

# The Holocron





# The Holocron



Letter from the Editor, Crystal Neumann “Diamond Shank,”  
Editor-in Chief:

*Crystal resides in the Indianapolis area. She is currently a Knight with the Jedi Federation. Diamond is working on her skills in mediumship, healing, and herbology. Her hobbies include: gardening, dancing, and reading. She is a wife and mother of two beautiful sons. Her eldest son is also currently walking through the Jedi path. She began her path with the Chicago Jedi and is working on building the new chapter in the Indianapolis region.*

## **Personal Growth as the Journey**

There is most definitely a journey of personal growth as a Jedi, and it’s important to find your gifts. Being a Jedi isn’t easy work. In fact, it requires a great deal of personal growth and self-reflection. For most, it starts as a journey with only a vague destination in mind. What needs to happen here is developing a carefully assembled framework piece by piece. From these collections, thoughts permeate pointing out other newer ideas to you, showing you fresh approaches, and as a result, cause you to think about your own approach and your own practice.

This requires a systematic approach to reflection and application. It requires taking new ideas, processing them in a new way which yields new insights and results for your consumption. With each piece, the destination becomes more distinct and clearer. With each piece, you are changed.

One of the first pieces I recommend is looking directly at your strengths and weaknesses. There are a few different ways of doing this. The first way, consists of a SWOT analysis. SWOT stands for Strengths (Internal), Weaknesses (Internal), Opportunities (External), and Threats (External). It’s funny, this is something you’d often think of for a business, but you can do this on a person—on yourself? YES! It requires deep reflection and pushes you to take a hard look at yourself.

Here are some examples to get you started:

- Strengths (Internal)—Think about the things you’re good at. What comes easily to you? What do people often come to you for and ask you to help with?
- Weaknesses (Internal)—Think about the things you usually struggle with. What doesn’t come nearly as easily to you? What do you go to for others for assistance?



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- Opportunities (External)—What are some outside things that can assist you? Are they mentors? Books? Courses?
- Threats (External)—What are some things that can prevent personal growth on your Jedi path? Naysayers? Time?

As you find the answers to these questions, you are able to determine the factors that will exactly help you to continue with your growth. For visual learners, feel free to create a “mind map” or chart to continually remind yourself of these things. For auditory learners, repeat each of these realizations as you wake up or before you go to bed. For kinesthetic learners, who prefer to “do” things and all learners, for that matter, work on each individual item.

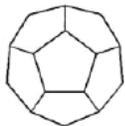
Another way to determine your strengths and weaknesses is as simple as finding quizzes. I personally recommend the StrengthsFinder version by Gallup. The threat here is cost, should you not want to spend the \$20-30. There are plenty of free tests and quizzes all over the Internet, you are bound to find one that is accurate and credible.

Many times I hear, “But I don’t have any strengths” or “I don’t know what my strengths are.” Everyone has a natural talent and skill set that can be learned/gained. For instance, I know someone who took the strengths builder quiz and found “Connectedness” and “Empathy” as strengths which they now use as being a communicator and diplomat in the Jedi community.

Now, think about the things you want to accomplish on this journey of personal growth. A great way to do this would be to outline your SMART goals, which stands for Specific, Measureable, Attainable, Relevant, Time-Bound. SMART, eh?

Example time! Let’s say you want to lose weight to become a healthier Jedi. A SMART goal could be “Lose 10 lbs in three months, by cutting down on soda, candy, and limiting fast food.”

- Specific?—Yes, the goal and tactics are there.
- Measureable?—Yes, 10 pounds.
- Attainable?—Hopefully! It is healthy to lose 1-2 pounds a week. By cutting certain bad food habits out, it might be enough to lose 10 pounds in 3 months. However, if you are replacing bad food with other bad food, the goal or mindset probably needs some readjusting.
- Relevant?—If your goal is consistent with the mission and purpose, yes. In this case, it is relevant because this person wants to be a healthier Jedi.
- Time bound?—Yes, 3 month stamp!



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So now let's get to the roadblocks. They will happen. Think of it this way: How can you be the hero to your own story without a conflict?

