

1. The yanas of Buddhism represent cultural and historic changes in the practice. *Jediyana* is a modern revival of the philosophy and practical application of the Dharma to encourage and empower people facing the challenges of life today.
2. The three divisions of the Noble Eightfold Path are the basis for all training: **heightened discernment** (skillful understanding, skillful intention), **heightened virtue** (skillful speech, action and livelihood), **heightened mind** (effort, meditation, mindfulness).
3. The Buddha Dharma is the basis for our understanding, *Jediyana* is based on Zen and the Pali Canon. Star Wars fiction provides mythology.
4. We acknowledge there are no real truths, just stories. Everyone has a valid perspective that can change.
5. Communication is extremely challenging. Translation is a faction of communication that affects our understanding of the Dharma and commentaries. Skillful speech is treasured in *Jediyana*. We want to get away from the intellectual domain and take the practice off the cushion, into daily life. Speech is an essential place to begin with that.
6. Open we are to whatever comes our way. Receptive and appreciative, aware that survivor brain's tendency is to amplify the negative, we focus intentionally on the positive and know with faith that everything is geared to benefit us and bring about our deepest need and desires and yet nothing is more valuable or dangerous than anything else.
7. All challenges are equal. Do or do not, there is no try. Fall down, get up. We do not expect perfection but persistence.

8. We strive to always be aware of our biases, aware we are all biased, we strive to dwell with generosity, compassion and wisdom in every moment.
9. The Force is the living aware universe, present within as without, immanent and expansive, unlimited and unfolding exactly as it should, a perfect pattern of exquisite imperfections. It is responsive and alive, constant and ever changing. We strive to be one with The Force as we know it.
10. Every instant spawns infinite permutations of each of us. We navigate that outflowing as if riding white water or calm according to the sense of the moment, as consciously as we are capable of, we practice on and off the cushion to increase our abilities.
11. We strive to be as capable as possible in every moment, physically, mentally, emotionally, spiritually. Therefore each of us must continually self assess and maintain optimum function on all levels as highest priority. All intention and ambition must be balanced with kindness and compassion.
12. Every moment and situation is different, there is no rote response to any question of ethics. Each person must judge for themselves the right and wrong decision to be made at that moment. Meditation provides the clarity, time and preparation to consider decisions in each moment so is essential to Jedi practice.
13. Everything can change completely and could at any moment, we should always be prepared for that as much as we can, aware of the possibility, knowing our assumptions and ready for all of our beliefs to be wrong. Change is the only constant, everything else is delusion.
14. Noble friends are central to our lives, practice and well being.

15. Balance is the key to progress. Kindness is spawned by compassion and generosity. Gentle persistence is the effort required, balancing discipline with kindness.
16. Respect others as yourself. Cultivate compassion for self as for others. Do not compare others to self or self to others. This life is yours alone, their lives are theirs alone to account for. There is no predicting what outcome will be of any act, there is only knowing if it is right or wrong for you in this moment.
17. Everybody has a super secret hidden talent even they don't know about yet. Keeping an open heart and mind is like opening the door to finding out what wonders might surprise and delight in any moment.
18. Patience is the best policy and the greatest prayer. Take a breath and remember to be kind is better than to be right.
19. Generosity, Compassion and Wisdom are the three elixirs of life, never-ending guides to skillful living and the antidotes to anger, greed and delusion.