

# Insights from Jedi Warrior Training For Elite Teams of US Army Special Forces

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## Briefing for British Parliament Hearing:

### Mindfulness for Armed Forces and Emergency Services

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*"The greatest thing in all education  
is to make the nervous system our ally,  
instead of our enemy."*

~ William James

#### Overview

The once secret and highly classified Jedi Warrior Training program (aka Trojan Warrior, or Ultimate Warrior Program) for the U.S. Army Special Forces was the most intensive mindful leadership and mind-fitness based resilience training program to be offered in the military in modern times.

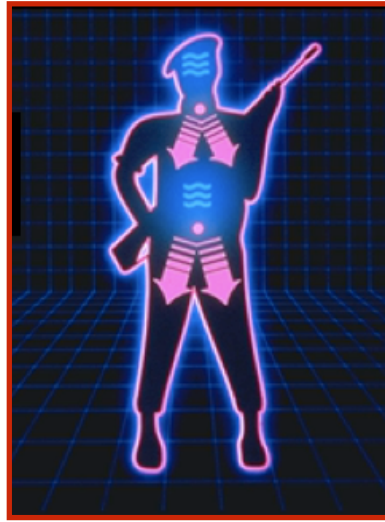
The Jedi Cadre was composed of 25 men from two highly strategic and elite Special Forces A-Teams who were dedicated to the Jedi training mission for six-months, full-time in order to become trainers themselves.

The stakes for Jedi Warrior's success were very high as our instructor team was commissioned to train both Special Forces teams whose deep recon missions at that time had the potential to trigger or avert World War III. Jedi Warrior was also motivated and informed by research estimating that as many as 20 times more people in the armed forces perish from some form of suicide after returning home from war than die in combat.

#### Jedi Warrior Curriculum Included:

- **Mission Related Skills** (Communications, medical, weapons, etc.)
- **Mindfulness** (Daily integrative practice on-the-job, plus "The Encampment" - a month-long, 24/7 intensive silent mindfulness+mission related skills retreat.)
- **Advanced Physical Fitness Training** (Way beyond the ordinary)
- **The Gut Check** (Our teams were the only SF teams to successfully complete this grueling exercise on time and without any injuries.)
- **Advanced Biocybernautic Training** (State-of-the-art laboratory with neurofeedback, biofeedback, mindfulness, and mind-fitness training to develop self-awareness, self-mastery, and self-confidence.)
- **Martial Arts** (A dynamic testing ground for refining mindfulness and inner skills development in action on the mat and in the field.)
- **Psychological training** (Courage, grit, mental toughness and agility, discernment, priority setting, reality testing, decision making, emotional intelligence, trauma resilience)
- **Mission simulations/Field Ops** (Ocean ops, high altitude winter ops)
- **Family inclusion programs** (A very wise addition)

#### Excerpts from the Jedi Warrior After Action Report



The program review team at West Point Military Academy described Jedi Warrior as, *"The most exquisite orchestration of human technology that we have ever seen."* Two of our project advisors, George Leonard and Michael Murphy, founders of Esalen and pioneers in the Human Potential Movement, described Jedi Warrior as *"the most intensive leadership and human development to be offered in modern times."*

#### Mandate:

Jedi Warrior project was an experimental training program designed to enhance individual soldier and team abilities. This integral, holistic, and multidisciplinary approach to training had the mandate:

*"to make full use of Emergent Human Technologies to enhance physiological and psychological awareness and control in Special Forces Detachment members."*

#### Primary Tenet of Jedi Warrior:

*"Increased awareness of the mind-body-emotion relationship leads to greater control over every area of performance, and greater control leads to more appropriate, powerful, and skillful action-- all of which promote winning and survival on the battlefield."*

## Outcomes & Signs of Success:

Jedi Warrior training design provided an exquisite blend of methods for developing the extra-ordinary capabilities of our soldiers.

One of our Jedi Teams was selected as the most outstanding team in the NATO Games.

