

Arden's Light Jedi Journal was created by Arden Wayfarer
Introductions

I figured I should begin my own journal on here to help keep the forum alive and have a place to discuss my Jedi thoughts. I'm more of a "traditional" Jedi and stick relatively close to the fictional source material, so I wanted a place to discuss that. Since the coursework is more of its own thing, I can't always express that in it. I also want this journal to be more of an open discussion, so I'm going to add entry titles to all of my posts in this thread to identify them. Feel free to leave comments and discuss!

I've noticed that the Force community tends to distance itself from Star Wars. To me, this doesn't make much sense. It won't give us legitimacy (we still call ourselves Jedi), there are plenty of other and more active communities we could join that don't have a Star Wars element (Unitarian Universalism, interfaith study groups, New Age shops, etc.), and at least for me, it excludes the actual draw of the Jedi path. When I need inspiration or focus in my Jedi practice, I don't pray or read religious texts. I open up *The Jedi Path* or *The Dharma of Star Wars* and flip through pages; I meditate on the Jedi Code; or I put on one of the movies that inspired me to seek this out in the first place. These stories, symbols, and concepts are vital to my spiritual practice and life path. Studying the inspirations behind the Jedi - world religions, humanism, etc. - have great value and practical wisdom, but they are not why I am here. I'm a *Jedi*. I hope to use this journal to apply things in my life and training here (and elsewhere) to this framework.

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IP: 76.27.227.33 2 years 7 months ago #1395

Replied by [Arden Wayfarer](#) on topic [Arden's Light Jedi Journal](#)

Reflection on Coursework: Meditation Module 1

Having recently completed the first module of Spiritual Art of Meditation in the Light Aspect path, it's time to reflect on it! My instructor tasked me to focus on candle meditation for the week, and I personally challenged myself to do longer sessions than I was used to for this (20+ minutes instead of 10-15). By the second half of the week, I began to struggle with pain (health-related) and strong negative emotions. In mindfulness meditation, this can be a good thing! Meditation is not for us to feel happy and peaceful, but to observe our thoughts and manage them. But this felt more serious than that. There were moments it felt like being dragged into shadowwork. I would like to share two things that helped me.

First, I did a lot of research on meditation and trauma. Someone who has suffered traumatic experiences does not experience meditation the same way as someone who has

not. There's a wealth of information on this you can easily find with an internet search, so I won't list out all the articles and resources I found. However, one helpful one was the **RAIN meditation method** . This method was developed to encourage self-compassion and work through negative emotions without suffering through them. I found it helpful and would recommend anyone struggling with meditation to try it out.

Second, use the **STOP method** to practice good discernment. Meditation should be an exercise in reason. Now, when I begin to experience negative side effects from meditating, I use this question to center myself and ask the following questions: 1. Is this rational? 2. Is this reasonable? 3. Does it align with my beliefs? 4. Is it hurting or helping me? If any of those answers are negative, I stop, step back, and find other ways to tackle the problem. In this case, it helped me recognize that my meditation woes were medical, not metaphysical, and had an easy solution.

So how does relate to Jedi practice and not *just* mindfulness? I personally feel like this was a good exercise in the application of Knowledge, whether that be the Pillar of Knowledge or the line of the Code that "There is no ignorance, there is knowledge." In the old theological discussion of Faith and Reason, the Force is Faith, and Knowledge is Reason. Both need to be practiced to walk the Jedi path. There is a reason that this Pillar is Knowledge and not Self-Knowledge: sometimes you need to step outside your head to understand how to live a Jedi life.

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IP: 8.44.154.100 2 years 6 months ago #1407

Replied by [Raven](#) on topic [Arden's Light Jedi Journal](#)

Thank you for posting your experiences with meditation. It's always good when people speak out about the fact that meditation doesn't bring calm and peace. As you point out, it brings up shadow work and mental noise. I agree mindfulness meditation can take people the wrong direction if they aren't ready for it and have expectations of calm and clarity. I hope people make use of the RAIN method, it's a nice way to move through the illusions created by trauma.

--Raven
Shadow Master

Your vision will become clear
only when you look into your heart.
Who looks outside, dreams.
Who looks inside, awakens.

--Carl Jung

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IP: 76.27.227.33 2 years 6 months ago - 2 years 6 months ago #1412

Replied by [Arden Wayfarer](#) on topic [Arden's Light Jedi Journal](#)

Thank you, Raven! You work with the Shadow Aspect, right? Is shadow work something you do often in your path?

Shadows and Responsibilities

I've been thinking a lot recently about the Code's fourth line "There is no chaos, there is harmony." I've often brushed over it, since the meaning seemed self-evident: cooperation with each other, harmony with nature, there is a purpose to everything, etc. Recently, I found two new, different ways to apply this to my life.

Harmony with the environment doesn't have to mean the big stuff. Yes, it's good to be environmentally and socially conscience, to foster harmony between ourselves, the world we live in, and the people in it. But that's not the only environment. *You* are an ecosystem. If you are not in harmony with your living space and your health, that throws

your life into disharmony. Most people have experienced how having your personal life out of order makes it impossible to handle large problems. It's easy to forget the small stuff, and each task completed matters. I've started focusing more energy than usual on daily tasks, chores, and the mindless tedium of home. I want to create more harmony in my life, and mitigating the chaos of daily life is a good way to do that and an opportunity for mindfulness.

