

Peaceful warrior essays examples

[Health & Medicine](#), [Body](#)



Peace Warrior is a film that captures attention with the style and the adventures that characterize it. Dan Millman in the film is portrayed as a very talented man, although he has a character of arrogance that amazes. At the learning institution, Dan seems to be doing just fine with the perfect athletic body that comes out of his training at the gym. He seems to have the strength and the will to take on anything that comes his way. At the college, the man has all that he needs for survival. He has the money and to add onto that, he is a handsome man with the looks, thus he is the center of attraction in the movie. From all indications Dan seems to be doing well in school and that is the picture painted by his grades. Apart from the looks, a magnificent physique and the strength, Dan is an intelligent man who has the brains and his ability in the learning process is no doubt an incredible one. His prowess in sports is also exemplary and this is evident in the way he puts effort in the gymnastics. In all these, Dan has a lot of turns and twists in his life.

He is disturbed every night by the kind of dreams he has at nightfall. He has nightmares and wild visions that are difficult to explain and neither can he rubbish them. On one occasion in the movie, he is woken up by a nightmare that makes him jump up from the sleep. The nightmare terrifies him and this changes his life significantly. He decides to take refuge in the neighbor's place and there something happens that brings a twist in the story. While he is on the run to the neighbor's place, he comes across a service station that is well lit. Just at the station at behind the counter sits an old man and his movement at the place has little regard for space or time. Dan then decides to have a bite on the snacks and he is amazed by the presence of another

old man on top of the roof. The events become very confusing and terrifying for the man. Though Dan is an all round man with nothing much to lose or to worry about, the events of the old people become a real nightmare literally. Dan without any fear for the old man decides to talk to the old man. His main concern at the moment is how he can make it to the Olympics and become somebody with a respectable demeanor. He asks the old man whom he chooses to call Socrates to help him to reveal to him his abilities and prowess so that he can meet his objective of attaining a gold at the Olympics. The old man decides to put him through a process that changes him to a greater extent. His lifestyle, diet and training changes as a result of what he is told by the old man. It does not take long before he loses everything that he cherishes including friends and the many ladies and he almost gives up on the gymnastics squad. Dan begins to rediscover himself on what he knows about academics and the things Socrates tell him that changes his life. He begins to rethink his options. He begins to think about being conscious over intellect and finding reason in spirit rather than body. For him to succeed, Dan must not be guided by expectations, but live with the present realities.