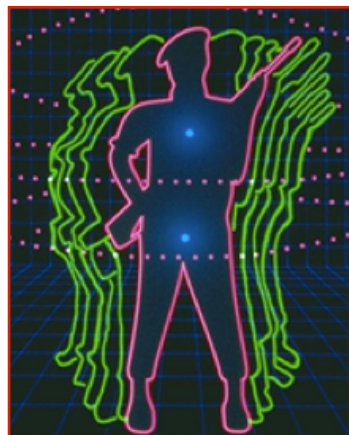
Many of the Jedi cadre were recruited into Delta Force and other special units with highly classified missions, and went on to train others in Jedi practices and principles of extraordinary performance. Some Jedi graduates taught at the War College, others were decorated for their special roles in special operations in Somalia, the Gulf War, Middle East, and Eastern Europe.

Jedi Warrior training enabled our soldiers to develop extraordinary skills for self-mastery, self-regulation, self-optimization, team flow, and resilience. Our men learned skills for high-performance sleep, deep relaxation and rejuvenation, and how to find an inner state of “calm intensity” in which they could clear and focus their minds to maintain states of clear alert attention for extended periods of time, for self-healing, and extraordinary performance

In addition many family members of the men expressed deep gratitude that their partners/fathers were more mindful, caring, emotionally available and balanced, less stressed, less substance dependent, and less physically abusive at home.

### Sample of data percentage *improvements* from baseline:

- Mission Effectiveness 49%
- Personal Energy Management 120%
- Ability to optimize physical abilities 92%
- Acceptance of other cultures 45%
- Reduction of effects of shock/trauma 30%
- Confidence in own leadership abilities 50%
- Ability to manage stress 92%
- Ability to extend sensory awareness 72%
- Ability to quickly relax and rest 120%
- Access extra-ordinary perceptual abilities 201%



## After Action Report

### US Army Recommendations:

“These recommendations are intended for the short and long term interests of SOCOM and are based on the results of this program and on our philosophy regarding the relationship between holistic training methods and the military environment.”

*“The successful completion of the Trojan Warrior (Jedi Warrior) program has placed the U.S. Army in the forefront of human performance technology development. By validating, in a controlled, measured manner, the holistic approach of mind, body, team training, the Army has demonstrated its commitment to providing soldiers with the very best training that is available.”*

*“The modern battlefield has become exceedingly complex and extremely demanding of the individual soldier’s ability to adapt, respond, and recover. Training methodologies that focus only on limited aspects of human potential will create limited soldiers who will face a battlefield of unlimited dangers.”*

*“The advanced concepts, methods, and material technologies necessary to train for optimal human performance are available and have now been clearly validated as effective and applicable to the military.”*

*“Our military forces will stay on the leading edge of modern warriorship by continuing to develop soldiers who can think clearly, who can act decisively and who can optimize their physical efforts by drawing upon substantial reserves of psychophysical and emotional energies, to reduce the military mental health crisis of rampant suicides and self-destructive behaviors among men and women deploying to and returning from combat missions.”*

## Implications and Applications:

Jedi Warrior came about through the dedicated efforts of a number of visionary high-ranking officers who were:

- Intrigued by the potentials to be realized by developing extra-ordinary mental development potentials of the Special Forces troops;
- Inspired by the visionary view of the military's highest purpose offered by Lt. Col. Jim Channon's classic, *Evolutionary Tactics: A Manual for The First Earth Battalion*;
- Compelled by the advances in PSI/ESPInage research and threats emerging in China and behind the Iron Curtain.



These courageous, visionary leaders also lived with the grief and regret of knowing that incalculable, avoidable, suffering is taking place during and following the deployment of soldiers into war zones. This motivated their search for the best training possible to reduce the likelihood of devastating losses following time of deployment.

## Relevance

The profound relevance for Jedi Warrior training in preparing leaders and communities to wisely and resiliently meet the challenges, and embrace the opportunities, of these "VUCA times" of increasing Volatility, Uncertainty, Complexity, and Ambiguity will likely only increase over time.

Jedi Warrior offers a wealth of inspiration and guidance for leaders within any organization who are seeking to develop their capacity to thrive and effectively help others realize their highest potentials in fulfilling their missions in these VUCA times.

## Learn More:

For more information on Jedi Warrior Training for Special Forces - or - to explore the potentials for adapting this program for other special units contact:

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*"A man with outward courage  
dares to die.  
A man with inner courage  
dares to live."  
~ Lao Tsu*