



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.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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 Owing 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 Loundon, 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:

Douglas Gibson:

This The Dharma of Star Wars book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this e-book incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This The Dharma of Star Wars without we realize teach the one who reading it become critical in pondering and analyzing. Don't always be worry The Dharma of Star Wars can bring any time you are and not make your carrier space or bookshelves' come to be full because you can have it with your lovely laptop even phone. This The Dharma of Star Wars having excellent arrangement in word and also layout, so you will not sense uninterested in reading.

Peter Burnett:

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is The Dharma of Star Wars this book consist a lot of the information of the condition of this world now. This specific book was represented how do the world has grown up. The language styles that writer require to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book appropriate all of you.

Jimmy Maiden:

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Katie Mueller:

What is your hobby? Have you heard that question when you got pupils? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. So you know that little person like reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the factor. Book is important thing to increase you knowledge, except your own teacher or lecturer. You see good news or update about something by book. Different categories of books that can you choose to adopt be your object. One of them is The Dharma of Star Wars.

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