

Newsletter "The Source"

Personal best

by Shihan Richard J. Van Donk

What will it take for you to do whatever it takes to live your life to the fullest? What dreams have you left unfulfilled? There is nothing that you cannot learn to do. It may or may not take as much effort as you might think. Young Wilma was told at the age of ten that she might never walk again, especially without crutches. She was told that even trying to walk would cripple her polio damaged legs even more. Wilma wanted to do the things other children her age got to do. Her determination drove her to painstakingly do her best, not using her crutches around the house when her parents weren't home. Much to everyone's amazement, one day she left her crutches and walked - not well, but she walked. Her doctors warned her even more strongly against this foolishness, thinking it would destroy her legs. While in high school her sister played on the school basketball team. Wilma wanted to be on it too, and with much convincing the coach let her sit on the bench just because she was so determined. Wilma exercised everyday, and not only did she get to play basketball, she joined the field and track team before her senior year. Wilma Rudolph went on to set world records and is still considered one of the fastest women to have ever run on the track. So what can you learn to do? Most of us only have a handicap in our attitude and determination. Lucky for us these things can be overcome more easily than what Wilma had to personally face.

How much are you dedicated to learning Budo Taijutsu? Sometimes there will be sacrifices that you will have to make: for some it will be time, for others it may be hard earned money, for a lot of us it may be both. You CAN reach your dreams as long as you keep them in sight, and never, never give up on them.

Life's journey is a personal one. Only you can do it for you. No one else will do your dying for you and you really don't want someone else to live for you either do you?. I have said many times that this life is a gift (that's why we call it the present). Have you unwrapped the package? Looked in the box? Tried it on? Do it with all of yourself. Do not settle for anything less than your personal best.

"Always have the courage to live what you love and to love what you live."

Keep these things in Mind. Richard