



# THE INSTITUTE FOR JEDI REALIST STUDIES

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## Jedi Studies 101

A course developed by Jax for the Jedi Academy, an affiliate training program of

The Institute for Jedi Realist Studies.

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## Introduction

Welcome to Jedi Studies 101! In this course we're going to explore what it means to be a Jedi realist, helping you understand the breadth of the Jedi path, while giving you tools to help you walk the path. You may expect this course to give you specific rules to follow. There are some groups that create specifics for Jedi students, but that is not how we approach the path. This path is one of balance, which includes balancing structure with the freedom to follow your path.

Angelus explains this balance in this way.

*I adhere to the maxim "In things essential, unity; in things non-essential, freedom; in all things, charity."*

*There does need to be a core of beliefs that bring people together and differentiate us from other groups. Without those markers, what would make us any different from an atheist or a socialist? Beyond that core, we can have diversity. Society would not function if not for multiple professions – doctors, teachers, firefighters, farmers, etc. It is those differences coming together that make a group strong. Lastly, there ought to be a common purpose. That goal may differ from the Jedi to the Sith. Nevertheless, it is that same pursuit that allows a group to move forward.*

This course will approach the common core aspects of the Jedi path, while also encouraging you to discover your freedom using that core as a framework.

Before we go into these areas, let's look at a simple definition for a Jedi Realist.

"Jedi Realists are inspired to emulate the Jedi Knights in the Star Wars universe by embracing their virtues and expressing them in the real world."

Note, this doesn't mention dressing like the movies, or role playing. If you like doing these things, there's nothing wrong with that. But Jedi realism requires much more of a person than simply saying "I am a Jedi because I believe the Force exists." While it takes more effort, it also provides much more satisfaction and growth in life than merely pretending or hoping to be a Jedi. By choosing to study at this academy, you've already taken a step into a larger world, creating change in your life, even if that is beyond your awareness at this time. Are you ready to walk further along this path?

Jedi Studies 101 will follow the structure setup by the Jedi Compass. The Jedi Compass was originally written by Setanaoko, aka Alethea Thompson as an outline of the common elements of the Jedi path, ultimately to be used as the outline of a book. We find this structure is a good way to introduce the Jedi path to you. The way we'll work through this material is to use the Compass as a starting point (differentiated with italic font), and then go into the perspective of the IJRS, while giving you questions to answer. By the end of this course you should have a good understanding of the scope of the Jedi path and what you need to do in the coming years to become a Jedi Knight.

The Jedi Compass gives us our course outline.

## **Jedi Compass**

### **The Ineffable**

The Force

### **Core Ethics**

Loyalty to the Jedi Code

Duty to All

Respect the Law

Defense

Action

### **Self Awareness**

Interior

Exterior

### **Virtues**

Tolerance

Responsibility

Discipline

Fortitude

Integrity

Objectivity

Wisdom

### **Overcome**

Aggression

Recklessness

Attachments

### **Prowess**

Defense Art

Physical Art

Scholarly Art

Spiritual Art

If at any point you have questions, ask. And as always, remember that you get out of the course what you put into it. So dive in, explore these concepts deeply, and enjoy!

Jax

## Lesson 1: The Ineffable

**The Force-** *“The Force” is a loosely adapted term to explain something which all cultures agree exist, but disagree on exactly what it is. As such, a Jedi dedicates themselves to the understanding of all things within and through “the Force”. As a rule, no Jedi can set down in law a concrete definition of “the Force” for all to follow, only for themselves.*

Fundamental to the Jedi path is the recognition that the Force exists and that we can interact with it and use it. The way Jedi use the Force is different than in the movies, but much more is possible than most people realize. You will explore the Force in your Force classes and other training, so today we’ll start with two simple exercises to expand your experience. I recommend you perform these exercises daily to increase your awareness.

### Exercise 1: Feeling the Edges

If you were to look at yourself in the mirror, where would you say ‘you’ exist? Is it where you see your body? That’s what our eyes typically tell us. But we can use more than our eyes to answer this question.

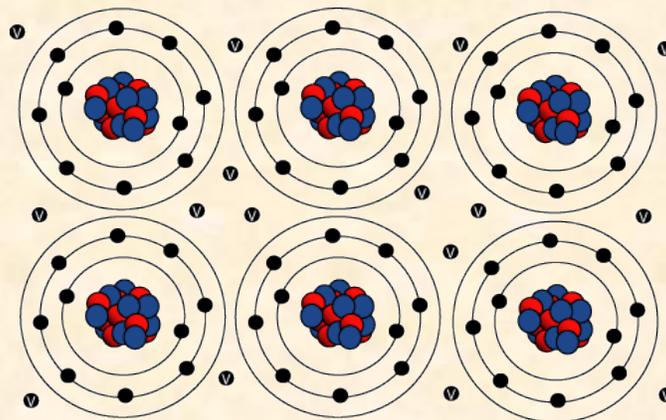
Sit somewhere comfortable and close your eyes. Take a few deep breaths and relax your body. Once comfortable, try to feel the edge of you. Reach out with your awareness and see if you find a place where ‘you’ end. Keep reaching... and reaching... and when you’re done, come back to this text.

