

THE FORCE

The Way of The Force:
A Jedi Tao Te Ching



LAO TZU

A Re-interpretation in plain English by Loudzoo

The Tao Te Ching is an ancient Chinese text written sometime in the 4th Century BC (or possibly earlier) by a mysterious old man called Lao Tzu. Although it only contains some 5000 Chinese characters split into 81 short chapters, it has long been considered a treasure trove of practical wisdom.

In particular it deals with how the wise conduct themselves in work, home life, leadership and conflict – life in all its facets. It has been translated and interpreted in thousands of different ways over the years, so why is this version needed?

The ‘Tao’ can be a difficult concept for the uninitiated to grasp. In appropriating the concept of ‘The Force’ from the mythology of the fictional Star Wars universe, and making it synonymous with the ‘Tao’, the text is immediately more accessible to many who might otherwise find the text impenetrable.

Associating ‘The Force’ with the ‘Tao’ is not a new idea. Through the work of Joseph Campbell, George Lucas incorporated many ancient myths into his creation of the Star Wars universe. For many, the similarities between ‘The Force’ and Lao Tzu’s ‘Tao’ are clear. The truth, explicitly stated in the first chapter of the work, is that both ‘The Force’ and the ‘Tao’ are just names for a real underlying truth we find hard to comprehend. This book attempts to illuminate that truth.

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BOOK I

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THE FORCE

The force that can be forced is not The Force.

‘The Force’ is just a name.

This nameless Force is the essence of The Universe.

Names are just labels in the minds of people.

Discard desire, and you will know The Force.

Embrace desire, and you will understand the suffering of people.

These two are different sides of the same coin.

Identical, but different.

The Universe is paradoxical,

Paradox on paradox.

The gateway to understanding the paradox can be opened.

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RELATIVITY

We know beauty as beauty,
But from beauty, we come to know ugliness.
We know Light as Light,
But from Light, we come to know the Dark.

What exists, and what is nonexistent, create each other,
The difficult and easy define each other,
The long and short delimit each other,
The high and low depend on each other,
Voice and music harmonise each other,
Future and past follow each other.

So the Jedi conduct themselves without struggle,
And communicate the teaching with few words.

From the Force, comes everything
Yet it imposes no authority.
It gives life, without possession.
It benefits, but asks no thanks.
It does its work, but claims no merit.

Because The Force claims no merit, it never lacks merit.

KEEPING THE PEACE

To protect people from ambition,
Don't give honours to the worthy.

To protect the people from envy,
Don't value scarce things.

To keep people from temptation,
Don't flaunt what is desirable.

In leadership, the Jedi:
Empty the mind, and are clear,
Weaken ambition, and are effective.

Keeping themselves free of desire and the acquisition of knowledge,
The Jedi act spontaneously and effortlessly.
In action without struggle, all things are in order.

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WITHOUT SOURCE

The Force is fathomless, and cannot be drained.

It is the source of all things.

It will blunt our sharpness,

It will loosen our complexes,

It can dim the glare, and merge with the dust.

Pervasive but subtle, The Force seems hardly there.

We cannot know where the The Force comes from,

It has no Source.

THE POWER OF THE VACUUM

The Universe is impartial,
It can trample people like grass underfoot.
The Jedi are impartial,
And remain unattached.

The Force operates across the Universe,
It is like a bellows:
It is empty but never exhausted.
The more it moves, the more flows out.

Talk is cheap.
Better to let go, and sit quietly.

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THE FEMALE ASPECT

The spirit of the valley is immortal.

It is called the subtle female.

The gateway of the subtle female

Is the source of The Universe.

Barely seen, It is easily overlooked,

Yet it never fails.

SELFLESSNESS

The Universe endures,

By not pre-occupying itself with life, it is long-lived.

So the Jedi place themselves last, and come first,

Seeing the Self as other than themselves, the Self persists.

It is amazing what can be achieved,

When you are not concerned with who gets the credit.

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BE LIKE WATER

The Force is like water.

Nourishing life effortlessly,

Water settles low, without contention,

Water follows the path of The Force.

Make your home, wherever you lay your head.

During meditation, go deep.

In relationships, be kind.

In speech, be honest.

In leadership, be fair.

In daily life, be competent.

In any action, consider the circumstances.

In not contending, The Force never errs.

ACHIEVEMENT

Rather than overfilling the cup,
Better to stop in time.

Sharpen a sword to a point and the edge won't last long.
Gold and diamonds may fill your house,
But no one can retain them forever.

Boasting of wealth and virtue,
Brings trouble on oneself.

Letting go when the job is done,
Is the Way of The Force, and the Way of the Jedi.

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INNER HARMONY

Appreciating the unity of mind, body, emotions and spiritual being,
You can embrace the Force forever.

Concentrating the breath,
You can become as supple as a child.

In clearing your perception of delusion,
You can become free of error.

