



**THE INSTITUTE FOR
JEDI REALIST STUDIES**

www.instituteforjedirealiststudies.org

Introductory Course

A course developed by the Jedi Academy, an affiliate training program of
The Institute for Jedi Realist Studies.
<http://instituteforjedirealiststudies.org/>

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Welcome

Welcome to the Institute for Jedi Realist Studies and our Academy training program. Throughout this course you'll be meeting some faculty and staff that you'll be interacting with in your training here. While everyone has different levels of availability, you are welcome and encouraged to interact in the discussion forum to get to know us all better. Many of us maintain blogs and/or training journals as well. You can find links to these on the discussion forum.

This introduction course is also to introduce you to the training program at this Academy. Through it you will learn what is expected of a student at the Academy, as well as what types of topics you will cover throughout your initial training. It's also an introduction of another kind, where we are introduced to you, perhaps for the first time. The work you do in this Introductory Course is the basis for all of your future training, so approach it with the effort and depth a life changing path requires.

I wish I were welcoming you in person to a physical Academy, but that is not an option at the moment. That does not make your training any less real, however. This training can change your life in ways that can't be imagined when you begin. I can safely say, without the training I've done over the years I would not have survived the many trials that have come to my family over the years.

Everyone here can share a story of how the Jedi path has improved their life. These experiences have guided us as we develop a curriculum with real world application. We all understand the importance of training offline, that the Jedi path is walked through every moment of our life, and is not something to simply role play online. If you are looking for a path of personal growth and improved quality of life, this may be the path for you. It requires work, but we will provide you tools that make this process easier.

If you have any questions at any time, I invite you to ask either in the forum, especially in the Guidance Office or by contacting faculty individually. It is my sincere hope that you complete this course. Many people don't make it past a few weeks of actual training, for many reasons. For some this just isn't the right path for them, however it is far more common for a person to just not make the time in their life. So I ask you, are you ready to take control of your life? Are you ready to grow into the best person and Jedi you can be? If so, let's get started!

Welcome to the Jedi path!

Jax
Academy Principal

How do we define a Jedi?

Part of the mission of the Institute for Jedi Realist Studies is to prepare Jedi for the real world. We have a basic concept of the Jedi through our exposure to the Star Wars films and expanded universe. They are a “noble order of protectors unified by their belief and observance of the Force.” (<http://www.starwars.com/databank/organization/thejediorder/index.html>). However, we may not know how to “translate” that for our current climate.

Over the years, a community formed that saw themselves as modern day Jedi. Through much discussion and debate, this community developed a Jedi identity. Through those interactions, what emerged was the term “Jedi Realist.” (In our context that label is often shortened to “Jedi” with “Realist” being understood).

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.

The Jedi share common principles. A Jedi

1. Recognizes the Force and seeks to increase oneness and connection with it.
2. Acts benevolently, guided by the Force.
3. Strives for harmony within their life.
4. Approaches life with courage and honesty.
5. Practices kindness and patience with all.
6. Views the world objectively, questioning convention to increase possibility.
7. Trains the mind to gain knowledge, discipline, and a strong will.
8. Trains the body to maintain health and wellness in support of their path.
9. Trains the spirit to strengthen their connection to the Force, gaining awareness.
10. Passes on their knowledge and experience on to willing students of the Force.

This is just one way to describe the Jedi path. In Jedi Studies 101 you will explore the Jedi path in more depth, gaining tools to improve your experience on this path.

Curriculum Overview and Strategies for Training

This is a long lesson, but it covers the big picture of training here as well as strategies for successfully making time for training. Take the time you need with this information and be sure to ask questions.

Now that you have an idea of what it means to be a Jedi, let's talk about the curriculum as it currently stands. Over time the curriculum will evolve as faculty develop new courses and as our understanding of the Jedi path evolves. Because of these expected changes, this lesson does not include every course covered in each level. Currently the curriculum is divided into three levels: Novice, Adept, and Advanced.

Novice Level

Assuming you are new to the path, you start at the Novice level. The Novice level teaches you a bit about everything you need to know to be a Jedi, at least within the limits of online training. These courses are not just theory, but experiential so you are applying what you learn right away. The details of Novice Training with the Academy can be found on the website under the Training menu. Click [Start Here](#) and then select the Academy Training Details tab. <http://instituteforjedirealiststudies.org/training/training-start>

In addition to these courses there are two offline training requirements, including CPR and the Integrative Practice requirements that you'll learn about in the last section of this Intro course. Included in the Novice level are the 100 numbered courses. Below you'll find a brief overview on the courses in the Novice curriculum. Other courses may be added as faculty are inspired to create them and may be added to any level. Use this section as a guideline only. The guidance counselor area of the forum has updated information. The course listing page also reflects current course availability.

Novice Courses

Communication 101

Effective communication skills are critical for all Jedi. Many difficulties in the Jedi community come from lack of communication skills, not to mention the importance of communicating with non-Jedi. This course focuses on communication as a Jedi, rather than as a public speaking course typical of the civilian world.

Creed 101

Creed 101 begins the exploration of the Jedi Code and its use on the Jedi path. This includes exploring the common forms of the code and what they mean to the Jedi realist.

Force 101

The Force curriculum strikes a balance between philosophical knowledge of the Force with experiential understanding. Force 101 will give you skill with the Force that is applicable to your daily life. This course requires meditation experience and is recommended to take with Meditation 101.

Jedi Studies 101

Jedi Studies takes a look at the breadth of the Jedi path, ensuring that you have a good idea of what is expected of you to learn over the years. You'll learn useful tools to apply to your life as well as to your Jedi path. This is your starting point on the Jedi path.

Meditation 101

The ability to focus is critical to Jedi development as well as life. Meditation 101 provides you with tools to tame the mind that can help the meditation student at any point in their journey. Meditation is a critical part of many aspects of study including Force, Personal, and Spiritual training. These classes may include specialized meditation exercises so you are meditating with a purpose and within context.

Personal 101

Before a Jedi can assist others they must know and understand their Self. Personal development courses focus on understanding the Self by looking at underlying beliefs that could interfere with walking the Jedi path.

Situational Awareness 101

Situational Awareness 101 is a course focused on the psychological aspects and basic physical needs of the human body, designed to help you recognize the potential for emergency survival situations, hopefully avoid them, and if not provide tips for getting through the first 72 hours of an emergency situation. It also provides important lessons in basic Jedi principles and practical application thereof.

Spirituality 101

Spirituality 101 takes a look at some of the major archetypes and myths that pervade various communities and faith traditions. One will see how these narratives reveal the inner spiritual truths that we continue to live today. Additionally, using the lens of the “Hero’s Journey” one can gain a deeper understanding of what it means to be a Jedi in the real world.

Warrior Principles 101

This course focuses on what it means to be a warrior in today’s society. This course will address common myths around the warrior path and cultivating a warrior spirit. This course applies to all Jedi, regardless of interest in martial arts.

Adept Level

As you complete the Novice requirements you'll move into the Adept curriculum. You are allowed to take courses in the Adept level before completing the Novice curriculum, so long as any course pre-requisites have been met. The Adept curriculum is designed to give you the foundation that you need to direct your study on your own if you so choose. At the end of the Adept curriculum you will undergo the Adept Trial to show how well you have applied the knowledge you've gained during your time training – with a focus on application. Once you pass, you will have earned your Adept Rank. For those familiar with the higher education system of the United States, it's similar to earning your Associates Degree. You have a good working knowledge of what you need to do your job and can now work on applying it for a time before continuing your education. Or you can continue on and work toward that next level - the choice is up to you. The Adept level marks the end of the standard Academy style of study, where your primary learning format is through organized courses.

Beyond the courses in the Adept curriculum, there are the additional offline training requirements of Integrative Practice. The Jedi path is not one simply lived or trained entirely online. To make sure students

understand this everyone will need to keep a training log, which is explained further in the last lecture of this course, including requirements and suggestions for outside training. You should begin working on these requirements as early as you can in your training, as each rank has a specified number of offline training hours as a requirement.

Advanced

As you complete the objectives of the Adept level, you will find you have many more tools than when you began your journey. You have learned to listen to your Inner Wisdom along with the Force to guide your training. Therefore there are few formal courses in the Advanced Curriculum. Any courses you do take are geared towards deepening your connection to the Force and integrating all that you have learned. Training is typically one on one, working with mentors to reach Knighthood. You will also undergo research to prepare your Knighthood project which is something that will benefit the community. In addition you will learn more about leadership and how to pass on what you have learned in a way that is most effective for others.

Beyond courses, the Advanced Level is really about applying all that is learned prior to this point to meet the expectations and hold the attributes of a Jedi Knight, as defined by this Institute. Therefore, there is no set time to this training. Once you are showing these attributes, you will be allowed to undergo your Trials.

Ranks

Rank requirements are still being developed within Institute. We have a few ranks to denote your level of knowledge and application of that knowledge. Ranks are awarded after a testing process. Each test or trial has multiple parts to test your knowledge, attitude, and ability to respond in real time situations. These parts include a written exam, a research project, and a real time portion either in a chat, instant messenger, or Skype. The intensity and length of the trial depends on the rank you are testing for and will include elements unique to you and your journey.

The first rank is **Novice**. At this level you have learned the basics of the Jedi path, built foundational skills, and have begun incorporating your training into daily life. It covers primarily 100 level courses. The testing process includes a written exam, an interview in the chat room with other faculty, and a discussion of your Integrative Practice hours. With the courses currently in the Novice level this can be accomplished in approximately 1.5 years, though there is no set upper limit.

