

JEDI FAITH

By

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FOREWORD

JEDI FAITH IN RELIGION AND SCIENCE

THE FORCE IN RELIGION

Jedi Faith is a religion whose tenets are based upon achieving and maintaining spiritual harmony with the universal living Force. These are not new concepts as just about every known world religion has a name for what we who practice the Jedi faith call the Force. Our terminology (calling universal energy 'the Force' and calling ourselves 'Jedi') comes from the stories contained in George Lucas' Star Wars Mythology. Master Lucas is not revered as a deity, but we do adopt his description of the nature of a higher power as "the Force."

The Jedi Faith is very similar to the Eastern belief systems, like Shinto and Zen, which define the nature of a supreme being as powerful energy that resonates

throughout all living things. This is sometimes called Chi or Ki. This energy is used by spiritual healers to heal the ill, and may be employed by advanced practitioners to perform magical feats. As with these traditional Religions, the Jedi strive to achieve harmony with this universal energy.

Let's consider the similarities of the beliefs of the Jedi Faith to several prominent world religions:

Christianity – God, Jesus and the “Holy Spirit” form the ruling triumvirate, but God is recognized as a pure energy being. He is omnipotent and omniscient: he is everywhere at once and is not restricted by time, space or distance. He is capable of imparting his followers with miraculous healing powers that have been said to have even raised the dead.

Islam - The Prophet Mohammed was quite clear when he described Allah as being a supreme God. Allah is not flesh, not male or female. Allah is everywhere and in all

things. Allah is the centre of the universe as well as being the universe itself. According to the Sufi, Allah is in us and if we try hard enough we can feel Allah in our hearts.

The East - Both Confucius and Lao Tze spoke of being aware of the spirit energy of all living things. Shintoists believe that every living thing has spirit energy, which may be pleased or displeased.

Hindu - The core belief of this faith is that we are all a part of a single energy and that when we die we are reborn in the cycle of this energy. The ultimate goal of the Hindu faith is to transcend this cycle and be as one with this energy.

Buddhism – As with the Hindu religion, Buddhists believe in reincarnation, but Buddha teaches that we are capable of cultivating a harmonious relationship with divine energy in our daily lives.

THE FORCE IN SCIENCE

Science teaches that all matter is comprised of atoms, which are microscopic particles comprised of neutrons and electrons. Atoms and their particulates remain in constant motion and it is our perception of the energy field of grouped atoms that defines the solid world in which we live. The source or origin of the atom and its energy has not yet been defined by modern science, but it has been proven unequivocally that when we employ technology to split an atom or neutron the released energy is capable of powering a city or destroying humanity.

Reincarnation can be described from the viewpoint of the scientists as the breakdown and transmutation of these atoms from one sort of life form to another. For instance, when a living organism dies the organic matter decomposes into nutrients. The nutrients are absorbed into the soil and provide nutrition to the vegetation above. The vegetation is eaten by another animal, say a cow or sheep, which is later consumed by other living beings.

Since the atoms retain and pass on the cellular memory of the deceased, all this is passed on through this process.

The Force is an energy field that links all living things. If all living things (or any inanimate material, for that matter) are made of atoms, then it is plausible that the atom's energy *is* the Force. Like the living organism, the atom itself is made up of moving parts powered by an unknown energy source. Science has been unable to explain what animates life, but if we deconstruct the human body to its most miniscule of details, we may well say that the atom itself lives.

In Jedi mythology there are Midichlorins, which are comparable to atoms with the distinction that they are symbiotic life forms with an interconnected intellect. This is like saying that one atom is capable of communicating with other atoms and that each has the ability to remember everything it ever was. If this is to be believed, then any atom that was part of a gene strand that contained hereditary properties, then the atom would

retain a memory of those properties when it takes on another identity. Thus, the atom shares the knowledge of all things.

Jedi simply accept that all living things share a common energy source, which we call the Force.

INTRODUCTION

The first step on the path to spiritual growth as a Jedi is to familiarise yourself with the scriptures known as the Chronicles. These are the works of Master George Lucas, which may be found in written word and in cinema and which form the Chronicles of Anakin Skywalker, including his early awakening to the Force, the fathering of his children Luke and Leia, and beyond. They open our minds to the miraculous influence of the Force on one's

life and warn of the dangers of turning the Force to the Dark Side.

