



Ray Edwards Show, Episode 367

There Is No Obstacle In Your Way

- Speaker 1: [00:01](#) Hello, beautiful people. It's Ray Edwards with episode number three, 367 of the Ray Edward Show. This one's entitled. There is no obstacle in your way.
- Speaker 2: [00:13](#) The Ray Edward Jones. This is the podcast for prosperity with purpose
- Speaker 1: [00:23](#) in 1996 for the first and only time in my entire life. I was fired from a job. I had been recruited by citadel broadcasting to move to Salt Lake City and do the morning show by moved my little family from Knoxville, Tennessee to Salt Lake City, Utah. Very different places, but we fell in love with Utah and Salt Lake City in particular. We loved it there and then three months after I started I was fired.
- Speaker 3: [00:52](#) All I could think as I looked at my wife's tear stained face was what have I done now? You may have never been fired. You may have there been in a situation that I described, but we've all been in a situation where we unexpectedly got some bad news. I mean, very bad news. I don't mean bad news like our team lost the game or, or our candidate lost the election. No, I mean really, really bad news like somebody we love has cancer or our job disappeared or our business partner embezzled a million dollars from our company. I mean really bad news and we don't get to choose when these moments occur, but we do get to decide what these external circumstances mean and what we should do about them and that is really important because that power, the power to decide what something means and the power to decide what to do about it is all you need to be successful.
- Speaker 3: [01:56](#) No matter what happens to you. It's often the case that what appears to be a problem actually turns out to be a blessing in disguise. For example, when I moved to Salt Lake City with my family, it definitely did not seem like a blessing that I got fired, but what happened afterward

was remarkable because citadel took care of me. They paid me a severance agreement salary until I found a new job. They promised me I would not miss a paycheck and I did not. They helped me secure a new job in Memphis, Tennessee. I was there for a year. We ended up moving to spokane, Washington, and the job in Memphis was with a different company, but when I came back to spokane, Washington, I actually went back to work for citadel, the company that fired me a year previous. My family, my wife's family, everybody thought we were crazy, but that was a great time in my radio career from 1996 until 2003, I think I stayed with citadel and spokane and enjoyed the time immensely.

Speaker 3:

[03:02](#)

Learned so much, met some lifelong friends and mentors. Accomplish so many great things. Was so happy and not only that, that was one good thing that came out of being fired. Another good thing was because I only had one thing to do during that time that I was in the fired condition and that was look for a job and outside of looking for a job, I spent time with my family, me, Lynn, John. We went camping. We went hiking. We went into all the canyons in and around Salt Lake City, Utah. We went to dinosaur national park. We went to arches national park. We went to Zion. We went to Bryce. We saw all these beautiful places we probably never would have seen otherwise and we spent so much time and that was such a blissful summer that we spent together. I wouldn't trade it for the world.

Speaker 3:

[03:55](#)

Those were good times and those were part of the blessing in disguise of me getting fired, so the thing that seemed like the worst possible thing that could happen turned out to be a blessing in disguise. There's a book by Brian Holiday called the obstacle is the way it's about stoicism and Ryan holiday in this book refers back to the writings of Marcus Aurelius who wrote a passage about how obstacles that are placed in the path and our path. They seem like obstacles, but they perhaps are the doorway, the the route, the way, if you will, to the thing that we really want. I don't think this is in the book, I'm paraphrasing now, but this is how I think of it. This how I remember the principle of this book. The obstacle is not in your way. The obstacle is the way. If you can embrace this idea that the obstacle itself, whatever you perceive the obstacle in your life debate, whether it be your weight or your health or your finances or your job or your marriage or your relationship with another person or whatever is happening in your life that you perceive as an obstacle, if you could actually look at it as the way to get where you actually want to go, it's the route that you take to get there.

