



How to be a Jedi

In one of the most successful franchises ever *Star Wars*, Master Obi-Wan Kenobi mentored Luke Skywalker as he began his heroic journey to save the galaxy, decreeing, ***“May the Force be with You.”*** Ahead of the December premier of the latest *Star Wars*’ installment it’s timely to acknowledge Obi Wan’s core message, ***“The Force is what gives a Jedi his power. It’s an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together.”*** I believe this “Force” to be the inherent power within each of us, which when we learn how to tap into it, helps us to surmount the impossible.

Modern-day Obi Wans, like pre-eminent Reiki Master and Mentor Susie Anthony, help everyday people unlock the power of this long lost forgotten potential. She guides ordinary people to embrace and live the extraordinary. She has helped create higher consciousness in some of the most dynamic corporate leaders, educators, showbiz icons, opinion formers the world around. It was in fact a powerful, well-respected journalist, author, and TV pundit who introduced me to Susie in London. Susie insists that even the most successful people need mentors to guide them past denials to dig deeper to find and become their Jedi best.

I am highly vocal about my dedication to my daily meditation discipline, having seen it completely transform my life since I started one year ago. Reiki aligns with many of the principles I know to be true yet goes even deeper. The rational part of me likes Reiki’s convergence with physics, and that the science of miracles is finally being understood.

My first session with Susie Anthony was at a penthouse on the Thames waterside in Southwest London. As the founder of an e-commerce start-up I was burned out from the grueling all-nighters, the long hours it takes to create a pioneering, innovative corporate entity. Susie ran harmonic tuning fork tools over me to transform my frequency from the low stress and anxiety bandwidths to higher frequencies of love and peace. I could immediately feel a sizeable shift. As my breaths lengthened I could physically feel ‘stuff’ unwinding and being released. When Susie had finished the Reiki session my painful migraines were completely gone!

Eager to share about this deeply healing experience, I recently rang Susie from a vacation in the Arizona desert to better understand Reiki.

-Susie, How does Reiki work?

“Everything in the universe is energy, therefore responsive to energy. Matter, is a special kind of energy, its organised, crystallised energy. A Reiki Master like a Jedi is able to transmit very high frequency energies which flow through our meridians from our chakras. Chakras are spinning vortices of energy, coupling devices linking us to higher frequencies transforming energy distortions that cause disease. Scientists say that at the vacuum level of reality every average adult

contains sufficient energy within the vacuum level of their atoms - to explode with the force of 30 hydrogen bombs. Reiki gives access to this vacuum level of reality, and all that Jedi like POWER. The interface into the vacuum is via our chakra system, energy meridians and the kundalini. The great poet Rumi described kundalini saying we all have the energy of the sun in us, in forgetting it, we keep knotting it up (the kundalini) at the base of our spines. Reiki unknots it."

Using Reiki and her own brand of '**Super HERO Code**' Jedi tools for transformation, Susie shows us how to raise frequency to consciously invoke genius (a left and right brain coherent state) accessing universal wisdoms, just knowing without knowing how we know. Plato wrote about this. Einstein referred to this saying, *"The rational mind is a faithful servant, and the intuitive mind is a divine gift. We have created a society that worships the servant and has forgotten the gift."* Today Susie showing us how!

Science is bridging the gap to mysticism agreeing on the interconnectedness of everything...Susie writes in her book. "In 1917, the father of Quantum Physics, Nobel prizewinner, Max Planck, talked about what Jedi's would call the force. He advised, "We must assume behind this force the existence of a conscious and intelligent mind, this mind is the matrix of all matter." Today, Western science has refined our understanding of Planck's 'matrix', describing it as a form of energy that is everywhere, always present, and one that has existed since the beginning of time." Susie believes Reiki is the most dynamic means of reconnection to the Force.

It is hard to argue with the most rational and genius minds of our time, yet for so long there existed, especially in religious circles, an inherent stigma attached to practices like Reiki? Why?

"There are three levels of religious teachings. 1) Believers, people who can read (or hear), believe and follow the rules. 2) Thinkers desiring to know why they should follow rules. E.g. Do not kill because you reap what you sow. It's a causal world. It's the third level and it's power that threatens 'churchianity' type control - the Jedis... Mystics, Masters and Sages. Direct divine empowerment is experienced through initiation like Reiki. Religious edifices and hierarchies are no longer necessary... Could this have led to such stigma - the fear of a loss of control?"

-What can one expect and why does one need a Mentor and a Map to become a Jedi?

"Well you wouldn't drive across LA without a map would you? Joseph Campbell who incidentally mentored George Lucas coined the phrase, "All you need is a map and a teacher!" With a map and a teacher the hero's journey (the stages of self realization) is made simple and becomes radically fast-tracked... There are many in the West who regard themselves as 'Jedis', but though they might talk the talk, they do not walk the walk. They have not spent the time exploring and marrying the unconscious, conscious and super-conscious minds. Most people live in a state of unconscious incompetence - not knowing they do not know. The first step is recognising conscious incompetence - knowing that they don't know, finding a mentor and a map to transform; then conscious competence - knowing that they know and still having to think about it; and finally unconscious competence - a state of being so competent that they no longer have to think about it... Jedi-hood!"

Tell me about the "Super Hero Code".

The Super HERO Code is the map and the tools to interpret the map to become a modern day Jedi. The love power and wisdom of the map is conveyed through storytelling and bringing back to life the ancient myths and legends that tell us so much about lower human nature and how to transform it. It's about people redeeming each other, getting past their own barriers to live transparently with passion in a more positive way. The key is waking up to what doesn't work and then making different life choices in ways that help to create a more balanced self and a healthier world. When we understand and can master our own personal power for the greatest good (Jedis), the gift of all this love wisdom and power is felt in a deeply fulfilling emotional life, having a strong sense of purpose, healthy belonging and an ability to creatively accomplish life tasks in ways that increase enjoyment, improve our world and give greater meaning. Everyone

on earth today has within them an aspect of these Jedi qualities, gifts which are sacred and unique to that individual and which only they can determine to find. The Code supports the seeking and finding."

To find out more about "The Super Hero Code" and "Reiki" visit Susie's Websites

www.superherocode.co.uk

www.psalifemastery.com

Try the free Reiki healing meditation on the Sound Cloud Link of the Super Hero Code website