

Newsletter "The Source"

Personal reflections

by Shihan Richard J. Van Donk

Who is the person who looks back at you in the mirror? Is this person your friend and ally? Has this person done all they could have to become the person they can become in all the aspects of their life mentally, physically, emotionally, financially, socially? What stops this person?

It's a good idea every so often to spend a half hour or so looking into the mirror (of life) asking yourself point blank questions about the quality of your life. You can lie to others and sometimes con yourself but it is very difficult to lie to yourself while looking face to face in the mirror. The truth meter will sound off loud and clear. Complete clarity is what the mirror provides. The mirror does not care what it reflects. It's job is to reflect. Ugly faces or Happy ones, it doesn't matter. You decide what you want life to reflect also. How much do you compromise by not perfecting your life?

Nature did not compromise in providing the materials to create you or the other things in this world. Nature offers all the ingredients (tools) for a great life. Are you taking advantage to the fullest? In case you don't know it you own the whole planet (as much as the next person). You are a co-creator on this Earth and share in the responsibilities as well as the rewards. Are you doing your share? Have you gotten to a point in your life where it matters to you? Take charge and fire up that inner courage. Courage and Inspiration will take you to new, otherwise unreachable heights. So strive for that personal perfection. I here to tell you that practice does not make perfect. Only perfect practice makes perfect. You must train for every kind of situation to be the best you can be. It's no good to be a Blackbelt in the dojo and a white belt in life. Quest for a life filled with joy and happiness in everything you do. My teacher (Hatsumi) once told me a story about how a young Ninja was trained to jump several feet high from a standing position. When the wheat 1st began to grow he would jump over it everyday several times as it grew. This way he only had to jump 1" higher every day so that in 6 months he was conditioned to jump over a couple of feet high. If you learn just 1 new technique well every day, in a year you will know over 365 new techniques; in 5 years you will know almost 2,000 techniques. True learning is about adding knowledge to what you already know until it becomes an automatic part of you. After looking in the mirror make a new personal perfection commitment. Remember that the goals you set for yourself must be reachable and yet be a stretch at the same time. Set a time commitment with each goal. By breaking down the long range goal in to smaller, short range steps (goals) and then do them in a sequential order. Keep looking at your reflections while striving for that perfection.

"Always have the courage to live what you love and to love what you live." Keep these things in Mind and Heart. Richard Van Donk, Shihan 3/97