Speaker 3: [05:20](#) The implications are profound. It changes everything. Here are five ways that thinking of the obstacle as the way changes you. Number one, it takes you from being a catastrophe thinker, to being a possibility thinker. You probably are familiar with catastrophe thinking. It's the worst case scenario all the time. I went through a period of my life when that was the voice in my head constantly talking about what's the worst possible thing that could happen and it almost never did. A couple times it did happen. Things that were unimaginable to me happened, and guess what? I did not die. The world continued to turn and I had to think about, well, what's what's possible now after this thing has happened? Number two,

Speaker 3: [06:23](#) when you think of the obstacle as the way it changes you by removing mental blocks to creative solutions, if you think the obstacle is stopping you, you will expend all your energy talking and thinking and bemoaning the fact that the obstacles stopping you. I can't get to my goal because this thing is in my way. This person is in my way. This argument is in my way. This relationship is in my way, this job that I lost this money that I lost. Whatever the obstacle is, all you will think about is how it's in your way stopping you and you're not going anywhere because all you're doing is thinking about how it stopping you. When you look at the obstacle and you think, all right, I don't understand how, but this is my way to my goal. This is the route that I take to get to my goal. This will help me get there faster, better, deeper. It removes the mental blocks to creative solutions because now you're thinking, well, how is it going to help me get there? Number three, it encourages faith in the future, belief in a better future. It's been said that depression is really the inability to construct the picture in your mind of a hopeful future. There's just no hope. Depression is not necessarily just being sad. It's much worse than that. I'll speak as a person who's been inside that feeling quite a few times. Depression, in my view, is not feeling sad. It is feeling like everything is meaningless.

Speaker 4: [08:00](#) Empty

Speaker 3: [08:03](#) great storyteller said vanity. Vanity all is vanity. That's what depression feels like. Depression feels like you know there are things you should do, but you don't even care enough to get up off the sofa or out of bed or to shave. What's the point? That's what depression feels like, and the reason it feels like that is you cannot bring yourself to form a picture of a hopeful future. If you can just begin to think about a hopeful future where things are a little better, you'll find your depression begins to lift. The number four ways is the obstacle as the way changes you is it elevates your mood and decreases the cortisol levels in your brain and body. Cortisol is what floods

- Speaker 4: [08:56](#) our body when we're in fight or flight mode, where that instinctual, ancient part of our brain says, you need to either put up a fight or get out of here because you're going to get eaten, and the fact is most of us are never in a position to be eaten by a wild animal or beaten to death by other people, and I realized there are situations where that does happen. Thankfully they are rare.
- Speaker 3: [09:20](#) If you actually look at the statistics that are rare, I'm not saying they're bad, I'm not belittling anybody's experience. I know people who have been the victims of violence, so I know that it's. It's terrible when it happens, but even the people I know who've been victims of violence steadily happen to them once. Believing that the obstacle is the way elevates your mood and it decreases cortisol levels which takes you out of panic mode and lets you be calm and see reality as it is. When you're flooded with cortisol and you're afraid and your heart is trip hammering and your breathing is labored, all you're thinking about is what is the next terrible thing is going to happen. You're scanning every part of reality for the bad things about to happen that is not the place from which to access your best resources. The number five way that thinking of the obstacle as the way changes you is it allows you to access your best internal resources and most importantly, it helps you access your internal resourceful. Unless maybe you don't have a lot of resources, maybe don't have money, connections, power, a position of authority, but you have resourcefulness. You can think of ideas you can think of, ways to get where you need to be to accomplish what you need to accomplish.
- Speaker 3: [10:41](#) You can be resourceful and when you think of the obstacle as the way itself, that can happen for you. These changes that I'm talking about may sound as if they are fanciful, like imaginary, like Mr Rogers fairy tales. They're not. They're real. These are real changes that happen when you begin to see the obstacle as the absolute tool of your success, the absolute pathway to your goal, to your destination, to your destiny, and if you are intentional about making the most of the gift of the obstacle that you've been given, you can accelerate the benefits that accrue from it. Repeat after me. The obstacle is not in your way. The obstacle is the way the obstacle is not in your way. The obstacle is the way the obstacle is not in your way. The obstacle is your way. So do we get intentional about exploring that concept and squeezing the most out of every obstacle we encounter, getting the most benefit from it? What moves us closer to the thought patterns we want to have about these things? Could it be as simple as the questions we're asking ourselves? Isn't it true that whoever controls the

questions controls the conversation? Isn't it true that that's what's happening right now?

