



TOTJO TIMES

Turning Up The Heat!!

June 28, 2019

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Letter from the Editor



I'm glad to be back in the Editor's Chair. Recalling that this newsletter was my first service project upon becoming a Knight hit me with a bit of nostalgia and some yearning for simpler times. A lot has changed since the first edition back in 2015, not only in my own life, but in the life of the Temple as well. I am looking forward to continuing to chronicle the journey and glad for this new opportunity.

Now, to the theme of this quarter's newsletter: Turning Up the Heat. I am reminded every time I put a pot of rice on the stove how frequently I forget to turn *down* the heat. It's only after I hear the tale tale signs of the rice boiling over that I

remember...and by then, sometimes it's too late. This is why timers are so important. They serve as indicators that it is time for a shift. Turn the heat up, turn it down, or turn it off.

It can be tempting to use the phrase "turn up the heat" almost exclusively, whether providing some motivation to ourselves or others. However, sometimes a simmer is what we need. Sometimes it's a cool-down. This doesn't make anyone *less* than anyone else. Recovery time is important. This quarter I am learning that being able to "stop" when its time is just as important as being able to go...and "turn up the heat!"

May the Force Be With You All
Rosalyn Johnson

Editor

Feature: Turning Up the Heat!

Pastor Carlos Martinez



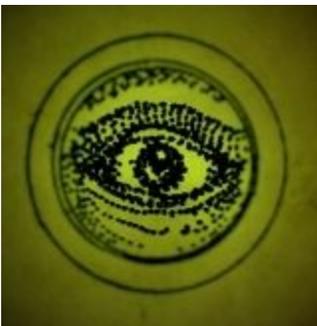
Turning up the heat for an old chief like me means that all my prep is done and it's time to put pot to heat. Simmering moments are gone and prep time is gone - no more peeling or cutting - it's about time to serve! It's almost time to eat! There's a old saying in cooking circles - drop the pasta! It's the final stage to a dish or two. During this time I'll ask my love or son to begin to set the table- let's get plates- cups - ice - spoons forks knives - rags - you know the drill. Turning up the heat reminds me that there CAN be a moment in life where the hard work begins to come together. As life and our paths go -so much time and study and chats and discussions go on. There

will be moments it seems a “freakin mess” on counters and tables and kitchens and sinks - that's kinna part of it all- prep time can conclude to clean up and clean up can begin that moment when it's time to turn the heat up and turn time and effort - into a meal and into something we can share and enjoy. Even better is when we realize his can happen as often as we like to plan it. Hungry ? Starving ? Need a snack? Tea or coffee - turn the heat up. May the Force be with y'all as we all seek it .

Pastor Carlos

Novice Axid

I'd like to think I'm a bit of an expert on this subject. Heat, flames, fire--those are aspects of life that I interact with in some form or another on a regular basis. I am a Firefighter, my father is a Firefighter, and I've been around them all my life. Let me assure you, Firefighters know how to turn up the heat, just as well as they know how to turn it down.



From Novice to Master Jedi, training is a part of everyday life. In the same way, from the moment one chooses to be a Firefighter, they make a lifelong commitment to train towards perfection. Of course, there are many differences between the training of a Firefighter and the training of a Jedi, the most important of which is a disparity in tradition. The fire service has been around for centuries--from the days of bucket brigades to the modern day drones and aerial tankers. Over that time we've made mistakes and had opportunities to evolve. Jediism is not so fortunate. The genuine and realized presence of the Force likely stretches back to the years following 1977 (And it is a stretch to make this claim, as there isn't an abundance of sincere recorded confessions of belief in the Force from that far back).

This lack of developmental time means that many Jedi who have risen through the ranks of the temple have had to do so through self-guidance and close relationships with their training masters. Many Novices, Initiates and Apprentices (And maybe even a Knight or two) have fallen to the wayside, succumbing to the difficulty which lies ahead for each aspiring Jedi. Without drive, the journey is a difficult one, and without some sort of flame under the seat of our pants, each of us is liable to falter.