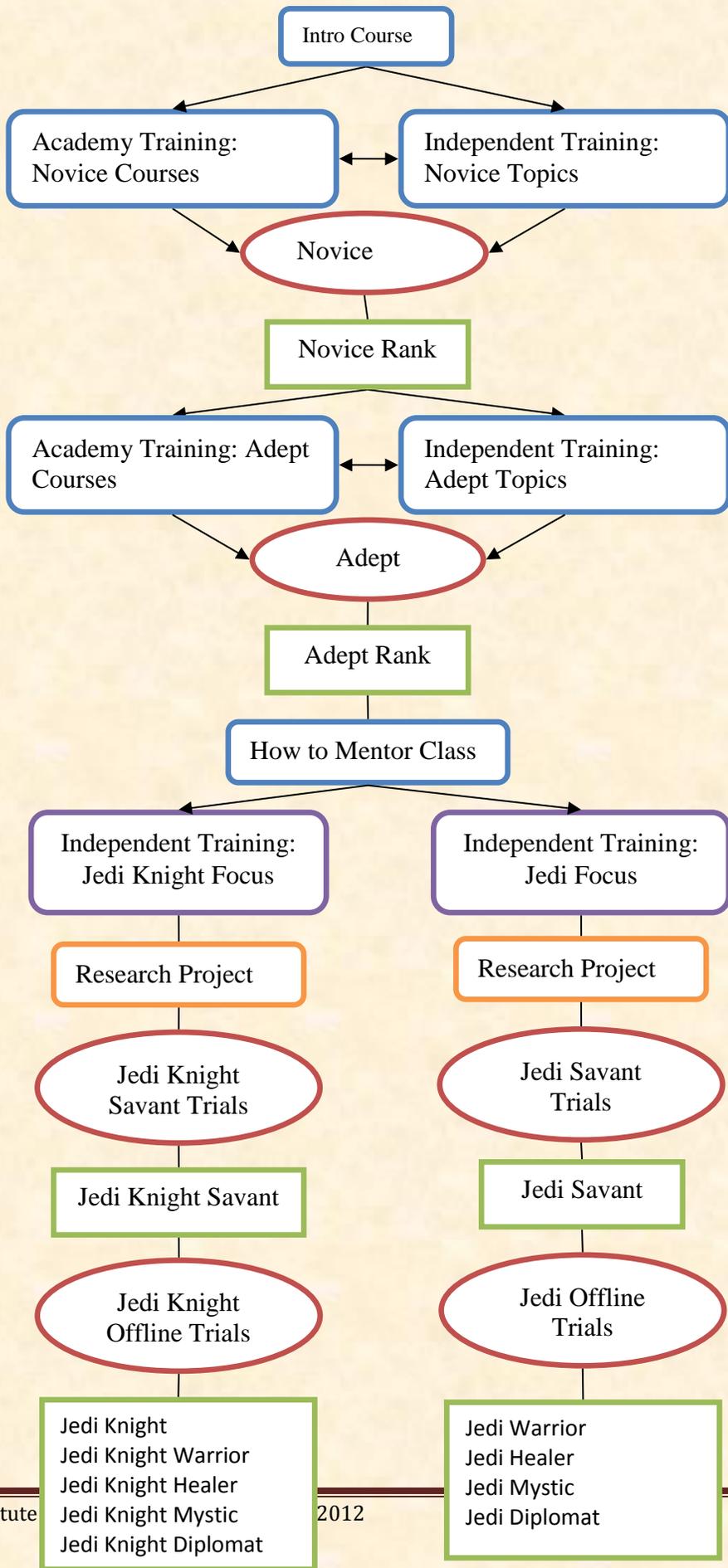
The second rank is **Adept**. As stated above, this denotes a person who has a solid foundation and is ready to begin advanced training, taking greater control of their own training. Testing includes a written exam, an interview in chat with faculty, integrative practice hours, and a project that will benefit the community.

The next set of ranks is meant to denote the advanced levels reached by different paths. We recognize that not everyone will want to train in all areas required to be a full Jedi Knight. Instead, some may want to focus on just one area beyond the Adept level, like healing, martial arts, or philosophy. For those individuals we want to recognize their subject matter expertise. They will undergo a similar trial to Knighthood, but with a focus on their area of expertise. Their ranks will denote their expertise. If they also fulfill the requirements of Knighthood (including a defensive art) they will earn the Knight title as well.

For those advanced students heading toward Knighthood, there is an extra element to the trials. We take this title seriously, and as such include an offline, in person testing segment to add an element of quality control to this process which occurs after the online portion of the trials has been passed. Therefore, the Knight trial is in essence two stages. The online trials, which are identical, but in greater depth than the prior trials, will award the rank of **Jedi Knight Savant** upon successful completion. Upon successful completion of offline trials, the rank **Jedi Knight** will be awarded.

With the increasing number of Jedi Gatherings occurring around the world, as well as local Jedi chapters, it is becoming easier to meet up with Jedi for training and testing. With enough planning, it should be possible to find a date and location where testing will be conducted. That may mean the student travels to a gathering, or faculty member's travel to the student. Each individual case will be taken into account and the best solution found for everyone involved. We realize this is the most difficult portion of our ranking system, but don't allow it to discourage you. We are all working toward these high standards which will be necessary to build a strong Jedi community into the future.

The following graphic describes our training progression more simply.



Student Expectations

Like any new student, you likely want to know more about the Academy training program.

This program is formatted as self-paced directed-study. What this means is, an instructor will present you with information primarily in the form of downloadable workbooks. Given the more intimate setting, each instructor can work with you on an individual basis. In this regard, the directed-study is like a temporary mentor pairing. However, you will have several “mentors,” depending on the courses you take, throughout your academic career. This provides some benefits over self-study, such as getting direct and specific feedback for you and your unique situations. However, each style has benefits and you are likely to do self-study in addition to your directed-study with the academy.

With either style, the student is responsible for her/his own learning. It is up to your own discretion how much (or how little) work you put into your training. Keep in mind that it is disrespectful to your teachers to monopolize their time and energy for substandard work. Additionally, it would be a disservice to your own growth to take the learning done here lightly. The greatest growth occurs when one puts forth much effort. While training is self-paced, a course is most effective when worked on at a steady pace. Therefore, if you have gone a year without updating a course you will need to restart the course when you return. Typically we recommend one lesson per week. This pace maximizes your learning experience. If you have trouble maintaining that pace, speak to your instructor and explain your situation. They can provide suggestions which help you move forward. We ask that you approach this training with integrity. We do not want you to misrepresent your work. We are interested in hearing about YOU. What are your thoughts? Your experiences? Your questions? In the end, it will be you who adds to the collective knowledge of the Jedi community.

The life of a Jedi is not easy, but it is rewarding. Are you ready for the challenge?

Journal Keeping and presenting your work for marking

All work will be posted in the appropriate area on the discussion forum. See the picture on the next page for increased clarity. If you do not have access to the introductory course training area on the forum, contact the Academy Principal. Each course has a dedicated area which is accessible only to students where your assignments are posted for feedback. Post all assignments in a single thread, titled *{your name} Intro Course*, or something similar. This makes it easier for us to track your work.

You may post comments on other students’ assignments, but remember to be respectful of their feelings. You may not realize how your words affect them. If in doubt, check with a faculty member first. Some assignments result in sensitive information being shared. If you are uncomfortable with sharing around other students contact the instructor to make other arrangements.

We strongly recommend everyone keep their own personal journal for all training, here and elsewhere. This allows you to have a backup of your work as well in the event of a catastrophic site failure. Many members use Wordpress blogs and/or have a thread in the public training journal area of the forum. Whatever you choose, a backup of some kind is recommended.

Mark all topics read

Board Categories

Go

FIRST THINGS FIRST

	Introductions and Information Important information for members and introductions	343 Topics	2253 Replies	Last Post: Meesa Back! by Jomela 5 days 4 hours ago
	Help Desk Any general questions about this site should be asked here.	43 Topics	199 Replies	Last Post: Working on the websi ... by Jax 1 month 2 weeks ago
	Announcements Important site announcements will be located here.	103 Topics	772 Replies	Last Post: Jax on vacation by Jax 1 week 5 days ago

GENERAL CATEGORY

	General Discussion Feel free to talk about anything and everything in this board. ● Book Reviews (41/182)	400 Topics	3262 Replies	Last Post: just smile :) by Roxanne 12 hours 55 minutes ago
	Living the Jedi Way Discussions related to the Jedi path in everyday life ● Training Journals (81/7030) ● Jedi Parenting (12/60)	362 Topics	9980 Replies	Last Post: Yoshio's Training Di ... by Jax 3 hours 11 minutes ago
	The Green Jedi Environmentalism, self-sufficiency, survival, and emergency preparedness ● After the Death Star (27/173)	58 Topics	361 Replies	Last Post: Self Sustaining Fear by Kol Drake 2 weeks 20 hours ago
	Esoterics A place to discuss the esoteric practices of the Jedi path: meditation, energy work, psychic development, etc ● Dream Journals (28/1029) ● Meditation Journals (21/803) ● Working With The Force by Kol (8/80)	214 Topics	2998 Replies	Last Post: Deja vu by Tai 1 day 2 hours ago
	Spirituality, Religion and Philosophy Discuss things on the more spiritual and philosophical sides of life.	211 Topics	1377 Replies	Last Post: My Little Infinity- ... by Baru 3 days 21 hours ago
	News Around the World Discuss current events here	81 Topics	517 Replies	Last Post: Scottish Independanc ... by Tai 1 week 4 days ago
	Science and Technology Discuss things science and technology related.	63 Topics	299 Replies	Last Post: For all astronomy an ... by Kol Drake 2 months 1 day ago
	Health and Fitness Discuss anything health and fitness related here. ● Way of the Warrior (22/198)	108 Topics	863 Replies	Last Post: Travis & Tai's Smoke ... by Tai 2 days 4 hours ago
	Recess Feel free to relax here - a place for movies, music, books, games, etc	187 Topics	1177 Replies	Last Post: Being a Nerd is Okay by Memnoich 1 day 3 hours ago

TRAINING

	Guidance Counselor's Office Any questions or comments relating to Academy training go here	53 Topics	585 Replies	Last Post: Don't know where to ... by Jax 1 week 4 days ago
	Academy Class Training Area This will hold all training assignments and discussions for academy classes ● General Discussions (4/67) ● Introductory Course (111/1823) ● Creed 101 (46/244) ● Meditation 101 (49/587) ● Force 101 (168/713) ● Jedi Studies 101 (8/21) ● Meditation Test Run (3/48) ● Personal 101 (74/407) ● Communication 101 (89/217) ● Situational Awareness 101 (49/188) ● Aiding Emergency Services (1/1) ● Spirituality 101 (8/112) ● Leadership (34/148) ● Warrior 101 (3/28) ● Warrior 102 (49/204)	679 Topics	4781 Replies	Last Post: Baru's Introductory ... by Yoshio 5 hours 56 minutes ago

Overview of the Major Areas of Study

Force Training

Introduction to Force Studies

Dearest Students of the Institute,

Please allow me to introduce myself. My 'handle' at the Institute is Inari, and I will be your instructor for Force studies, as well as a few other topics. (Principal's note: Inari is no longer the current instructor for Force studies. However she developed Force 101 and this lesson. She is available if you would like to ask her questions personally.)