To develop a testimony of the existence of the Force you must first learn to recognize its presence. In this book's lesson "On Breathing" you will learn a practical exercise by which you will firstly learn to sense the energy of the Force, secondly learn employ the Force to increase energy and thirdly employ the Force to bring about positive results.

The lesson "On Guidance" will open you to the will of the Force to better understand when and how to use the Force in your daily life. The Force will itself provide subtle guidance to each and every Jedi, awakening them to the numerous opportunities to employ the Force and thereby increase their connection to this living energy of the universe.

The Jedi path is, at times, a tumultuous one, but a certain calm is required to fully connect with and effectively utilize the Force. In this book's lesson "On

Meditation” the oft-harried Jedi learns to tune into the calming energy of the Force.

Oftentimes, whether one is defending justice or simply minding one’s own business, one may be presented with others intent upon violent or emotional confrontation. The lesson “On Negotiation” offers suggestions for how to diffuse potentially explosive confrontations without resorting to physical altercation.

I. ON BEING JEDI

Even if you don't intend to fight to defend justice in the universe, you can still be a Jedi...

The spiritual aspects of the Jedi Faith can be mastered and implemented as separate and distinct from the Martial way. Through meditation and contemplation you can harmonise your very being with that of the life Force of the entire Universe and, thereby, gain the wisdom of Master Yoda.

As a devotee you will follow the Jedi path to develop and maintain your connection with the Force. Every moment of every day provides opportunities to strengthen your connection, such as opening to the guidance of the Force when making decisions or combating stress through Jedi meditation. The methods by which you use the Force will vary depending upon the teaching style of your chosen Master.

The Chronicles teach us that the Jedi do not discriminate. Master Yoda's tiny stature in no way diminished his status as the greatest of all Jedi. We learn that any discrimination, whether between species, race, religion, sexual preference or any other practice or belief, diminishes our ability to connect with the Force. The Force is our connection to the divine source, and any compromise in purity of thought or action will impede the connection. If the Force guides us rightly, we might recognise every living thing has the potential to be a Jedi Knight or Master. The noble canine, the reserved feline, the soaring eagle and spirited equine all reflect thoughtful

connection to the Force. And surely, no one would deny the dolphin or whale admission to the order, such wise and intelligent beings as they are. The point is made clear.

According to the Chronicles, a Jedi Master or Knight is allowed only one Padawan (Learner) at a time, however, each Learner may seek the knowledge of other Masters and of the Council. By confining these teachings to a book form, I lay the groundwork for universal enlightenment to all who seek knowledge, and the mysteries of the Force will be revealed to all who study.

II. QUOTES

“It's an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together.”

“For over a thousand generations the Jedi Knights were the guardians of peace and justice in the Old Republic. Before the Dark Times; before the Empire.”

“The Force is what gives a Jedi his power.”

Jedi Master Obi-Wan Kenobi

“Concentrate. Feel the Force flow. Not outside or inside, but part of all it is. Through the Force, things you will see. Reaches across time and space, it does. Other places. The future ... the past. Old friends long gone. Always in motion, is the future.”

“Size matters not. Look at me. Judge me by my size, do you? And well you should not. For my ally is the Force. And a powerful ally it is. Life it creates, makes it grow. Its energy surrounds us and binds us.”

“Luminous beings are we ... not this crude matter?”

“You must feel the Force around you. Here, between you ... me ... the tree ... the rock ... everywhere!”

“In balance is the Force. The Dark and the Light. With out one, there is no other. The Dark Side, tempting it is. Quick, easy at first, but a trap is the Dark Side. Corrupting, evil. Once you start down the Dark path, forever will it dominate your destiny. For the Light Side, patience you need. Control. Peace and harmony it is.”

“Do or do not, there is no ‘try’.”

Jedi Master Yoda

“Remember. Concentrate on the moment.

Feel...don't think. Use your instincts.”

“Don't center on your anxiety ... keep your
concentration here and now where it belongs.”

“Be mindful of the Living Force.”

Jedi Master Qui-Gon Jinn

III. CINEMA AS SCRIPTURE

In our most distant earthly past the mysteries of life were passed on through the generations by pictures painted on cave walls. These stories were brought to life by the eerie chants of the tribal Shaman dancing in the flickering light of a ceremonial fire. The drawn images of legend and of life served to preserve beliefs, experiences and values at a time when the spoken word might have failed to survive.