In loving the people and leading them unconditionally,
You can live, without lust for appreciation.

When disaster strikes or good fortune fails,
You can have the strength to be vulnerable.

In comprehending the Universe,
You can accept your ignorance.

The Force gives us vitality, and nurtures us.
The Force gives us life, without possessing us.
The Force benefits us, but asks no thanks.
The Force holds us, but imposes no authority.

Such are the subtle virtues of The Force.

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THE ROLE OF EMPTINESS

Thirty spokes has the wheel,
And yet the hub is empty,
Without the void where would the axle fit?

Clay is used to manufacture a pot,
The space inside the clay makes it useful.

Doors and windows,
Create emptiness in a room, making it pleasant.

Matter marks the limits of the useful space,
Use what is there by utilizing what is not.

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SENSORY OVERLOAD

The five colours blind us.

The five notes deafen us.

The five tastes jade us.

Grasping and chasing, disturb the mind.

Wanting scarce things, obstructs The Force.

So the Jedi:

Meet the needs of the people,

Not their excessive desires.

Discarding desire, the people receive what they need.

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TRUE IDENTITY

Favour and disgrace are distractions.

Excessive esteem and fear emerge from selfishness.

What is meant by 'favour and disgrace are distractions'?

When in favour – we fear its loss,

When in disgrace – we fear the consequences,

That is what is meant by 'favour and disgrace are distractions'.

What's meant by 'Excessive esteem and fear emerge from selfishness'?

We hold excessive esteem when we are self-obsessed,

The reason why we fear excessively, is because we are selfish,

When we are selfless – what is there to fear?

Therefore, when the whole Universe becomes your true Self,

It will become your haven.

Therefore, when you identify with the Universe,

As you identify with your body,

You will find peace.

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SENSING THE UNKNOWNABLE

What cannot be seen is known as 'indistinguishable'.

What cannot be heard is known as 'indistinct'.

What cannot be touched is known as 'intangible'.

These three cannot be comprehended with the senses,
So we confuse them, and consider them as being the same.

The Force has no bright surface,
But its depths are not dark.
Unseen, it can't be named,
To our senses it remains forever insubstantial.

The Force is the shape of the shapeless,
The form of the formless.
The image of the imageless.

Approach The Force and you can't see its face.
Pursue it and you can't see its back.
Apply yourself to the everlasting Force,
In order to become present.
Recognising the source of everything,
Is the essence of sensing The Force.

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HOW TO RECOGNISE A JEDI

Jedi are those skillful in the ways of The Force,
They are subtly ingenious and profoundly intuitive.
Often they look like anyone else.

To comprehend them, the people resort to metaphor:
Jedi are careful, as if crossing a rushing river,
Jedi are considerate, like a person respecting their neighbours,
Jedi are reserved, like a guest,
Jedi are yielding, like ice thawing,
Jedi are unassuming, like an un-carved block,
Jedi are open and broad, like a valley,
Jedi are a fine mixture, like muddy water.

Who can be like muddy water, yet gradually clear?
Who can be still, yet burst into life?
A Jedi is one who is at One with The Force.

Because Jedi do not desire fulfillment,
They are never unfulfilled.

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LIFE & DEATH

The Jedi approach emptiness.

They dwell in stillness.

After life has flourished

It returns to stillness.

Returning to stillness, is tranquility.

Tranquility, is returning to just being.

Returning to just being, is knowing the Universe,

Knowing the Universe is bliss.

Acting without this in mind,

The Universe can be harmful.

Acting with this in mind,

The Universe is supportive.

Support, leads to completeness,

Completeness, to a higher state of consciousness,

A higher state of consciousness, leads to The Force,

The Force allows comprehension of the eternal.

To the end of your days,

There is nothing to be feared.

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SUBTLE LEADERSHIP

The greatest leader is the one the people simply recognise.

The next greatest, is one the people love and praise.

A poor leader is one the people fear.

The worst leader is one the people despise.

Where the leaders lack skill,

The people will lose confidence in them.

Employ mindfulness, and care with words.

When the work is done and the task complete,

The people will say: 'It happened of its own accord'.

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IGNORANCE OF THE FORCE

When the Force is ignored,
Benevolence and rectitude are needed.
Knowledge and teaching are produced,
And great hypocrisies emerge.

When the family is not harmonious,
Piety and devotion are necessary.
When the state becomes chaotic,
Patriotic politicians emerge.

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RETURNING TO SIMPLICITY

Discard the superficial sacred, forget wisdom for wisdom's sake,
And people will be a hundred times better off.

Discard superficial benevolence, forget justice for justice's sake,
And people will return to their natural love for each other.

Discard superficial cleverness, forget profit,
And there'll be fewer thieves.

Superficial things are insufficient,

Instead:

Embrace simplicity,

Cease Selfishness,

Discard desire.

