

Fasting as a mediation Tool?

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WRITTEN BY AHSOKA WALLACE ON 26 OCTOBER 2020. POSTED IN [LIGHT CONTENT](#).

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This was my answer to the "Fasting as a mediation tool" assignment. I will post what I wrote below in hopes that it might give people a viewpoint to consider when tackling this question themselves.

I have chosen to write about the practice of fasting that is undertaken by followers of Buddhism. I have chosen this because it has a connection to their practice of self-control. "Buddha advised monks not to take solid food after noon" Buddha advised this for his followers for 2 Reasons. 1 was by sacrificing a meal a day, you could give your food to someone who is fortunate, who does not have enough food or any food. The 2nd reason is because they are taught not to become Gluttonous, as it is believed people who live that type of lifestyle are likely to be lazy and wasteful. You should only eat what you need to, you should not regularly overindulge.

It is believed if you can fast, you then can have to build a stronger self-control over your choices and actions. Self-control and fasting is another factor believed to help one become a spiritual Stronger. "An ascetic was kicked and tortured, and then his hands and feet were severed on the orders of a rakish king. But the ascetic, according to the Buddhist story, endured the torture with equanimity and without the slightest anger or hatred. Such religious people have developed their mental power through restraining from sensual indulgence".

Having better self-control leads to a more disciplined meditation routine. Therefore if you think of it like a spider diagram. So meditation is in the middle. How does one improve their meditation sessions. well, there is a link discipline, practising every day. That link is then connected to self-control, that link is then connected to fasting. So fasting is linked to meditation through a series of other links, like a chain. That chain could be a circle making it a cycle. That is how I interpret it after doing this research.

Another Link I found was that your Meditation can go deeper as you are more focused on your spiritual strength, your mind and stomach is clear. The body is your body is in a state of purity. You will also become more mindful of your food and overall diet.

I have not done fasting before. I find I need so much energy a day because of the lifestyle I live. However, I did find meditation did help when I was dieting and taking myself of chocolate, sweets and cakes etc. I would not recommend fasting for everyone. It is Something that needs practice or you can make yourself ill. However Fasting is interesting to read about. Which I do recommend as it is taught in a few religions such as Islam, Buddhist, Hinduism and even Christianity but every version is different.

A sentient Force?

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WRITTEN BY AHSOKA WALLACE ON 26 OCTOBER 2020. POSTED IN [LIGHT CONTENT](#).

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This was my answer to the "A sentient Force" assignment. I will post what I wrote below in hopes that it might give people a viewpoint to consider when tackling this question themselves.

I understand how a sentient force can be a two-edged sword with positives and negatives. Carrying an order whether it be from your chain of command or your god, or a representative of a specific cause and doing everyone you are told because they must be right, their more higher up, more important, I serve them, therefore, they must be right, which is great if the directive is peaceful and love thy neighbour. However, if your order was to cause chaos by setting a fire to someone's house because "it is the will of God" because they are heretics. Then it would come into conflict with a moral code. My point is Jedi should not be forced to follow a certain path, whilst I have a believe the force may be sentient, If the force had a will we should not follow it blindly and think its right because we are told to serve the will of the force, we might be told a directive of the force which breaks the Jedi code, thus we are no longer being Jedi. We shouldn't lose our individuality or freedom or moral code when being a part of a religion if we are then we are at risk of becoming a thrall to a sentient being.

1 reason why a sentient force is detrimental to a Jedi is because: A Jedi could be forced to follow a way of life, a set of orders like go beat up that person. Which may be contrary to our moral code or even breaks our Jedi code. A Jedi could

also lose their individual freedom if we were forced to change our lives and follow a strict set of guidelines set by a sentient force. For example, Ashoka made Buddhism the state religion around 260 B.C. He was perhaps the first emperor in the history of India who tried to establish a Buddhist polity by implementing the Dasa Raja Dharma or the ten precepts outlined by Lord Buddha himself as the duty of a perfect ruler. Ashoka took advice from someone who was almost seen as higher power and then almost dictated them into his society, which again could restrict someone's freedom to choose. As Jedi we are protectors of freedom, we shouldn't follow a sentient force if it breaks our code

.1 Reason why a sentient force is good for the Jedi. We could follow and get directives from someone who is benevolent, peaceful and all caring, guiding us on a path. If the majority of Jedi wanted to follow someone who is wise and showing the qualities of a great Jedi, then they could pass on their wisdom and help all Jedi go on their individual journey of spiritual enlightenment. The sentient force might want to get us to help create a lasting legacy which would be a good thing if he was peaceful for example "After becoming the follower of Lord Buddha, emperor Ashoka spread Buddhism all over his empire to help bring moral, spiritual, and social renewal. This helped create a lasting legacy of peace in his kingdom". Ashoka took wisdom from a wise ruler and kind person and he did help implement a small time of peace in his kingdom