Egyptians and Central American cultures recorded pictures and symbols that represented vocal syllables to record important events in great detail. Through the ages the cuneiform and cursive developed in concert with parchment and paper, ultimately resulting in the printed words we now use to record our history, tenets and mores. We have come full circle and modern generations are once again influenced and educated by the flickering pictures on a darkened cave wall – now in the form of motion pictures.

Many modern Christians have likely developed a substantial portion of their knowledge about the mores and tenets of their faith on cinematic representations of the Canon. Films such as “King of Kings,” “Quo Vadis,” and even “Jesus Christ Superstar” have served to form the basis of modern Christian beliefs. In an age where video rentals provide the “cliff notes” for a book report and a “web nanny” supervises a child’s activities it is not surprising that our society has turned to cinema for moral guidance.

In the “Star Wars” saga we have been provided a moral and spiritual Canon. In the cinematic creations of Master George Lucas the mysteries of life and its myriad lessons are recorded and preserved to guide present and future generations. We learn the difference between good and evil, and how to judge between the two. Herein the qualities of nobility and the virtues that define an upright life are dispensed in a manner that is easily understood and applied by modern man.

From the imaginative mind of Master Lucas flows a philosophical representation of the Eastern Mysteries, redefined for this and future generations to embrace and to attain enlightenment and illumination. Like the flickering light of the ceremonial fire, Cinema captures our attention and educates us like no other form of media.

The Ancient Greek schools of mystery offered initiation through a series of plays. Like the Masons, Rosicrucians and Mormons of today, the mysteries were passed on through the allegorical presentations of actors and sets. For the Jedi, initiation into the mysteries is via

the bright lights and special effects of cinema – through actors and props on a ‘larger than life’ stage. Why isn’t all cinema, then, scripture? For the same reason that the drama of Greek Tragedy is separate from the Eleusinian Mysteries: one is distraction, the other enlightenment.

IV. HOW TO USE THE FORCE

The Force is all around us, in every living thing, and we all share the same connection to the Force. In this way all consciousness is interconnected through the Force: one is part of all living beings. Tuning into that energy is like tapping the wisdom of the ages, but one must first open one's mind in order to receive the guidance of the Force.

Every time you make a decision, whether it be one or two sugars or whether to even get out of bed in the

morning, you consciously or unconsciously receive guidance from the Force. Here's an exercise to improve your ability to hear and understand these messages: ask a simple question and the first thing that comes to your mind is the answer that you received from the Force. (It is critical that you remove ego from the equation, so don't over-think, ponder or guess at the answer; just accept the very first thought that comes to mind.)

Exercise: "What is your favourite colour?" Write down the first thing that comes to mind. The answer you got was given by the power of the Force. Even if you wouldn't have normally answered that way, it is what the Force knows to be correct at this moment in time.

This method can be used for every decision you make every day. The Force will guide your every action. This is what it means to 'be mindful of the living Force.' To 'live' each moment and to live 'in' each moment.

Some schools of thought call this 'intuitive decision making,' where 'intuition' is actually the subconscious or higher mind. In Jedi Faith the higher

mind is believed to be connected directly to the Force and therefore, is part of the collected wisdom of all living things over all time.

Generally the Force requires our good health and safety to maintain order in the universe, so it is unusual to be misguided by its influence. Sometimes, however, one is overwhelmed by emotion or misplaced concern for the future, which puts one at risk for making unhealthy decisions. If you are guided to commit a crime or behave in a manner that is disrespectful of yourself or another person, you must consider this to be a message from the Dark Side. Should this occur, enter into thoughtful meditation to reconnect with the Light Side of the Force and bring your thinking back into proper alignment.

Here we learn the importance of not over-thinking the first message that comes to mind. Trust in the Force and get back on track – even if the guidance you receive encourages you to behave in a manner outside your normal behaviour patterns. If you receive an answer you don't like or something you consider to be dark, deepen

your meditation, relax and calm yourself and re-pose the question. If the answer is still in conflict with the purity of the Force, perform another task to take your mind off the matter for a few minutes. When you have restored your state of calm, resume your meditation and try seeking your answer by channeled writing. Write down your question and without pausing, write down the answer.