How did that feel? Did you find your edge? Are you just a bit larger than what you saw in the mirror? Recognizing that you, the being, exist beyond your body is a critical step in becoming a Jedi.

### Exercise 2: Become Space

Now that you have experienced existing everywhere (or at least much farther than you thought), let’s take this deeper. The Force, while existing everywhere, is particularly noticeable in the space between matter. What does this mean?

Matter is made up of atoms. Within an atom you have the nucleus and electrons. When you look at an atom very closely, you can see that it is mostly space, with very little ‘stuff’. When you put atoms together to form molecules, this remains true. The picture below shows metal atoms. The nuclei never touch. The forces between the atoms are what holds the molecules together – all of which is in essence ‘empty’ space. So while we experience matter as solid, it is not.



In our daily lives, we don't see anything at the atomic scale, so we believe things to be solid, including ourselves. The revamped show *Cosmos* actually addresses this in an episode where they mention that we never actually touch anything. What we define and experience as touch is the interaction of the electromagnetic fields in the various molecules involved. Yet if you try to imagine that you never actually physically touch anything else, it's pretty hard to wrap the mind around! It doesn't match our experience.

This exercise is to help you experience that space in some way, to become one with it, and thus the Force. Remember, this is already your natural state, to be space. It doesn't take effort to return to a natural state, only the release of your preconceived ideas.

To begin, take a few deep breaths to relax. Close your eyes and focus on the space between the molecules of your body. Expand that space, out in every direction. Expand all of the cells in your body, even the space within the individual atoms of your body. Expand that space, and your entire body with it, and fill the room you are in. Then continue expanding, to fill the building. Then, your town. Then your state/region. Continue expanding to your country, and then the whole earth. Keep expanding, until you are present throughout the solar system, and onward to the galaxy until you fill the entire universe! Stay here as long as you'd like, just sensing what is there.

If this is hard to do at first, focus on setting the intention to expand and go as far as you can. Don't worry if you don't think you're going far enough, just intend your energy to continue expanding and it will go there, even if it's beyond your ability to sense at this point.

What do you notice? It's ok if you don't have an easy way to put the experience into words, just do your best to describe it.

When we restrict ourselves to our physical senses, our world shrinks. We limit our experiences and we reduce our connection to the Force to the bare minimum. But when we use our awareness and question what we've been taught through life we discover the world is not what it appears. *You* are not what you appear to be. Your essence, your awareness, your consciousness – that exists everywhere! Your body may still be sitting in front of a computer, but your awareness can be anywhere. It's likely you will need training to place your awareness anywhere at will, but it is possible. Why? Because the Force connects everything in the Universe. The Force exists beyond our 'normal' 3D existence.

Training to be a Jedi means going beyond 'normal' and into the extraordinary. The more you interact with your being and the world around you from an energetic perspective, the easier it will be to sense what is around you, to tap into the Force like the Jedi of fiction. Maybe you won't levitate a rock, but you may be able to sense it, communicate with it, and use its energy for healing. And someday, you may just levitate that rock. Who knows where the limits truly are?

## Lesson 2: Core Ethics Part 1

Ethics are the rules of conduct and moral principles of the Jedi. The Compass includes 5. The IJRS adds an additional one, Benevolence, which we'll discuss after these 5.

**Loyalty to the Jedi Code-** *This has a few different variants depending on what order a Jedi attends. A Jedi is bound by the code. By maintaining your loyalty to the code, you are able to keep your actions in check through the moral integrity of the Jedi Path outlined in the Jedi Code. It is important that a Jedi checks their own version of the code against the original spirit of the codes (Jedi Code and Skywalker Code) before they adopt it.*

At the IJRS we do not require you to follow a specific code. However, whatever code you choose to live by must remain in the spirit of the Jedi codes. Notice I said in the spirit of the codes. With three Jedi codes (in fiction), they can appear to contradict themselves if you take the wording as exact. For example, in one version of the code it begins with "There is no emotion, there is peace." Taken at face value, it says a Jedi has no emotion. Yet the variation of this code is "Emotion, yet peace." This says, there are emotions, but there is also peace. However, the Jedi community has long taught that suppressing emotions is harmful, and so teaches the first version of the code through interpretation rather than strict wording. In that way both versions of the code are in agreement.

You will learn about the different codes in your Creed courses but decide for yourself if a code resonates with you or if you should write your own code. As long as you aren't trying to live by a code where you are suppressing your emotions (to go with the prior example), or anything else that runs counter to the Jedi codes, you are welcome to do so.

### Assignment

What codes are you familiar with, Jedi or otherwise? Do you find them beneficial in your life? In what way are they beneficial?

