on any singular activity would neglect the others. By striking a balance to the three core areas, the Jedi forwards their training in a manner as to be complete and whole. Essentially, by balancing one's training, the Jedi looks to become "centered."

Peace and Namaste,

Oda, Jedi Master

I learned to train via heart rate fourteen years ago. The ideas and philosophy presented comes from Sally Edwards. Her book, *The Heart Rate Monitor Book*, will be used as a reference to this aspect of the program. Training by time and distance are obsolete nowadays; but they are an excellent measuring stick. To train yourself you'll need to work the most important part of your body, the heart. By doing so you'll learn to slow your heart rate down, a vital element of a Jedi when exerting themselves. The heart is the most important muscle in the body. Hence if you have had a heart problem, of any kind, in your life seek medical advice before you begin the fitness program.

—Oda Jedi Master with Vicki R. Pierson, ACE Certified Personal Trainer

Comments on Balance by LJM OdaJedi



Inspersion Total equilibrium leads to stagnation and decay. The Source (Force) naturally employs creative, dynamic imbalances and conflicts to further the cause of life in the universe. Extremes of conflicting forces are not warranted and better to be avoided, however, mild to moderate forms of creative imbalance are proven to be quite potent.

Components of Practice by Oda

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WRITTEN BY ODAJEDI ON 04 JULY 2022. POSTED IN [LIGHT CONTENT](#). HITS: 2109

Breathing:

This is the most important thing we do, yet very few times do we concentrate on the act. Begin with just relaxing and focus on each breath and marvel at what that means to your body. These thoughts and feelings should translate into your workout too! Being out of a training program, the first hurdle becomes shortness of breath and accelerated heart rate. When you begin to concentrate on the breath and focus on the effort you can actually relax and slow the heart rate. It helps to practice at rest, at school or during a work break. Concentrate on the wonderful machine, your body, and acknowledge the joy of breathing. See if you can drop your heart rate during those activities and then move that practice to the workout.

Stretching:

This is such a personal endeavor, that I would hesitate to begin listing such a vast array of stretches. But you should focus on the important muscles you work to achieve a balance with your body. Also learn some hip opening exercises; we retain a lot of tension in our hips and shoulders and neck. Working those key areas is a minimum to a healthy program. Concerning stretches, the best thing I ever did is enrolling in a yoga class. The stretches are very applicable and the breathing exercises and concentration is equally

beneficial. I personally recommend this avenue; it is something you will use forever!

I am also a firm believer in beginning the workout with some stretches. Incorporate them into your loosening up routine. The benefits are warming the muscles; done by increasing the level of blood flow to the muscles. This supplies the muscles with needed nutrients to begin the workout. But if you choose not to stretch before the workout, it is a must to finish your routine with a good long stretching-cool down period. This returns oxygen rich blood to your muscles and removes pain causing lactic acid from your muscles. The blood restores the glycogen levels and begins the healing process of the worn muscles. Take your time and enjoy this treat! It is a comfort to know you are treating your body with care and concern while striking a balance with your mind and spirit.

Hydrate:

Also remember to always stay hydrated. It is not always preferable to drink large quantities of water during the workout, but you should begin exercising having a couple of full glasses of water in the hour prior to workout.

Rest:

Another important aspect of physical fitness training is recovery. When you begin a program of exercise - even though the effect is a healthy one - you still need to give your body enough of the sleep it needs to meet the demand of the state of recently heightened physical activity. Muscle tissues must be rested and re-built and the increase in heart rate and

respiration must be absorbed smoothly into the body's state of dynamic equilibrium.

The decision to allow oneself enough sleep is money in the bank. You will be more alert and more easily able to adapt to an abrupt change from non-training to conditioning.

One way to ensure that the maximum efforts that you are all putting in during the day are balanced with the necessary recovery time is to link sleep with the regimen. For example, just as you have agreed to do 30 minutes running, you have agreed to get at least 7 hours of sleep. Not getting the sleep is the same as skipping your running workout. I have found that has the ability to provide great leverage.

Be well!

Oda, Jedi Master