Exercise: What do I need to change in my lifestyle to better emulate the values of a Jedi? Don't ponder the answer ... just write the first thing that comes to mind. This is your truth.

"The Force is our ally, and a powerful ally it is."

Master Yoda

The Force is your ally in life. You can use the Force for strength and you can use the Force for guidance. Like a light in the darkness, the ever-present Force can help you find your way through the maze of life's decisions.

Every day you must make choices: some difficult and some easy. For the most part, you make the necessary decisions on the fly without giving them much thought. Simple decisions like “turn left” or “stop here.” When it comes to major decisions, however, you may at times feel somewhat overwhelmed. This is the time when the guidance of the Force can be invaluable.

For this exercise we must consult the Chronicles and the words of Qui Gon Jin:

“Don’t centre on your anxiety, keep your concentration here and now, where it belongs.”

Here and now... this is the most important moment in your life. The moment you are experiencing now is the only thing you can control. What has been done cannot be undone. It cannot be changed, but it can teach valuable lessons. Thus, don't worry about the past, but rather, seek answers from your experiences. You will likely learn more from your mistakes than from your successes. While your present-time actions will impart a residual affect upon your future, they immediately affect

your present. If your attention is focused on worrying tension or anxieties about the future you may miss an important event in the 'here and now.'

Sometimes when we focus on our worries about the future we develop a laundry list of possible outcomes. We think through what might happen and the possible results of our actions, all the while missing the opportunities of the moment. 'Here and now' is where we are able to feel the presence of the living Force.

Until this time in your life you might well have called it intuition or fate, but that small whisper of thought that gently but persistently points you in the right direction is the Force. Although it is always there for us, we don't always hear it. The Force speaks to us in the 'here and now' ... sometimes through advice we receive from others and at other times through a gut feeling or a hunch. It is always available to us, if only we keep our conscious thought focused on the 'here and now.'

Use your feelings to sense the guidance of the Force. When making a decision go with what feels right.

When you are making the right decision the Force responds by infusing you with a pleasant feeling or a sense of self-confidence. Conversely, if you feel uneasy or uncomfortable about something, the Force is issuing a warning you to be wary. Many refer to this phenomenon as “gut feeling,” but if you have experienced these sensations in the past you have already connected with the Force.

Always be aware of the Force as a guiding influence in your life. Listen for the affirmations and be alert to the warnings. While working to strengthen your connection you may still make mistakes, but they will be fewer if you make the effort to distill your thoughts and actions through the Force.

V. ON MEDITATION

The purpose of meditation is to attain a state of relaxed calm. This heightened state of relaxation mutes your conscious thought and makes it possible to become more attuned to the energy vibrations of the Force. Breathing (tempo and depth of inhalation) is as key to achieving and sustaining a meditative state as it is to inducing excitement or other emotions. When actors want to exude a sense of passion, anger or sadness they simply increase their breathing rate by taking short,

shallow breaths and focus on the emotion they desire to emulate.

To induce a state of relaxed calm, slow your breathing, but try to keep the inhalations as natural as possible. (If you breathe deep, hard and slow, you will hyper-ventilate and possibly faint.) You may wish to be in a dark and quiet space with trickling water or soft music in the background. Try to clear your thoughts by closing your eyes and envisioning a single point of light in your mind's eye. If thoughts invade simply give them a mental acknowledgement and push them aside. (If they are persistent you may wish to write them down in order to relieve them from your conscious thought.)

Initial forays into meditation might last no more than a few minutes, but with practice you should be able to sustain a sense of deep relaxation and heightened connection to the Force that will easily last 20-30 minutes or more. As your skills improve you can slow your breath more and more. Always remember, however, that you

seek to maintain a relaxed and natural rhythm of breathing throughout the meditation.

Employing meditative breathing will allow you to maintain a calm demeanor at times of duress. If you are driving, a calm breath will help you to focus better on the road and heighten your connection to the Force, which will strive to guide your actions safely and appropriately. In the event of a confrontation, maintaining a relaxed state with meditative breathing will support your efforts to negotiate a peaceful outcome. (Note: Don't let an aggressor know that you are consciously trying to slow your breath as they will consider themselves to have gained the upper hand and achieved their goal to put you on the defensive.) In combat, relaxation enhances speed, increases power and improves the likelihood of victory.