Speaker 3: [12:24](#)

And isn't it true that that also works with the most important conversation you'll ever have? Your internal conversation, the self-talk you have with yourself? Is it conceivable that you could take control of the internal dialogue you have with yourself and change how you're able to access the blessing in disguise that we call the obstacle? Would you like some good questions to ask? Granted, here are questions to ask when you encountered what may look like an obstacle. Remember, the obstacle is not in your way. The obstacle is the way. If I believed the obstacle was actually the path to what I seek, how would I behave? What would I be thinking if I was excited by the opposite? If I said, oh good, here it is. This is my key to success in the thing I'm after, but what are we thinking? What would I be doing? This is the first question. If I believe the obstacle was actually the way to what I see, how would I behave? What would I be thinking and what would I be doing? Second question. This one I got from Michael Hyatt, maybe it's Gail Hyatt. It's one of the heights. Let's just give Gail the credit.

Speaker 3: [13:59](#)

The question is, what does this make possible

Speaker 3: [14:07](#)

and you've probably heard before the response, nothing. It makes nothing possible, but what if it did make something possible? What might that be? Just free yourself from the limitations of saying no, no way it won't work. Ask the question, what does this make possible and begin to work through the answer to that question. Well, it could make it possible that I will have more empathy for people going forward and that because of that, I'll build better relationships with because that that'll help me build the foundations for more success and the thing I'm trying to do. It could make that possible. Just an example of how you might think through this. What does this mean? This is an important question. We usually jump to this first. I think it's not the first question we should ask because when we're in a state where we see something as an obstacle and were downcast or panicked about it, what does this mean? We're liable to answer like this. It means I'm finished. This is over. I'll never succeed. Once again, it's happened to me. I'm dead, I'm done. I might as well just quit. That's what it means. Those are not resourceful answers.

Speaker 3: [15:21](#)

We get to decide what it means. Now, I'm going to present a challenging thought to you. Most things we encounter in life, I have no meaning outside the meaning. We give them a lot of you that's throwing you off balance right now. You're like, wait a minute. What about objective truth? Well, there's objective truth and there's

what something means to you. Now, I'm not picking a political side here, but when president trump was elected to office, that meant something really bad to lots of people. I mean people actually left the country. When that happened and to another group of people, it meant something really good. They celebrated who was right. The things we encounter in life most often have no meaning outside the meaning we give them. So if you can decide what it means, you can perform alchemy. You can turn lead into gold, tragedy into treasure and triumph. What does this mean? It means I have the opportunity to overcome. I have the chance to learn. I have the excellent opportunity to build my character and to become stronger and to overcome this obstacle and thereby be strong enough to take the next step I need to take on my journey. What does this mean? It means I'm closer to my destiny. Next question.

Speaker 3: [17:02](#)

What might be the long range benefits of this? Think beyond like this week, next month, next year. Think 10 years down the road, 20 years down the road. If I think back 20 years to when I was fired from that job in Salt Lake City, Utah, the time I spent with my family, with my wife and son, that deep time we spent together has produced fruits for the past 20 years plus the long range. Benefits had been tremendous. I made some of my best friends because that incident happened. I traveled the United States because of the incident happened. I had the opportunity to have the best job I ever had when I was an employee. That was a benefit of getting fired. Can I learn

Speaker 4: [17:50](#)

from this?

Speaker 3: [17:52](#)

Well, I learned several things from getting fired. I learned to negotiate a better contract. I learned how important it is to make sure you're covered in case you are a fire. You have a severance agreement. Now, I didn't have those things when I took that job in Salt Lake City, but the company and the people who ran the company were people of integrity who valued people and who took care of me so I was cared for, but I learned to be more careful when I made big life changing agreements like taking a job. I learned that no matter how bad things get, there's always something good that comes out of it. I learned that the most important thing is our relationships with the people we love regardless of what else happens in life. Next question, how can I use this? Well? How can I use it? It makes me smarter about negotiating contracts, makes me smarter about making decisions, makes me realize that stuff that seems bad probably has really good things that come along with it. If I can just look for them, I could go on and on. I could use this in so many ways. I could use this as a story for my podcast.

