

# Calming Breath

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## 1st Breathing Exercise

The first step in most Jedi's training is Breath Control. Learning how to breath properly is one of the most underrated, overlooked aspects of training. The reason for this is that breathing exercises are not flashy or exciting. They have no mystique about them. In truth, that is exactly why breathing exercises are so important. For many beginning students, it is tempting to work on the more advanced aspects of Force use. This leads to the student being overwhelmed, and incapable of advancing in the learning process. Breathing exercises are intended for two purposes. The first purpose is to "ground" the student. While the ultimate purpose of breath control is to control the body, it is important first to recognize the power of the body. By doing so, most students find that their focus is heightened on the moment, exactly where it needs to be. The second purpose of breath control exercises is to place the body into a more willing state for other exercises. Personally, I always do breathing exercises before my own meditation exercises, because of the added focus it grants. The technique that follows is the standard breathing technique for the Force Academy. It is the same breathing technique that is found on the main website. The calming breath This is a simple breathing exercise to be practiced every day. It is useful in stressful situations, when you require focus and calm. Many Jedi masters use this technique to regain focus or to help concentrate their thoughts and actions. There are three

stages to the calming breath technique, progress only onto subsequent steps after mastering step 1. 1. Wear loose fitting attire, so that you are comfortable. 2. Ensure you can breathe through your nose and that your airways are not restricted in any way. 3. If you have a cold do not practice this technique until you can breathe clearly.

## Stage 1

Lie flat on your back with one hand on your stomach and the other hand on your chest. Inhale so that the hand on your stomach rises, while the hand on your chest is still. Exhale so that the hand on your stomach falls and the hand on your chest is still. Repeat for 10 breaths Now Inhale so that the hand on your chest rises and the hand on your stomach is still. Exhale so that the hand on your chest falls and the hand on your stomach is still. Repeat for 10 breaths Practice both breathing techniques until you have mastered them before moving on.

## Stage 2

This stage combines the two breathing techniques learned in Stage 1. Lie flat on your back with one hand on your stomach and the other hand on your chest. Begin by stomach breathing, when you feel you cannot inhale any more in this manner switch to chest breathing until the upper part of your lungs are filled. Exhale by chest breathing first, progressing to stomach breathing so that you empty the lungs fully. Repeat this process for 5 minutes. Breathe slowly, if you feel dizzy, slow down you are breathing too fast. If you are out of breath then you are breathing too slowly. Listen to your body, if you have difficulty in distinguishing between chest and stomach breathing then return to Stage 1

### Stage 3:

Stand or sit with your back straight. Use the Calming Breath and follow this pattern: You will have to count the following 4-4-4 rhythm in your head. Count to 4 while inhaling, hold your breath and count to 4, then count to 4 while exhaling. Once you have mastered this then you may use a 4-4-4-4 rhythm if you prefer. This adds an extra step of holding your breath after exhaling to the count of 4. Take care not to hold your breath too long, again listen to your body. Repeat for 5 minutes, or until you are calm. Practice so that the Calming Breath becomes effortless, and inaudible. You should breathe no louder than regular breathing, once mastered this technique should be invisible to the naked eye making it invaluable in almost any situation.

The technique above can be adapted any number of ways. It is an invaluable tool to the novice student, and the experienced Jedi Master as well. Use it when under stress, when your temper flares, before meditation, or simply if you wish to use it for the sake of using it. =)

May the force be with you, and may you use it wisely.

# Characteristics of a Light Jedi

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What follows is how I view some of the characteristics of a Light Jedi.

The Light aspect is the path to freedom, knowledge and compassion. It is available to all Jedi, but it requires responsible attitude and behavior. It strives to make the world a better place for all and to encourage personal growth and development.

As a Light Jedi we are encouraged to love. Not just those close to us, but everyone, regardless of their misdeeds, color, beliefs, or attitudes. Most importantly it is a must that we love ourselves. Only through this can we project that love out.

We use the Force to help us learn and to defend others. It can be seen as a reactive stance at times and thus requires the need for patience.

The overall goal of a Light Jedi is Peace and Harmony while acknowledging aspects of fear, anger, and aggression as they can lead us away from the Light and towards a Darker personal path and the destruction of the self. Learn to detect the early seeds of Darkness and confront your fears so they

have no power over you. Only then can peace reflow within the self.

A Light Jedi never stops studying. For everyday life has something to teach and we in part have something to learn.

As Lightsiders we are encouraged to think about the outcome of our actions, in respect to how they affect both others and ourselves. One could say we are thinkers, teachers and philosophers, we are also defenders. Sometimes called to stand and protect the peace we so lovingly encourage. In this defense one urges everyone to remember the Code of the Jedi. We use our powers for the good of all, not just ourselves.

# Why be of the Light Side?

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As one of those Light Jedi's who is actively engaged in combating the criminal elements I do see first hand that sometimes the criminals win. Along with the law abiding victims losing out.

If I were to simply roll over and say "That's it. I'm sick of these criminals winning!" and did nothing about it, then I would be just as guilty as those who commit those crimes.

By my inaction I would be saying "It's okay to be on the wrong side of the law."

I will not do that!

On the most part I win! (That sounds rather self centered!) What I mean is that I will continue fighting for the rights of any law abiding citizen. I will place my life in the service of others. I will not allow those who rob us of our freedom and liberty to win, they will eventually make a mistake and I will be their to bring them to justice.

This is my call. This is why I am a Light Jedi and this is my duty.

Using a Star Trek quote here "The needs of the many outweigh the needs of the few or the one!"