

Become Like A Jedi: A Manual



Taoist-Books.com

Disclaimer: All evidence thus far suggests telekenisis is just fiction. So real jedi (taoists) can't levitate stuff. Also, the technology for light sabers doesn't exist and is unlikely to ever exist.

Introduction

When I started studying mythology and came across Joseph Campbell I discovered that George Lucas used the 'Hero Archetype', as explained by Joseph Campbell, to construct the hero's journey of Luke Skywalker (Book: Hero With A Thousand Faces).¹ At the same time I was studying yoga and chi kung. Both systems believe that there is 'energy' all around us (called 'chi' in Chinese and 'prana' by the yogis). Both systems provide ways in which a person can become more attuned with the energy around them attain 'the flow'. Since then I have also discovered writers using the words "QiGong" (chi kung) in a Star Wars origins book called "Dawn Of The Jedi". So clearly the arcane arts of yoga and Chinese meditational techniques are influential in the creation of the concept of the Jedi & The Force. One major difference is that in the Star Wars movies its something called "midochlorians" that give a person access to the force and it is the number of midochlorians in your blood/cells that determines how connected you are to the force. In real life anyone can connect to the force through deep belly breathing as that enhances the "Dan Tein", Chinese word for energy center at your naval, which increases the levels of chi ("the force") in your body. I think this corresponds to the 5th chakra in the yogic system but I don't know for sure. They might be using different sytems because of differences in culture and discoveries. Chi enhancement through breathing is used by Chi Kung masters and Martial Arts masters to break wood and stone. Welcome to the "lost" arts of the East.

Note: In the latest version of the Jedi, "Rey", doesn't require practice or the development of skills (as if the source of power for the Jedi is 'The Holy Ghost'). She doesn't even require books, which are burnt in the movie as per western tradition/history for dealing with arcane knowledge. In other words, Stars Wars trilogy has become very Christian and in no way represents anything in this book on on the website. The style here corresponds to the Old Republic style of Jedi training in the Star Wars universe. No magic here, only science.

In Chi Kung (Qi Qong), A Taoist Teaching;

Energy exists everywhere and connects everything. Just like the Jedi concept of the force.

A person can connect with and absorb energy from the world (earth plus air) around him/her. Again, just like a Jedi.

¹ Watch "Bill Moyers and Joseph Campbell on Star Wars" on @Vimeo <https://vimeo.com/37749698>

The only difference is that in star wars only gifted individuals have the ability to tap into the force. (something to do with their cellular structure) In reality every single person has the ability to connect, feel, flow with and use energy.

So it occurred to me, *what if there were enough similarities between the Star Wars concept of 'the force' and the practices of Yogis, Taoists, Zenists, Qi Gong practitioners and concepts the Samurai used, to write a guide to becoming a warrior of the Force! Like, a Real Life Jedi!*

So, based on what I know of these topics, I put together a basic guide to becoming like a Jedi, using eastern material covered in this book, to show the correlations between it (eastern knowledge) and the Star Wars approach to the Jedi & The Force.

The Force Manifests As Electricity In The Body

From Time.com²

ACUPUNCTURE There is growing scientific evidence that acupuncture, a pillar of Chinese medicine, can relieve many kinds of pain, but there's no clear agreement about how it works. That was underscored by a German study of migraines: it found that inserting needles at various acupuncture points in the body relieved pain just as effectively as inserting them in the points that are supposed to affect migraines. Both therapies cut the number of episodes more than 50% over a 12-week period; a control group that did not receive either treatment continued to suffer as before.

Book: The Body Electric: Electromagnetism And The Foundation Of Life³:

The Body Electric tells the fascinating story of our bioelectric selves. Robert O. Becker, a pioneer in the field of regeneration and its relationship to electrical currents in living things, challenges the established mechanistic understanding of the body. He found clues to the healing process in the long-discarded theory that electricity is vital to life. But as exciting as Becker's discoveries are, pointing to the day when human limbs, spinal cords, and organs may be regenerated after they have been damaged, equally fascinating is the story of Becker's struggle to do such original work. The Body Electric explores new pathways in our understanding of evolution, acupuncture, psychic phenomena, and healing.