**Duty to All-** *A Jedi's mission is to support their community through service. A Jedi is charged with acting, objectively, when they recognize a situation where someone needs help. Jedi do not put their lives above the lives of others, even when facing danger, but know that they can help through direct action or indirect action as per the situation.*

Service comes in many forms. Within the Jedi community you find people who serve through their career: military, police, doctors. Others volunteer, such as with the red cross/red crescent, search and rescue, feeding the homeless, or starting charities for people in need. Yet there are more subtle forms of service where you can benefit your community. When you help a person pick up something they drop, smile and say hello, help someone with their homework, these small acts contribute to the community, as ripples in the Force.

Service is not limited to your offline community. Without Jedi willing to act in service to other Jedi there would be no Jedi communities. Each Jedi should consider how they can be of service to their Jedi community as well. This can be as simple as active participation, or as involved as writing material or teaching a course.

Sometimes people feel they don't have time to perform service. I understand. It is very easy to fill our lives with work, school, recreation...so how do you decide what to add to your life? We add what we value. We value our jobs because of the money they provide. We value our education because it helps us get good jobs, or because it's a requirement, or because we truly enjoy it. We value our friends and recreation because they bring us joy. What does service bring us? On the surface, service is about us giving of our time and talents. But anyone who's performed service knows that they receive as much as they give, if not more. Service gets you outside of your world and experiences, and into someone else's. That experience can be invaluable.

### **Assignment**

How can you serve your community in your current capacity in the offline world? How can you serve the Jedi community? If you need ideas, look at any talents you have. Are you good at math? Perhaps you can tutor. Are you interested in building (or learning to build) a house? Organizations like Habitat for Humanity in the United States are always looking for volunteers. Do you have an interest in medicine? The Red Cross and Red Crescent offer volunteer opportunities and training. Are you good with languages? You could translate key documents in the Jedi community into another language to make learning easier for others. As you can see, service results in benefits to you as well as the people you serve! Get creative and see what possibilities you come up with.

## Lesson 3: Core Ethics Part 2

**Respect the Law-** *A Jedi knows enough of the law to operate within it. Jedi should respect, and do their best to live by, the laws of the land they are living in. However, these are man's law, and like man, subject to flaws. A Jedi must act for the best interest of mankind as he/she sees the situation.*

How familiar are you with your local laws regarding areas of self-defense, defense of others, defense of property, citizen's arrest, carrying weapons, your rights when interacting with law enforcement, good Samaritan (providing first aid and assistance to an injured person), etc? Since a Jedi is expected to act when possible, knowing the laws that affect action are important. If you don't know your local laws, you will learn them when you take the course Aiding Law Enforcement. Until then, please at least google the basics of these laws so you aren't caught unaware.

**Defense-** *A Jedi understands that defense is not purely physical, but that there are many ways to defend a person or property. As such, it is important to understand that Jedi are not vigilantes. If, however, they are in a position where they are called to defend themselves or someone else against loss of life, limb or eyesight, they are allowed to apply the appropriate amount of force necessary for defense.*

### Assignment

What is your experience with defense? Are you trained in physical defense, or mediation and conflict resolution? Could you intervene in a skilled manner? If none of these, what areas do you feel are most important to train in over the coming 5 years or so? If you are unsure, talk to someone about it. If you are trained in defense, are you familiar with your legal rights and protections?

**Action-** *A Jedi recognizes that there are times when getting involved with a situation is against the will of the person they are seeking to assist, or that helping them may be more detrimental in the long run. As such, a Jedi seeks inner wisdom to determine when to act and when not to act.*

### Exercise: Choosing when to act

Action is a choice. Making the best decision requires rising above your fear and concern and finding a greater awareness in the Force. There are ways you can do this simply. First, consciously step back from the situation and set your intention to expand your awareness like in Lesson 1. Relax. Then ask yourself, does this person need help? Yes? No? Which of those answers feels expansive or lighter? If yes feels lighter, then you still have a choice. Will you assist? It is your decision to make. Keep in mind, not making a decision is the same as deciding not to assist, since the result is the same. Do not fear being wrong, simply choose, and choose differently at any point when your awareness changes.

This typically becomes easier with training. The more you learn to tap into the Force, the easier it is to decide whether to act or not. Practicing now with the tools provided will help you along the way, and increase your connection to the Force.

## Lesson 4: Benevolence

Benevolence is the underlying principle of the entire Jedi path, though it is rarely stated that way. You may not be familiar with this word. According to Webster's Dictionary, Benevolence is defined as, *"Having a disposition to do good; possessing or manifesting love to mankind, and a desire to promote their prosperity and happiness; disposed to give to good objects; kind; charitable."* When we approach life with benevolence we are looking to act for the benefit of all. Benevolence is how we balance the 5 Core Ethics and make a decision. How do we determine what is benevolent?