So what does it mean to *turn up the heat*? The answer will sound simple, but its implication and implementation is profound. This is it--Ready? You have to find *your* reason for being here. Grasp it tightly--never let go of it. Approach every lesson and every opportunity with it held out in front of you. And when it begins to slip from your grip, adjust. Do not study with the intention of checking off boxes. What do the lessons really *mean* to you? What do you *really* think of its content? Do not be afraid to fail, do not be afraid to lack impressiveness. I read a quote recently that went something like this, "The master is one who has failed more times than the beginner has even tried." Study differently often, change subjects. If you do not find the answer you are seeking, change the question and return at a later time. In firefighting, we never sit still. Fire *moves*, and it's hot (Who would have guessed?)! If you aren't keeping away from it, its gaining the upper hand. Don't let the threat of complacency overwhelm you. Stay ahead of it by keeping your reason held out in front of you.

If you're reading this, and you've gotten this far, than you're one of the people who can make this work. You're a genuine seeker of the Force, but from time to time it helps to turn the heat up a bit. Firefighters come from all walks of life, and so do Jedi. I'm not going to skip over the fact that for different people, effective training comes in different forms--this is an inevitable fact. The form the heat takes in each of our lives is different. For me, it comes in the form of inspiration. I enter into serene and passionate periods of focus where my mind is open to the lessons presented to me and progress flows. For others, it may come in the form of quite, fruitful contemplation that they've been unable to achieve for some time. So, what does it mean for *you* to turn up the heat? What is *your* reason for seeking? What keeps you training? Stay frosty, stay low, and may the Force be with you, always.

Editor Rosalyn Johnson Interviews Pastor Carlos Martinez

RJ: Tell us about yourself

CM:I'm Carlos. I fixin to turn 40 this year. I was born in Texas, USA. I served in the United States Coast Guard and the US Army and have even been to a few wars, lol. I'm married, have 2 kids - a boy and a girl. I've had previous marriages - 2 to be exact. I've had a tough life growing up from mostly my own choices. Some I have learned from, some I'm still learning as we speak.

RJ: Will you tell us a little about how you found Jediism?

CM:I found Totjo through the Temple library. My wife told me I could start buying books to make our family a good library for the kids and ourselves. I found the library open and I started printing things out for my own personal library. As I looked around - I began to read the doctrine and tenets and maxims and koans and noticed a lot of it was a part of the books I was collecting for my family already. Parallels everywhere. I began the IP and the ol thinker began to work. After a while I noticed - I was a Jedi before I

knew I was. It made sense to me. It fit. My personal pursuit and Jedi-ism - fit and it fit well.

RJ: You recently became Pastor. How are you adjusting to your new role?

CM:There's an old saying an elder of mine told me - work as you are and you will. Pastor wasn't a plan or an aim at all but in service - as I continued to serve - I was blessed with every opportunity to serve more and more. As I continue , I hope that the time involved - whey... the time involved - I can manage to balance it just like when I started the IP - one day at a time and going forward.

RJ: What would you say your personal mission is a Jedi?

CM: My personal mission as a Jedi is called in my practice - "Our Faith" the ability to share the opportunities I have had and give it to others, even if they're not directly my own - they can be directly yours - ours - yalls ! Smiley face .

RJ: What is the most important lesson you have learned so far?

CM:The best lessons , I have actually I've learned by far is the ability to return and add a chair. Return is something as a human we can all remember and come back to at times when we lose sight or things get too much. Adding a chair is a old cowboy / Texas thing. To me when you came over to certain people's homes they would bring an extra chair for ya to sit and join in. Very much 2 lessons I would love to share and pass with family and friends if it ain't there already.

RJ: What keeps you coming back to the Temple?

CM: Truth be told - I try not to lie. Personal conviction of mine. So for all the hate and discouragement some one can receive in ministry - for all the no's - it's the small 'yes s - that keep me coming back. My students play a huge role as well as the Temple itself. Each one of the hearts here who find one small freedom- it's like a bomb in my heart that goes off and it excites me to see one person fall in love with something again- their own faith - their own life - their own lover- their own family - And even themselves. What an honor and a joy it is to be a small part of something like that.

RJ: What advice do you have for aspiring Jedi?