- Speaker 4: [19:02](#) Huh?
- Speaker 3: [19:04](#) The obstacle is not in your way. The obstacle is the way.
- Speaker 3: [19:09](#) This doesn't have to be big things like getting fired from a job. It can be anything that happens in your daily life. Stuff happens and we get upset. We get all twisted out of shape and get angry. We start feeling picked on, harassed, like we can't get a break. Like I had a very stressful few weeks recently. Stressful is when we say stress, it's a code word. It means fear, but stress sounds a lot cooler. So we like to say I'm stressed. Instead of saying I'm afraid. People ask you how you're doing. If you say I'm afraid they don't want to hear that.
- Speaker 3: [19:42](#) Anyway, I digress. I had been experiencing quite a bit of fear about certain things. Um, I'm over that now. But on top of all that, we had a, an event happening in my office. Well, actually what happened was I reserved the conference room in my office building to bring in these people for a one day mastermind and we have a very nice conference room in this building. It's available to all the tenants. We can reserve it in advance and use it for our meetings, so that's what I did and I was really happy with the way things were working out and the morning of the event when these seven people were flying in from all over the country to come to this meeting, the morning that it was to take place, like two hours before it started, I got a notice from my landlord saying, oh, sorry, there's a huge problem. We double booked a conference room and somebody else had it before you did, so I can't let you use it today. I was really upset at that moment, but I quickly gathered my thoughts, did some breathing, meditating for a few minutes, responded to my landlord, said, hey, we'll figure it out,
- Speaker 3: [20:52](#) and we decided to have the meeting in my office. Well, office is more like a living room and it is like an office
- Speaker 3: [21:01](#) and I wasn't sure how people would respond to that, but it turns out they loved it. They loved it. It was straight comfortable. It was very cozy. It was very intimate and everyone talked about what a great experience they had and it was less stressful for me. I was very relaxed and energized with the whole day. It was fantastic and I sent a message to my landlord that evening and said, Hey, Carrie, sort of let you know I really thank you for double booking the conference room. It turns out that was a blessing in disguise. Here's what happened. I told her the story and it turned out to be a real blessing in disguise. It was not an obstacle. It was the way to have a more successful event to have a deeper, more productive time with my clients. So what do you do now? If you are buying this idea that thinking of the obstacle as the way to your

goal is a good use of your thinking power. What do you do? How do you develop the skill of using the obstacle as the path to your goal? You just need to consciously rewire your automatic thought pattern. That's all. How do you do that? You ask the questions, the obstacle questions I started asking you earlier,

- Speaker 3: [22:26](#) if I believe the obstacle is actually the past to what I seek, how would I behave? What would I be thinking? What would I be doing? What does this make possible? What does this mean? What might be the long range benefits of this? What can I learn from this? How can I use this? Asked those questions and dig deep and write down your answers. Don't just think about them in your head because if you just think about them, you're not finished thinking, you haven't actually done the work of thinking. Writing is the doing part of thinking, so write down your answers and come up with at least 10 answers for each question. If you really want to benefit from this 10 answers to each of these questions and do this with every obstacle that comes your way, the little tiny ones and the great big ones, asking those questions repeatedly will help rewire your thought patterns and eventually you'll get to a place where you automatically respond. That way, when something crops up, tree fell on our house and crushed everything we own. What's great about this? How can I use this? If this is a path to what I seek in life, want to be thinking right now, it can happen. That can be your automatic response. Repeat after me. The obstacle is not in your way. The obstacle is your way. Thank you, Ryan holiday. If you haven't read his book, I highly recommend you buy it and read it more than once. It's powerful. It's life changing and it's true.
- Speaker 4: [23:57](#) What would that be
- Speaker 3: [23:58](#) be like if you could adopt the way of thinking that led you to believe in every case where there's an obstacle in your path. If you believe that is the way to my goal, how can I use that to get there? What would your life be like if that happened?
- Speaker 1: [24:13](#) Wouldn't it be interesting to find out? My hope for you? My prayer for you is that you live abundantly, that you are in good health, you live a long life and you prosper like crazy and you enjoy the process. I'll see you next week. Until then, peace to you. Peace.
- Speaker 2: [24:34](#) Thank you for listening to the Ray Edwards Sham. Find the complete archives of all episodes@Edwardspodcast.com. Or subscribe for a free through apple podcasts. Never miss an episode. Prep and copyright. Ray Edwards international incorporated. All rights reserved. Each week we bring you a message of

prosperity with purpose and freedom. Freedom to all through Jesus Christ.