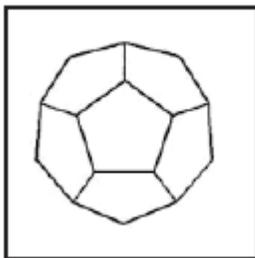
Imagine this scenario. You are stepping from a cruise ship to travel on a hundred-foot yacht only to disembark at a pier which might have seen better days. An ancient-looking tugboat is waiting to take you on the next leg of your journey which turns out to be a rickety pier, with footing less certain and more problematic. Each shift from cruise ship to tugboat takes you farther and farther from the known world into uncertainty and ambiguity. You are less comfortable with each change, but prior experiences, hardships, past successes, and the passion burning within you says to keep going; the end goal is worth the effort.

Always remember that you have your own tools from your tool belt to help you with these roadblocks. You have gained knowledge along the way and learned new things. Also, during the journey of personal growth, you have met mentors and peers who will help you. All you need to do is ask. Very simple.

Now remember, the journey of personal growth as a Jedi is not always easy. This requires discipline. This discipline of the mind means becoming aware of the need to somehow document the source of the ideas presented and this process. Some examples include journaling, video blogging, or keeping personal mementos to remember the process.

Why is this important?—In the times you feel like you've accomplished nothing, it is always important to look back and see all the steps you actually took. It is very easy to fall into the trap of thinking nothing was accomplished, when along the way you took so many small steps to notice you've actually walked a mile.

Moreover, your thinking seldom springs from a totally new thought. Ideas flow and merge from existing information. This process may be conscious but more often, the mind will build connections without your awareness if given sufficient information. This percolating of content yields new ideas.





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## Gift of Venting By Angelus Kalen

*Angelus Kalen (Gabriel Calderon) has been involved with the Jedi community for well over a decade. He began with what was then the JEDI Academy, which is now the Institute for Jedi Realist Studies (IJRS). He continues as a senior instructor at the IJRS. Angelus also became involved with the Jedi Resource Center which organized offline Gatherings. At the encouragement of the organizer, he started an offline group in Illinois in 2006 - "Chicago Jedi".*

Running the Chicago Jedi, or any group or people, has its challenges. There are events to plan, people to meet, supplies to purchase. Actually, setting a calendar and buying stuff are the easy parts. It is interacting with people and working with their different personalities that are difficult. It intensifies as you gain more people. Conflict will be inevitable.

As Jedi, we are quick to recite the Jedi Code:

There is no emotion, there is peace.

There is no ignorance, there is knowledge.

There is no passion, there is serenity.

There is no chaos, there is harmony.

There is no death, there is the Force.

However, it is hard to stop from having emotions. Sometimes we do get carried away by our passions. How do we find balance?

Emotions are NOT an evil. Part of human existence is to have emotions. All emotions do is move us from one state of being to another. When we find out that a loved one has died, we go from being happy to being sad. In fact, without emotions we cannot face the reality of life. If a person is not permitted to grieve, it can have a detrimental effect on the human psyche. As Jedi, we are to find the means to control our emotions. Otherwise, our emotions will control us.

One practice that I have found helpful is "venting." With it, one allots a certain amount of time to simply go off on a situation that one is facing. Any others who are present must be trusted people who can provide a listening ear. It is important that these people do not attempt "to fix" the problem before everything has been stated. (The person may not be asking for a solution or may come to one as the person is venting.) If others are to speak, they can name the



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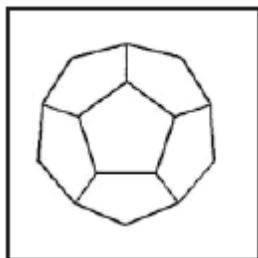
emotions that are being expressed or reflect back what they are hearing. In this manner, one can create a space of no judgment.

I first presented this technique at one of my leadership meetings as these were people I trusted and had developed a strong kinship. It was strange at first. I would devote the first 10-15 minutes of our meeting for the ability to vent. Usually, one of us would need to vent about something in our lives. Yet, we never knew who that person would be. As we grew accustomed to it, we started to request a “vent session” when we weren’t at our meetings. It was then I knew we could take this practice to the larger membership.

One day, a member called me as he was experiencing trouble in the dating world. His first words were that he knew the Jedi Code says no emotions, but he was “full of emotion.” He went on for quite a while on how he thought he was doing everything right and questioned why the universe felt he shouldn’t get the girl. I gave him the space to vent. I commented on how I remember what is like to not have someone significant in my life. It sucks. When he finished, I asked if he felt better. He did. I then asked if he knew what he needed to do. He did. The conversation ended.