2 A-Z Guide to the Year in Medicine: From advances in acupuncture, AIDS and Alzheimer's, to the latest on fish oil, painkillers, Parkinson's and whether tea is good for you, all the way to the memory- enhancing powers of zinc, here is everything you need to know about the year's biggest news in medicine, by the letter <http://content.time.com/time/magazine/article/0,9171,1134763,00.html>

3 The Body Electric: Electromagnetism And The Foundation Of Life by Robert Becker (Author), Gary Selden (Author) <http://www.amazon.com/Body-Electric-Electromagnetism-Foundation-Life/dp/0688069711>

Meridians have been found using an imaging technique using radioactive isotopes. To summarize, they indicate that:

“No radioactive isotope was observed to migrate when it was injected into points of normal electric resistance. Nor was any migration observed when injecting isotopes other than sodium pertechnetate in points of least electric resistance.

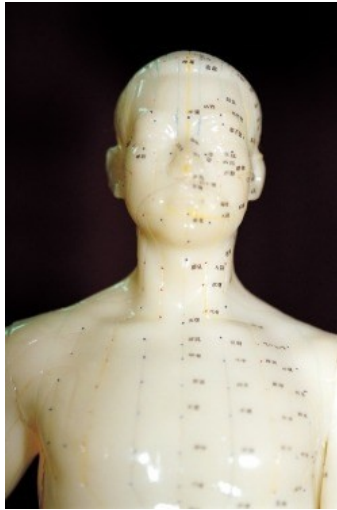
Each time sodium pertechnetate was injected into points of least electric resistance, its migration was observed constantly, approximately at 2.5 cms per minute and always following the same longitudinal pathway.”

The characteristics of the migration rule out the possibility that the radioactive isotope was carried through the nerves, vessels or lymphatic system. For example, when it was injected in a vein underlying the point of least electrical resistance, transport of a different speed and pathway was observed. Additionally on injecting sodium pertechnetate and thallium at the same time, it was observed that the first was transported while the second was not.

An exploration of meridians (abstract on government site)⁴:

“It is imperative to define the fundamental concepts of Qi, channels, and the meridian system of Chinese medicine in terms of scientific terminology before any meaningful and mutually beneficial dialog can begin between Chinese and Western medicine. In the Chinese theory, the meridian system as a whole is the system of the body. We propose the existence of a meridian regulatory system that governs interactions between and adjusts functions of internal organs, connects them to the body surface through a network of pathways (channels) and displays their status on the skin.”

⁴ Website: [http://www.ncbi.nlm.nih.gov/pubmed/16265988?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=2&log\\$=relatedreviews&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/16265988?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=2&log$=relatedreviews&logdbfrom=pubmed)



Basic Force Building Method

Deep diaphragmic breathing is the key to building your energy (“the force power within you). In Yoga ‘pranayama’ is the name given to a breathing technique done before every technique, and on it’s own. Prana literally means life force and yama means lengthening. Together pranayama is a method of breath control to increase your life force.

In Qigong the ‘dai tian’ (the area below your navel) is considered to be the center of your physical and energetic body. Slow deep belly breathing is the basic method to develop this energy center to connect with chi (Chi = energy/life force around us according to the Chinese)

The first and most important Jedi training technique is deep regular breathing.

This will revitalize your mind-body, making you more sensitive to the energy fields around you.

You will also develop a connection to the force.

With regular practice you will be able to actually feel the force build in your body.

Breathing patterns: The breathing pattern is slow and deep. Fast breathing leads to hyperventilation. Practice slow and deep breathing (diaphragmic) and if you get tired just relax for a while and begin again. This is the main method of connecting to “the force”.

