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Quilt Progress

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whether it be finding my class, asking someone a question, completing paper work, or executing a correct technique, was an obstacle that I prided myself in overcoming.

Within a week's time I had adjusted to the practices of the dojo and began focusing on my forms. My daily ritual was discovering what needed improvement and what had already engraved itself upon my mind; each failure promised an eventual success. No critique or embarrassment kept my goals at bay; one glance of the black belt on the wall rekindled my motivation and I knew that my mistakes would eventually pay off. In his work, "In Pursuit of Unhappiness", author Darrin M. McMahon narrated such motivation as though he knew me personally: "Those are only happy... who have their minds fixed on some object other than their own happiness; ...some art of pursuit, followed not as a means, but as itself an ideal end. Aiming thus at something else, they find happiness by the way" (785).

Happiness, regardless of a negative or positive influence, is acquired through the acts of overcoming obstacles, reaching goals, and obtaining personal fulfillment from such successes. Contemporary America is shrouded with the belief that true joy and achievement are results of how much money one earns, or one's marital status; such values result in a society consumed by a stigma that allows unions to transact too early in life and the majority to dirty its hands in order to obtain large doses of currency. If humans would pause their exhausting endeavors and attempt to better themselves instead of their possessions or marital status, our world would be a much more tolerable and enjoyable place to live. However, should we continue on our self-mutilating path of following the herd, we shall soon find ourselves trapped in a vicious circle, unable to escape the wolves at our door.

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“WHEN YOU BEHAVE IN ACCORDANCE
WITH NATURE, YOU WILL TAKE PRIDE ONLY
IN SOME GOOD THAT IS YOUR OWN”.