Whilst you meditate, open your heart and mind to the brilliant light of the Force. Allow yourself to experience the tranquil calm of the living Force. Feel the Force surround you and flow through you, connecting you to the

earth below and the heavens above. The peace you
experience will be with you, always.

VI. ON BREATHING

Here is a simple but practical breathing exercise to enhance your ability to feel the power of the Force. The object of this exercise is to generate heat using the Force.

First assume a relaxed stance (or sit if you are unable to stand comfortably) similar to that of a golfer preparing to address the ball: feet approximately a shoulder's width apart and toes pointed forward, head up and pointing forward. Release the tension from your body

and relax into the position. Keep your back and neck straight, but relaxed.

Second, bring your hands in front of you – palms facing outward – and form a diamond-shape between your thumbs and forefingers. This is called your focus position.

Third, begin your meditative breathing: in through the nose and out through the mouth. Relaxed and natural ... relaxed and natural ... relaxed and natural.

Fourth, focus on the energy flowing with your breaths. You are breathing in energy from the Force around you, and as you exhale you channel that energy along the path of your arms to the centre of the diamond shape you have formed with your hands. Feel the Force flowing with your breath in and through your body and out through the palms of your hands.

Fifth, visualize a ball of light or fire in your palms. Each time you exhale your breath fans the flame and increases its heat to a noticeable degree of warmth. This is the Force. Feel it and learn to recognize its identity. With practice it gets easier and stronger. (In group

sessions the Jedi stand in a circle and focus this heat generating effort to the center of the circle. This technique has reliably produced noticeable heat from the central point.)

This heat transfer of the Force is what alternative healers use to infuse healing energy into their patients, and with practice you, too, can learn to heal with the Force. If you generate the heat in your palms then touch a painful, injured or ill part of the body, you can focus on pushing that heat into the area to heal that part. It can be used to relax tense or fatigued muscles, to ease the discomfort of female monthly tensions and to diffuse headaches.

Personal experience for the author has resulted in little success in using the Force's healing energy to my own benefit, but reliable success when using it to heal others. The author encourages Jedi to submit detailed reports of successful self-healing.

Meditative breathing is used not only to connect with the Force to generate positive energy, but also to remove negative energy. Just as the Force flows with our breath – in and out – it will aid us in manipulating negative energy in an effort to clear the trapped energy that results in or sustains the illness. In this case we visualize the negative energy (illness) as a dark, syrupy substance that is drawn into the hands with the intake of breath. The energy is trapped in the hands and harmlessly grounded with a sharp exhale and shake of the hands to the ground.

Exercise: To clear a headache, first connect with the Force by performing the breathing exercise discussed earlier in this chapter. Next, place your hands on the temples of afflicted person. As you breath in deeply, feel the negative coming out of the person. Catch the negative energy in your hands, draw your hands away, and throw the negative to the ground as you breathe out sharply.

It is important to be very careful to direct that negative energy directly to ground and not toward another person or living thing as it can be inadvertently cast at

another being with unpleasant results. The original illness can be transferred to an innocent bystander, or it might manifest as an even more threatening illness.

VII. ON NEGOTIATING (OR CONFRONTATION)

If an aggressor approaches you and it's obvious that he seeks a violent confrontation it is imperative that you immediately seek the guidance of the Force. If you are not guided to strike out with the intake of your very first breath, then the Force is guiding you to negotiate peacefully. In this situation it is vital that you assume and maintain a state of calmness and employ meditative breathing to heighten your connection to the Force and

alleviate any emotional distress. This will quell the initial primitive fear response and will help to calm your actions.

Never assume an aggressive posture, but rather, keep a poised, relaxed position. It is impossible to negotiate from an aggressive standpoint as you immediately put your adversary on their guard. Put your hands up – palms outward – and keep them in view the whole time. Consider the aggressor as you would a dangerous wild animal and behave as you would in the wild: no sudden moves, no pointing, threatening or demeaning gesticulation, a calm, lowered voice and minimal direct eye contact.

In an altercation, body language is read and interpreted in minute details at processing speeds that would overload the most powerful of computer processors. Facial expression, body position, gestures – even the most innocent shift of weight from one foot to another can cause confrontation to escalate to violence. An overconfident grin or smirk may provoke an aggressor. It is important to maintain a position of passive neutrality.