I have been a member of the Academy since 2003, starting as a student and working my way up to being a faculty member. Despite living halfway across the world from most of the staff and students of the Academy (Australia and New Zealand) I have travelled to the United States to meet most of the faculty members that you'll see here, and look forward to seeing them and our students again sometime in the future.

I have a busy life offline, but one of the keys things for me is not to 'make time' for my training in my life, but to turn my life into my training, and I've been fairly successful at that. From changing careers (from software development to massage and healing), to making sure I have time for meditation, exercise, and martial training, as well as look after my family and work, I have become a Jedi through making my training important enough to me that I changed my habits and schedules to do so. If you wish to succeed in your own training, you will need to do this as well, at least to some extent.

The study of the Force is the study of energy, of your self, of different realms of being, of internal and external psychic development. It is a study whose success is tied with your other classes, for a student that does not develop the ability to ignore the 'monkey mind' through meditation will have no silence for the voice of the Force to be heard. The student who does not work hard to understand their own motivations and problems will be hard pressed to undertake energy based healing, or may find they run into internal blocks further down the road. It is also important to your esoteric studies to balance them with physical exercise and other 'grounding' activities, to develop your creativity, and counteract the fascination that the esoteric can begin to exert when you get to a certain level in your training.

If you are currently practising a religion, you may be pleased to know that we fully encourage you to maintain your practice, and also perhaps to look further into your religions esoteric history, for all religions have roots in the study of the internal mysteries. Force training has no one way, no single path, each individual will have certain areas where they are stronger, some where they are weaker and need to develop further, and a certain cultural background that may help them to relate to certain practices more easily than others. It is also an area where you will always have more to learn, that is one reason I, personally, find it so fascinating.

An important part of Force training is to develop (and pay attention to) our intuition. There are several different types of intuition, and we all are stronger and weaker in the various types.

The emotional intuitive feels energy, and is naturally empathic. They may pick up on or receive powerful emotions that seem to come from nowhere.

The mental intuitive knows, thinks, and sees systems and patterns. They tend to do well with telepathy and clairvoyance.

The physical interprets psychic energy through their bodily impressions (a 'gut' feeling, for example) or through physical impressions.

The spiritual intuitive may have visions, see images, and sense the presence of spirits, ghosts etc.

Knowing your natural psychic 'baseline' can help you to understand and better develop your innate gifts, which I can assure you that you will have to some extent. We're not too interested in 'this person is stronger' or 'this person is weaker', just in helping you be all you can be. As you grow in your studies, you'll find that you'll start expanding your intuition beyond the modalities that come easiest to you, to encompass the full range of possibilities.

The following questionnaire will help you to better understand your intuitive type. These questions are best answered spontaneously as there is no right or wrong answers. There are only preferences. This questionnaire does not rate the degree of your current psychic ability; rather, it provides insight into what your natural intuitive preference may be. Most people will be a combination of types, and it is likely that if you have had an interest in psychic development and have been undertaking it for some time that you will be fairly balanced. Another common thing you'll find is that you'll progress through the different intuitive types, perhaps becoming balanced in your primary method and then spontaneously beginning to further develop your secondary one, and so on.

Knowing how you most easily use your intuition will give you a place to start from when increasing your psychic ability. When we go with the current instead of against it, we progress more rapidly and with less effort. The goal, then, is to gain proficiency in psychic awareness and to develop and enhance your natural abilities.

The following questionnaire and information is sourced from the book 'Discover your Psychic Type' by Sherrie Dillard. If you find that you enjoy this brief outline I've supplied, I recommend that you read this book.

To better understand your intuitive style, rate yourself on the following observations, using the scoring system at the top of the chart.

Often = 5 points. Sometimes = 3 points. Rarely = 1 point.

Observations	Often	Sometimes	Rarely
1. I experience sudden physical aches or pains when in the company of others.			
2. The feelings and emotions of others affect me.			
3. I have an interest in extraterrestrials, crop circles, or other nonphysical intelligences.			
4. I have dreams or visions that don't seem to relate to anything in my life.			
5. I fail to lose weight, despite constant dieting.			
6. I long for the elevated love of a spiritual soul mate.			
7. I feel I am being taught at night while I sleep,			
8. I see streaks or sparkles of light, energy or colour.			
9. I experience anxiety or panic in crowded places.			
10. When I see a loved one suffer, I want to trade places with him or her.			
11. I enjoy discussing spiritual topics and ideas.			
12. I have a strong sense of spirit or soul, but have difficulty with more mundane, day-to-day tasks.			
13. I feel a connection to crystals, plants, or nature spirits.			
14. I feel the presence of God (the Force, Spirit) as unconditional love.			
15. I want proof or evidence of the existence of psychic phenomena.			
16. I long to be in the presence of divine beings.			
17. I feel I can communicate with my pets or other animals.			
18. I pray for others to feel God's love.			
19. I prefer the words "divine intelligence" to "divine love".			
20. I can see the big picture, but I have a difficult time communicating it to others.			
21. When giving or receiving healing energy, I can feel it flow through my hands or body.			
22. People tell me that they feel comforted when they are with me.			
23. I would like a Higher Power to provide me with answers to my questions.			
24. I had a problem with drugs or alcohol at one time.			
25. I feel my intuition as a gut feeling in my body.			

26. People, even strangers, confide their problems to me.			
27. I have ideas for unique products or inventions.			
28. I feel the presence of loved ones who are in spirit close to me.			
29. I am fascinated by magic and / or spells.			
30. I experience unexplained intense feelings.			
31. I am interested in energy medicine.			
32. I am afraid to be too psychic or intuitive.			
33. I am attracted to different body therapies, including massage, Reiki, and acupuncture.			
34. I forgive others easily.			
35. I enjoy studying mystical teachings.			
36. I enjoy studying channelled teachings.			
37. I am interested in shamanism, Native American mythology, and other earth-based traditions.			
38. I desire to be of service to those who suffer physically, emotionally, mentally or spiritually.			
39. I desire to understand the Universal Laws.			
40. I wonder why I am here, on planet Earth.			
41. I enjoy participating in rituals and ceremonies.			
42. Much of my day and / or week is involved with helping others.			
43. I contemplate what the meaning of life is.			
44. I like to daydream.			
45. I spend a lot of time in my garden or in the wilderness.			
46. I feel what others feel			
47. I enjoy studying the connection between science and spirituality.			
48. I live in the present moment.			
49. I communicate with the spirits that live in natural objects like plants, stones, and trees.			
50. My spiritual path is the path of the heart.			
51. I enjoy new technologies and cutting-edge gadgets.			
52. I sense or see spirits and / or ghosts.			

Keep in mind that we all have aspects and tendencies of each of the types within us. We are all a combination of each type. With that in mind, determine your predominant type and your less dominant types.

A

Add questions 1, 5, 9, 13, 17, 21, 25, 29, 33, 37, 41, 45, 49 A =

B

Add questions 2, 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46, 50 B =

C

Add questions 3, 7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47, 51 C =

D

Add questions 4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52 D =

If A is the highest sum, you tend to be a physical intuitive.

If B is the highest sum, you tend toward being an emotional intuitive.

If C is the highest sum, you are likely a mental intuitive.

If D is the highest sum, you tend toward being a spiritual intuitive.

So, you are probably now thinking, 'Hey, that was fun...sorta. What now?'

Emotional Intuitives

These intuitives travel the path of the heart. They are driven by the desire for love, connection, passion, and service to others. They are often vulnerable and sensitive, feeling others pain. Still the desire is there to heal and to go beyond their personal needs for the benefit of others. Emotional intuitives are usually the most giving of all the types.

An emotional intuitive will have an innate sensitivity to the emotional states of others. It can arouse strong feelings, causing them to respond with devotion and care; or with confusion and surprise. They may also find that these feelings recede as quickly as they arrive.

Because emotional intuitives receive impressions from the Force through their emotions, they are the most prone to experiencing intense, unexplained feelings. Many emotional intuitives, for example, will feel a strong sense of sadness, anxiety, or fear prior to a tragic world event, or wake at night feeling stressed and worried and with no idea where those feelings have come from.

Many emotional intuitives learn, over time, to push these feelings away, they try to shut down to avoid the psychic waves to which they are susceptible. Through awareness and growth, emotional intuitives can begin to understand and work with their sometimes extreme and unpredictable emotional states, learning to stay centred and focused instead of becoming emotionally weighed down. They need to learn to respond by sending waves of love and calm back out to the suffering world that called out to them.

Emotional intuitives can suffer from allergies, chronic tiredness, and adrenal exhaustion, plus PMS and ovary and uterine problems. They all too often pull from their own physical reserves the energy needed to emotionally heal others, and they often believe they are not doing enough if others are not promptly healed. They need to take time to become aware of their own emotions. They need time away, retreat and solitude. But seldom will they take this self-time.

Emotional intuitives and mental intuitives need each other. An emotional intuitive needs to see the big picture and be less affected by others, whereas the mental intuitive needs the love and sensitivity that emotional intuitives generate so easily.

More than the other types, emotional intuitives need to learn to decipher and name the inner psychic feelings and impressions that flow through them. Because they can feel so much and so deeply, they need to become aware of what is their own emotional energy and what may be coming from an outside source. They also need to learn not to define themselves by what they are feeling.