CM: My advice to all those old seasoned Jedi , those currently forging their own paths and those who are just beginning is the same - in OUR FAITH - we are never really

alone. We are humans and with that remember - you're human too- what can be for one maybe ...can be for someone else , so what will you pass? Return and make room for the new - it's always on its way. I've passed enough hate and undoing to last several lifetimes. This day, I choose to give more than take. My heart belongs to this Temple and it's hearts that share Our Faith. I look forward to continuing to serve it one heart at a time. Thank y'all all !(redundant but funny to me).

“Learn to Be A Jedi Communicator”, Knight Locksley

*A concise guide to communicating compassionately both
online and off.*



I was asked to write something on the topic of communication for the broader online Jedi community — a humbling task. But, with it completed, I realized that everything I wrote here is applicable to anyone looking to foster better communication skills (online or offline). Let's all let a bit more “Jedi Mindfulness” into our lives.

Looking back over my own communication history, I see plenty of places where I failed to apply the principles I will shortly lay before you — though, then again, it is this exact process of trial and error which has allowed me to better myself and improve my communication skills both on, and off, the internet. Hopefully, I will continue to learn from all my failures to come.

Point one: When you set out to improve your communication abilities, you will undoubtedly fail.

There will, I guarantee, be times where old habits trip you up or where the unexpected pulls the rug out from under all your training and high hopes. What's important is that, after you fail, you get back up and keep working.

Frequently, our greatest impact in the world is made through our relationships with other people — how we communicate, how we comport ourselves when we communicate, changes the world around us. We fail to pay attention to this at our peril.

GENERAL POINTS

First, I'll talk about some general communication points, things to consider while communicating and strategies for communicating better. These are very simple and should only be considered the tip of your training.

For more reading on this subject, I suggest the following books:

- Mind Over Mood
- Non-Violent Communication

Understanding how what we do, and what we say, affects the world around us is a vital part of being a social being. To do our part in creating a more harmonious society, it must be our goal to sow the seeds of balance wherever we roam. In order to do this, we need to have trained effectively in two major areas: internal awareness and external action. For effective communication, both are vital.

The first area — let’s call it introspection — deals with the following questions:

- “What am I feeling right now?”
- “Why am I feeling this right now?”*
- “What am I thinking right now?”
- “Why am I thinking this right now?”*
- “Why am I saying this/acting like this?”*

**I put a star here as a reminder that the answer will never reside in the actions of some other person. It is our own, internal, world that creates all our emotions, thoughts, and responses. Even in circumstances of violence, how we respond will be determined by our own inner state, not by the actions of those aggressing against us. Until we can see where our inner state is coming from, we cannot move forward in a truly independent manner.*

The second area — external action — deals with how we act in the world.

Learning to *act* in a certain way can help improve issues of negative introspection you may be dealing with (a sort of “fake it until you make it” practice). In external action, we are utterly concerned with how what we do might affect those people we are interconnecting with. Some thoughts that might arise which help us know we’re thinking about things from this perspective are as follows:

- “What does my tone sound like? Can I make it sound friendlier?”
- “I am upset by what this person said/wrote but I will wait to respond until I am no longer upset because I do not want to make the situation worse.”
- “I did not understand what the person said or meant; how can I phrase a question in such a way that I do not hurt the person’s feelings but also clearly ask for the clarification I need?”

These are, perhaps, a little stiffer than the real thing, but I hope you can begin to see the point: that when we are thinking in this way, our concentration is centered on how our own actions are affecting the other person. We are attempting to minimize any discomfort that they are experiencing; to bring into our experience a sense of empathy for the other person.

For many of us, however, understanding how our actions and words affect others is difficult. Everyone is different and we all operate within different levels of ability when it comes to communication. If you are uncertain how your words will be interpreted by those who read them, you do not need to let that dissuade you from responding. Instead, concentrate on your internal perspective and ask the question: “Am I okay right now? Am I feeling good about saying this? Should I take a moment to pause?” As long as you are communicating from a place of good intent and taking as much care as you can to ensure that you are not reacting from a negative emotional state, you are doing your best to communicate well. Hopefully the other person will be able to recognize this, or ask for clarification if they are uncertain as to your meaning or position (and remember that you can always ask for clarification as well, concentrating on your own inability to understand — as opposed to the other person’s inability to make you understand).