First we set our intention to choose benevolent outcomes, to the best of our abilities. However, to determine what is benevolent requires the knowledge and greater perspective available through the Force, not through our conscious mind. There are different ways to tap into this larger perspective. The way I am focusing on in this class is the easiest, especially for beginners, and applicable to every area of your life. The tool is to request Most Benevolent Outcomes (MBOs) and Benevolent Prayers (BPs), as taught by Tom T. Moore. The different terminology is simply to distinguish things you request for yourself and your situations (MBO) from things you request for others (BP). In requesting a benevolent outcome you are tapping into the Force, a higher wisdom, to find a solution that is in everyone's best interest. As a bonus, requesting MBOs keeps you on your path! There's really no down side to requesting benevolent outcomes for you and others. I personally have seen miracles occur through the use of MBOs and highly recommend them.

So what is an MBO? Requesting an MBO is simply the process of asking for a Most Benevolent Outcome to a situation. This is similar to setting your own intention to find benevolence, except you are sending that request out and calling for assistance from the Force. How exactly this is fulfilled may depend on your belief system, and isn't important at this point. What matters is, by requesting benevolent outcomes you are working with the Force to allow for it to occur. The energies shift to create the benevolence that allows us as Jedi to relax and trust that we're doing the best we can.

The format of an MBO is very simple. Say, out loud if possible (written if not), "I request a Most Benevolent Outcome for \_\_\_\_\_, and may the results be even greater than I can imagine or expect. Thank you." Simply fill in the blank with your request. Try not to get too specific so that you are trying to direct the outcome of the request within the statement. And remember to say thank you, as showing gratitude before something shows up physically in our world generates powerful creative energy.

To request a Benevolent Prayer for someone else, the format is similar. "I ask for a most benevolent outcome for (insert name of person) and (insert situation), and may the outcome be even greater than I can imagine or expect. Thank you." Now, if you don't like the term prayer, you can call it a benevolent request if that makes you more comfortable. The term is not as important as the intention and the request itself.

Now, there will be times when the result of the request is very clear. There will be other times when it is completely unknown, or when it appears it didn't work because something we decide is terrible happened. However, it's important to remember that we are limited in perspective. Sometimes the worst experiences become the greatest blessings, and are thus the most benevolent outcome. In addition, in order for an MBO to come to fruition, everyone involved must agree. This happens at the soul or superconscious level, and there may be times when people don't agree to provide the most benevolent outcome. In this case a less benevolent outcome will occur. No matter what happens, this tool cannot make the situation worse, so is safe to use for anything and everything.

For more information, you can reference this thread: <http://instituteforjedirealiststudies.org/forum/32-esoterics/21337-most-benevolent-outcomes-for-the-jedi-way>

You may also find Tom's books, The Gentle Way, beneficial. They are available in our bookstore through Amazon. <http://instituteforjedirealiststudies.org/stores/bookstore>

### **Assignment**

Practice having a benevolent mindset. Start requesting MBOs over the course of the week, starting with simple things like finding a parking spot where you are going, finding a quick line at the store, something that isn't a big deal if it comes through for you or not. It's just for practice. If you feel ready, request MBOs for your meditation practice, or athletics, or your job/school. Just be sure to ask questions and report back with your results.

## Lesson 5: Self-Awareness and Virtues Part 1

**Interior-** *A Jedi works to become aware of their emotions and things which make them “tick”. They learn of their flaws and strengths, seeking to reconcile a life with those flaws which they cannot change and the strengths they have been blessed with. In this a Jedi must be constantly looking inward for their motivations, their directions, what moves them, and why they allow it to do so.*

**Exterior-** *It is important that a Jedi be aware of the person they present to those around them, and how that will affect the dynamic of the groups they find themselves in. How one's presence is received will determine whether or not the next steps will be met with hostility or acceptance.*

At IJRS you will take multiple classes to address Self-awareness. The interior is addressed through Personal classes which help you explore who you are. The exterior is addressed through Communication and Leadership primarily. In reality, all courses will touch on self-awareness in some way.

However, the Jedi path requires more than just classes. Self-awareness is a mindset, an intention to be more aware of what you are thinking and feeling, and why you are, whenever possible. We can provide you tools to do this, but we can't make you do it. Start building your courage to be honest with yourself now so that by the time you are preparing for knighthood you understand yourself well. Practice asking yourself questions, especially asking if a thought, belief, or conclusion is based on truth or is simply a point of view. Just by asking you will find times when you are lying to yourself, and that brings about greater self-awareness.

The bookstore includes many books to help you on your journey to self awareness. Take a look and see if anything sounds interesting. <http://instituteforjedirealiststudies.org/stores/bookstore>

### ***Virtues (continues in the next two lessons)***

**Tolerance-** *You do not need to agree with someone's religion, their nationality, their career choice, their dress or anything else for that matter. Tolerance is not about agreement, it is about showing respect for the freedom of a person's choices and to respect their choices, until it reaches a point in which a reasonable person would consider the individual's actions as a/an (emotionally, spiritually, financially, and/or physically) abusive threat to you or another person.*

Tolerance is a word with different meanings based on how it is used. This causes complications because one person can use this term to mean they accept another person and their choices, while another will use it meaning they are judging the other person like crazy, but just isn't saying anything to them about it. These are very different actions, and only one is appropriate for the Jedi way. So to use the same word for two very different states of being creates confusion. To begin to unravel this confusion, I'm going to use different words for these states. They may not be used in a way you are familiar with, so please set aside your preconceived ideas of what words mean and try looking at them in a new light.