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FREEDOM FROM MISCONCEPTIONS

In discarding acquisition of knowledge, there should be no anxiety.
There is no difference between agreement and capitulation.
Nothing separates Light from Dark,
It is absurd to try and force people to revere you spontaneously!

The people are satisfied, as if at a marvelous feast,
Or as if gazing outside on the first day of Spring.
The Jedi are unmoved and silent,
Like a baby that has not yet smiled,

The people have all they want,
The Jedi have discarded their desire for anything,
The people have clear plans for self-improvement,
Yet the Jedi appear clueless.

The Jedi appear adrift on the ocean,
With no thought, or need, of harbour.

Everyone else has a purpose,
Yet the Jedi appear purposeless.

The Jedi may appear different from most people,
Trusting in The Force.

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THE SOURCE OF ALL THINGS

The sole source of all energy is The Force,
And The Force alone,
Yet it can be so difficult to sense!

The Force is the form of all things,
Yet is it can be so difficult to feel!

The Force is the cause of all occurrences,
Yet it can be so difficult to notice!

The Force is the substance of all things.
Its substance is perfectly real,
Indeed, it can be tested.
The Force always flows,
So the Jedi can investigate the origins of everything.

How do the Jedi know all origins are of The Force?
By means of their comprehension of The Force.

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BEND AND DO NOT CONTEND

Flexible and thus unbroken.

Bent, and then straightened.

Empty, then filled.

Worn away, then renewed.

Few people experience clarity,

Many people experience distraction.

The Jedi trust The Force,

And become a blueprint for all people.

The Jedi are hidden, and yet shine.

The Jedi do not judge, and realise that good and bad are subjective.

The Jedi do not flaunt themselves, and are appreciated.

The Jedi make no claims, and therefore endure.

The Jedi do not compete,

So nobody competes with them.

When the ancients said:

'Flexible and thus unbroken',

Those were wise words.

Employing those words, the Jedi endure,

To the end.

ALIGNMENT

To speak infrequently,
Is natural.

A strong wind won't last all morning,
A downpour won't last all day.

These phenomena emanate from the entire Universe.
If even the Universe must rest,
So must people.

Therefore the Jedi align themselves to The Force.
Aligned with The Force they are one with The Force.
Aligned with virtue they are one with virtue.
Aligned with the Universe they are one with the Universe.

The Force accepts this alignment gladly.
Virtue accepts this alignment gladly.
The Universe accepts this alignment gladly.

When this understanding is lacking,
Alignment fails to arise.

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EXCESS

One can't stand on tiptoes for long,

One can't walk without bending the knees and flexing the hips.

Those who display themselves, cannot illuminate others.

Those who are so sure, may fail to adapt.

Those who boast, will be not be accepted.

Those who are contentious, will not endure.

The Jedi call these habits of

Self-display, assuredness, boasting, contentiousness:

'Garbage!'

Being without value,

The Jedi do not employ them.

THE MOTHER OF THE UNIVERSE

There is something formed of chaos,
Born before the Universe.
Silent and void, it needs no replenishment,
It goes on for eternity without fail.
It can be seen as the Mother of the Universe.
The Jedi don't know its name.
So the Jedi call it The Force.
They label it as "Vast".
Being vast implies distance,
Distance implies being far-off,
Being far-off implies returning.

The Force is vast, the Universe is vast,
The Earth is vast, the leader is vast.
Within the Universe there are four vast elements,
Of which the leader is one.

The leader reflects the Earth
The Earth reflects the Universe
The Universe reflects The Force
The Force reflects itself.

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RESPONSIBILITY OF THE LEADER

Sincerity keeps frivolousness in check,
Tranquility overcomes turbulence.

The Jedi can travel anywhere without ignoring their responsibilities.
Temptation cannot distract the Jedi,

Those with great responsibility cannot be frivolous,
In blind frivolity, responsibility is discarded,
In mental turbulence, the Jedi is lost.

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MUTUAL AID

In travelling, The Jedi leave no tracks.

In speaking, The Jedi are free of miscommunication.

In analysis, The Jedi do not jump to conclusions.

The expert safe maker baffles the burglar,

Without need of bolts or locks.

The expert in binding uses no knots.

So the Jedi come to the aid of anyone in need,

They abandon nobody.

They sense The Force in All,

And waste nothing.

This may be known as complete existence.

So the Jedi aid those in need,

And those in need give the Jedi purpose.

To refuse aid,

Or to ignore those in need of aid,

May seem strong,

But reveals delusion.

The Jedi recognize, they themselves, are aided by those they help.

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POTENTIAL

Know the masculine,
But keep to the feminine.

Enter the flow of the Universe
And The Force will be with you always,
You will return to infancy, in perfectly imperfect potential.

Know the Light,
But remain in obscurity.

As a Jedi, The Force will be with you always,
And your potential will be limitless.

Know the glory,
But remain humble.

As a Jedi, The Force will be with you always,
You will be filled with potential.