Emotional intuitives are, unfortunately, the most likely to make errors in interpreting psychic information. At the same time, they rarely make errors when interpreting the feelings and emotions of others. Instead, they make errors because all too often their interpretive abilities are overrun by their concern and care for others. They strive to help, heal, and love all. Because they respond to energy emotionally, the challenge for emotion based people is how to interpret the energy coming to them through the Force objectively. They must learn heart-centred clarity. They need to shift away from a powerless absorption of emotional energy and move into clear awareness.

Guided meditation for the emotional intuitive: The Lighthouse

(If you would like to use an audio track for this meditation you may download one on the Course Listing – Introductory Course page)

Because emotional intuitives are usually highly attuned to psychic emotional energy, it is necessary for them to become skilled at using calm insight to interpret the feelings and emotions they intuit. When they are able to identify the emotions they are picking up on, they will be better able to interpret what they are receiving, and release what they do not need and come into harmony with themselves. If you are an emotional intuitive, the following meditation will help you to learn how to accept the emotions that you intuit without being overwhelmed or negatively impacted by them.

Lie or sit in a comfortable position that you can stay in for a period of time, perhaps 20-30 minutes. Close your eyes and take a long, deep breath. Send the energy of your breath to any part of your body that is sore, tense, or tight. Breathe in again, then exhale any stress or tension you find anywhere in your body. Breathe in again and let go of any thoughts, worries, or concerns of the day, or week, exhaling the stress and tension. Breathing and relaxing, going deeper and deeper into relaxation, breathing in, letting go of any emotions that surface, breathing in, letting go, and going deeper and deeper into relaxation. Relaxing, going deeper and deeper into relaxation, releasing any worries or cares of the day-let them go as you breathe out, breathing and letting go any emotions rocking around inside. Let yourself become aware of them and then release them with your breath: easy, calm, relaxed breath, free and easy.

Imagine that you are on a beautiful beach on a warm and clear day. Imagine that you are walking along the shore, feeling the sand warming your feet, as you continue along the shore. Breathing in the salt air, you feel even more relaxed. The sun is setting as you walk along the shore and watch the waves rolling in toward you. You hear the sounds of the sea, relaxing and inviting. Now you notice the bright beam of a light spreading across the waves. As the sun sets, the light becomes brighter and stronger. As you continue to walk, you notice a tall lighthouse in the distance; it stands close to shore and you walk toward the lighthouse. As you approach it, you notice its strong structure. It is old, yet made to withstand the weather and sea.

You decide to enter the lighthouse. Once inside, you climb the circular stairs...you grasp the railing and step by step, you go higher and higher. You feel safe as you ascend these stairs. You are going higher and higher, and now you come to the top floor of the lighthouse. There is a comfortable chair in the room at the end of the lighthouse. It looks out across the sea. You take a seat and sink into the overstuffed cushions. You watch the light beam from the lighthouse spread out over the sea. A wind has picked up over the ocean, and there seems to be a distant storm making its way to shore, tossing the waves tumultuously over one another. The light from the lighthouse calls out to the turbulent seas.

You feel the darkness of the storm coming closer and closer. This storm holds the potency of emotion; there may be fear, frustration, or jealousy within the winds and clouds of the storm. The beam of the light invites these feelings closer. It calls out to them and beckons them to come closer. There might be feelings and emotions within you that surface as they are drawn toward the light. The feelings and emotions intensify; you can feel their force and you can feel the sharpness of these feelings. Yet they cannot harm or hurt you.

Without resisting, notice how these intense feelings dissolve into the light cast by the lighthouse. The light envelops the emotions. The feelings—such as anger, pain, jealousy, and frustration—all soften as they enter the bright light. The light from the lighthouse becomes stronger and brighter as these feelings merge into it. After these feelings enter the light, they then emerge as clear, vibrant, positive energy. The negativity that these emotions contained is now transformed into translucent, radiant waves.

You may feel these feelings as they pass into the light. The light is strong, and it calls out into the storm. Meanness, anger, anxiety, stress—these, too come close as the light invites them, transforms them into pure energy.

You are energised and strengthened as you witness the process of the cleansing light. More emotions may surface. The light absorbs all of the wide range of emotions. You feel clear and calm. Now you notice the waves diminishing as the storm loses its force. Soon the sea is calm and serene as it spreads out before you like clear translucent glass underneath the moon shining in the night sky. It, too, spreads light, serenity, calm, and peace. You feel the silence all around you. You settle into a deep inner peace. It is in this calmness that you ask for guidance, which you can receive with clarity. Sit quietly and ask any questions that you might have. Breathe and receive images, information, and feelings. Just listen and accept whatever it is that you receive.

Breathing calmly, take all the time you need. When you are ready, descend the stairway of the lighthouse. You are now back on the warm, sandy beach. You are completely in your body and you can feel movement in your hands and feet. You are feeling better than you have in a long time. Now you are nearly back in the here and now. Count: one...coming back; two...completely in this room; three...open your eyes.

Mental Intuitives

For mental intuitives, the psychic spiritual journey is through the mind. This path leads them through the conscious, the unconscious, and then into the superconsciousness—the awareness that leads to divine wisdom, knowing, and being one with the Force. Mental intuitives have an innate desire to understand. They are constantly being prodded from the depths of knowledge and intelligence. Their challenge is to transform their thinking from ego to enlightenment, to become one with the Force.

Mental intuitives are thus attracted to knowledge and have a thirst to know, to learn, to expand their minds. Many are attracted to philosophy, science, and the various spiritual and religious schools of thought and metaphysics. Because their desire is to know, they love to study and discuss theories of creation, evolution, and existence on all levels. Their desire is to know humanity, to know God, to know the Force. They are often system-oriented, and can intuit logic, predict patterns, and perceive the whole. They also love to gather evidence and data to support their beliefs.

Mental intuitives tend to be drawn to astrology, numerology, healing, writing, and inventing. They are naturally mentally telepathic, as they have the gift of being able to receive the thoughts and ideas of others. They are inquisitive and can inspire others to believe and work toward improving conditions and issues on local and global problems. They can also be prophets and at the forefront of advances. Their minds can be fully tuned to the superconsciousness, absorbing truth and possibility.

Like all intuitive types, the mental intuitive needs to work towards balance. When they are not in balance, they may be viewed as slightly nutty geniuses who may be unable to communicate their ideas and thoughts to others. They can become overwhelmed by their own thoughts.

Additionally, mental intuitives can trust their own judgement too much, limiting themselves in their ego and negativity. It is essential for this type of intuitive to receive thoughts from a higher source. Keeping an open and quiet mind, through the use of a regular mediation practice is the key to allowing the mental intuitive to reach their potential.

Someone who reads energy through the mind is likely to be prone to muscle tension and stress, they may also suffer from panic or anxiety attacks, insomnia, headaches and sinus issues. Their heads get overloaded with energy.

They also tend to be hard on themselves. They can put unrealistic expectations on themselves, often pushing themselves beyond what is reasonable. Physical exercise can help them to unwind, clear their thoughts and reduce stress. They will often have a hard time sitting in meditation due to their active minds, should this occur a more active meditation such as yoga, tai chi or walking in nature is beneficial.

When mental intuitives are out of balance, they can feel isolated and undervalued. They need love—spiritual love, romantic love, the love of friends and family. Their balance comes through giving and receiving through the heart.

Mental intuitives are on a path of transformation of consciousness, and their task is to open their minds to the force (or God, if you prefer), and to become one with the Great Spirit. Because their thought processes can be so well-developed, mental intuitives must discipline themselves to become open vessels receiving

from the Force, instead of just recycling their own thoughts and biases. Their greatest gift, the mind, is their path to spiritual freedom and realisation.

Meditation Exercise for Mental Intuitives: Bubble of Love

(If you would like to use an audio track for this meditation you may download one on the Course Listing – Introductory Course page)

Mental intuitives often have difficulties in quieting the mind. They can sometimes feel as if their thoughts never cease. They might continuously go over and over the same thought or idea, often feeling at a loss as to how to disentangle from them. They are at their best when they are open to receiving vibrations from the Force, and this becomes more possible as they shift their energy from the mind to the heart. Too much focus on the mind creates a closed circuit that cannot take in energy from other sources. Their mental energy needs to be combined with that of the heart to help them open up.

Put yourself into a comfortable position that you can stay in for a long period of time. Close your eyes and take a long, deep breath. Send the energy of your breath to any part of your body that is sore, tense, or tight. Breathe in again and then exhale any stress or tension anywhere in your body. Breathe in again and let go of any thoughts, worries, or concerns of the day; let go of any stress and tension. Breathe and relax, going deeper and deeper into relaxation. Settle into the natural rhythm of your breath, relaxing and going deeper and deeper.

Imagine a place in nature: perhaps somewhere you have been before, or you can create it right now—a warm and inviting place. Perhaps you hear the sound of water and in the background a distant stream or waterfall, soothing and relaxing. You can see trees and grass swaying in a gentle breeze. There are wildflowers of all shapes and colours playing in the sunshine. The sweet smell of grass of a deep forest is now permeating your senses, helping you to relax even deeper. The sun is shining down on you—its rays spreading warmth, love, serenity, and deep relaxation all through you.

Take another deep breath and draw your awareness to the top of your head. Keep breathing and relaxing. Above your head you sense a well of pure white light. Inhale this light; it is warm and relaxing. You exhale this light, and as you do so it begins to form a bubble. The bubble of light begins to surround you. As you continue to breathe in this white light and then exhale it, the bubble becomes stronger. It protects you and allows only what is in your highest good to enter. At the same time, any stress, concern, or tension you may have is released and dissolved through the walls of the bubble.

This space that you have created is safe. You can open your heart and allow love to flow through you. Love intensifies within the light, and it helps you to relax more and more. Relax into this light. You feel as if you can relax and soften into the bubble of white light. You are feeling lighter. You feel as if you are expanding to fill this bubble. You can go beyond your physical body, fill the bubble with your essence and spirit, and then expand beyond the bubble, gliding into open space. You feel light, lucid, and free; you *are* light. Imagine the light that you are as you now expand into brighter light and into love. You can connect with whomever or whatever you desire to merge with. You can touch anyone else's light. You can be in the presence of anyone you desire to be with. They can feel your love and your light, and you can feel theirs. This light is love and it is peace. You can reach to the skies and beyond. There are no barriers or boundaries.