The Jedi Compass provides a definition of tolerance that I would like to redefine as acceptance or allowance. Why? Because what most people call tolerance doesn't actually fit this definition. When most people do tolerance it is a begrudging act, where they give up on trying to change someone, but continue holding judgment in their hearts. Energetically this state is unpleasant, both for the judger and

the judged. It's possible neither will be cognitively aware of the judgment, but the aware Jedi will be. And our goal as Jedi is to be aware!

Recognizing this form of tolerance, a Jedi must not stop at mere tolerance of others but reach for understanding and allowance of others. This is not a small task, and there will be courses and tools on how to reach allowance rather than tolerance. For now, let's focus on the difference in experience between tolerance and allowance, in order to help you understand it better and recognize it within yourself.

Have you ever felt tolerated by someone? Or, have you tolerated something you strongly disagree with? How did that feel? According to Webster's dictionary, *"To suffer to be, or to be done, without prohibition or hindrance; to allow or permit negatively, by not preventing; not to restrain; to put up with; as, to tolerate doubtful practices."* The modern definition of tolerance is *"a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc., differ from one's own; freedom from bigotry. (dictionary.com)"*. Energetically, the definition that most matches the darker form of tolerance is Webster's, as it done with resistance. There is an internal discord or dissonance. And that is sensed by those on the receiving end of the tolerance, even when they aren't aware of it cognitively. This is why people tend not to react well to tolerance because it is still fueled by disapproval. I often feel that those who are tolerating me would change me in a second if they had the chance. Thinking back to times when people were tolerating you, or your beliefs, did you feel similarly? Perhaps you were angry even though they said everything was fine? Your awareness often comes through those feelings, providing insight into what is really occurring. Now, think of the times when you have tolerated others in the same way. How did it feel? Do you believe this is a state of being a Jedi should aspire to, or is there something more?

Allowance is that something more, which can start from an awareness of disagreement, but instead of wanting to change the situation, you allow the other person their truth. Allowance is a state of awareness. Typically this awareness says, "I recognize you are being or doing something I disagree with, or that I wouldn't choose for myself. But I also recognize that it is your choice to make, and I accept your choices as valid for you." Now, just this thought might be a big leap for you. If it is, that's ok. We will revisit this at great length in future courses.

You might be thinking, "But what if a person is doing something that harms me or another?" The ultimate in Jedi awareness would be to recognize it and act to minimize harm, without getting emotional about it. This can get quite challenging. For instance, there is a group in the United States which protest military funerals for things unrelated to the person who died. They say inflammatory things which are based on their belief system. Tolerance coupled with action could include going to the protest area and making sure nothing got violent, while feeling negative toward these individuals. This would be tolerating them since you are not stopping them from their beliefs. This is a feat in itself and not to be dismissed. We can go farther, however, and reach for allowance. In this case, allowance could mean going down to the protest area, just like before, but instead of feeling negative, you view them with a higher level of awareness and observe with peace and calm, recognizing they are acting from their truth. To the outside observer, both look the same. But internally it will feel quite different to you. It also feels different to those who you are providing allowance for. It actually allows them more space for change, allowing for real change, whereas tolerance does not allow for the same possibilities. The experience is completely different energetically. One step in becoming a Jedi is becoming aware of the energy of your actions, not just the physical results.

Another analogy is to observe a rock in running water. If you observe for a short period of time, it appears the rock and water are practically unchanged by the experience. But if you observe over a long period of time, over many years, you can observe the rock being worn down by the water, while the water will continue on its path to the ocean or lake. The water represents allowance. The water continues on its path no matter what is placed before it. This is seen countless times in nature. The rock represents tolerance. It doesn't actively push back against the water, but it is passively resisting. In a short period of time, this doesn't appear to be a problem. But over time, the rock is worn down by this inflexibility. Tolerance wears us down similarly. It may appear to work for a time, but as time continues, we are worn down by our passive resistance to others. Allowance provides no resistance, and thus does not wear us down. We continue on our path with ease. And that simple change sends ripples through the Force, changing the world.

To further illustrate the concept of tolerance or judgment vs allowance, this short article may be beneficial. It originally was found here: [www.ramdass.org/on-self-judgement/](http://www.ramdass.org/on-self-judgement/)

### **On Self Judgement**

Question: How can I judge myself less harshly and appreciate myself more?

Ram Dass: I think that part of it is observing oneself more impersonally. I often use this image, which I think I have used already, but let me say it again. That when you go out into the woods and you look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree and you allow it. You appreciate it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. You appreciate the tree.

