

StarWars – Guide through change

Lesson	Quote	Interpretation
Your perception is your reality.	<p><b>Obi-Wan Kenobi</b> Many of the truths that we cling to depend on our point of view.</p> <p><b>Qui-Gon Jinn</b> Your focus determines your reality.</p>	One of the best quotes that ever came out of a Star Wars movie was when Obi-Wan said that our truths depend on our point of view. This is something that buddhist teachers in India are always telling us – don't be so solid, stiff and rigid. Your truth is not the next person's truth. Truth is not always truth.
Adapt to your situation or die (figuratively or literally).	<p><b>Shmi Skywalker</b> You can't stop the change any more than you can stop the suns from setting.</p>	<p>One of the best lessons to take from the Star Wars saga is to be more accepting of our circumstances, rather than trying to control things that we can't. A lot of people really sabotage their enjoyment of their own lives by dwelling on things they don't like that are beyond their control, or they ruin their lives by making bad choices in order to extend their ability to control. We get bummed because we don't like the way we look, or the place we live, or the amount of money we have. But if something is beyond your capability to control, then dwelling on it is pointless, and you're only hurting yourself and those around you by focusing so much negative attention on those things.</p> <p>This story shows how the call to service is not always welcomed. Not everyone on the team is eager for the adventure. The reluctant hero is an old theme. Some part of each of us is not pleased to face danger. It is not the presence of fear that is the problem, but how we handle it. Denial of fear is the worst, because then it lurks beyond our attention, often getting projected onto others.</p>
Attitude is everything.	<p><b>Yoda</b> There is no try. Do or do not.</p>	Saying "I'll try" is like planning to fail. Do. Or do not. There is no try.
Assume positive intent.	We see the world as we are, not as it is.	We jump to conclusions about the intentions of others without considering all the variables. Give a guy the benefit of the doubt if he just uncuffed you. At least hear him out!
Don't give into fear... that leads to the dark side.	<p><b>Yoda</b> "Fear is the path to the Dark Side. Fear leads to anger, anger leads to hate, hate leads to suffering."</p>	<p>In today's world we are told to be afraid. The USA has a whole system set up to tell us how much we should be afraid. Some days we are supposed to be Orange level afraid, other days we might have to be Red level afraid. But the problem with fear, as Yoda points out, is that it leads to anger, hate, violence and suffering.</p> <p>So you have a choice. Do you live your life in fear and protect yourself from every possible thing that could go wrong, spending your whole life worrying about things that will probably never happen. Or, do you open yourself up to love and compassion and the goodness in human nature and live a happy and carefree life?</p>

<p>The worst enemies you'll face are those you bring with you.</p>		<p>When Luke enters the forbidden tree cave on Dagobah, Yoda tells him that all he will face is what he fears inside. Evil doesn't come from some external trickster — it is a reflection of our own natures ...</p>
<p>Use the Force. (intuition – tie to EQ)</p>	<p><b>Qui-Gon Jinn</b> Remember, concentrate on the moment. Feel... don't think. Use your instincts.</p>	<p>... but the tools to our salvation lie within us as well. Discovering how to channel these forces is what makes our journey. Let it go. The greatest lesson "Star Wars" teaches us is that the hero is within.</p>