



The Dharma of Star Wars

By Matthew Bortolin

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Is Yoda a Zen Master? What might Jedi training be like? Is the story of Luke Skywalker a spiritual epic?

The answers--as well as excitement, adventure, and a lot of fun--are here!

The Dharma of Star Wars uses George Lucas' beloved modern saga and the universal discoveries of the Buddha to illuminate each other in playful and unexpectedly rewarding ways. Bortolin even reveals satisfying depths to the second trilogy of movies--the ones that met with what can understatedly be called a less-than-warm critical reception. *The Dharma of Star Wars* gives you an inspiring and totally new take on this timeless saga, from *A New Hope* all the way up to 2005's *Revenge of the Sith*. Great fun for any Star Wars fan. Imagine *The Power of Myth...* with lightsabers!

Includes instruction in *The Jedi Art of Mindfulness and Concentration* and *The Padawan Handbook: Zen Contemplations for the Would-Be Jedi*.

Fun for all ages, *The Dharma of Star Wars* is also a perfect way for Buddhist parents to bridge the generation gap.

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The Dharma of Star Wars By Matthew Bortolin Bibliography

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Editorial Review

From Publishers Weekly

Bortolin, an ordained member of Thich Nhat Hanh's Buddhist community, may be the ideal person to write about the Buddhist themes in *Star Wars*: he camped out for tickets to all of the movies—even the less than stellar ones—and possesses his very own set of Jedi robes. In short, consistent chapters, Bortolin explores themes such as suffering, mindfulness, karma and transcending the dark side. One especially helpful chapter examines what nirvana is, comparing it to the all-pervasive Force of *Star Wars*, and clarifying that nirvana isn't a sort of Buddhist heaven or a blissed-out mental condition. Rather, Bortolin asserts, it is "the very absence of ideas and conceptualization." Bortolin looks to Jedi meditation as a parallel discipline to the Buddhist practice of mindfulness meditation. In this state, Jedi knights "get in touch with reality as it truly is," observing their minds with calm compassion and allowing greater understanding of the present moment. One of the book's greatest strengths is Bortolin's stubborn determination to find something redeeming about the two most recent *Star Wars* films, and he does actually recover enough of these nuggets to make some fans take a second look at those overhyped flicks. With humor, strong examples and timeless wisdom, Bortolin offers a new way to think about a pop culture phenomenon. Lead us to Yoda, he does. (Apr.)

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Review

"With humor, strong examples and timeless wisdom, Bortolin offers a new way to think about a pop culture phenomenon. Lead us to Yoda, he does." (Publishers Weekly)

"Whether you interpret 'The Force' as being Nirvana or the Holy Spirit, finding spirituality in 'Star Wars' can bring that galaxy far, far away a lot closer to home." (Newsweek)

"A light-hearted exploration of the Star Wars movies, providing a new take on the six-part space fantasy epic. It's a good introduction to teachings of Buddha, and how they infuse the characters of Star Wars...on both the light and dark sides of the force." (SFRevu)

"*The Dharma of Star Wars* is, simply put, many of life's little lessons wrapped up in Jedi robes. You don't have to be a believer in the Buddhist way of life to appreciate some of the wisdom that emanates from these pages." (StarWarz.com)

"Star Wars fans will find Bortolin's pleasant humor and simple directness immensely enjoyable and thought provoking, while longtime spiritual practitioners will discover a new and profound avenue into self-transformation."-- (Robert A. Johnson, author of *He and She and We and Owning Your Own Shadow*)

"A must-read for anyone ever inspired by the wisdom of Yoda, the courage of Luke Skywalker or drawn to the dark side by Darth Vader." (Noah Levine, author of *Dharma Punx*)

"This will be a welcome and enlightening addition to Star Wars fans' world, opening up a new way to understand the narrative of this beloved series. Bortolin's Padawan Handbook is especially useful." (Sumi Loudon, editor of *Blue Jean Buddha: Voices of Young Buddhists*)

"Whether you are a fan of Star Wars or not; whether you are a newcomer to Buddhist thought or a long-time practitioner, his light, yet richly rewarding approach provides a fresh perspective that should encourage deeper thinking and practice." (Frank Jude Boccio, author of *Mindfulness Yoga*)

"This entertaining and insightful primer provides a useful service to future film buffs who want to better understand the real-life religion behind this popular fictional world. Bortolin succeeds in ferreting out some real wisdom from [the films], providing a Buddhist interpretation of the Jedi Way." (Tricycle)

"A clear and clever introduction to Buddhism. The work will also broaden anyone's understanding and appreciation of the subtle underpinnings of Lucas' films. Bortolin's work is an important contribution to the lexicon of modern Western Buddhist studies. The book draws an arc of meaning and wisdom across the centuries from the deer park to the pinnacle of 21st century pop culture." (Ashe Journal)

From the Inside Flap

Includes instruction in THE JEDI ART OF MINDFULNESS AND CONCENTRATION, and "THE PADIWAN HANDBOOK: ZEN CONTEMPLATIONS FOR THE WOULD-BE JEDI."

Users Review

From reader reviews:

Linda Gaitan:

The particular book The Dharma of Star Wars has a lot info on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. The writer makes some research previous to write this book. This specific book very easy to read you can obtain the point easily after reading this article book.

Thersa Davenport:

People live in this new day of lifestyle always try and and must have the free time or they will get great deal of stress from both way of life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you possess when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative with spending your spare time, the actual book you have read is definitely The Dharma of Star Wars.

Gary Stark:

This The Dharma of Star Wars is brand new way for you who has curiosity to look for some information since it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or else you who still having little digest in reading this The Dharma of Star Wars can be the light food in your case because the information inside this book is easy to get by means of anyone. These books acquire itself in the form that is certainly reachable by anyone, yep I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this publication is the answer. So there is absolutely no in reading a guide especially this one. You can find actually looking for. It should be here for you. So , don't miss the idea! Just read this e-book variety for your better life and knowledge.

Walter Feuerstein:

A number of people said that they feel weary when they reading a book. They are directly felt it when they get a half regions of the book. You can choose the particular book The Dharma of Star Wars to make your current reading is interesting. Your skill of reading talent is developing when you like reading. Try to choose very simple book to make you enjoy to read it and mingle the sensation about book and reading through especially. It is to be 1st opinion for you to like to available a book and learn it. Beside that the e-book The Dharma of Star Wars can to be your brand new friend when you're really feel alone and confuse with the information must you're doing of this time.

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