

The light side works in many mysterious ways, and it helps us in every unique situation. It is always there, you just need to listen and trust in it's ability to help and heal. Each one of us connected to the light side, the Force, and each one of us comes into contact with it everyday, we just don't realise it. It could be a piece of knowledge a friend shared with you, a stranger's conversation you overheard, or a thought that just pops into your head. The Force can connect with you in many ways, and once you're open to that, then you will truly be on the path of greatness, happiness and most importantly, PEACE.

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Wild Fire TOPIC AUTHOR

4 years 5 months ago #882

Replied by Wild Fire on topic The Light Side **Meditation**

All of us must of had some previous experience of meditation, so we know what it stands for, it calms your mind & soul, heart & body. It brings peace, harmony and serenity. It brings knowledge, guidance and wisdom. Clearing your mind, if even for a few minutes, can make a great change to your day, and the way you go about it. Meditation is the central part of any Jedi's day and it can make a great difference as to how you react in certain situations and how you control your emotions, not letting them get in the way of what you are set out to do. You can meditate in many different ways using multiple techniques.

You can do:

Mantra meditation - you repeat a word/phrase either out loud or in your head

Body-Awareness meditation - where you focus on relaxing parts of your body from your feet going up

Empty meditation- where you don't think about anything, you just centre your mind

Chakra meditation- where you focus on each of your chakras from the solar plexus going up to your third-eye chakra, in an attempt to unblock them and rejuvenate them.

You can even create your own meditation that suits you. Meditation is a method not only great for your spiritual growth, but for your mindset in your daily life too. Take time for

yourself once a day to cleanse yourself of negativity and truly be ready for the day ahead.

May The Force Be With You!