

Five Jedi Powers

The 5 Jedi Powers

What is power? Is it wrong for someone to possess or pursue it? Power simply put is control over you, a situation, or another living being. Power can be both positive and negative depending on the person who possesses it. A leader of any organization, a country, or even a family has the ability to make decisions that we benefit the group as a whole or benefit them. When used positively will bring about positive effects, when used negatively or in a self-serving manner power will bring about devastation. Even a good minded individual could fall victim to its temptations if they do not understand what power truly is or how to use it.

Jedi do seek power. We seek power over ourselves. We train our minds; body's and spirits to overcome the barriers and restrictions the world places upon us. We train to elevate ourselves to the greatest condition we can be in not just mentally but physically as well. We also seek the power of the force to guide us, protect us and strengthen us.

The keys to Jedi power

1. Faith

- A set of principles or beliefs.

- As Jedi we believe in the force, not as a Christian would believe in God, but as something we, like all life are connected to. Something bigger than ourselves we are apart of, and we are also responsible to.

2. Energy

- A source of usable power

- This not only covers the force that is the ultimate source of our power, but also our own bodies. One can not have energy if they do not train their body to have it. This includes eating properly, exercising your muscles, heart and respiratory systems.

3. Mindfulness

- the trait of staying aware of your responsibilities

- always knowing your situation is real power, knowing what is going on around you is the first step to situational power. It is better to know as much as possible about a situation before you rush into a situation. A Jedi needs to focus on where they are and what is going on at all times. A momentary slip could mean the difference between life and death.

4. Concentration

- Having, undivided attention

- One needs to focus on the person or situation they are in contact with, if you lose your focus for one moment while in conflict your life will be forfeit.

- I know many people will say that mindfulness and concentration do conflict with each other. It would appear that way but in truth they complete each other. In life we need to focus on what we are doing

now, but we also need to be aware of everything going on around us. If you focus too much on one specific area you will be blind in others.

5. Insight

- The act or outcome of grasping the inward or hidden nature of things or of perceiving in an intuitive manner.
- Things will not always be what they appear, we need to get passed our senses as they can betray us
- We need to see the truth in all situations, learn through the force, not just with your mind.