Let’s consider some more points which frequently arise in the course of a normal life and which may sometimes lead to poor communication. I’ll suggest some countering tactics for these as well.

- **Whenever we are angry.** When we are responding out of our own anger there is no way for us to keep empathetic thoughts of the other person in our mind. The solution is to always take a pause when you are feeling anger.
- **Strong emotions of any sort.** It’s actually good to take a pause for *any* strong emotion — for negative emotions, it allows you to distance yourself from the experience of the emotion and keep from acting in harmful ways because of your emotional state. For positive emotions, it can allow you to deepen your appreciation for the underlying cause of the emotion.
- **Sarcasm.** When we feel the urge to be sarcastic it’s probably better to take a moment and reflect on *why* we’re responding in this way. Sarcasm can be a mutually-enjoyable thing, sure, but it can also be a sharp defense mechanism — one which can hurt the unwary person we’re communicating with. Also, sarcasm in any *online format* is rarely going to come through in a

positive way. If in doubt about how someone will receive what you write or say, err on the side of caution and don't be sarcastic.

If these are coming up for you while you're communicating with someone, just remember to pause. ***Pausing is your best friend.***

COMMUNICATING ONLINE

Now, the largest modern community is largely based online. The internet is a wonderful tool for communication and knowledge, but it also has some serious drawbacks. Human beings are creatures of subtlety when it comes to socializing — we rely on a whole host of minute expressions, body language, tonal fluctuations, and general circumstances to decide how to interpret something someone says to us. All of these decisions take place in the background of our mind, usually, informing our emotions, thoughts, and actions — often without us being fully aware of even half of what's happening.

On the internet, we don't have any of those cues. What we do have is our imagination. Our mind takes the text on the screen and does its best to interpret all the information we are missing. Mostly, what our mind does is assign a *tone* to what we read, since recreating the subtleties of body language isn't easily accomplished.

Tone, through the written word, is informed by a vast array of tiny elements. The largest of these are as follows: vocabulary used, structure of sentences and paragraphs, grammar, and additional elements (such as emoticons). We are also much more likely to assign to our online communications, in the place of physical context, the context of past communications (with either the person we're communicating with now — or with individuals who our mind interprets as being somehow similar).

Vocabulary isn't just about how many times you use large words in a sentence; it's about all of the words you use. And how we place these words onto the page matters, too — what order we assign them; what feels natural to us (likely what feels most comfortable to our internal voice, and this *can* be different than how we normally speak out loud). Grammar is more important than it's normally given credit for, too, and the

type of grammar we use can create vast differences in inflection. Being careless with our

grammar can have unintended side effects — though being picky about how *other* people use *their* grammar will usually result in a negative response. Finally, it's important to decide if you're trying to be formal or informal! Most of the time, we're going to be addressing one another somewhat informally, with more formal language appearing when we're trying to make some sort of specific point. :) <- (and then there are emoticons and “smileys,” which help to replace some of the missing contextual clues that take place in normal, face-to-face conversations). Yay! :D

**Note: identify as differently-abled or come to English as a non-native speaker? Skip to the end of this document for a special note regarding those issues and communication.*

Recognizing the complexities underlying the process of communication is our first step in bettering our own communication and our responses to the words of others.

PROBLEM COMMUNICATORS

Continuing forward, I'd like to mention a few specific points to consider when communicating with people online.

The first is simple: be courteous and respectful. Remember that you are dealing with other human beings. Even if they are the meanest, most sarcastic, rudest person you have ever met, they deserve your respect.

Actually, if they are *that* awful and difficult to communicate with, there's a preemptive step you should take before even trying to communicate with them: *decide if engaging with them at all is even necessary.* Chances are good that it's not. It's much better to avoid trying to argue with people online because it's very hard, nigh impossible, to actually change people's minds via a few paragraphs of typed text on a computer screen (especially when you consider that the other person is probably not at all open to having their mind changed). So, in this worst-case scenario, cut off communication.

It is okay to not respond. Remember, sometimes the “pause” can be permanent.