Your potential will manifest in compassionate, effortless action,
Without struggle.
But when the work of the Jedi is done,
The Jedi let it go and return to potential.

NON-INTERFERENCE

Whoever tries to control Nature,
And attempts to manipulate it,
Will have no permanent success.

Nature is Sacred,
And cannot be possessed.
Whoever tries to own Nature, changes it.
Whoever grasps Nature, will crush it.

Some people lead, and some follow,
Some people breathe easily, some labour,
Some people are strong and some are weak,
Some people persevere, and some give-up.

The Jedi:
Discard extremes,
Discard extravagance,
Discard excess.

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LEADING THE LEADER

Leading the people with the guidance of The Force,
Should never involve the implementation, or threat, of violence,
Violence inflicted on the people, will be returned to the Leader.

Where the military reside,
The land is barren.
In the wake of a great army,
Bad harvests inevitably follow.

The good leader ends conflict,
And does not retain power by force.
The leader succeeds but does not boast,
The leader succeeds but without arrogance,
The leader succeeds but does not accept the spoils,
The leader succeeds but does not intimidate with force.

The leader does not over-extend the reach of the state,
To do so would be in conflict with The Force,
What is in conflict with The Force will not endure.

CONDUCT IN CONFLICT

The finest weapons are double-edged,
Jedi detest their use,
Weapons create pain and suffering,
Only delusional people honour them.
The Jedi value peace and harmony,
But if violent conflict is unavoidable,
Jedi will use weapons of war to defend themselves, with calm restraint.

In bloody victory the Jedi take no joy,
To do so would be to delight in slaughter.
Those who delight in slaughter will never find peace.

Jedi grieve with heartfelt sorrow for slaughter by their hand,
In victory, the Jedi mourn the fallen,
From all sides of the conflict.

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EMANATING FROM THE FORCE

The thing we call The Force is just a label, it has no name,
Its influence can be imperceptible,
Yet no person can overcome it.

If the leader feels the Force,
Everyone follows.
The Universe unites and abundance prevails.
The people become co-operative and peaceful,
Without the need for laws and government.

Names are needed when people view different things as distinct,
And isolated entities.
This habit stops at some point as the people realise that all things,
Are connected.
The tributaries flow into great rivers and into the ocean.

In the same way, all things in the Universe connect into The Force.

SELF MASTERY

One who understands others, is astute.

One who understands the 'self', has insight.

One who conquers others, is forceful.

One who conquers the 'self,' is stronger.

One who can be content, is wealthy.

One who can complete their intentions, has will.

One who is perfectly adapted, endures.

One who dies without loss, continues to live.

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THE FORCE OF LIFE

The Force is like a vast ocean,
It cannot be moved.
All things depend on The Force for life,
Yet it imposes no authority.
The Force creates, but claims no merit.
The Force provides for the people,
Without claiming to rule them.

Free of desire it might seem 'insignificant'.
Yet all life aligns with The Force,
And it makes no claim to rule them,
It can be called 'great'.
With The Force as their guide, Jedi never seek greatness,
And therefore, they are truly great.

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THE ULTIMATE NOURISHMENT

When Jedi align with The Force, others follow.

The presence of a true Jedi,

Brings peace and harmony to any gathering.

Music and food will entertain,

And satiate the people temporarily.

The Force has no flavor and provides no cheap thrills,

But will nourish the people completely,

And it cannot be exhausted.

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COMPETITION

In order to deplete something,
Over-stretch it.

In order to weaken something,
Over-strengthen it.

In order to raze something,
First build it up.

In order to take from something,
First endow it.

This is a subtle secret that many people do not understand.

The soft and flexible conquers the hard and brittle,
A fish out of water, will not survive.

When dealing with those seeking to compete,
Be slow to reveal your capabilities, and thus retain the advantage.

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EFFORTLESS ACTION

The Force never struggles,
But nothing is left incomplete.

If leaders could emulate this,
Society would be naturally transformed.
If, during such natural transformation, the people still desire,
The Jedi teach simplicity.

The Force is desireless
Without desire there is harmony,
And all will be satisfied.

BOOK II

SUPERFICIALITY

The highest virtue is never on display, and fairly spread.

That's why it is the highest virtue.

The lowest virtue is always obvious, and selfish.

That's why it lacks virtue.

The highest virtue is effortless,

And nothing is left undone.

The lowest virtue involves effort on display,

And things are inevitably left undone.

True Benevolence acts without intention,

Or ulterior motive.

True Justice acts without revenge,

Or ulterior motive.

Delusional people are more concerned,

With adhering to social conventions and enforcing them religiously.

If The Force is ignored, the people resort to virtue,

If virtue is lost, the people resort to morals,

If morals are lost, the people resort to dogma.

The Jedi focus on:

The intrinsic, not the superficial,

The fruit, not the flower,

And the substance, not the veneer.

The Jedi receive one, and discard the other.

