

## **Kiast**

### **Early morning**

Benn got up when his alarm went off at 0400 standard local time. Sitting up he rubbed his eyes with the heels of his hands and then rubbed his temples hoping to alleviate the headache he had.

Groaning as he crawled out of his bed he decided to forgo his usual shower. He had his morning piss in the toilet, took his medications, and then headed out to a nearby river to bathe in the frigid water. Pulling himself up onto the shore he lay back and then meditated until the sun came up and warmed his naked body.

After donning his robes he made his way back to the beat up old space cruiser he now lives in and had a cup of tea. He checks for any messages on a communications data pad that might concern him, and finding none he heads out to the Jedi Praxium. It's his day to assist with preparing the meals for the young padawans and staff that work there.

He is greeted by his fellow Jedi as he makes his way to the kitchens. The Younglings look at him with awe, the older Padawans joke and ask him what's for dinner. With a smile and a wink he heads through the doors.

Going over the menus, he starts to get the items together to feed the numerous species, taking into account diet and cultural preferences. Soon orders are going out for different types of ingredients. The head chef of the Praxeum comes over and discusses the meals for the day. What the evening special will be and how to take care of some of the trickier diets of the non-human Jedi currently at the Praxeum.

### **Kiast: Jedi Praxeum**

#### **Noonish standard local time**

Signing off on the meal plan for the day, Benn heads to his "classroom".

Outside the weather is amazing, and a light breeze fills the air with the scent of the flowers from the Monument to the Fallen. Benn calls over the Younglings that are there, and a few older Padawans join him. Calling them all over he has them sit on the grass in a circle.

They sit in the shadows of some trees and begin to discuss the Force and how to attune yourself to it, how to feel it around you, how to take it in and release it with each breath. How to feel it in the air, the grass, the trees, in each other and most importantly in themselves.

The Dark and the Light and the Gray are all talked about. Homework is assigned and class is dismissed.

**Kiast: Jedi Praxeum****Late afternoon**

Benn goes to his office to go over paperwork and read the last Odan-Urr dispatches. Once done he heads for the kitchens again.

He helps to cook and serve the final meal of the day. When finished he helps to clean the dining area and the kitchen too. Using the manual labor to calm his mind, Benn hummed to himself and smiled as he scrubbed the tables and pots and pans

Once finished with the chores of the day, he heads to the memorial and gazes at the names of those lost. Asking the Force to watch over their spirits, he turns and heads for his home.

**Kiast****Evening**

Whistling and singing to himself, Benn makes his own dinner. Taking the food outside he sits and watches the sun set. Then after he's finished putting his dishes away, he goes back outside and sits in the moonlight. Closing his eyes and going into a deep meditative trance, he connects with the Force.