But in any case, it's of utmost importance to first keep in mind that the people you communicate with deserve nothing less than your most courteous behavior. This will help lift up the community as a whole, too. Of course, you'll make mistakes, but it will be clear to everyone that you are trying to act as your best self.

Beyond this simple maxim, however, are a few general guidelines to help you out:

- **Don't make assumptions.** Did someone write something you can't understand? Did they write something which seems to you to be somehow

rude or inflammatory? Well, these are just your assumptions. Remember the limitations of the textual medium. *Remember to pause.* If you encounter a point where you don't have enough information to be sure what someone intended with their message, and it's necessary for you to respond to them for some reason, simply explain that you are confused and ask for clarification (be specific in describing exactly what you would like the other person to repeat or clarify). Remember to be kind and courteous when you do this — a “thank you” never hurt anyone (but don't necessarily expect the courtesy to be returned — this is *your* practice, remember, and it can't be contingent upon other people behaving the way you would like them to).

- **Be specific.** Don't generalize when you're responding to people — especially if you are engaged in some sort of more heated discussion (or a discussion which has potential to become heated). If you need to criticize an idea, be specific and be kind — and make certain your critique is focused on the thing to be critiqued, never on another person.

- **Don't be passive-aggressive.** This should probably go without saying, but if this is a habit you have, work as hard as you can to lose it. If you are unhappy with how someone has treated you, seek out proper support — never post about it in ways which could create further friction. The flip-side of this is *keep things positive* whenever you can.

- **Hold off pressing “Post”.** Nothing in this online realm is actually as urgent as we think it is in the moment. No matter what you post, you should first re-read everything you wrote. Then, you should give it at least another minute or so before you decide to post your response. Stand up, get a drink, go to the restroom. Then come back, take one final look at your writing. Then, and only then, should you put it into the internet (and only if you're sure it needs to be read by other people).

Do you like activities? Try this [little quiz](#) on for size! Then, once you have your number, read the rest of the article about how to improve your communications online.

Addendum regarding differently-abled communicators and culturally-different communicators.

In order to communicate effectively using the principles I discuss here, it is important to take a self-responsible approach. If you are engaging with someone who appears to be either having difficulty communicating or who is using a different style than you are comfortable interacting with, don't seek to hold them accountable to your

idea of “proper communication.” Instead, *concentrate on maintaining your own good communication skills*. Criticising other people for how they communicate is not actually likely to make them better at communicating and it is likely to create unnecessary friction. Remember, you can always ask (using precise language) for clarification and, if this fails, you can **pause** for however long you need to ensure that your own positive communication doesn’t suffer.

For those of you who read this and identify as “differently-abled,” there may be specific aspects of communication (for instance, grammatical correctness or consistency) which are difficult for you. The first thing to remember is that *this is okay*. As long as you are doing your best to communicate effectively, you are doing what’s needed to foster good communication. There are several aspects of communication which I lay out, above, which you can still take advantage of, *especially the following*:

- Asking, using clear language, for clarification if you do not understand something.
- **Pausing** in order to give yourself the space and time required to serve the needs of your own wellness.

For those with cultural backgrounds (including a background where English is a second language), communication can be difficult as well. It can be very intimidating to put oneself forward when using an unfamiliar language. The same points apply to you as to differently-abled communicators: do your best, ask for clarification when necessary, and pause whenever you need to.

The idea, here, is that we are aiming for a more thoughtful form of communication within the community as a whole; we are aiming for communication which is *less reactive* — which means communication that is less emotionally-charged and more kind

Promotions

April, May, June 2019

Initiate

Heiach

Apprentice

ZealotX to Rosalyn J

Squint to Loudzoo

SashaMirror to Locksley

Sr OCP

Carlos.Martinez3

Offices

Carlos.Martinez3 to Pastor

Karn to Knight's Secretary

RyuJin to Councillor

Forum News

We are moving servers

We are moving to another server which should meet our needs and save money. It will be physically located in Canada. If the site goes down during the next couple of weeks then that's probably why. I will post when the move is complete.

