

JEDI MEDITATION BEAD PRACTICE

BY JAX

The meditation beads you have ordered are created primarily for use with the five line Jedi code. What I've included here resonate with me, but ultimately this is *your* tool. If you have any questions or concerns, contact me. If you decide to use these beads differently, please let me know. Someone else may benefit from your inspiration.

The meditation has three phases. First are the leading statements. They are the individual string of five beads that lead you into the Circle of Code repetitions. I chose statements that create a mindset that supports the Jedi path. They are worded strongly as a mantra, consciously reinforcing the change you seek by creating the energy of that statement within you. Used in a daily practice you may find it easier to connect to the Force and walk your path.

The second phase is the series of five repetitions of the Jedi code, starting with the rose quartz bead. Five is associated with the natural world such as the five natural elements which exist in many cultures throughout history. The five leading statements along with the five line code, repeated five times create a symmetry that may resonate with ancient subconscious memory within. Once you complete a single cycle you may choose to repeat it. Do what fits your perceptions the best.

The third phase leads you out of the circle and back to your leading statements, this time in reverse order. The practice ends as it begins, a complete cycle. If you do not feel these statements, I recommend further introspection to explore why you are struggling. You may also contact a more experienced Jedi for assistance.

Within this framework you have multiple choices to make, depending on your intent. The first is whether to use the short or long form of the code. The short form is as follows.

Emotion, yet Peace.
Ignorance, yet Knowledge.
Passion, yet Serenity.
Chaos, yet Harmony.
Death, yet the Force.

This provides a different feel than the long form, which is as follows.

There is no Emotion, there is Peace.
There is no Ignorance, there is Knowledge.
There is no Passion, there is Serenity.
There is no Chaos, there is Harmony.
There is no Death, there is the Force.

If you are new to the Jedi path or have not studied the Jedi code to understand its nuances, I strongly recommend reading some of the many articles in the Institute for Jedi Realist Studies library, or other sites around the internet. Many misunderstandings come from the Code, but the study of it also brings much insight. Reach out and ask for other interpretations and decide what resonates most deeply with you.

Options

Before you begin meditation, decide what your intent is. Do you want to calm your mind and spirit? Try method 1. Do you want to focus on the meaning of the code? Try method 2. Do you want to transform negative energy to positive? Try method 3. You may do each of these in a single meditation, transitioning to a new one with each cycle of the circle. There is no right or wrong method so long as you find it beneficial.

METHOD 1 - Mantra

The Jedi code can be used effectively to calm the mind by stepping through the code at an easy pace, without any other focus but remembering the lines. This sounds simple, but when your mind is easily distracted it can become lost in the short break between statements. Repeating the code until you can do so without distraction will allow you to move on to a deeper exploration of the code, or a different meditation.

METHOD 2 - Meaning

Meditating on the meaning of the code helps create a state of being in alignment with the code. This is not an intellectual exercise but a feeling exercise. State the line, either out loud or in your mind while inhaling. As you exhale, focus on what that line means to you while allowing yourself to feel it. For instance, feel peace. Feel knowledge. Feel serenity, harmony, and the Force. This meditation will occur at a slower pace than the mantra method. If you are unable to focus at this pace, switch to the mantra or just focus on your breathing until you are ready for this method. If you struggle to feel any of the qualities, either remember a time when you felt that way or imagine how you would feel if you were to experience them. This will create change within, bringing that experience into your life.

METHOD 3 - Transmutation

Transmutation is a more advanced meditation in which you are taking in the more negative element in the first part of each line, and transmuting it into the second element through your intent. For example, when you inhale, imagine you are taking in your emotions. Then, through the use of your intent and the Force, imagine them being transformed into peace. As you exhale, feel that peace and send it into the world. Focus on deep breathing and feeling, without holding onto any of the negatives.

During any of these methods you may notice tension during one particular line of the code. Take note of this and explore it in your journal after, or discuss it with a teacher or friend. Where do you feel the tension in your body? Tension is a message telling us there is a disconnect or dissonance between our thoughts, beliefs, or actions. If you are unsure, one option is to research some alternative views of the code which will provide new perspectives for you to explore.

Gemstones

Each gemstone used in this tool was chosen carefully using a combination of reference books and my intuition. My primary sources include *The Crystal Bible* by Judy Hall and *Love is in the Earth* by Melody. I recommend *The Crystal Bible* as a starting reference if you are interested in learning more about the esoteric properties of crystals and stones. Each stone has many additional properties which are not included in this list. This knowledge is not required to benefit from the use of these meditation beads.