THE EFFECT OF THE FORCE

Since the beginning, the following have had harmony with The Force:

Space, in harmony with The Force, becomes clear,

Earth, in harmony with The Force, becomes firm,

Mind, in harmony with The Force, becomes inspired,

Oceans, in harmony with The Force, become filled,

Life, in harmony with The Force, flourishes,

Leaders, in harmony with The Force, protect the people.

All these derive their essence from The Force.

Without The Force, Space would congeal,

Without The Force, the Earth would dissolve,

Without The Force, Mind would atrophy,

Without The Force, Oceans would drain,

Without The Force, Life would perish,

Without The Force, Leaders will betray their people.

The grand are elevated by the humble,

The elevated are raised by the lowly,

Society, is like a pair of shoes,

Neither the left nor right shoe is more vital than the other.

Therefore, attain honour without recognition,

The Jedi do not desire to shine like diamonds,

They are inconspicuous, like pebbles on a stony beach.

THE PARADOX OF LIFE

The Force ebbs and flows infinitely,

Its power is passive.

Life emerges from matter,

Matter emerges from Space.

KNOWING THE PARADOX

When the best students learn of The Force,
They try to practice it diligently.
When average students learn of The Force,
They don't know whether to believe it or not.
When the weakest students learn of The Force,
They burst out laughing.
Without sufficient laughter, It would not be The Force,

So the Ancient Text advises, pertaining to The Force:
The way that is bright, seems dull.
The way forward, seems to lead back.
The smooth way, seems rough.
The peak of revelation, seems empty.
Its purity, seems stained.
Its power, seems defective.
Its motion, seems inactive.
Its simplicity, seems complicated.
Its interior, seems vacant.
Its secrets, are slowly revealed.
Its voice, is silent.
It has no form, or shape.
The nameless Force is easily hidden,
Yet it is the origin of All.

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CREATION

The Force creates the one [the Universe],
The one condenses into two [Hydrogen and Helium],
The two create everything else [forged in stellar cores].
Everything manifests (yang) from nothing (yin),
And returns to nothing.
This is the harmonious cycle of The Force.

People resist this harmony,
In the delusion that existence is good,
And that non-existence is bad.
Authorities fuel this delusion.

The Jedi, being aligned with The Force,
Discard the delusion, and gain peace.
Others appear to profit from the delusion, but lose their way.

Many others have understood this teaching, and so do the Jedi:
Those who live by the sword, die by the sword.
This is the foundation of the teaching.

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A UNIVERSAL LAW

That which is soft and tender,
Will always subdue what is hard, and harsh.
A light touch can warm the coldest heart.
That is why the Jedi act without struggle.

Such a simple philosophy of action without struggle,
Is rarely understood,
And rarely practiced.

No wonder so few practice the ways of The Force.

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ENOUGH

For what shall it profit someone if they gain fame or wealth,
And lose their life?

Great riches lead to great losses,
Great attachments lead to great suffering.
A hectic life leaves no time for contemplation.

Jedi practice the art of being content with ‘enough’,
Without fear of disgrace.
Knowing what is ‘enough’ will keep you free from excessive loss.

When this is realized, the door will be open to a long, peaceful life.

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APPEARANCES

Great work is never finished.

If it is finished, how will it ever spread?

People fill their lives up to the brim,

And yet feel empty inside.

The Jedi leave room for emptiness,

And experience fulfillment.

Appearances can be deceptive,

Perfect straightness masks crookedness,

Perfect skill masks awkwardness,

Perfect eloquence masks hesitation.

Activity overcomes a chill,

Tranquility overcomes heat.

Clarity and stillness channel The Force,

Into the lives of people.

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THE SECRET OF SATISFACTION

When The Force permeates our lives,
Our attention is directed to helping others,
When we ignore the calling of The Force,
Our attention is directed to acquiring things for ourselves,

There is no greater delusion,
Than to believe that 'more' is better.
There is no greater mistake,
Than to believe that 'enough' is less than enough.

Being content with what you have, is to find eternal peace of mind.

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INNER KNOWLEDGE

To know the Universe,
You must know yourself.

Introspection reveals the workings of the Universe.
Without this insight, you may travel far and still be in the dark.

Therefore, the Jedi:
Travel inside before travelling outside,
Search inside before searching outside,
And in transforming their minds, they transform their Universe.

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NON-EFFORT

To pursue the academic,
Study your books daily.
To experience The Force,
Let go of learning,
Look up from the map,
And comprehend the Universe.

Trust your true nature,
And lower your resistance to the ways of The Force.
Lower your resistance again and again,
Until your actions are without struggle.
You will find that nothing is left incomplete!

The Earth spins without effort,
You need apply no effort to live!
With unnecessary resistance, comes unnecessary effort,
And you will end up exhausted.

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PERCEPTION

The Jedi have no fixed opinions.

They accept what is present, not what is past.

The Jedi are kind to the kind.