Practice 2 basic patterns: First pattern is simply to take a deep breath of 4-7 seconds (depending on your lung capacity) and then exhaling for exactly the same amount of time. The second pattern is to inhale for 4- 7 seconds (depending on your lung capacity), hold your breathe for the same amount of time. Exhale for the same amount of time. Then hold your breath for the same amount of time and then inhale again, i.e. repeat the breathing pattern. The goal is to practice regularly and to, over time, increase the breath count as your lung capacity increases. 5 - 10 minutes a day is enough to start. Do that for at least 3 months. Also master the meditation techniques in the *Introduction to Meditation* book at Taoist-Books.com

Within weeks you'll notice a major difference. In a year or two you'll be able to feel the force, more and more. As you practice, pretend to stroke your hand with you fingers as if they were twice as long. i.e. stroke you hand with the “energy” of your fingers without actually touching the other hand. When you can feel this you are feeling chi (the force) and you've made a major step forward. You can rub you hands together to sensitize them and make feeling the energy easier. For some this will be easy and for others this could take weeks of practice. Practice qigong regularly to advance your skills in addition to the breathing exersizes.

Here is an extract from an abstract reported on a government site⁵:

What was found: Emission of extremely strong magnetic fields from the head and whole body during oriental breathing exercises.

“This article reports the result of an experiment that was designed to measure the biomagnetic field emanating from two individuals who were practicing traditional Oriental Qi Gong breathing exercises.

5 Website: [http://www.ncbi.nlm.nih.gov/pubmed/9051169?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/9051169?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=1&log$=relatedarticles&logdbfrom=pubmed)

It is concluded that traditional Oriental Qi Gong breathing appears to stimulate an unusually large biomagnetic field emission.”

Another article on the same site is an abstract of how the levels of energy from the practitioners hands was more than normal⁶:

What was found: Detection of extraordinary large bio-magnetic field strength from human hand during external Qi emission.

“It is generally accepted that more than 10(-6) gauss order magnetism was not detected in normal human condition. However, we detected 10(-3) gauss (mGauss) order bio-magnetic field strength from the palm in special persons who emitted External Qi (“Chi” or “Ki”).

This magnetic field strength was greater than that of normal human bio-magnetism by 1,000 times at least. A simultaneous measurement of bio-magnetic field strength and its corresponding bio-electric current was examined in one subject. During exhibiting such strong bio-magnetism, its corresponding electric current was not detectable. Therefore, the extraordinary large bio-magnetic field strength can not derive from internal body current alone, hence the origin of the large bio-magnetism is still unknown. We suppose that the extraordinary large bio-magnetic field strength might be originated from “Qi” energy in the oriental medicine or in the oriental traditional philosophy.”

Discovery of meridians described by Chinese acupuncture (abstract on a government site)⁷:

“The “Bi-Digital O-Ring Test” imaging method has been successfully used not only to outline the internal organs but also malignant tumors as long as identical reference control tissue is available, regardless of whether it comes from the same individual or others, without exposing the patient to undesirable radiation from X-Rays, strong magnetic field or ultrasound. While imaging the outline of the internal organs the author found that, from the surface of each organ, lines or networks of lines extend to other parts of the body. Such a line closely resembles well-known lines of meridians of major internal organs in Oriental medicine.”

⁶ Website: <http://www.ncbi.nlm.nih.gov/pubmed/1353653>

⁷ Website: [http://www.ncbi.nlm.nih.gov/pubmed/2883838?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=3&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/2883838?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=3&log$=relatedarticles&logdbfrom=pubmed)

Jedi perspectives from Bodhidharma (Zen)

Bodhidharma was probably a teacher of yoga and qigong, as were many of the teachers of his day. His writings cover only his philosophy of mind which came to be known as “Zen”. This philosophy is used by ninjas and the ancient samurai.

Some sayings of Bodhidharma extracted from a translation of Bodhidharma’s sermons by Red Pines⁸ ;

What is the mind? You ask. That’s your mind I answer. My answer is your mind. If I had no mind how could I answer; If you had no mind how could you ask. That which asks is your mind.

What he is saying is that the act of perceiving anything be it question a thought or an image or anything else, that is an act of the mind. If you ask for a definition of the mind it is your mind that is asking for that definition.

So you got your answer, anything you say, do ask, want or imagine that is the mind itself.

Definition of the mind in more detail;

Your mind creates your thoughts. If you try to describe your mind then that is basically you using your mind to describe your mind.

In other words, your mind is creating images and thoughts to describe itself so it can only do so by analogy and if your mind is engaged in any task that an earlier analogy did not take into account then your mind has to come up with a new analogy.