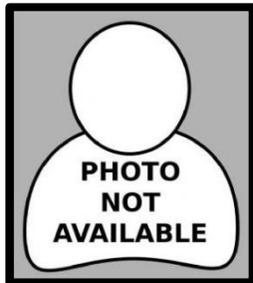
Almost a year later, he thanked me for that time. Creating that space to vent allowed him to express all the emotions he was feeling. Had he kept them bottled up, he might have done something he would later regret. He has since found someone and laughs about that particular vent session.

When done correctly, venting creates a space where it is ok for people to be vulnerable. We can see what issues are plaguing a person at a particular point in time. While you may already be someone trusted, the process itself allows people to become even closer. As I reflect more, I see what a valuable gift venting can be for all parties.





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## Gifts (Poem) By John Crawly

*John Crawly an Independent Jedi who lives along the Wisconsin-Illinois border and considers himself to be a Great Lakes Jedi. He enjoys learning more about the Force and anything having to do with the theater or acting.*

Physical, mental, emotional, spiritual

Covered, uncovered

Known, unknown

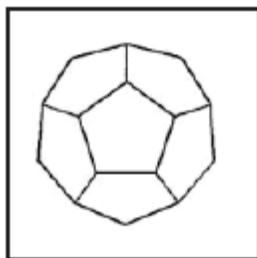
We need to listen to our gifts

As they call, yell, or scream to us

To fully embrace our entire being

Accept Your Gifts.

Interested in writing for *The Holocron*? Feel free to submit a poem or article to [jediholocron1@gmail.com](mailto:jediholocron1@gmail.com) for consideration.





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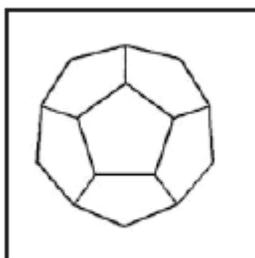
## Exercise to Finding your Gifts By Ellen Merritt

*Ellen is an officially trained Light Jedi Master who has been a part of the global Jedi community since 1998. She considers the Force Academy home but her work can be found in Jedi training materials used throughout the Internet. She holds a Master's degree in Psychology and is a certified life coach, published author and highly skilled energy healer. Her new workbook, "Break Free and Move Forward!" is available on Amazon.com. Her written work has been selected for inclusion in three highly selective professional anthologies. She lives with her husband and two feline children in South Carolina.*

I have found that an effective start to life coaching with my clients consists of two questions. I instruct them to pay attention to the first thing that comes to mind, regardless of how impossible, silly or out of bounds it may seem. This is their answer. And these answers give me indications of what the client needs in sessions.

1. If I could be anything, I would be \_\_\_\_\_ because \_\_\_\_\_.
2. If I could do anything, I would \_\_\_\_\_ because \_\_\_\_\_.

I had one client answer that she would be a mermaid because “mermaids don't live here.” Besides psyche integration, we are working on exercises for her to become comfortable in her body and not keep running off to the astral or to a bottle to escape.





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From the Youngling's Corner: Giving Gifts By Eli "Gold" Neumann

*Eli is a 14-year old teen who lives in the Indianapolis area. He was first published at the age of 9, and intends on writing creatively and expressing his thoughts. He aspires to be a video game designer, violinist, and comedian. Gold is currently working on his mediumship and astral projection. He enjoys good food, hearty belly laughs, and loyal friendships.*

Gifts are offerings that can be given to someone. However, gifts can be something physical or that of a gesture. It is not the cost of the gift or the grandiose effort put in that matters. Instead, what matters most is the deep meaning behind a gift. After all, great things can come in small acts of kindness. Gifts can be expressed through other ways than just ordering items for people.

Naturally, a teen without a job, my funds are a bit limited for purchasing gifts for the holiday season. Yet, I remember a gift I gave my dad a few years back for Father's Day was a coupon book. I remember he really enjoyed the hand drawings and immediately redeemed the "Back Scratching." I tried to be really thoughtful about what he would appreciate the most. I think besides the physical coupon book, he really liked the thought put behind it.

It is also important to remember throughout this holiday season that it is not a good practice to have expectations or have a "gimme" mentality. There is certainly enjoyment in receiving gifts, but it is also important to be gracious. Being gracious is also a returned gift to the offeror. As a receiver, please be thankful. Gifts are meant to appreciate the people around you to show them that you care about them or thought about them. The thought in itself is what can have great meaning behind it.

As I understand it, "giving gifts" and "acts of service" are also two of the five love languages. While these languages may not be easily understood, the important thing to remember is that the expressions have love, compassion, and a good, warm feeling behind it.