The minute you get near humans, you lose all that. And you are constantly saying "You're too this, or I'm too this." That judging mind comes in. And so I practice turning people into trees. Which means appreciating them just the way they are. And, there was a period of time where I used to have a picture of myself on my puja table. Later I had Caspar Weinberger, but earlier on I had me. And people would come and say "My God, what an ego this guy has got. He has got his own picture on his puja table." But really, what it was, was a chance for me to practice opening my heart to myself. And to appreciate the predicament I am in. I mean I could see the whole incarnation. If I am quiet enough, I can see his story line. I mean history is his story. Or herstory. And herstory is just the story line of our predicament. And it's finding a place from in yourself where you see the unfolding of law. Dad did this; Mother did this; economics did this; education did this; opportunity did this; drugs did this; Maharajji did this.

All of this cause and effect, previous incarnations. All of this is just an unfolding of a story line. A drama. The Ram Dass story. There he is. How will it come out? How did it come out? And you are just sort of watching this story unfold. It has nothing to do with me. Because I'm not that. That's just a set of phenomena happening. And when you look at yourself as a set of phenomena, what is to judge? I mean is that flower less than that? It's just different than that. And you begin to appreciate your uniqueness without it being better or worse. It's just different. And cultivating an appreciation of uniqueness, rather than preference, is a very good one. It's just when you get inside identification with your personality that you get into the judging mode, because then you are part of that lawful unfolding. You are not stepping outside of it at all. The witness or the spacious awareness is outside of it. It is another contextual framework.

As you are more quiet inside so that you notice and you can see your own thoughts a little more clearly, you will see your father's voice and your mother's voice and all your education principles voices inside your head constantly saying things to you. And you will see that — what Freud calls the Super Ego. You will see that that judge is inside. And you keep giving it power by identifying with it. And you feel yourself at war with yourself. That there is a part of you that is doing it, and there is a part of you that is judging what you are doing. And as you are quieter, you see the dynamics between the Super Ego, the Id, the ego. And you see it all as just phenomena. Because they are phenomena. As a psychologist, I can study those phenomena in another person; why not study it in myself? And part of what drugs did for me, and then meditation did for me, and all the spiritual things is it helps me stand back and get outside of it. To see it for what it is. As just stuff — phenomena.

### Exercise: Allowance

This is the longest lesson in this course. Do you think it might be a little important? It's ok if you don't really understand why it's so important. This could be a major shift from your normal viewpoint. My target is to get you more aware of this concept, hopefully providing enough tools for you to play with and begin releasing some judgment, toward yourself and others.

First, explore the how you feel when you tolerate things in the world around you. If you truly feel neutral while you tolerate something, consider changing your language and use the word acceptance or allowance, which is more accurately how you are feeling about the situation or person. You might find it has more impact than you imagined.

Next, if you find allowance challenging, as I sometimes do, here is a simple tool for you. When you notice that you are in a space of judgment or negativity toward someone, say this sentence repeatedly until you feel expansion or lightness. And yes, laughing is expansive so if it starts to make you laugh, that's great!

"Interesting point of view I have about \_\_\_\_." (Fill in the blank with the name or situation) You may also say "Interesting point of view, I have that point of view." It's more general, but I like the rhythm of it.

I find when I use these tools I remember that my negativity is a point of view. I then relax more and release the negativity. When someone else has a point of view that I start judging, I remind myself it is an interesting point of view they have. When used consistently this tool is powerful and freeing.

**\*Note\*** I use the term allowance and acceptance interchangeably because they are energetically similar enough at this level of awareness. If you find that you prefer one term over the other, due to how they feel, go with that. Your awareness may be telling you something beyond what I've provided in this short introduction.

### Further Reference

For those interested in exploring the idea of words changing meanings over the years, there is an online dictionary which provides definitions from 1913 and 1828.

<http://machaut.uchicago.edu/?action=search&word=tolerance&resource=Webster%27s&quicksearch=on>

You may also find this article interesting regarding the way words were purposefully changed after WW2. <http://access-consciousness-blog.com/2011/09/want-to-change-your-life-get-a-dictionary/>

## Lesson 6: Virtues Part 2

**Responsibility-** *Responsibility is at the heart of learning to overcome our flaws. A Jedi should be held responsible for all of their actions. Without it, we cannot grow, we cannot help others and we cannot justify why we are to be taken seriously.*

What do you think of these statements? Truthfully, how much responsibility do you take for your life? How much do you blame on others? There is no wrong answer here, simply a chance to become aware.

Do you also take responsibility for others? There are some people take no responsibility for anything, and there are also those who take responsibility for others, which isn't actually theirs to be responsible for. One of the greatest gifts we can give a person is to empower them to be responsible for their own life. Taking responsibility for their life robs them of this experience and is an unkindness. As a Jedi, this can be challenging to navigate. The serenity prayer comes to mind. For those unfamiliar, it is used as part of Alcoholics Anonymous and begins as follows.