The Jedi are kind to the unkind.

Kindness is powerful.

The Jedi are honest to the honest.

The Jedi are honest to the dishonest.

Honesty is powerful.

The Jedi are children of the Universe,

And live in harmony with The Force.

Many people narrow their perception,

The Jedi perceive what is.

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SURVIVAL

What is born into life must also die.

Three in ten people cling to their lives,
And make no preparation for death.
Another three in ten people waste their lives,
Being fixated on death.
Another three in ten people pursue life in death,

But one in ten people fear neither life nor death,
They can travel through dangerous lands,
Survive encounters with dangerous animals,
And avoid lethal attacks.

They are Jedi; with them:
The flood will not drown them,
The rhino is without a place to thrust its horn,
The military is without a place to admit its blade.

Why is this so?

Because the Jedi fear neither Life nor Death.

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THE NATURE OF THE FORCE

All things emerge from The Force.

Its energy nourishes them,

Its power shapes them,

Its flow animates them.

So all things reflect the Nature of The Force,

And they owe their essence to it.

Respect for The Force is not obligated, but spontaneous.

All things are children of The Force.

It gives birth to them, but does not possess them,

It acts with them, but does not control them,

It advances with them, but does not force them,

It cradles them, but expects no gratitude.

This is The Nature of The Force.

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THE FORCE AS MOTHER

All things have an origin, in The Force.
The origin could be called the Mother.
When you know the Mother,
You know the child.
When you understand the child,
You understand the Mother,
And The Force will protect you, for all your days.

To all children of The Force:
Control your breath,
And discard your desires,
You will not feel abandoned, for all your days.

Breath without control,
And pursue your desires,
You will feel abandoned, for all your days.

To perceive the subtle, is insight,
To yield is true strength,
Putting our faith in The Force, we return to it.

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THE PATH OF THE FORCE

One requires no special knowledge or education,
To follow the path of The Force.
Concern yourself only with not becoming sidetracked,
And straying off the path.
Even though the path is broad and smooth,
People are easily sidetracked.

When people stray from the path of The Force:
Their work is shoddy,
Their reserves run low,
Their clothes are extravagant,
They arm themselves with showy weapons,
They binge on food and drink,
And hoard their money.

These are the signs that people have strayed from the path.
Theirs is not the path of The Force.

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UNIVERSAL BENEFITS

Whatever is planted deeply,
Is difficult to uproot.
Whatever is cradled tenderly,
Will not try and escape.
This advice is ancient, and has always been true.

Nurture The Force in you, and its power becomes real.
Nurture The Force at home, and your family will flourish.
Nurture The Force in your community, and it will be harmonious.
Nurture The Force in your country, and it will be at peace.
Nurture The Force across The Earth,
And the benefits will be Universal.

The Jedi nurture The Force in all circumstances,
How do the Jedi know the benefits will be Universal?
Because they have experienced them.

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HARMONY WITH THE FORCE

The Jedi, with whom The Force is strong,
Are like new born infants.
Poisonous insects do not sting them,
Fierce creatures will not attack them.
The Jedi's bones are yielding,
The Jedi's muscles are relaxed,
Yet their grip is firm.

The Jedi do not crave sex,
But may arouse strong passion in others.
The Jedi have strong vitality:
A Jedi could sing all day, and never become hoarse.
Their energy flows from The Force.

To live in harmony, is to know The Force,
To know The Force, is to have insight.
To pervert The Force, to turn it into a means of personal gain,
Is disastrous.
Those that abuse the power of The Force, will come to a swift end.

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CONDUCT OF THE JEDI

The Jedi, who know the ways of The Force, do not boast,
Those who boast, do not know.

The Jedi:

Choose their words with care,
Do not show-off their skill,
Play it cool,
Don't get wound-up,
Empathise with those who have lost their way,
Remain vulnerable.
Then the people will not be alarmed.

The Jedi never grasp The Force,
The Jedi never ignore The Force,
The Jedi fit in, and can seem normal at face value.

The Force is a treasure that anyone can find!

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JEDI LEADERSHIP

When leading people, the Jedi are honest.

They subdue those that make themselves their enemies,

Often without them even realizing it.

Why is this the way of the Jedi? Because:

If restrictive laws proliferate, freedom is lost.

If weapons proliferate, safety is lost.

If cunning strategies proliferate, understanding is lost.

If unfair laws proliferate, law-abiding society is lost.

The Jedi say:

We do not force people to change, they change on their own accord.

We do not tell people what to do, they set themselves right.

We do not coerce people to follow our advice,

Abundance arises naturally.

We have no grand ambitions,

The people realise the benefits of simplicity.

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ADAPTION

When leaders do not interfere,
The lives of people are straightforward.
When leaders do interfere,
The lives of people become complicated.

What causes joy today, may cause sorrow tomorrow.
Nobody knows tomorrow's outcome today.