So any description your mind comes up with an image of itself is like a camera looking into the lens of another camera and constantly moving backward in a sort of infinite regression. If you try to conceptualize an end mind, it’s like the woman who believed the world was set on a large turtle and when asked what was underneath ‘the turtle that held the world up’, she replied; ‘ *nice try. It’s Turtles all the way down.*’

In other words, as soon as you imagine something about the mind, the mind is distancing itself from itself to describe itself and you can do this forever. Ultimately you discover the mind can’t be understood, only experienced.

⁸ The Zen Teaching Of Bodhidharma <http://www.amazon.com/Teaching-Bodhidharma-English-Chinese-Edition/dp/0865473994>

Bodhidharma says: *But the mind has no form and its awareness no limit.*

This means that any form or image you can imagine is a creation of your mind and since it is a creation of your mind, the mind itself has no form, i.e. the mind isn't a thing that you can find like a stone, it is formless as it is not made of matter.

Bodhidharma: *All appearances are illusion. They have no fixed existence or constant form. They are impermanent.*

People grow old and mountains erode over the millennia by the wind and rain (or a strong rainfall). In other words, given a large enough perspective on time, everything you can see, touch, smell, feel or hear is impermanent. In fact a sound or the taste of something or a smell is by its very nature impermanent. Everything in the material world exists as a flow of information to our senses that is ever changing.

Jedi Talk: As long as you're attached to appearances, you're unaware that your mind is empty. By clinging to appearances you lose your connection with the force

Bodhidharma: *“The mind’s capacity is limitless, and its manifestations are inexhaustible. Seeing forms with your eyes, hearing sounds with your ears, smelling odors with your nose, tasting flavors with your tongue, every movement or state is all your mind. At every moment, where language can’t go, that’s your mind.”*

Anything you experience can be remembered in the mind thereby making its capacity seem limitless. Anything you can name or classify is a “manifestation” and you can make up anything on and on forever making it seem limitless. What you sense by smell or touch is sensed by your mind. Where language can't go (such as explaining the taste of strawberries), that too is the mind.

Bodhidharma: *“And as long as you’re subject to birth and death, you’ll never attain enlightenment.”*

Jedi Talk: By being self-conscious you reduce your connection to the flow of the force

In zen death & rebirth is seen as a psychological phenomenon following from the illusion of the self.

An ancient Zen Scholar, Hui-Neng's Tan Ching, Writes;

What is Paramita? This is a Sanskrit term of the Western country. In Yang it means "the other shore reached". When the meaning (artha in Sanskrit) is understood, one is detached from birth and death. When the objective world (visaya) is clung to, there is the rise of birth and death; it is like the waves rising from the water; this is called "this shore". When you are detached from the objective world, there is no birth and death for you; it is like the water constantly running its course: this is "reaching the other shore". Hence Paramita.⁹

The idea being expressed here: When you cling to the world you have to create to create a self to deal with each new situation, thus you experience 'death and rebirth' (of the ego). When you let go and dwell in the zen state your consciousness stays steady and thus you don't experience birth and death (of the ego).

For example: When you try and do good deeds you are trying to create a new self. By working on being better and better, you are destroying an old way of being (the old 'self') and you are creating a new one. Your 'self', i.e. how you define or imagine yourself to be, is going through death and rebirth.

Definitions drawn from Bodhidharma's sermons;

Enlightenment = heightened awareness that can be maintained constantly

Nirvana = a state where the self (or yourself that you create in your mind) ceases to exist and all the world is experienced directly.

Bodhidharma: "To search for enlightenment or nirvana beyond this mind is impossible."

Recognizing and living in the mind is by itself enlightenment. Enhanced awareness is one of the effects of said enlightenment.

The idea here is that as soon as you begin 'seeking' an experience, you have put that experience into a category and separated it from yourself.

⁹ Hui Neng's Tan Ching - Manual Of Zen Buddhism by Dr. Suzuki

Then you chase this conception you have of what 'enlightenment' or 'nirvana' should be. As long as you have an image to chase, i.e. your mind is chasing something it has created; you will be like a donkey with a carrot forever just out of reach, going round and round attaining nothing. Why? Because all enlightenment/nirvana are attributes of your mind itself (it is your "original mind" to be more precise). You already have what you seek. So looking for what you already have is pointless .

