

# Newsletter "The Source"

## A Few Words Of Wisdom

By Richard Van Donk, Shihan

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Be in the midst of eternal joy in every moment.

Love every aspect of your life.

Take in every breath as gratitude.

Ask yourself daily.

What is my heart teaching me this day?

Am I pursuing living a fulfilled life?

Keep these things in Mind and Heart.

Be Fulfilled

**SUFFERING IS OPTIONAL**

**The purpose of life is to enjoy it!**

**The greatest gift has already been given you are alive.**