Order can deteriorate into chaos,
What seems good to one person,
May seem evil to another.
People rarely understand this.

Jedi are:
Reliable but adaptable,
Honest, but inoffensive,
Straightforward, but not blinkered,
Bright, but not dazzling.

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MODERATION

In leadership, the Jedi exemplify Moderation.

In moderation,

The Jedi align with The Force.

When aligned with The Force,

Anything is possible.

When anything is possible,

There are no limitations.

When there are no limitations,

The Force can flow freely.

When The Force can flow freely,

All endure, and society will be content and durable.

If this is the case, the society will be long-lived.

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LEAD WITH THE FORCE

Leading any group of people is like frying a delicate fish.
When the people are led by The Force,
Darkness will not spread amongst them,
And it will cause the people no harm.
When neither the leaders, the darkness, or other people,
Cause people harm,
They are all in alignment with The Force.

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SUBMISSION OF THE STRONG

The strong should support the weak.

The strong should yield to the weak.

In this way, the strong allies with the weak.

The strong then receive the weak,

And the weak are received by the strong.

The strong and weak can unite,

And complement each other.

In this way, both the strong and the weak prosper,

All from the submission of the strong.

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GUIDANCE FROM THE FORCE

The Force is a sanctuary.

For those of compassion and peace it is a treasure.

For those filled with selfish desire and violence it can transform them.

Words and actions inspired by The Force, benefit the World.

But its power can also be perverted, and cause much distress.

The richest people may have money, titles, celebrity and land,

But these are as nothing,

Compared with existence at one with The Force.

Why have the Jedi sought guidance from The Force?

Because those that seek The Force with a true heart, find it.

Those guided by The Force, lose their delusions.

That is why the Jedi are guided by The Force.

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THE PATH OF LEAST RESISTANCE

Act without struggle, work without resistance,
Taste, without judging the flavor,
Do not overlook the little things in life,
Strengthen what is weak,
Answer hostility with kindness.

Prepare for hard times during the good times,
Tackle a problem before it grows.
Break-up big tasks into several smaller ones.
In this way the Jedi's work becomes easy.

However, be skeptical of shortcuts,
And don't *expect* any task to be easy.
The Jedi approach any task (complex or simple),
With full attention, and awareness.

In this way, The Jedi clear all obstacles.

TRANSFORM THE OVERWHELMING

It's easy to hold what is at rest.
It's easy to plan for what is yet to begin.
It's easy to shatter what is still fragile.
It's easy to scatter what is still light, and small.
Deal with things before they grow out of control.
Manage affairs before they get out-of-hand.
A huge oak tree,
Grows from a tiny acorn.
A tower nine stories high
Rises from a pile of bricks.
A journey of a thousand miles
Starts with a single step.
Those who interfere, spoil.
Those who seize, lose.
The Jedi do not interfere, and so do not spoil.
The Jedi do not seize, and so do not lose.
Many projects fail on the verge of completion,
Because people are less prudent at the end,
Compared with at the beginning.
Consistent prudence will ensure success.
So the Jedi discard desire,
And do not hoard what is scarce.
They learn what is best, through experience.
Helping others on the way, happens naturally.

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LEADERSHIP ADVICE

The Jedi, skilled in the ways of The Force,
Are easy to overlook,
Life is simple for them, and without drama.
It's difficult to lead belligerent people,
Hence belligerent leaders fail.
Simple, undramatic leadership will benefit all.
Incorporate this simple fact into your leadership style,
And you will lead well.

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HUMBLE LEADERSHIP

The reason why the five Oceans,
Are greater than all the ponds and lakes,
Is because they adopt a lower position.

In order to lead people,
Support them from beneath.
To show people the way,
Follow them.

So the Jedi show people the way,
And the people do not question the route.
The Jedi support the people,
And do not boss them about,
So there is no resentment.

Jedi do not compete with other people,
So nobody competes with them.

THE POWER OF COMPASSION

People realise The Force is infinite,
Yet they easily forget it.
It is precisely because it is infinite,
That people can't identify it.
If The Force was finite, people could more easily identify it,
But then it would not be The Force.

The Jedi have three treasures,
That they always return to.
The first is compassion,
The second is moderation,
The third is prudence.
With compassion, comes courage,
With moderation, comes generosity,
With prudence, comes good leadership.

Courage without compassion,
Generosity without moderation,
Leadership without prudence,
Are doomed.

Compassion overcomes violence,
And brings security.
The Force protects The Jedi, through its gift of compassion.

NON-CONFRONTATION

The greatest soldier does not fight.

The greatest fighter is never vengeful.

The best strategist never encounters the enemy.

The best employer is humble.

This is the power of non-confrontation.

This is co-operation.

This is the way of The Force.

HOW TO WIN AN ARGUMENT

The skillful debater:

Does not attack, only defends.

Does not prolong the argument, and will concede the irrelevant.

This is persuasion, without coercion.