I chose spherical shaped beads to represent each line of the leading statements and the Jedi code. In addition to these, I have included star shaped beads which serve multiple purposes. The stones' Force properties are included below, but they also remind us of our inspiration for this path - Star Wars. The Force isn't just here, on this planet, but throughout the Universe, amongst the stars.

Gemstone Properties

Tiger's Eye (I am a Jedi) Tiger's Eye is a stone which from one angle can appear very dark, yet from a different angle appears a brilliant gold color. This quality embodies the principle of Qui-Gon Jinn's advice: "...*your perception determines your reality.*" Tiger's eye reminds the Jedi their perspective will change their experience, including when studying the Jedi Code.

Clear Quartz (I am one with the Force) Quartz is a powerful healer and energy amplifier, one of the most multipurpose crystals you can find. While quartz appears clear, it holds all colors of light just as the Force is typically unseen yet holds the energy of the Universe.

Black Onyx (I cultivate wisdom) Onyx assists in keeping one's own counsel and conveys the gift of wise decisions. Wisdom is one quality of the Jedi.

Aquamarine (I live with courage) Aquamarine is known as a stone of courage. Living as a Jedi requires courage to face your inner shadows as well as the challenges of the world.

Jasper imparts determination in all pursuits, as well as courage to deal with situations assertively.

Brown Jasper (I commit to my path) A brown jasper supports determination to commit to the Jedi path. Additionally it aids in connecting to the earth and deepening meditative states. Common varieties used in these beads include picture jasper and leopard jasper.

Red Jasper (Passion, yet serenity) Passion is often differentiated from emotion by how it blinds in a situation. A red jasper is emotionally stabilizing and promotes clarity in the difficult situations, neutralizing passion. Common varieties used in these beads include red jasper and brecciated jasper.

Rose Quartz (Emotion, yet peace) Rose quartz is the stone of unconditional love and infinite peace.

Sodalite (Ignorance, yet knowledge) Sodalite eliminates mental confusion and supports rational thought and intuitive perception. This allows the Jedi to reduce ignorance and gain knowledge.

Bloodstone (Chaos, yet harmony) Bloodstone teaches that chaos precedes transformation. A Jedi cannot fight chaos without creating more chaos. Accepting that chaos has a purpose allows for harmony, removing the experience of chaos.

Carnelian (Death, yet the Force) Carnelian teaches to overcome the fear of death by recognizing the cycles of life. It is also a cleansing stone and will keep the energy of your beads clean.

Bronzite (stars at string ends) gives a sense of certainty when goal-setting and help the wearer take control of his or her decisions. It is used to encourage good behavior and help dispel restlessness. Bronzite supports a mental state appropriate for meditation on the Jedi path.

Smoky Quartz (dark stars in loop) is a powerful grounding stone, yet also elevates a person in meditation. It also teaches how to leave behind what no longer serves you, embodying the principle of "unlearning what you have learned".

Moss Agate (green stars in loop) is a stone of new beginnings and release from blockages, important as you embark on the Jedi path. It also helps intellectual individuals become more intuitive and intuitive individuals become more practical, promoting balance.

MEDITATION TEXT

Feel free to modify this for your purpose. If you find a modification that is particularly beneficial for you, share it with others. They may find it equally beneficial.

Leading statements: The single strand of beads leading up to the circle

- I am a Jedi - Tiger Eye
- I am One with the Force - Clear Quartz
- I Cultivate Wisdom - Black Onyx
- I Live with Courage - Aquamarine
- I Commit to my Path - Brown Jasper

Transition statement: At the crux, or Y, where single strand meets circle

Y I follow the Jedi Code

Jedi Code repetitions: Repeat each cycle of five as you see fit

- Emotion, yet Peace - Rose Quartz
- Ignorance, yet Knowledge - Sodalite
- Passion, yet Serenity - Bracciated Jasper (6mm beads) Red Jasper (8mm)
- Chaos, yet Harmony - Bloodstone
- Death, yet The Force - Carnelion

Final transition, after all repetitions are complete

Y I follow the Jedi Code

- I Commit to my Path
- I Live with Courage
- I Cultivate Wisdom
- I am One with the Force
- I am a Jedi

Sit quietly; feeling those statements resonate within you.

References and Contact Information

Institute for Jedi Realist Studies Library - articles about the Jedi Code <http://instituteforjedirealiststudies.org/library/45-jcode.html>

To order meditation beads

<http://instituteforjedirealiststudies.org/stores/productstore.html>

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