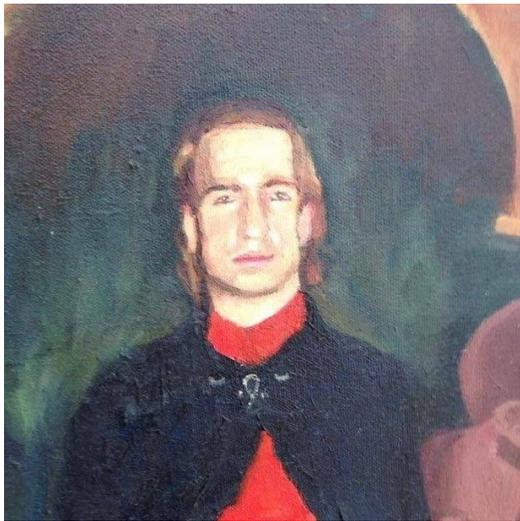
Please see [here](#) for more information

The TOTJO Holocron, Karn: Project Lead



This project is only going to move forward with participation from the ranks filling in the gaps in the Topics. We are sitting at about 10% completion. We currently have 14 submitted and edited articles. Karn is awaiting submission of 19 articles that people stated they would provide. We have 85 open topics of the "required" topics open for submissions at the Novice and above ranks. If you want to participate please find all the details [here](#)

Sermon Spotlight: Forbidden Fruit-cocktail : the Darker Side of the TotJO by Alexandre Orion



There have been several things occur in the past few weeks that have inspired this particular sermon ; it has been added to, edited, rearranged, scrapped and re-written, put-off, picked back up and fumed over ... It could have even been a bit forgotten. There are some things that we may forget, or forget to forget, from time to time – the current of Life being what it “is” – then we remember and go on from there. That is fine, as long as we get around to the remembering ...

This might get a little long, so please bear with me.

Could we begin with a prayer ? This one is adapted from the Rig Veda, and I hope that it captures the spirit of what I would like to call attention to herein :

In the Force,

Let us be united ;

Let us speak in harmony ;

Let our minds apprehend alike.

Common be our prayer ;

Common be the end of our assembly ;

Common be our resolution ;

Common be our deliberations.

Alike be our feelings ;

Unified be our hearts ;

Common be our intentions ;

Perfect be our unity.

May the Force be with you ...

The main body, the message of this sermon, comes nearly directly from a conversation with the apprentices some time ago during which we were discussing some of the unsavoury elements of our interactions in the Temple. And it is true that from time to time we are not so nice to one another. One may be tempted to ask : “Well then, what's the use ?” or “Is this what Jediism is all about ?”

As it were, there is no 'use' and 'yes.'

Let's explore this together now ...

Often, we see some heated debates – we could even call them “brawls” for as much as we can “brawl” via forum posts – where we get anchored into our convictions, we dig in and have what looks very like a textual trench battle with one side and the other wielding the most convincing fire-power they can muster. We see sometimes that someone copies an excerpt of the Doctrine, of the 16 Teachings, the Maxims or make use of a line or two of the Creed to prove another “wrong”.

This practice is a *false* one : our Doctrine is for the personal guidance of each and every one of us – it is ***not prescriptive*** and thus would best ***not be used as leverage in a vulgar attempt to be “right”, to “justify” ourselves or to “condemn” another.***

We can bring a very sincere understanding to these occasions when we can recognise even in ourselves – each one of us – why our convictions take on such a vital importance in our lives ...

Several months ago, in a conversation with another Jedi Knight, we were discussing the episodic ambiance of our Temple :

Jediïsme, as a relatively recent spiritual movement, so very recently organised into an official Church (2005 is NOT ancient history – even for modern society), and as such, we are an attractive alternative for many “broken” people, people who have been disenchanted with the traditions, the religions and the traditional religions – finding them either contrary to what they truly feel, just simply limited in scope or perhaps, for those never having practised a religion, inaccessible –

– but regardless of the reason, people generally do not come into our Temple as spiritually fulfilled individuals. Quite to the contrary, the complexities of modern living

have loaded nearly every one of us, not with a bit of baggage, but in most cases a whole cargo hold full of 'issues'.

And we all do our best, day in and day out, living over, around, under and through our 'issues' while maintaining the image(s) that society has shaped over us ; it is through and by way of these images that we try to abate our suffering and appear “respectable” ...