Jedi Talk: To look for oneness with the force outside of yourself is impossible – the force is everywhere, around you, in you, you exist in the force. Looking for the force as something separate from you is like a fish looking for the mythical substance called 'water'.

Going deeper;

To know that an object you perceive is a tree is a conception you have that you have created in your mind and imposed on it. What you're perceiving could just as easily be called an air filter or a lung of the earth or a home for the spirits and every such definition is accurate in its particular context in that it is an image the mind has of its surroundings.

Thus noticing an object without defining it is your mind in a state of direct experience... which can be fun, like when you are engaged in a game or boring like if you are waiting in line. The key is not to go meta on what you are experiencing, i.e. if you are having fun, don't think about the fun you're having, just stay involved in enjoying yourself without any self-reflection, pondering or imagination – daydreaming or in any way being mentally not there which can included thinking of others opinions which take you away from your own experience

Same goes for if you are bored. Enjoy the boredom as it helps differentiate the boring time from the fun times. You could go 'meta' (outside of the experience of the situation) by imagining how bored you are and what a waste of time it is or go into an escape made by fantasizing doing something else (like daydreaming to pass time) but don't. Simply experience waiting in line as waiting in line without imposing any value judgment such as fun or boring, good or bad, and you are experiencing waiting DIRECTLY without any mental wanderings. That is a form of zen. Practice it and waiting can serve as a meditative practice, as can work as keeping your mind on your task is easier if your whole body is engaged. That's probably why Monks in Zen Monasteries had so many chores and physical practices, i.e. as a form of meditation.

In short just experience. Notice and observe without conception, i.e. without thinking of anything in particular. Take the example of a baby, they have no conception of right or wrong,

up or down, male or female – so they experience life directly and respond to it without imposing conception of how things are and THEN responding to how they think is appropriate (and I mean non-habitual behaviors as well).

This brings me to a common misconception about zen. Zen is not about sitting like a stone no matter what is around you (though some zen masters have done this to make a point, like in the following stories told by

Alan Watts:

“The story is told of a zen monk who wept upon hearing of the death of a close relative. When one of his fellow students objected that it was most unseemly for a monk to show such personal attachment he replied; ‘Don’t be stupid! I’m weeping because I want to weep.’ The great hakuin was deeply disturbed in his early study of zen when he came across the story of the master Yen Tao, who was said to have screamed at the top of his voice when murdered by a robber. Yet this doubt was dissolved at the moment of his satori (enlightenment) and in Zen circles his own death is felt to have been especially admirable for its display of human emotion. On the other hand, the Abbot Kwaisen and his monks allowed themselves to be burned alive by the soldiers of Oda Nobunager, sitting calmly in the posture of meditation. Such contradictory ‘naturalness’ seems most mysterious, but perhaps the clue lies in the saying of Yun-Men;

In walking just walk. In sitting, just sit. Above all, don’t wobble.

For the essential quality of naturalness is the sincerity of the undivided mind which does not dither between alternatives. So when Yen- tao screamed, it was such a scream that it was heard for miles around

But it would be wrong to suppose that this natural sincerity comes about by observing such a platitude as ‘Whatsoever thy hand findeth to do, do it with all thy might. When Yes tao screamed he was not screaming in order to be natural, no did he first make up his mind to scream and then implement the decision with the full energy of his will. There is a total contradiction in planned naturalness and intentional sincerity. This is to overlay, not to discover, the ‘original mind’. Thus to try to be natural is an affectation to try not to try to be natural is also an affectation.

As a Zenrin poem says

You cannot get it by taking thought

You cannot seek it by not taking thought

In other words, if you practice 'no-self' then there should be no thought to how you should or shouldn't do anything because both involve thinking and creating an ego-image to decide the action you think is appropriate for that situation

*“Social conditioning fosters the identification of the mind with a fixed idea of itself as the means of self control, and as a result man thinks of himself as ‘I’ – the ego. Thereupon the mental center of gravity shifts from the spontaneous or original mind to the ego-image. Once this has happened, the very center of our psychic (i.e. mental) life is identified with the self-controlling mechanism. It then becomes almost impossible to see how ‘I’ can let go of ‘myself’, for I am precisely my habitual effort to hold on to my self.” Alan Watts in **The Way of Zen***

Bodhidharma: “And as long as you’re subject to birth and death, you’ll never attain enlightenment.”

