

The Obstacle Is The Way

- Ryan Holiday.

## 1. Introduction :

The obstacle is the thing that any unexpected thing or problem happens. If we are doing any important thing, in that time any obstacle is faced it will be a very big problem to continue that important work. Most of the time that we don't find very simple while doing any important thing. But we should not take that obstacle as very difficult thing, we should find a way from those obstacles.

## 2. Part -1

### 2.1 The Discipline of Perception :

We can come across the many obstacles in our life in many situations. But our perception in this obstacle facing should be different. We should know that how to see that obstacles and how to react for those obstacles. We should learn perceive things differently.

### (iii) recognize your power:

All are having their separate power for mind. Just because our mind tells that this is unplanned or otherwise any negative point it doesn't mean you have to agree. Just because others we should not agree, we should recognize our own power.

### (iii) Steady your nerves:

We can expect any unexpected obstacles in anytime. Exactly what we are expecting that will never happen. So in order to ~~do~~ ~~than~~ face these we should prepare ourselves and we should steady our nerves in order to make best of it.

### (iv) control your emotions:

While we are facing the obstacles it will be more emotional. Only way to face the obstacles are to overcome these emotions. This skill should be developed to face the obstacles effectively, so we should control the emotions to overcome any difficulties in an effective way.

## Active Objectivity

- Ramarajan Muthurani

Perceptions are our problems. They will give the information that we don't need. We can question that perception also we can disagree that, we should think all the ways that we have to solve those specific problems. Make ourself as clarity and use plenty of time to make clear.

(vi)

### Live in the present moment :

We have to live in our present moment. It doesn't matter whether this is the worst time or the best time, we should face it in effective way. We can take any obstacle that we are facing and use those as an opportunity to focus in this present moment.

### (vii) Think differently :

While facing any obstacles we should think differently to handle it in effectively. While we gives any unfair task some rightly see it would be the chance as test themselves. They should see it as good opportunity



### (iii) Finding the opportunity :

We should find the opportunities from the obstacles we are facing. The struggle when we are facing the obstacle should make us for the new level of functioning. How much struggle we are facing, we can grow that much as possible.

#### Part - II

### (i) Simplification of action :

If we are born with nothing, poverty or full of confusion, there is nothing in that. Because what was in front of them was all they had. Instead of complaining <sup>about</sup> what we are having, we have to make them best of it. Each obstacle we can overcome make us stronger for next obstacle.

### (ii) Get moving :

When we are very frustrated on our own goals we should not sit and complain that this obstacle is more difficult. We should always be in the position of moving forward and we should take courage to move forward we should be admired by saying yes, let's go.

### Practice Persistence :

For most of what we attempt in life, any confusion is not the issue, doing new things will lead to many obstacles. But without practice we can't face the obstacles in an effective way. Only with persistence and time we can make the practice to face the obstacles. It's okay to be discouraged but it's not okay to quit. So we should continue our practice to make the facing of obstacles.

### (iv) Iterate :

In the way of successful action, there we will fail sometimes. But that's okay. It could also be a good thing even. We should come across from both success and failure. But someone will take the failure in a wrong way. If wrong comes we should ask and analyze what goes wrong and what should be improved. We should learn more lesson from our mistakes and should make our process more efficient.

### (v) Follow the process :

We have to travel along a road in steps. The process is about finishing. So the finishing process should be very important. There should be much easier way to follow the process.

We ~~have~~ should have the goals, so that we can do something more purposeful. The process is about doing the right things, right now. We should not worry about what will be the future or results, but we should only focus on our process.

(vi) Do your job, do it right:

We should do our job and that should done in right way. In every situation in our life, the life will ask us a question and our job is to simply answer well and rightly. If we see any burdens to answer, then we are in the wrong way. To do all these we should try hard, to be honest and should help others. Our goal is very important. So we should do our job rightly.

Part-III,

(i) Discipline of the will:

Certain things in our life will cut us like a knife, when that happens we should exposing moment create an glimpse, that will show our will power. Our will power should able to continue even in a unthinkable situation. It is also much easier to control our perception and emotions also easier to permit our efforts and actions.



### Anticipation :

When facing any obstacles, we should do any negative thinking that in anticipation. Always we should be as positive thinker. The world might you call as pessimist, but don't care about that world, we should concentrate on our own plans to make success.

### (iii) Love Everything that happens :

While we are doing any thing, it may be goes either positive or negative. But whatever it happens, we should love the result. We can't get choose what the result we want. But we can choose how we feel about it. Even if it is bad we should get some good from that. Whatever happens, we should love that.

### (iv) Prepare to start again :

While we are facing any obstacles we have a chance to start that work from scratch. So we need to start again in any situation. We should simply flip the obstacles that life throws at us by improving them. We always should be excited, cheerful and eagerly anticipate to next round.

## v) Final Thoughts.

We can see that bad things that happen in our lives with more gratitude and not with regret. Our actions should give us more confidence to ignore and control our perception. So that in under pressure we can get better and become better people. There were nothing special and nothing that we are not just as capable of being.

## Conclusion :

We should remind ourselves some of the important things like we have to see the things what they are, then we should do what we can, and should endure what we should must. We should remember, what are all the blockers now as a path to solve those blockers. We should not stop down by seeing all the obstacles in front of us. We should find a way from those obstacles and should clear those obstacles. Finally we can conclude that obstacle is the way.