Expand and feel the peace that surrounds you—the love, the connection, the oneness that is you. All that you desire is instantly with you.

Breathing in the love that encases you, allow your spirit, your wise inner self, to emerge. It may be formless, without shape or colour, yet you can feel the presence of wisdom that emerges. You enter the void. Breathe. Connect to the centre, the Source of all that is. You have the power to create from the source of wisdom that resides within you. Visualise your highest good unfolding in your life. You are creating all that you desire.

You accept the wise and loving being that resides within you. You allow that being to emerge. You open yourself to the boundlessness of all knowledge and wisdom. Your consciousness expands and encompasses the realm of all-knowing. You do this lovingly, receiving and integrating your heart and your mind. They merge as one—the intelligence of love, the intelligence of the universe resounds within you. They merge and integrate. Breathe into your heart the vision of your highest good. Breathe it into your physical body. You can now receive the thoughts of the universe, of the Force itself. Any questions can be asked and you can receive immediate impressions, ideas, and truths. Bring them into the mind, the heart, the spirit. Stay in this state for as long as possible, relaxing and receiving.

Now, begin coming back into the here and now. You feel yourself back in the body as your consciousness returns to its normal state. You are feeling movement in your hands and feet. You are coming into normal consciousness, feeling better than you have in a long time. When you're ready, open your eyes.

Physical Intuitive

The physical intuitive is sensitive to the vibration of the Force, made physical. They can experience what is holy, right, good and true through their connection to the natural world. They often become involved with earth based religions and spirituality. They often hold a strong inner knowledge of the earth and her creatures, and are often devoted to healing the earth.

Physical intuitives use their senses to access intuitive information more than the other types, and their challenge is to become conscious of the more rarefied manifestations of the Force. Because their vibration is usually attuned to the physical—which is a denser, heavier energy—their progress in spiritual evolution can be a little slower, with a little less motivation to explore higher realms.

Physical intuitives are often very kinaesthetic, and they offer healing through direct energetic connections; such as hands-on healing, acupuncture, chiropractic, traditional or herbal medicine. They may be natural shamans and communicate with the plants, creatures, and ancestors of the Earth. Essentially, they have a natural ability to work with and draw power from the natural world (Living Force).

Physical intuitives can soak up energy like a sponge. Due to this they sometimes have problems with weight gain. Because they incorporate outside energy into their bodies, they can have some trouble knowing when and what they are picking up from outside of themselves. Their intuitive energy is centred on the third, solar plexus chakra, the energy they pick up is more likely to go into their stomach and lower organs, sometimes causing problems such as chronic fatigue, arthritis and fibromyalgia. Physical intuitives tend to respond well to herbal medicine, homeopathy, chiropractic or massage therapies.

Meditation exercise for Physical Intuitives: Body of Light

Physical intuitives often absorb into their bodies the energy of their environment. This could be the atmosphere of a stressful office or a tense family situation. They also intuit through the third chakra, the solar plexus, and hold their psychic impressions within the physical body. This can lead to poor health, exhaustion, and weight gain. Physical intuitives can come into balance by becoming aware of their natural tendency to take energy into the body; they can then learn how to release and express it. The following mediation should help the physical intuitive become aware of and clear their energetic heaviness.

Lie or sit in a comfortable position that you can stay in for a long period of time. Close your eyes, take a long deep breath, and send the energy of your breath to any part of your body that is sore, tense, or tight. Breathe in again, and breathe out any stress or tension anywhere in your body. Breathe in again and let go of any thoughts, worries, or concerns of the day; release stress and tension. Settle into the natural rhythm of your breath and keep relaxing and going deeper and deeper.

Imagine a place in nature—perhaps somewhere you have been before or a place you create right now. This is a warm and inviting place, and perhaps you hear the sound of water in the background. Possibly there is a distant stream or a waterfall. This place is soothing and relaxing; you can see trees and grass swaying in the gentle breeze. There are wildflowers of all shapes and colours playing in the sunshine and the sweet smell of grass of a deep forest permeates your sense. Allow yourself to relax in this environment. The sun is shining down on you; its rays are spreading warmth, love, serenity, security, and deep relaxation throughout your body.

Imagine a warm breeze, perhaps smelling of sweet grass or flowers, lightly touching your skin. The warmth of this breeze feels safe and comforting. The breeze begins to form a bubble of warmth that surrounds you. As you take another deep breath, you can feel the walls of this bubble grow stronger and more protective of you, allowing only what is in your highest good to enter. Take another deep breath, and then draw your awareness to the top of your head. Keep breathing and relaxing, and draw your awareness to the space above your head where you might feel it quiver and tingle. You may experience the feeling of opening as your spirit expands. You are feeling relaxed, expanded, and free. Starting at the top of your head, draw your awareness all the way through your body.

Become aware of any part of your body that may be tight or tense. There may be more than one place in your body where there is tension or tightness. Take note of where these places are. Allow your attention to go to the place in your body where you feel the most stress or tightness. Then, using your imagination, ask yourself if this place were a colour, what colour would it be? If this colour had a texture, what would that be like? Now, allow an image to emerge that represents this energy. This can be any image at all—it might be a person, an object, a place. You may feel this image, or perhaps catch a glimpse of it, or just know it. However this image comes to you is fine. You do not have to force this. Just allow it to happen.

Now, imagine that this image can speak to you. Imagine that it can communicate and that it has a voice. It has a message for you. Listen to it and receive your message. You can ask questions of this image. The image may change.

Stay with it for as long as you can and receive whatever it has to offer you. When you feel that you have received as much as you can at this time, allow this energy to be absorbed into the bubble of light that surrounds you. Send the energy of this image, the tightness or the stress, to the light. Allow the place where it has been to be filled with light, white light, purifying and filling you with love and with warmth. You can continue this process in any part of your body where there is tension and tightness. All you need to do is identify the area, allow the energy to speak to you, release it to the light, and then fill the place where this energy has been with white, healing light.

When you are ready, begin to return to the here and now, feeling refreshed and relaxed. You're feeling better than you have in a long time. You will remember everything that you have just experienced. When you are ready, you can open your eyes.

Spiritual Intuitive

Spiritual intuitives draw their strength and power from the intangible world. They can soar with the angels and converse with the divine. They learn to live in the midst of duality with the awareness of oneness and non-being, unattached and unencumbered. They often feel like 'visitors' to the physical world. More than any other type of intuitive, spiritual intuitives are able to live in the present. They can be spontaneous and quickly immerse themselves in the here-and-now.

Unfortunately, they can also have trouble managing daily life. They can have trouble with the more routine aspects of life, such as paying bills on time, arriving on time, and keeping track of paperwork. They can feel rebellious about the need to limit themselves in such a fashion and want freedom and openness.

Spiritual intuitives often have rich dream lives. In their dreams they might travel to distant locations, communicate with those who have passed from the physical world, or visit mystical realms. They are likely to have precognitive dreams and visions, though they might not always understand them, and may be able to astral travel easily. They are often attracted to energy work and may study Reiki or healing touch. They often feel like they don't belong on earth, and long to be back in the spiritual realm.

Spiritual intuitives access their intuition outside their body, and can suffer from headaches, dizziness, and a lack of physical energy. They need to establish a meaningful connection to the physical world. Some may suffer from attention deficit disorder, with their attention flitting from one thing to another. They may also experience thyroid problems, and lack of grounding.

Meditation Exercise for Spiritual Intuitive: The Enlightened Body

(If you would like to use an audio track for this meditation you may download one on the Course Listing – Introductory Course page)

The following meditation will help the spiritual intuitive to ground spiritual energy and bring it through the body. Spiritual intuitives' biggest challenge can be to stay grounded in the physical. Their consciousness often drifts into other realms, and they need to integrate their naturally multidimensional perception into their conscious awareness.

Lie or sit in a comfortable position that you can stay in for a long period of time. Close your eyes, take a long deep breath, and send the energy of your breath to any part of your body that is sore, tense, or tight. Breathe in again. Breathe out any stress or tension anywhere in your body. Breathe in again and let go of any thoughts, worries, or concerns of the day and release the stress and tension. Go deeper and deeper into relaxation. Settle into the natural rhythm of your breath, relaxing and going deeper and deeper.

Imagine a warm, inviting white light gathering above your head. As this light gathers and strengthens above your head, keep breathing and releasing any stress anywhere in your body. Imagine this light gently descending and caressing the top of your head. Breathe this light in, feeling it expanding and spreading warmth and love, clearing and opening your sixth chakra, which is the centre of your head. As

this light descends down and through your head, it releases any toxins or heaviness and negativity. It is then lifted out through the top of your head. As the light continues to descend into your jaw and neck, let it release and relax you. It gently and warmly descends down into your shoulders, your arms, and your elbows.

Feel the light entering your heart. Feel your heart chakra expanding. Let go of any disappointment, sadness, or grief that you might feel. Then allow your heart to fill with love. Feel this light as serenity and warmth. Feel the light spreading now to your solar plexus. You are feeling empowered by the vibration of light. You can feel self-doubt and fear being released. Now the light is travelling to the organs of your body, clearing toxins out, caressing the organs, and spreading into your second chakra. Seeds of hope are sprouting. Buds of manifestation and abundance are being nurtured by the light. The light is flowing through your hips. It is strengthening the muscles, bones, tissues, and fibre. The light reaches your first chakra.

The light expands, and you feel a thick, multistrand web of light grounding you to the earth. Your purpose here on earth is taking root, being nurtured from above. You are vibrant and free to love, to give and to receive, and just to be. Your spirit is filled with light that reaches from the heavens to the earth. Your spirit is rooted and filled with light. Your spirit extends into the physical. The earth has a message for you; it may be a feeling, a thought. It is calling you to make your home here. It is reminding you of the beauty and joy that is the physical. You feel an orb of light surrounding you and connecting you to the earth. Feel yourself caressed in this cocoon of love and breathe it in. You allow the accumulation of toxins above your head to be scooped up by a net of light, and then it is taken into the cleansing stream of divine love. You are feeling vibrant and alive. you continue to breathe in through the top of your head, and you imagine this light descends deep into the root chakra and spreads throughout your entire body. With each breath, you feel your body accepting spiritual energy. Your muscles, cells, and organs absorb the positive radiance that envelops you. You are one. You are one in body, in mind, and in spirit.