As long as ego interferes with your perception you can never attain flow.

When you try and do good deeds you are trying to create a new self. By working on being better and better, you are destroying an old way of being (the old 'self') and you are creating a new one. Your 'self', i.e. how you define or imagine yourself to be, is going through death and rebirth.

Self-improvement is great yet it is unnecessary for Zen because enlightenment is awareness of all the mind and what is perceived. By trying to do things to attain what you already have you are simply going round and round (once again).

Bodhidharma: “Buddha is Sanskrit for what you call aware, miraculously aware. Responding, perceiving, arching your brows, blinking your eyes, moving your hands and feet, it’s all your miraculously aware nature. And this nature is the mind. And the mind is Buddha. And the Buddha is the path. And the path is Zen. But the word ‘zen’ is one that remains a puzzle to both mortals and sages. Seeing your nature is Zen. Unless you see your nature, it’s not Zen.”

Buddha here means complete awareness. So this is saying to reach complete awareness (enlightenment) all you have to do is realize your nature. Since all enlightenment exists as your mind then if you truly understand and are one with your mind in a state of complete awareness then you have attained 'buddhahood'.

Jedi Talk: To become one with the force, you have to understand your true nature. When you understand your nature you flow with the force.

“And the Buddha is the person who’s free; free of plans, free of cares.”

Jedi Talk: When you are fully aware you find freedom from irrelevant thoughts and you are truly connected to the force.

If you are thinking of the past of the future or even of yourself (seeking to imagine or define who you are) then you are drifting in the thoughts of your mind. If you let go of thoughts about yourself, past and future, good and bad, then you are free from 'plans and care'. When your mind flows with you, with no conceptual state whatsoever, you are in a zen state of awareness.

Bodhidharma: “A Buddha is free of karma, free of cause and effect”.

A person of complete awareness simply exists. Life itself is the meaning of life. He/she doesn't try to do good or bad deeds. They simply do what needs to be done when it needs to be done. This is done without thought of reward or punishment. If you take action without desiring good or avoiding the bad you do not create 'karma' for yourself.

Bodhidharma: “A Buddha doesn’t do good or evil. A Buddha isn’t energetic or lazy. A Buddha is someone who does nothing, someone who can’t even focus his mind on a Buddha. A Buddha isn’t a Buddha. Don’t think of Buddhas.”

The above states plainly that ANY conception immediately takes you away from direct experience. So rather than walking down a beach you are thinking of yourself walking down a beach while you are actually doing that very thing.

What Bodhidharma is saying is to forget all preconception you may have, don't think just be. The self-reflexive aspect of the mind is turned off in favor of direct experience.

Jedi Attitude of Trust in The Force

The force is everywhere and in everything. If you trust in the force, connect with the force, set goals and work towards them ...the force will seem to conspire to bring you what you want.

In the same way no challenge is ever too much for a Jedi. You may be terrified, hurt, sorrowful, joyful but emotion comes and goes. Any challenge given to you by the force is there for you to overcome. To make you stronger. Unless you die (which is something a Jedi must accept before he/she can accept life as it is) you are meant to overcome it.

A Jedi may have many enemies but the enemies are also being manipulated by the force. The challenges you are presented with, although may be with a person motivated by intent of the dark side, are there to help you get stronger physically, mentally and energetically. Trust that this is so and it will be.

Having an enemy creates conflict. Conflict creates learning. Many powerful leaders believe that without their enemies they could never have attained the success they did. So it may be a scary idea, but enemies litter the path of a Jedi more than friends. That is how it is for most people.

To protect oneself from an enemy is to love them fully. Only when you love your enemy you can you understand them. Only when you understand your enemies can you defend against attacks. Thus a Jedi Knight is never vengeful but always alert.

Related quotes from the Tao Te Ching;

1

The Tao that can be trodden is not the enduring and unchanging Tao. The name that can be named is not the enduring and unchanging name.

(Conceived of as) having no name, it is the Originator of heaven and earth; (conceived of as) having a name, it is the Mother of all things.

