

Safety First!! It's important to remember that our actions hold consequences. Even actions that may at first appear harmless should be considered safely before we begin. It's necessary to keep in mind not only our own physical safety...but also the safety of Mind and Spirit.

Let's take a quick look at Meditation as an example. Generally, meditation is a basic practice with low risk. However depending on the type of mediation you choose to engage in, you could risk dehydration, disorienting shifts in emotion, anxiety and even suffocation depending on location and surrounding elements.

Be aware. Be safe. Here are a couple of steps to consider:

### **Seek Knowledge**

Seeking Knowledge is an important pillar of Jedi. It teaches us to look deeper into life and not accept things at face value. To learn about the subjects, situations, and events in our lives and find the truths of things. By asking questions and expanding our resources, we are able to understand the cause and effect of the things around us.

### **Apply Safe Practices**

With the knowledge we have found through research and experience, we are able to apply safe practices within the things we do and continue to learn. Physically, we are able to ensure we are set with the tools needed to remain safe. Mentally, we are able to tread with questions and openness. Spiritually, we learn to safeguard our core and open ourselves up to the force.

### **Be Aware**

In the pursuit of knowledge we also learn that we cannot possibly absorb everything within the world. There is and always will be something we have yet to

discover. This is why we must always remain aware of our surroundings and expand our external force out to new possibilities.

**Journal Entry:** Take some time to think about what we have learned and written about so far. Consider the goals you wrote and how you plan to execute them. Look over your dojo and it's equipment....Ask yourself...what extra steps should you take to ensure Safety First. Write about them - Did you find anything you hadn't thought about until now?

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