Thus, we are often lonely people, whether we are married, in a couple otherwise or single. Whether we are students, employed or unemployed, financially affluent or in a state of difficulty. Many of us have known heart-break ... family problems ... losses of all sorts ... We have known financial problems ... addictions ... illnesses ... this list would go on and on and never be quite exhaustive – in short, we've all been touched by suffering on multiple levels.

And with all that, we all come to our Temple with a need for validation. We come here looking for others who will understand, who will think as far “outside the box” as we feel ourselves to be (although we may not perceive all the boxes within boxes). And whether that “thinking” is well or badly done (“-isms”) is really beside the point – We hope very much to end the conflict in ourselves, which is the very micro-cosmic model of the conflicts we abhor in the society. In summary we are a group of well-intentioned people who are hoping very much not to be so screwed-up by a screwed up world ...

So as such, all that spleen, the “need to be right”, the sensitive subjects, the hurtful responses and fallacious arguments that we fling occasionally at one another is perfectly natural. That is why we are a Temple and also the necessity of it being a Temple – all that “screwed-up-ness” that we *live* in the World is not something that we can just *leave* at the door ...

... it is part of us though we usually don't know it or can't accept it. We instinctively want rid of it, but we are so used to it that we really aren't sure what we want rid of ... We want rid of it, we want things to be different ; we deny the World the way it “IS” for how we feel that it “SHOULD BE” ...

We're convinced that there is someone to blame (Evil) ; we don't know what it is that we want to get rid of but ***“dammit ! it's got to be someone's fault !”***

Well – let's be honest with ourselves : that's not really the case, is it ?

We all know somehow what humility is ... what patience and tolerance are ... We understand what we can *“say”* about virtue ...

We can even suspect that from time to time we'll have those “issues” that make us flair-up like supernovae ...

... because those “issues” body-slam us right back into some pain erstwhile lived that we may not even feel that we're dragging around with us any more ...

... but we still are.

And, to draw from Eckhart Tolle, when we are identifying with our “pain-body” (whether we recognise it or not) –

– we can be pretty damned mean to one another.

We must accept that the World is a screwed-up thing, and as we come out of it, we are it, we must also accept that violence within ourselves, in all its forms from the bitter nastiness to the more delicate, affectionate violence that we commit. We must accept it of ourselves, recognise it, observe it and let the observer and the violence go away ... if only for a moment.

As well adjusted as we may want to feel we are, remember :

“It is no measure of health to be well adjusted to a profoundly sick society.” ~ Jiddu Krishnamurti

We are well-intentioned Jedi, we do indeed seek Justice for everyone. Philosophers and politicians have gone on about Justice for millennia – yet, do we have Justice in the World ? And if it isn't in the World, it can't be in any of us or in our Temple. Can it ?

Actually – where there is compassion for all, emerges also Justice. For as well-intentioned as we are, we may have to accept screwing it up from time to time, that others will screw it up from time to time ...

... until we don't as much ;

and being a bit mean to one another from time to time, or that someone may be mean to us from time to time ...

... until we aren't as much ;

And freeing ourselves from conditioning, being as understanding and compassionate toward one another regardless ...

... until that comes a little more often ...

... a little better ...

... and more naturally.

We would now close with the Creed of our Temple, ergo please greet with me :

I am a Jedi, an instrument of Peace ;

Where there is hatred, I shall bring Love ;

Where there is injury, Pardon ;

Where there is doubt, Faith ;

Where there is despair, Hope ;

Where there is darkness, Light ;

And where there is sadness, Joy.

I am a Jedi.

I shall never seek so much to be consoled as to console ;

To be understood as to understand ;

To be Loved as to Love ;

For it is in giving that we receive ;

It is in pardoning that we are pardoned ;

And it is in dying that we are born to Eternal Life.

The Force is always with me, for I am a Jedi.

There is Love in our Temple, but as you all know, Love and Fear come in pair. We would not have one without the other. It would be as well for us to embrace that to which we would react out of Fear (anger, condescension, distrust &c) through the Compassion for what and/or how others “**are**”, rather than cling to our programmed expectations of what and/or how one “**should be**”.

May the Force be with you all. / Que la Force soit avec vous tous.