*Always without desire we must be found,
If its deep mystery we would sound;*

*But if desire always within us be,
Its outer fringe is all that we shall see.*

Under these two aspects, it is really the same; but as development takes place, it receives the different names. Together we call them the Mystery. Where the Mystery is the deepest is the gate of all that is subtle and wonderful.

2

All in the world know the beauty of the beautiful, and in doing this they have (the idea of) what ugliness is; they all know the skill of the skilful, and in doing this they have (the idea of) what the want of skill is.

So it is that existence and non-existence give birth the one to (the idea of) the other; that difficulty and ease produce the one (the idea of) the other; that length and shortness fashion out the one the figure of the other; that (the ideas of) height and lowness arise from the contrast of the one with the other; that the musical notes and tones become harmonious through the relation of one with another; and that being before and behind give the idea of one following another.

Therefore the sage manages affairs without doing anything, and conveys his instructions without the use of speech.

All things spring up, and there is not one which declines to show itself; they grow, and there is no claim made for their ownership; they go through their processes, and there is no expectation (of a reward for the results). The work is accomplished, and there is no resting in it (as an achievement).

*The work is done, but how no one can see;
'Tis this that makes the power not cease to be.*

Jedi Mind Trick – Pain Control

Generally if you have an area of pain you have to be careful with it. Get it treated, don't stress it etc. So it heals back fast.

As a Jedi there will be times when you have to control your pain.

The following is a basic pain control technique.

(always consult your doctor if you have an injury before applying any techniques outlined in this book)

Pretend as if you can draw a circle around the painful area and isolate it. You may feel pain waves emanating from it, but since it is isolated notice how pain free other parts of the body are and keep your attention on the good feelings.

You can enhance your mood by being grateful to your body for being in pain reminding you to be more appreciative of it when it's not in pain.

The feeling of gratefulness turns your inner attitude from being a victim to one who is learning and growing stronger. This can help you be more positive and in control even when in pain.

Another pain control method that goes hand in hand with this one is to simply accept the pain as it is.

Don't try and stop it, ignore it, or isolate it.

Simply accept it.

In the same way that we can accept construction noise (or other background noise) to get work done, we can also accept pain. When you genuinely accept it, the pain can just fade into the background. It's still there but not the focus of your attention.

Of course, degree of pain can be a big factor in how well you can apply this technique. How well you are trained in going into a Jedi Healing Trance and how well you are able to balance your energetic meridians that keep you connected with the force.

"Sit in a quiet place and meditate in imagination that body is no more bondage to you, that it is your machine for your work of life, that you are not flesh, that you are the governor of it, that you can use it at pleasure, and that it always obeys your order faithfully. Imagine body as separated from you. When it cries out, stop it instantly, as a mother does her baby. When it

disobeys you, correct it by discipline, as a master does his pupil. When it is wanton, tame it down, as a horse-breaker does his wild horse. When it is sick, prescribe to it, as a doctor does to his patient. Imagine that you are not a bit injured, even if it streams blood; that you are entirely safe, even if it is drowned in water or burned by fire.” **From Religion Of The Samurai**

Parable: The Hero and the Bear

This story is meant to exemplify why a Jedi needs to practice non-attachment to his/her actions and environment;

Once upon a time there was a hero. He went around saving others. It's what hero's like to do. One day he saved the life of a bear by releasing it from a bear trap. The two became friends. They traveled together as the hero went about his heroism and the bear, in a state of gratitude, sought to help the hero as much as it could often in ways that weren't helpful but the hero went along with it for friendship's sake.

One day the hero was sleeping peacefully. The bear noticed that there were a lot of flies over the hero's head. This bothered him. He decided that it is his duty to help the hero have a more peaceful sleep by getting rid of the flies over his head.

Bears don't have much understanding and go for whatever makes sense in the moment without much thought to it. The bear noticed a large stone. Picking up the huge rock, the bear raised it over his head and crushed the flies with a forceful throw... and with it the Hero's head.

Lesson: Saving bears is fine but be-aware if friends with them.