God grant me the serenity to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Taking responsibility for others is trying to change the things you can't. With awareness you can recognize when you do this and choose differently. Granted, if you've been taking responsibility for others, allowing them to avoid their responsibilities, if you change this relationship they are unlikely to be happy about it. They will likely try to manipulate you into taking responsibility for them again so it makes their life easier. Be aware of this. When you can recognize their actions are there to manipulate you into doing what they want, it is easier to put your foot down and stick to your decision. You will both be better off for it. If this is a situation you are facing, we can discuss it individually or in your course work.

**Discipline-** *In order to walk the Jedi Path, you need to live by your training and by the philosophy. It is your responsibility to continue your growth throughout the rest of your life. Even while you are training with a mentor or taking a course at an order, it is discipline that will get you through to your knighthood and beyond.*

Discipline is a skill that needs to be developed like any other. It can be hard to start a new path, which is why we provide a post with tools to help you build new habits, which strengthens your discipline.

<http://instituteforjedirealiststudies.org/forum/7-living-the-jedi-way/30049-tools-to-build-good-habits>

Often we will have some areas of our life where discipline is relatively easy, and other areas where it is incredibly difficult. What areas do you find easy to apply discipline to? What areas do you find challenging to apply discipline to? Perhaps you haven't ever looked at your life in this manner, so take

your time to really think about it. Often the areas of weak discipline are the areas that will be a trial on your way to Knighthood. Recognizing them now allows you increased time to address them.

**Fortitude-** *Fortitude is the emotional strength and conviction to press forward in any given situation which poses an internal or external adversity. Developing fortitude allows a Jedi to show that they are not willing to give up until they have drawn their last breath.*

Individuals who possess fortitude are also referred to as resilient. Do you feel you have fortitude and resilience? Provide an example or two of where you showed fortitude in your life. This is a quality we seek to develop throughout training but rarely directly discuss. You will be asked about your level of fortitude in your trials, so it's a good idea to reflect on your life for instances where you showed your resilience.

Note, fortitude should not be at the expense of awareness. Blindly, stubbornly pushing forward based on what you believe, without considering if that is based in awareness or truth is going against the Jedi code by remaining in ignorance of what is. If you ask questions, staying open to more information, then you can move forward in spite of everything without finding yourself funning straight into a big brick wall. Does that make sense?

All three of these virtues will be worked on through various courses, but if it is something that is particularly concerning you, feel free to ask in this class or start a thread in the general forum.

### **Assignment**

Answer the questions included in this section. In addition, choose one of the articles linked in the thread above and state what you learned from it. (This assignment is the same for the following lesson.)

## Lesson 7: Virtues Part 3

**Integrity-** *A Jedi seeks to maintain their integrity to the Jedi Code at all times. A Jedi should hold themselves to a high standard knowing that what they do when no one is looking is just as important as what they do when people are looking.*

Another element of integrity is to be honest when you have not acted in a way that was honest or benevolent. People make mistakes, but a person of integrity is one who admits to these mistakes and seeks to do better next time. Since this is the beginning of your training journey with us, we challenge you to act with integrity. Be honest in your assignments. If you struggle, tell us. Much is learned in the struggle, and there are often additional tools we can provide.

Do you have an example of a time when you acted with or without integrity? Was the situation uncomfortable? What did you learn from it?

**Objectivity-** *A Jedi trains themselves to gain as much relevant information as possible before drawing their conclusions. Once the facts have been gathered, they approach the problem with as little cultural and emotional bias as possible so that they are able to develop a decision on their next action.*

In order to be objective, you need to know where your bias lies. There have been many studies to attempt to determine an individual's bias without their cognitive mind intervening. I remember watching an old episode of Scientific American Frontiers with Alan Alda where he took computer tests to uncover hidden bias. It was quite interesting! You can take similar tests online at this link. <https://implicit.harvard.edu/implicit/takeatest.html>

Choose one test at the above link, whichever you'd like. They only take about 5 minutes. Once you have your results, post how you feel about the results. Were you surprised? Did you learn anything from this exercise?

**Wisdom-** *A Jedi seeks to become wiser than the day before, this means developing the ability to separate truth from illusion, which is done by their ability to communicate with the spiritual aspects of the Force. Thus their path becomes clear and that clarity can be used to help others find their way.*

Often separating truth from illusion is not as simple as finding facts. Instead we must rely on our intuition. Have you ever changed your belief about someone or something? What changed your mind? How did that experience feel?

Some people think wisdom comes naturally with age or time, but it isn't automatic. Taking time to reflect on life, perhaps in meditation or journal writing, will help you see the lessons in your experiences which in turn become wisdom. We encourage maintaining your training journal on site or in an off site blog.

## Lesson 8: Overcome

**Aggression-** *To build on the Jedi Virtues, a Jedi must keep themselves open to the world. Through the misuse of aggression, they miss out on opportunities to further their cause. This does not preclude being assertive. A Jedi needs to learn to find the most effective means of resolving a conflict through the least bit of hostility possible.*

How would you describe the difference between aggression and assertion? Do not limit yourself to the physical, think about how these words and thus experiences differ energetically. Please provide an example. Do you struggle with aggression, either now or in the past? Are there perhaps specific situations which cause you to become aggressive?