Engage without confrontation,

Clarify those statements on which you agree,

And win the argument, without arguing.

There's no greater folly than underestimating your opponent.

To do so will undermine your position.

When two equal opponents encounter each other,

The one that is most respectful will win.

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UNCOMMON SENSE

These words are easy to understand,
And easy to put into practice,
Yet few understand them.
Fewer put them into practice.
These words have an origin: The Force.

People ignorant of the source of these words,
Fail to take their advice,
And fail to recognize their wisdom.

The Jedi might not look like much,
But they understand.

FINDING CLARITY

To realise you do not know, is clarity,

To believe you do know, is delusion.

If you recognize you are fed-up with delusion,

That is the first step to finding clarity.

Jedi have clarity,

Because they were fed-up with delusion.

This is the path to freedom from delusion.

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AUTHORITY

When people have no obvious cause to fear authority,
Authority will grow and overwhelm them.
Those in authority should not interfere in people's lives,
Those in authority should not constrict people's freedom.
Those in authority should not oppress the people.
If the people are oppressed, they will rebel.

The Jedi know who they are,
But do not celebrate themselves,
The Jedi love each other,
But refuse preferential treatment.
Receiving one, they discard the other.

THE NET

Those of courage, but no patience, will die prematurely.

Those of courage and patience, endure.

The Force will not judge you either way!

They say "Nature abhors a vacuum",

But does it?

Even the Jedi cannot say!

The Force:

Does not compete, yet triumphs,

Does not speak, yet responds,

Does not summon, yet attracts,

Does not coerce, yet shows the way.

The Force is like an infinite net.

Its mesh is wide,

Yet nothing slips through.

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THE NATURE OF PUNISHMENT

If people don't fear death,
Threatening them with execution will have no effect.
If people fear death,
Will executing them change anything?

A human who kills another human,
Is like an unskilled carpenter cutting wood,
They will inevitably cut their own hands.

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INTERFERENCE

Often, if people are starving,
It's because the authorities over-tax them.

Often, if the people are unruly,
It's because the authorities deprive them of freedom.

Often, if people treat death lightly,
It's because the authorities make their lives worse than death.

The authority that does not interfere, will be respected.

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FLEXIBILITY

We are supple and flexible when born,
And hard and stiff when dead.
Trees and grass are supple, and bend in the wind,
But they are dry and withered when dead.
The hard and stiff are companions of death.
The supple and flexible are companions of life.

An inflexible plan will fail,
The rigid will snap under pressure,
Hardness and stiffness are to be discouraged,
Suppleness and flexibility are to be encouraged.

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THE LAW OF AVERAGE

The Force is like a bending bow.

The top is pulled down,

The bottom is pulled up.

Extremes are diminished,

The average is augmented.

The way of The Force is to reduce excess,

Most people do otherwise.

They take from those who lack,

And give to those with excess.

Who can take their own excess,

And give it to those who lack?

The Jedi.

So the Jedi expect no recognition,

Succeed without taking credit,

And have no desire to be acknowledged.

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RESPONSIBILITY

Nothing in the world is as soft or as receptive as water.
Yet nothing is as effective at conquering the hard and resistant.
Water overcomes that which it is not.

The knowledge that the yielding overcomes the resistant,
And that the soft overcomes the hard,
Is something that everyone knows.
But few can put into practice.

So the Jedi say:
The one who takes responsibility for society's failure, on themselves
Is gracious.
One who bears that responsibility,
Is mighty.

The truth is frequently paradoxical.

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DEBT FORGIVENESS

When peace is established between great enemies,

Unjustified reparations may be expected.

These need to be addressed.

The Jedi take responsibility for the debt,

But exact no payment from the people.

Seeing both sides of the story,

The Jedi do not enforce the repayment of the debt.

Only those of selfish heart wish to exact it.

The Force exhibits no favouritism,

The Jedi are merely conduits for it.

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DEVELOPING INDEPENDENCE

Smaller groups are easier to manage than large ones.

Let the people have more tools than they can use,
Let the people know their contribution is valued,
And they will not seek to move elsewhere.
Even when there are attractive opportunities elsewhere,
There will be no reason for the people to leave.
Even though there are weapons,
There is no reason to use them.

The people will have no reason to gossip maliciously,
Their food will be tasty,
Their clothes will be comfy,
Their houses will be homes,
Their festivals will be jolly.

The people can see what life is like elsewhere,
Yet the people will have no cause to move.

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80 CHAPTERS IN 1

True words are rarely elaborate.

Elaborate words are rarely truthful.

A true Jedi should not quarrel.

Those that like to quarrel are not true Jedi.

Those who know, are not knowledgeable.

Those who are knowledgeable, do not know.

The Jedi do not hoard knowledge.

Giving to others what they know,

They understand more.

Sharing what they know with others,

They understand more deeply.

The Jedi serve, without interfering.

The Force flows through them, without resistance.

