

Newsletter "The Source"

GETTING IN SHAPE

Choose one life or body aspect you will get in shape this month and make a public declaration for the change.

GET IN SHAPE DEFINITION:

To develop proper form. To adjust or adapt or modify. To give direction or character to; to shape one's course of action. (Funk & Wagnalls)

ASPECTS:

Physical: Firmer stomach muscles - More muscle mass - tone body - More flexibility - Better Endurance - Lose Weight - More Strength - Better Ukemi - More.....

Your physical body is your vehicle that carries you through this life. In it you move, live and have your being. To be able to master the martial arts takes energy, physical dexterity, flexibility, and muscle co-ordination especially in the hands, arms, legs and feet, as well as a degree of physical strength. I have a question for you: If you owned a Porsche or Ferrari and your business depended on its road racing capabilities would you keep it well tuned, lubricated, road tested, and only put the highest octane most efficient fuel in it? Or would you put KoolAid and coffee in the fuel tank while stuffing a few Hostess Twinkies down the gas pipe? When it was low on oil would you put in whatever junk you had on the shelf? Would you park it in the rain and 110} sun and let the tires go half flat and then on race day expect it to perform perfectly? NOT! Your body is more important than any car you will ever touch or see. It is much more magnificent and yet it is usually taken for granted. The body you take care of today is what you live in tomorrow.

Mental: *It's your mind -take charge! Take responsibility and learn how to run your own brain for a change.* Get your commitments in shape by setting a plan, making a timetable for its accomplishment, taking action, and checking your progress. Announce your plan to others who will support you in reminding you of keeping your agreements.

Spiritual: Fill your heart with joy. See God in everything. Gratitude.

Relationships: Forgive everyone for anything they have ever done or will

ever do. This frees you as well as them. This is not suggesting that you continue to be involved with them - just be finished with the drama personally. Take whatever action can still be pursued to heal or bring closure to the situation so you no longer have to carry it..

Life: Organization: better flow, less effort, more purpose.

Richard Van Donk, Shihan