The Code of A REAL Jedi Knight

Drawn from the standard feudal system of morality as per King Arthur & The Knights Of The Round Table Or the Samurai

A Jedi can come from any background. Becoming a Jedi involves experience and understanding NOT belief. Those who have created a 'religion' out of the concept of the Jedi have entirely missed the point of what a Jedi is. An explorer of the force. In the books it is shown that people who don't believe in the Jedi or the Force, see it as a 'hokey religion'(Han Solo's words). Some people online have actually gone ahead and created hokey religions.

This ebook will only show you how you can actually become more like a Jedi. It may be a fictional approach to self-improvement and personal development...but it's definitely NOT a religion.

Jedi are like yoga or chi kung practitioners. They learn and apply their skills to the real world and to themselves. They do not have a creed, they have a code.

A creed is a set of beliefs you believe in without evidence (i.e. like a religion). A code guides and set limits related to how you can use and apply your knowledge of the force.

You can be a Jew, Christian, Muslim, Hindu and Buddhist and still be a Jedi.

Here you will discover how you can feel the force, how you can increase your capacity to absorb the force and what it means to be a Jedi Knight.

King Arthur is known for bringing justice to the land through his knights of the round table.

The code of the Knights of the Round Table is Truth, Honor, Justice, Brotherhood.

The Code of a "Jedi" On This Path is...

**Honor,
Truth,
Justice and
Love**

(for all beings of the force- not just brothers).

Of course, the order doesn't have to be as I've outlined. But all 4 must be applied together to all situations. That is the responsibility and burden of a Jedi.

Other Basic Zen like Jedi Principles

A Jedi must maintain a neutral attitude of skepticism:

A Jedi must be a skeptic, a person who doesn't believe or disbelieve, to be able to keep centered in the force and to be able to make appropriate decisions based on the reality of a situation that they have to deal with. The reality of a situation can only be seen by someone who can clear their head of expectations and delusions of how things 'should' be. The point of view can be expanded through consultation but the ultimate decision has to be your own.

As a Jedi you act on your decisions with utmost integrity. Holding only yourself responsible - with no excuses for mistakes made.

A Jedi is an explorer of the force and everything encompassed within the force.

A Jedi Master is someone who has mastered one or more aspects of the Force. Inner force or outer force. Masters can specialize in one aspect of the force like yoga, martial arts, ninja techniques or meditation (or they can be masters of several methods)

A Jedi explores their inner selves. This is done through various types of meditations.

A Jedi Knight is a person who is determined to hold him/her self to the highest levels of self integrity – irrespective of society's perception of him/her – with the goal of upholding the Old Code of King Arthur and the Knights of the Round Table OR the Samurai (same basic thing model of behaviour). For the purposes of this manual, this is your code:

Love, Honor, Truth and Justice.

Since an explorer of the Force is presumed to have an infinite path (as the force/energy fields are too large to comprehend emotionally- therefore they are infinite by human standards)

then there can be no ultimate Jedi Masters. A true Jedi remains a Knight all his life. Always open to new perspectives.

Glossary of terms used:

Jedi: A Jedi is a person who is aware of the force (energy field) and works on personal development to connect with and flow with the force.

The Force: The force as termed in Star Wars has a real life counterpart. According to Quantum Mechanics(physics) everything is interrelated like a 'wave pattern', a 'force' if you will.

Yoga/Chi-kung : These are types of techniques developed by yogis in prehistory that enhance concentration, increase reflexes/awareness, open up a person's sensitivity to experience energy fields that exist around us.

Energy Fields: our bodies have an energy field and a magnetic field. These fields exist around other animals and plants and (according to physics and Kirlian photography) every living object.

Quantum Mechanics: A revolutionary new way of understanding the universe which began to develop in the beginning of the 19th century. Quantum Mechanics shows that everything in the universe is interconnected and can be perceived as a wave form or energy field. The theory of Quantum Mechanics led to the technological developments of radio, TV, computers, cell phones, and the new fiber optic cable technology for high speed internet.

E=mc² - Einstein's famous equation that shows that all matter can be converted to energy. Proving once and for all that matter is composed of energy and light.

Disclaimer: All evidence thus far suggests telekinesis is just fiction. So real Jedi (Taoists) can't levitate stuff. Also, the technology for light sabers doesn't exist and is unlikely to ever exist.