

Rio Lobo



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The First of the Jedi

Chapter 1



The cliff walk



*I have spent many years in isolation.
Studying the Ways of the Force.*

Let me give a little background as to my life. I live in Ireland, on the East coast by the sea. There is a cliff walk there where I sometimes go to just sit, staring out at the sea. There have been periods where I go out every day, sitting sometimes for hours. Staring at the sea. I walk the path that one can see in the upper part of this photograph.

It helps when there is turmoil in my life around me. When there is chaos coming from without, the calmness of the sea can help me to restore inner balance. In linking with the calmness of the sea I again find balance in the Tao.

For a Jedi the Tao – the Force – must always be in balance. It is in stillness of mind that one achieves this balance. Hence my periods of isolation, in nature, sitting staring at the sea. This is something I do. To find balance in the Tao.

As a self-unemployed person I live a simple life. I'm always broke so to achieve anything I'm always trying to work with whatever is around me. I'm pretty good at surviving with a roof over my head and living pretty much on fresh air.

[*Skellig Michael Awakens the Force*](#)



The lower cliff walk

This is the lower cliff walk in Bray, where there is a path. The upper cliff walk is more a dirt trail and few people go there because there is no path up to it that does not involve a bit of a scramble.

I have spent quite a bit of time walking both paths. Or simply sitting, staring out at the sea.



*When I need real solitude I climb the path to the top of
the cliffs and then I sit to stare at the sea*

Sometimes for hours.

This I have done for years. It is something I do when I need to connect to the Tao in nature.

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Chapter 1



Keep moving. Keep breathing.

That's the key.

[Rio Lobo](#)

Harmony

Chapter 1



The balance



When all is in chaos externally, I seek the Tao internally

As within, so without. This is the Tao.

When there is discord without, I seek harmony within. When there is agitation without, I seek stillness within.

When all around me turns to chaos, I go deeper into the Tao within. And then the strangest thing happens. Things just seem to find a way of sorting themselves out.

Johann Pachelbel – Canon in D Major

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End