Slowly come back into the here and now. Take all the time that you need and then allow yourself to come into normal consciousness. Stay in the glow of spiritual luminosity as long as possible. You feel this energy in your entire body. You are feeling better than you have in a long time, as you come back to normal consciousness. Take a long, deep breath and slowly open your eyes.

Force Exercise:

In the Introductory Training area, start a thread which includes your name in the title. This thread will include all of your assignments for this course, with each assignment as a separate reply.

Your first assignment is to record your scores for each intuitive type. To what degree do you agree and disagree with your scores? Be specific

Then, perform the meditation and describe what happened in your assignment thread. You may post the scores first if you perform the meditation at a later time. If you score high in more than one area, perform the top two meditations (on different days) and compare the results.

Personal Training

Introduction to Personal Training

Hello, I'm Jax, an instructor and Principal of this Academy. My short bio is that I joined the current online Jedi community in June of 2002, following an intense period in my life. I found a mentor quickly, who remains a good friend today, as well as finding various websites. I trained at Fatum Operandi, the Jedi Temple (home of the Blue Group) and the JEDI Academy, as well as teaching at JEDI and the Jedi Realist Academy. I've also studied intensely on my own, as you'll find is true of the entire faculty here.

One of the major areas of Jedi training, whether you study here or elsewhere, is the study of the self. This goes beyond discovering who you are, instead looking into the 'why' behind whom you are. This is also helpful in understanding others around you. However, if we stopped there, without giving you tools to overcome your weaknesses you would find yourself progressing less than you are capable of. The Personal courses are developed with this concept in mind. In life, I believe everyone is doing the best they can given their circumstances. Many people simply don't have the tools they need to make the appropriate changes in their life. Through your studies here you will be given many tools to improve your life.

Typically, when people think of self awareness, they think of, well, thinking! Focusing just on our mind, and thinking about who we are, is inherently limited. Therefore, the underlying thread in all of the personal courses is an understanding into how our mind, body, and spirit work together to create who we are. The first two courses cover many different topics, including barriers to your training so you have the tools to stick with the Jedi path. Following the initial two courses, we'll focus on more advanced individual topics in depth. One of these topics will be emotions, focusing on the understanding both science and spirituality can provide to allow us to live a healthy emotional life. And of course, while these courses are called personal, they are not the only courses focused on self awareness and development. In one sense, the entire Jedi path is about personal development.

The changes you undergo through your training may feel slow, and at other times come fast and furious, but I can guarantee that if you put the work in, you will grow and make large steps to becoming the Jedi you wish to be. If you have particular questions or concerns about the personal training, please don't hesitate to ask.

The assignment for this lesson is a variation on a very common assignment from the early days of the Academy at Jedi.org, titled 'Why Jedi'. **Post your assignment in your assignment thread when it is completed, under the title 'Why Jedi?'**. I look forward to your responses!

Personal Training Exercise— “Why Jedi?”

Some of you have only just stepped onto the path, while others will have taken those first steps much earlier. It doesn't matter how long you've walked this path, it is always beneficial to evaluate what it is you want from it. For this lesson, please answer these questions below. Remember, we're looking for depth of thought here. Answers like "the Jedi are cool" are not helpful. If that is your initial answer, ask yourself, why are they cool? What do I admire about the Jedi? That will get you to a more useful answer. If you are stuck, send me a message and I'll do my best to give you follow up questions so you can learn more about yourself.

Part 1: Discovering the Path

What first inspired you to seek the Jedi path in your life?

Were there any key events around that time that caused you to seek this path?

How did you find this training? Have you received any other training elsewhere (online or off)?

Part 2: The View Along the Way

How would you define a Jedi? What makes a Jedi different from others?

What aspects of the Jedi do you aspire to? Or, what attributes of the Jedi do you want to incorporate into yourself?

What does it mean for you to be a Jedi in your society?

Part 3: Looking forward

What are your goals in your Jedi training for the next 3 months? The next 6 months? The next year?

What do you anticipate will be your biggest challenge to reaching these goals? For instance, do you have time constraints, family responsibilities, or health problems?

Finally, I'd like to think about how you now feel about your Jedi path, having written these statements. Do you feel inspired, excited, overwhelmed? Whatever comes to mind, try to express that into words as best you can. Take some time and then try to come up with a reason why you feel the way you do? It's ok if you don't come up with much of anything at first, but it's a worthwhile exercise.

Creed Training

Introduction to Creed Studies

Fellow Learners,

Permit me to introduce myself. I am known as Angelus within the Jedi community. I will be your instructor for Creed Studies as well as a few other topics. The learning process has always been fascinating to me, which is why I am excited about our journey together.

I have been walking the Jedi Path for over a decade. I found what was then known as the JEDI Academy in 1998. It was there where I began my training as a student. I developed many great friendships with my fellow Jedi and have met many of them on several occasions. Eventually, I came to be one of the Academy's many instructors, all of whom have been great colleagues. I look forward to numbering you among them, as we all learn from each other. Given my span of time, I have seen many of the changes to what you now see as the Institute for Jedi Realist Studies.

Originally, I planned on becoming a doctor earning a degree in microbiology and chemistry. However, I felt a greater draw to education and religion. I then pursued a Masters Degree in Divinity and now serve a church as its Director of Christian Education. I am grateful for my varied background as it has caused me to critically examine my own growth and learning.

What you believe expresses itself through your interactions. If you are to behave as a Jedi, then what are the guiding principles? The Creed courses delve into the “thinking” behind being Jedi. We will draw from a variety of sources, fictional and historical, in this exploration.

Note that this “thinking” is not wholly unrelated to Jedi identity, as that is a natural complement. Rather, this “thinking” is more about the **process** by which one reaches certain conclusions. [What information do we already hold? What new data are we receiving? How should it get organized? Does this change my thinking? If so, then how?].

Part of creating this Jedi “mindset” means we must examine the Jedi Code. While it appears simple, the Code contains an awareness of different philosophical schools. This knowledge shapes your philosophical outlook and ethical behavior. We will see how these different schools of thought inform and contrast with each other. In addition this information must be put in direct conversation with our own lived experience. It is here where the Personal courses will be of great benefit. We may find that some ideas need to be changed so that we have a more coherent and grounded system.

With a basic understanding of philosophy and ethics, we can move into moral reasoning. We will survey the different approaches to morality and how they influence our social lives. You will be asked to do a lot of reflection as you are critically examining your own morality. We know that others may not reach our conclusions. Therefore, using the various approaches as tools, we can engage each other so that each train of thought can be respected. It is the same kind of awareness and mindfulness that is practiced in Meditation.

As we continue with the Creed courses, we will go into more advanced reasoning. You will be challenged to think about some of our modern social/global issues – human rights, the environment, war, etc. What is to be our response as Jedi?

I will enjoy our engagement with all this material.

- Angelus

Creed Exercise

A belief is the larger idea in which you place your trust or conviction. These beliefs are the major constructs that frame your world. (I.e. I believe in the connectedness of all things. I believe in the inherent good of humanity. I believe in reincarnation, etc.)

What are your top 3 beliefs? Why? How did you come to those realizations? What was a situation where this belief was exemplified?

Post your assignment in your assignment thread when you have completed it. I look forward to your responses!

Spirituality Training

Introduction to Spirituality Training

Jax here again. One of my primary areas of expertise is personal spirituality. When you look at the entire Star Wars universe, there are few examples that would be considered a Jedi religion. Instead we see a focus on physical training and Force powers. However, when you look closely you'll see that spirituality was woven throughout everything they did. Their training focused on improving their connection to the Force, which is the focus of spiritual development.

Just what is spirituality? Spirituality can be described as 'getting high and going deep', or simply expanding in all directions. Getting high means connecting with your higher self, that part of you that is always one with the Force, providing a greater perspective and wisdom from which to approach life. Going deep refers to that process of going deep within yourself to root out fears and beliefs which provide an experience of disconnection from the Force. These two processes together allow us to grow on our Jedi path, improving our life along the way.

There are many ways to train in spiritual aspects. Many classes at the Academy incorporate spiritual training in such a way that you may not notice it is there. We work to improve your connection to the Force through the Force classes, as well as Meditation. Beliefs that hinder that connection are addressed in many classes included Creed, Personal, and Spirituality. Our goal is not to tell you what to believe, but to teach you to look within yourself for guidance. Many people have never stopped to take stock of their beliefs, where they originated, or most important whether those beliefs still serve them. Throughout your training here you will be given various tools to aid you in your spiritual journey.

Your dedicated spirituality training begins with a study of the Hero's Journey and mythology. The topics addressed in spirituality are sometimes more accurately described through mythology than attempting to describe scientifically. Our myths also teach us a lot about our shared cultural beliefs, many of which were internalized before we were conscious of them. Understanding this helps us evaluate the source of our beliefs as we determine whether they are still useful.

Next you will focus on your own spiritual beliefs with a focus on spiritual practices to deepen your spiritual practice. The focus is again on tools for growth, rather than dictating beliefs. The practices can be applied to virtually any spiritual beliefs, including your current religion. Since everyone is at a different point in their spiritual development, individual journeys through these courses may be very different. The focus is simply on growth and application, not reaching a specific destination.

To begin this journey, let's take stock of where we are with a journaling assignment. You don't need to answer these questions in order, but I'd like to see them in the assignment. Please be honest, but at the same time try to really spend some time with these questions. You may have some quick responses, but you may find by taking a little extra time to ask, 'Do I really believe this?', you may learn something really interesting about yourself. Note, you will not be judged by your answers.