**Recklessness-** *A Jedi does not take unnecessary risks, knowing that their life is important to the Jedi Mission of bettering the world around them. In overcoming recklessness, a Jedi acknowledges and is mindful of how small the impact is perceived to have on themselves or others.*

When a person is reckless, there are many reasons for it. One mark of recklessness is short sightedness, to run blindly into a situation without an awareness of the bigger picture. Another element to recklessness is the need to do 'big' things and have an impact. Yet we know that even the smallest of actions can leave a large ripple in the Force. Sometimes it is the smallest actions that have the largest impact on the world.

Have you been reckless in an area of your life? Based off what you've already read in this course, what are some ways you can overcome recklessness?

**Attachments-** *Overcoming your attachments is not about getting rid of all your possessions or even denouncing your family, instead this is about forward movement. In overcoming your attachments, you are acknowledging what value these things have to you, and you recognize that there comes a time when you should no longer fight for your attachments, and you must let go. For a Jedi overcoming attachments can extend to bad habits, unhealthy obsessions, and connections to people that make us less who we have chosen to be.*

Think about everything you have in your life. What gives you the most anxiety to think about not having? This shows you where attachments could lie. The next step is to think about how quickly you could recover having lost those things. For example, the thought of losing my wife is unpleasant, but I'm also confident that I would bounce back as the grieving process occurred. Therefore, I am not overly concerned with attachment in that case. If, on the other hand, I felt like I could not live without her, that would be a large attachment and problematic to my path.

Where do your attachments lie?

### Assignment

Please answer the questions in this section.

## Lesson 9: Prowess

**Defense Art-** *A “Defense Art” is not necessarily physical in nature, it can be through speech, writing, diplomacy, art or a number of other options which lead to an active method of curing the world of oppression. Like many of the other disciplines, you may find that your Defense Art is the same as another art (Physical, Scholarly, or Spiritual).*

If you have already studied a defense art, what have you studied? If you haven't, what do you intend to study in the coming years? Why is that of interest to you? If you are unsure where to start, this thread may be beneficial. <http://instituteforjedirealiststudies.org/forum/76-way-of-the-warrior/14366-choosing-a-martial-arts-school>

**Physical Art-** *A Jedi should seek a physical art within their capabilities which keeps them in shape and focuses on maintaining discipline of their body. Part of the physical art, which can be observed by all Jedi regardless of their mobility, is health. A Jedi should eat right, and maintain their health to the best of their ability.*

How are you addressing your physical side? How much are you up and moving throughout the day/week/month? How do your eating habits make you and your body feel? Are you relatively healthy, or do you have some health concerns? In what ways are you working to improve in the coming years?

**Scholarly Art-** *A Jedi should seek out knowledge which provides benefit to them and the people around them. The search for knowledge is fundamental to Jedi as one never stops learning, seeking knowledge or bettering their skills.*

What are your scholarly areas of interest? If you are pursuing a higher degree, what degree or career are you seeking? What do you have a passion for studying and learning more about?

**Spiritual Art-** *A spiritual art may be as simple as developing meditation, but can go far beyond this. A Jedi may choose to develop a spiritual art aimed at connecting them with “the Force” through healing, seeking guidance, or simply developing their own self-awareness.*

A spiritual art is going to bring you closer to the Force, and as such is critical for the development of Jedi. It's also the more difficult to define at times. We require Jedi to have experience with meditation, as it is through the quieting of the mind that we connect with the Force. We also encourage the learning of an energetic healing system. However, these are not the only spiritual pursuits. We have Jedi who are talented artists and musicians who find the Force experienced through these art forms. If you find yourself drawn to an art – even if you aren't good at it – explore it. Others find their connection through the Force in scientific pursuits. If you don't know what is spiritual for you, look at what brings you joy. It may be just the thing that gives you a deeper connection to the Force!

Please list your current spiritual practices, or your intended practices to learn through your training.

### Assignment

Please answer the questions in this section.

## Conclusion

The Jedi Compass is a tool that briefly shows the breadth of the Jedi path by covering the responsibilities of the Jedi. By taking future classes you will be forming the foundation of your own path as you walk toward Knighthood. With this foundation, the added element of passing on what you have learned will be required. By starting to work on these requirements early, you can also learn to use them when instructing future students.

Throughout this course we provided many tools that can enhance your path. Throughout the Jedi path you'll gather more tools, but remember that a tool is of no use if you don't use it. Look back throughout this course. What tools do you intend to utilize going forward? Don't say all of them, but choose what feel most useful to you right now. Apply them in the coming weeks to build momentum on your path. Consistent practice will lead to significant change in your life, and allow you to reach your potential as a Jedi and a person.

Do you feel you have a better understanding of the breadth of the Jedi path, and your place on it? Do you have any lingering questions?