Don't show fear, but also avoid dominance. Relax, keep alert and try to maintain a slight, gentle smile and a calm but confident voice.

What you say and how you say it is also of critical importance when it comes to avoiding violent conflict. "You don't want any trouble" is likely to evoke a negative response. Suggesting that your adversary "calm down" might be interpreted as an attempt to give orders, and may well accelerate the conflict. The other person could feel like you are telling him what to do and the primitive mind is not amenable to taking orders from anyone.

The passive approach is to say something like "there's no trouble here," calmly and confidently, in a low voice. The aggressor is more likely to consider the situation more thoughtfully, providing a chance for resolution. What first appeared to be trouble is apparently non-threatening. If your aggressor is not forthcoming with information consider backing up your statement with "everything's okay," but be certain you do not cross the line to condescension. One should never demean an

aggressive animal. Rather, make simple statements and keep editorializing to a minimum. Don't follow your calming statement with a challenging question ("there's no trouble here, is there?"). You aren't seeking dialog, you are striving for peaceful dissolution of the conflict.

As soon as you detect that the aggressor has relieved some of their tension simply say that you will return to what you were doing and turn aside slowly and calmly and look away from the aggressor. Don't let your guard completely down ... always be open to the possibility of attack. By turning aside you are giving the aggressor the opportunity to walk away and save face. If you try to watch him leave it might be perceived as demeaning to the aggressor.

VIII. MIND POWERS

“These aren’t the droids you’re looking for.”

Master Obi Wan Kenobi

Master Kenobi teaches us that Jedi are able to influence weak or simple minds – a feat that is not entirely implausible in this modern age. Throughout history the simple minded have acted and continue to act as occasional barriers that need to be moved aside from time to time.

Confidence is the key to removing these niggling obstacles. When one breathes calmly and opens to the force they are given the power to make confident statements with such surety that they are accepted as indisputable fact. The human's subconscious mind, which is programmed in infancy, controls most actions and reactions. The passive nature of the subconscious mind allows us to turn this programming to our advantage.

We command the inner-child to follow our direction or assure them of a certainty contrary to their predisposed conclusion. As with negotiation, we must never challenge. Rather, we must speak with confidence, but not commandingly. To speak down to someone or to raise your voice is certain to be interpreted as a challenge and the results will be less than desirable. We must make firm statements (not questions) in our own words with gentle confidence. A level tone must be maintained. Remember that raising the pitch of the last word in a sentence causes it to become a question, no matter what has been said.

Calmly and in a monotone voice, make a statement you want the subject to believe is an undeniable truth. *“Move along now.” “Credit will do fine.”*

Of course it doesn't always work. Master Qui Gon Jin shows us that some minds are stronger than others. Thus, the mature mind will not respond to these “parental” commands in the same way the childlike subconscious will. These individuals have overcome the infant programming through growth and education and may be swayed to assist in your cause.

May the Force be with You

POSTSCRIPT

The worldwide push for the recognition of the Jedi Faith among the world's accepted religions began in New Zealand during the lead up to the March 2001 National Census at which time 8000 Jedi followers were successfully registered. British and Canadian Jedi quickly picked up the ball and at this writing the movement has reached Australia in advance of its August 2008 Census. Devotees the world over have been urged to designate

'Jedi' as their religion on their Census forms in an effort to achieve registration as a recognized religion.

Jedifaith.com spoke with representatives of the Australian Bureau of Statistics to dispel rumours that the Jedi Faith movement was a scam and to underscore the assertion that this is a serious religion. The bureau has committed to making a serious review of the religious classifications after the census, therefore, all Jedi are urged to stand up and be counted.

AUTHOR'S TESTIMONY

I personally believe in the existence of the Force. I have felt its presence and have utilised the power and guidance of the Force in my daily life and in moments of dire need. This is not a new or unique belief as many world religions have something similar at their centre.

The terminology of the Jedi Faith is new and is based on the views portrayed in a work of fiction by George Lucas, but in this matter it is not unique. The Church of Scientology, which reports millions of followers worldwide, is based upon the science-fiction writings of the late L. Ron Hubbard. And great controversy surrounds the written scriptures that form the basis for many of the world's major religions.

Suffice it to say that each religion has its own truth. This is mine.