Spirituality Exercise

1. Where have your spiritual beliefs originated? For instance, were you raised with a religion, or were religious and spiritual topics rarely addressed in your house? Have your spiritual beliefs changed over time? If so, what contributed to the change?
2. How do you know when you are doing the right thing vs. the wrong thing? Do you base this on external laws (like the 10 commandments, or the laws of your country)? Do you listen to your conscience, even though it may go against the standard 'rules' of society?
3. What are your beliefs about death? Do you believe we have one lifetime or more in physical form? What do you believe happens when you die? Where did these beliefs come from?
4. Do you believe in God of some kind? If so, what are the primary characteristics of this God? If not, why do you believe this?
5. What do you consider spiritual practices? Which do you practice (if any)?

Please post your assignment in your assignment thread. I look forward to reading your assignments! If you are unsure about any question, feel free to contact me and we can discuss your questions.

Communication Training

Introduction to Jedi Communication

Hello, I am Beral Khan. I have worked with people for 22 years. Much of that time has been spent helping others obtain skills in communicating and resolving issues. In 2007, I discovered a need for personal growth myself and that led me to the Jedi Realist path. While I have visited many different Jedi sites, IJRS and its predecessor have been the ones which have helped me grow the most. In 2009, I was formally asked to join the Institute and it is an honor to be here.

Communication is the transmission of thoughts.

Thoughts become ideas and ideas become opinions. Opinions become theories which sometimes become facts.

Communication of thought can be done in a variety of mediums - Drawn symbols, verbal sounds, smells, movements, tastes, textures, and a combination of all of these as overt and obvious as well as subtle and subconscious.

Communication is happening between all objects both animated and inanimate. Understanding the relationship between all things is the goal of all Jedi. This is done by coming to understand the true nature of communication and the essence of what it means to truly communicate with all things.

As proof of this communication between all things I offer these examples:

T-Shirts

Coffee Mugs

Bumper Stickers

These are all tools that are used frequently to communicate ideas. First, a thought was shared with the inanimate object. Then the inanimate object communicated with you that same thought.

Here's another short list of items:

Graffiti on a train car

Television

Radio

Computers

These are inanimate objects that are also often used by one being to communicate with another. But again, the being first communicated the thought with the inanimate object which then shared the thought with you.

Of course, some inanimate objects have a clearer ability to communicate thoughts than others.

This is not to discount the concept of communicating with other beings. I use the term 'beings' because we communicate with such a variety of living entities which are not of our own species. Anyone with a pet can tell you about how they communicate with them and never really need to speak should they choose not to.

While there are those who might tell you that communication between one human to another is far more complex than say, a man and his dog, I offer to you that this is simply not true.

It CAN be complicated, certainly. Many people say what they think they mean. Many people say what they think you want to hear. But so does the cat that wants to be petted. Understanding that the signals put off by humans and animals are basic in nature can help a Jedi receive the transmission of the true thought from human, animal and inanimate object alike.

The concept of the exchange of thought is a very vast one indeed. A Jedi recognizes that they do not merely need to learn how to communicate with other humans, but also with themselves, and the whole world around them.

Communication Exercises

As an introduction to communicating with others here are 3 exercises you should do.

1. Two Truths and a Lie

Have at least 3 people you know pretty well (if you have 3 people - if not go with what you can) tell you 2 truths you know about them and one very obvious lie.

Example: Your wife may tell you "I am your wife." "I have hair." "I have an extra hand."

Watch them when they tell you each line. Pay close attention to where they are looking when they tell you the truths and compare it to when they tell you the lie.

Next, have the person tell you 1 truth and 2 lies. Compare where their eyes look when they lie and see if it matches the first lie they told. Also compare where they look when they lie to when they are telling you the truth. Do this with as many people as you can and you will begin to see patterns develop that will help you learn to read peoples facial expressions which will help you better understand what is being communicated.

2. Asking Questions

Write down 10 questions for someone you know that cannot be answered with a 'Yes' or a 'No.'

These are called 'Open' questions. They allow you to learn more than simply asking what are called 'Closed' questions - those that can be answered 'Yes' or 'No.'

Example: There is a great moment in a Pink Panther film where the Inspector asks a man standing next to a dog "Does your dog bite?" and the man answers 'No.' so when he leans down to pet the dog and gets bit. 'I thought you said your dog does not bite?' To which the man replies 'That is not my dog.'

So at first you have a closed question in which the Inspector fills in the blanks and is wrong. We do this far too much ourselves. Second, he asks an open ended question in which he gets important, if not untimely, information.

3. Make notes on each of the above lessons:

What surprised you about each lesson?

Upon reflection, what do you think could be the next step in learning how to communicate as a Jedi?

What questions did these lessons bring to mind?

Please post your responses in your assignment thread.

Leadership Training

Introduction to Leadership

By Silver Talon

When we think of leadership it is the grand accomplishments of history that come to mind -- Individuals like George Washington, Martin Luther, Winston Churchill, Nelson Mandela, Martin Luther King, Jr. and others who've made a significant impact on our world. While the leadership course will cover the traits, styles and skills used by the greats, the goal of the course is to help you be the unseen leader.

"Of all the will toward the ideal in mankind only a small part can manifest itself in public action. All the rest of this force must be content with small and obscure deeds. The sum of these, however, is a thousand times stronger than the acts of those who receive wide public recognition. The latter, compared to the former, are like the foam on the waves of a deep ocean." - Albert Schweitzer

We all have within us the capacity for greatness. On rare occasion that greatness means significant public recognition, but the vast majority of greatness is seen in hearts of caring teachers, coaches, parents and police officers who, on a daily basis, do their part in shaping and changing the lives of those around them.

I am not saying that it is acceptable to be ordinary because to be Jedi means to see extraordinary opportunity in ordinary moments. This course is about teaching you to assume the responsibility as the commander of your own destiny, to be the sculptor who shapes himself on a daily basis through proper action.

"We believe that developing the capacities needed for effective leadership -- such as self-awareness, systemic thinking, and creativity -- is synonymous with what is often labeled personal development." - Ellen Van Velsor

"The process of becoming a leader is much the same as the process of becoming an integrated human being. For the leader, as for any integrated person, life itself is the career." - Warren Bennis

"The Ancients who wished to illustrate illustrious virtue throughout the kingdom first ordered well their own states. Wishing to order well their states, the first regulated their families. Wishing to regulate their families, they first cultivated their person." - Confucius

The core of effective leadership lies within a person's desire to better themselves and to lift up and empower those around them; this convergent with the Jedi way. This course will be redundant in many aspects, reinforcing other lessons that are imperative to the development of Jedi.

For the sake of building a proper framework to study the concept of leadership, I break it into two parts. The first part deals with what kind of person you are; namely your personal character and relationships. The second part deals with the skills that you need to be an effective leader; these involve issues such as communication, setting goals, coaching, training, making decisions, and much more.

I know, you're probably thinking that relationship development is a skill. Well, you're right. There are many things that you can learn in order to create greater depth to your relationships, but the underlying issue is

one of character, personal values and what you believe about other people. Too often we are willing to engage in throw away relationships and choose to just not deal with a person that we have a problem with.

If there is one lesson that I'd like to get across is that it's all about people. People are simply too important to disregard. You must have the personal character to value all of your relationships enough so that you then take the time to develop the skills that enhance that relationship. That is the essence of leadership and being a Jedi.

Leadership Exercise:

Much of the leadership course will be about looking at your own life and applying the specific traits, styles and concepts of leadership. Think about your life and try to identify some moments where you stepped forward and were a leader.

1. What would your life be like now had you not made the decisions that you did?
2. How did you feel as a leader?
3. How can you apply what you learned from that moment to future potential leadership moments that may arise?

Please post your responses in your assignment thread.

Where do I go from here?

There's been quite a lot to take in over a short period of time with this introductory course. One thing that may appear to be lacking to you at this time is the offline application of the material you'll be studying, how it all hangs together and integrates to help you be the Jedi that you want to be.

We've endeavored to make this application, this 'becoming' easier by coming up with 'Integrative Practice', which is a study requirement of the Institute that asks you, the student, to complete a minimum number of hours of verifiable offline activities. (There's a generous list of suggested activities). The purpose of this is to assist you with the 'becoming' process, to put the 'real' in the 'Jedi Realist' ideal. If you find that there is an activity that you think is appropriate for you that is not included on the list, please let us know and we should be able to accommodate you.

Guidelines for the completion of Integrative Practice

(50 hours for novice, 100 hours for adept, 500 hours for knighthood).

In this module the student will seek to explore and integrate their theoretical knowledge with the practical requirements and skills of a Jedi. This requirement is in addition to those requirements outlined for each academic subject.

The required hours may be drawn from at least 2 of the four main categories, and from at least 4 different activities and is a requirement of rank at the Institute for Jedi Realist Studies. No one activity can be used for more than 20% of the hours required for the rank. That means for Novice each individual activity can account for 10 hours of the 50 total. For Adept that number increases to 20 hours, and for Knighthood the number increases to 100 hours.

Students should keep a log and journal of their hours spent fulfilling this requirement. The log sheets should be signed by your offline instructor or yourself as applicable, and photocopies or scans must be emailed or posted to the Faculty upon completion of the required hours.

If you have undertaken such work prior to studying here (which is likely), please make an estimate of the hours you've done and gather your evidence, then have a chat with the Faculty so we can look to grant you prior credit.

Please remember, these are activities you are working to complete before testing for rank. They are not requirements to finish the introductory course. In your Personal Learning Plan you will choose a few activities to work on in the coming year or so.

Activity and Evidence required

Physical Fitness

Proof of participation can include a signature of the instructor or location contact details, plus a journal of effects, benefits or otherwise of the classes. Video or photographic evidence is acceptable proof in lieu of a journal. In addition, write a short essay on your experiences with the activity and how it affected your development as a Jedi.

Examples include: martial arts, yoga, tai chi, qigong, pilates, regular attendance at a gym, or participation in a similar physical fitness activity

Service

Proof includes providing details of work undertaken, log of hours, contact details of the group, and an essay describing what you did and how it affected your development as a Jedi.

Examples include: volunteer or community work, leadership/organizational or administrative role for a group, such as a volunteer organization or other group (for example, a sporting club; a Jedi website (teaching, admin); a community group).