Harmony with the self, meanwhile, is a thorny, knotted question I've been struggling with lately. I went through a period of hardships that left me feeling a bit... shattered. The usual methods have helped, but I still feel like the underlying problems are there. One thing that I've been feeling *strongly* are persistent draws to certain things. Nostalgic hobbies. Paths of study. I've been struggling with doubts over whether or not to follow these feelings or to brush them off as emotional noise or obsession. Recently, I picked one and followed it, indulging in a hobby and setting aside all "responsible" work for a few days. The results surprised me. I had a few days of (admittedly, yes, obsessive) joy and a few nights of nightmares, only to snap out of both with most of my negative feelings gone. I think that I was able to get into a flow state and relegate deeper issues to my subconscious, which worked through them in ways my conscious mind could not. I consider it a lesson. It reminded me of the old riptide metaphor, that fighting the current doesn't work, but submitting and swimming parallel to the shore does.

Thanks to both of these, I've found life a lot less overwhelming recently and easier to break into manageable small tasks. The goal of Harmony is a lot more complex than I

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IP: 76.27.227.33 2 years 6 months ago #1431

Replied by [Arden Wayfarer](#) on topic [Arden's Light Jedi](#)

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Know Thyself

"Let there be truth between your heart and the Force. All else is transitory." - Power of the Jedi Sourcebook

I'm setting myself a challenge inspired by my experience this past week. I've been working on integrating the Three Pillars (The Force, Knowledge, Self-Discipline) into my daily Jedi practice. Knowledge and Self-Discipline are relatively easy. Trust in the Force? Much harder. If I feel called to something, I tend to rationalize it away, set it aside to analyze and overthink, or ignore it due to doubt. How many times does Obi-Wan tell Luke to trust his feelings, to trust the Force? Often. How good am I at doing that? Terrible. So, once a day, I'm choosing to follow my instincts, even if it doesn't make sense at the time.

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IP: 76.27.227.33 2 years 6 months ago #1449

Replied by [Arden Wayfarer](#) on topic [Arden's Light Jedi Journal](#)

Reflections on Coursework: Meditation Modules 2 and 3

Module 2 in the Spiritual Art of Meditation course is about using chants and mantras in meditation, and Module 3 is about prayers and hymns. These two were similar enough to lump together in a single reflection. The timing is good, too, because [this month's Full Moon meditation](#) is a chant.

I'm not sure how much I got out of these modules, though they did give me an excuse to deep dive into topics that interested me. Creating my own mantra was largely a lesson in realizing I get more benefit from spoken meditations that have some kind of tradition behind them: old spells, the Jedi Code, psalms, etc. I feel like some of the emotional depth of a chant gets lost when it doesn't have tradition of some kind behind it. For me, chants and mantras aren't just about the words, but about engaging in [communitas](#) : the communal, "togetherness" aspect of a spiritual practice. I feel the same

way about rituals and holidays. Just doing my own thing doesn't feel as powerful as something shared with many others. Doing something shared helps me step outside my own perspective for a while.

Since I'm trying to relate my lessons to the Jedi Code(s), I think that this resonates strongest with the lines about harmony ("There is no chaos, there is harmony") and death ("There is no death, there is the Force"). Prayers, hymns, chants, and codes have a way of living beyond any one of us. The Jedi Code itself exists outside of *any* Jedi community. This forum could disappear, Force Academy could disband, but while meditating on the Jedi Code I would still be part of a community of Jedi--any Jedi, anywhere, online or offline. I will definitely keep using the Code as my main mantra.

Replied by [Arden Wayfarer](#) on topic [Arden's Light Jedi Journal](#)

I wanted to write about some of the weird coincidences I've been having on the topic of ancestor work and trusting the Force, but every time I try to write it, I end up struggling with *why* I'm writing it. Beliefs and family are very personal things, and it doesn't feel completely appropriate to post about them. At the same time, I want to document some of the work I've been doing with the Force.

So, writing very generally, let's just say that I've had a lot of strange coincidences recently. Most of these lead me down the path of ancestor work. And some of that ancestor work is challenging. For example, my ancestors and I might differ *strongly* on matters of religion and beliefs about death. Is it ethical, then, to work with these ancestors? As a Pagan, am I

bothering my Christian ancestors? Am I welcomed by them? While I might work to better understand them, we will still fundamentally disagree on certain things. I did some offerings and asked for signs on what to do, and I believe I got a strong positive answer. I feel more comfortable, now, moving forward. But I really want to engage with this question as a *Jedi*, not just from my own personal gnosis.

As Light Jedi, we are all asked to contemplate the last line of the Code: "There is no death, there is the Force." Of all the lines in the Code, this is the one we least have a consensus about, except to say that the nature of the Force is a personal thing for every Jedi and that we can't say for sure what it is for anyone else. It becomes a catch-all metaphor for whatever you personally believe in. This becomes a matter of Jedi ethics, a way of respecting one another and all life, a way of being objective. The Jedi way is not to judge others for their beliefs or force your beliefs on others, but to accept and respect all beliefs.

The fiction, on the other hand, is unambiguous: the Force is a mystical energy field pervading the cosmos across time and space, the dead return to it when they die, they live on through it, and they can communicate to us through it. God or gods are part of the Force, the Force is not a part of them. This is more in line with my own beliefs, but my ancestors might not agree! Take my Christian ancestors. Their belief rests on the idea that when they die, they get to go to Heaven, apart from the troubles of the world. Why should I call their attention back to it? Is that ethical? Does that respect their beliefs?

Setanaoko



AWAY

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IP: 71.14.110.88 2 years 6 months ago #1504

Replied by [Setanaoko](#) on topic