Education (hours accredited or the duration of course/seminar, 5 hours per book, 2 hours per video)

Proof includes an essay about the course, the benefits or otherwise you received and why you felt it was beneficial to your development as a Jedi. Provide a review of each book/video and describe how they affected your development as a Jedi, minimum of 500 words.

Examples: taking a course or attending a seminar, reading books or watching videos in an area that you feel is beneficial to you as a Jedi.

Health and Healing Treatments

Student clinics of schools can be a good place to receive these for low cost. Proof includes signature of practitioner or contact details and an essay describing the treatment (within privacy limits) and how it affected you, along with a general overview of the healing modality. If you gave a healing treatment, provide an overview of the treatment, maintaining privacy, along with your qualifications.

Examples: Reiki, shiatsu, shamanic healing, polarity therapy, quantum healing, massage etc.

Remember, as long as you can make the case for an activity applying to the Jedi path, we will count it. You aren't limited to these examples.

How am I supposed to do all this?!

If you're freaking out a little about what we are asking you to do, I don't blame you. It is all a lot to take in. You may be wondering how to get time to do Integrative practice, your other Jedi studies, and then all the other demands upon your time (work, study, family, social life, etc). How to get enough time to do the things that are important to us is a constant struggle in this day and age, and it's an issue all of us, Faculty included, deal with on a daily basis.

To start with, you may need to take a few days and make an audit of how you spend your time. At the end of each day, run a quick review of the day through your head and jot down what you were doing and how roughly how much time you spent doing it. At the end of the week, have a look at how you are spending your time. Did you get done the things that were important to you? Did you find that you're spending more time doing very little than you'd realised? Most of us, once we have a look at how we are spending our time, find that there are some activities that tend to take more time than we'd realised, like being on Facebook, texting, or watching TV.

If you're really struggling to get any time to do anything, I suggest you start off with making an appointment with yourself. In just the same way you'd make an appointment to see the dentist or accountant, book an appointment time, in your diary or calendar, and KEEP IT. Use this time to do some planning and goal setting. It is important. You are important. You can take this time for yourself.

Set Goals

Making time to do the things you want to do is actually pretty hard. It will mean changing your current habits, which is a big ask. There are ways and means to make this process easier.

The first of these is deciding upon and setting realistic goals for yourself. It is important to make these realistic; goals may be set unrealistically high for the following reasons:

Other people: Other people (parents, media, and society) can set unrealistic goals for you, based on what they want. Often this will be done in ignorance of your goals, desires and ambitions.

Insufficient information: If you do not have a clear, realistic understanding of what you are trying to achieve and of the skills and knowledge to be mastered, it is difficult to set effective and realistic goals.

Always expecting your best performance: Many people base their goals on their best performance, however long ago that was. This ignores the inevitable backsliding that can occur for good reasons, and ignores the factors that led to that best performance. It is better to set goals that raise your average performance and make it more consistent.

Lack of respect for self: If you do not respect your right to rest, relaxation and pleasure in life then you risk burnout.

Alternatively, goals can be set too low because of:

Fear of failure: If you are frightened of failure you will not take the risks needed for optimum performance. As you apply goal setting and see the achievement of goals, your self confidence should increase, helping you to take bigger risks. Know that failure is a positive thing: it shows you areas where you can improve your skills and performance.

Taking it too easy: It is easy to take the reasons for not setting goals unrealistically high as an excuse to set them too low. If you're not prepared to stretch yourself and work hard, then you are extremely unlikely to achieve anything of any real worth.

Setting Goals at the Right Level

Setting goals at the correct level is a skill that is acquired by practice. You should set goals so that they are slightly out of your immediate grasp, but not so far that there is no hope of achieving them; no one will put serious effort into achieving a goal that they believe is unrealistic. However, remember that the belief that a goal is unrealistic may be incorrect. Such a belief can be changed by effective use of imagery. Personal factors such as tiredness, other commitments and the need for rest, etc. should be taken into account when goals are set.

Now review the goals you have set, and then measure them against the points above. Adjust them to meet the recommendations and then review them. You should now be able to see the importance of setting goals effectively.

Thinking a goal through

When you are thinking about how to achieve goals, asking the following questions can help you to focus on the sub-goals that lead to their achievement:

- What skills do I need to achieve this?
- What information and knowledge do I need?
- What help, assistance, or collaboration do I need?
- What resources do I need?
- What can block progress?
- Am I making any assumptions?
- Is there a better way of doing things?

Personal Learning Plan

The goal-setting in this course is for the shorter to medium term. To help you keep track of where you are going, look to create a Personal Learning Plan, specifically for your Jedi studies. Think about what aspects of the Jedi path most interest you. Do you feel drawn to the warrior path? Fascinated by the esoteric and the Force? Hooked on healing? You will then need to have a look at the subjects offered by the Institute and see which ones will most assist you, and consider what offline study and activities will take you in the direction you wish to go.

At about this time, you should be looking to work directly with a Faculty member to help you pick classes and develop your learning plan. Just post in the Guidance Counseling Office that you are ready for a member of Faculty to help you with your Personal Learning Plan for assistance. Download the Personal Learning Plan (PLP) template from the Course Listing page and follow the instructions.

The Personal Learning Plan will help you find success in your Jedi studies. It will support students to:

- Plan your subject choices at the Institute
- Review your current skills and plan to improve skills
- Consider and access a range of subjects and courses outside of the Institute (recommended for your Integrative Practice).
- Develop knowledge and skills to assist you in decisions about their future as a Jedi.

A good learning plan is a well articulated document with the following components:

A set of learning goals that the student hopes to achieve within a specific period of time. It is often useful to divide larger goals in to more manageable sub-goals that can be realized within weeks, months or years. Each learning goal (or sub goal) should have a series of concrete steps or actions that the student will take to move towards the goal. Actions should be actual behaviors. Reading a book related to the Force and writing a review is an example of an action. Each action should be associated with one or more resources and with evidence for your Integrative Practice.

Resources are anything that can be used to realize the actions to be taken towards the learning goal. One of the best resources is a mentor or coach, but there are many others, including books, courses, travel, and the Internet. Once a resource has been applied to a goal it is often helpful to rate the effectiveness of the resource, especially in cases where the learning plan will be shared.

Evidence is used to demonstrate that an action has been taken, that progress towards the goal has been made, and finally that the goal has been achieved.

Making time to study

Before writing this I went onto Google, looking for some fancy-pants ways of magically creating time during the day which I could then share with you. I did, indeed, find a plethora of sites on such topics (which you are quite welcome to go and read) and here is a link to one that spoke to me (<http://www.stevepavlina.com/blog/2007/07/making-time-for-the-important/>). It occurred to me, however, that deep down, we probably know what we need to do, because we cannot really make time, only reallocate what we've got.

Identify how your time is currently being spent (as above, hopefully you've done this).

Set goals as to what you would like to be doing (also as above).

Identify the things you absolutely, positively have to do. Be ruthless here, and remember that saying 'No' is not a sin.

Simplify. Look at the things you don't absolutely, positively have to do. See if others can (or should) be doing some of these. If you have many projects on the go, too many commitments look at dropping some of them.

Make your goals important to you. If becoming a Jedi is one of these, make this one of your most important things. This is not selfish. (Repeat after me, 'This is not selfish!'). This is you, accepting your responsibility to be the person you want to be, not the person everyone else wants you to be. This does not mean that you have to abandon all your previous responsibilities (unless you've decided that you can with some) but it is you including yourself in that list. I'll say frankly that this can be really hard. I know this from experience and have some trouble with this myself. The rewards are worth it, for yourself and others.

Stick to it! If you need support, journal about it at the Institute, so we can provide you with feedback and help keep you motivated. Look for a local Jedi Chapter, plan to attend a gathering, or just promise yourself some little reward to help keep you motivated.

Finally, be sure to post your goals and learning plan in your journal, so that the Faculty can help you stay on track, and to give you something to refer back to in your studies. Your goals and learning plan will need to be changed from time to time as well.

I hope that this course gives you some idea of what you can expect here at the Institute, both from the Faculty and from yourself. We welcome feedback on all the material, and I sincerely hope that it is all helpful to you.

May the Force be with you.

Inari.

Goals and Personal Learning Plan Exercise:

Please complete your Personal Learning plan. To simplify this process we have created a Personal Learning Plan template. If you have any questions about the template, let us know in the Guidance Counseling Office on the forum. You can download the PLP template on the Current Course listing, on the Introductory Course page. Copy and paste what you included in your blank template to your assignment thread and a faculty member will provide feedback.

Resources:

'Setting Goals, How to Set a Goal – Mind Tools'. <http://www.mindtools.com/pggoalef.html>

'Making Time for the Important'. <http://www.stevepavlina.com/blog/2007/07/making-time-for-the-important/>

'7 Strategies for Making Time for your Creative Pursuits'. <http://www.jeremiahtolbert.com/2009/7-strategies-for-making-time-for-your-creative-pursuits/>

'Learning Plan'. http://en.wikipedia.org/wiki/Learning_Plan

Concluding Word from the Instructors

'Well done on completing your first Workbook!' The Institute's Faculty would like to congratulate you on taking your first step into a larger world, and look forward to sharing your journey along the Jedi Path for many steps to come! We also welcome your feedback on this workbook, please feel free to post on the forum regarding how you found it or email/PM a Faculty member with any private concerns.

Instructor Contact Details

If you are having trouble with these exercises, please contact the instructor who wrote the relevant section or post in the **Guidance Counselor's Office** on the forum. Instructor details may be found in each instructor's profile on the website. <http://instituteforjedirealiststudies.org/visitorscenter/faculty-staff>

Your Next Step

If you submitted your assignments in a short period of time, the faculty may need a little time to catch up all of your assignments, providing feedback and follow-up questions if necessary. Once everything has been completed, send **Jax** a message stating you are ready for your next courses. These courses will be Creed 101 and Jedi Studies 101. You will then download the workbooks for those two courses, as found in the Training menu, in Current Courses. <http://instituteforjedirealiststudies.org/training/current-courses>

Once you complete these courses you will be free to choose from the other courses and continue with your Jedi training!