

# Newsletter "The Source"

## Don't Fear Death?

by Shihan Richard J. Van Donk

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**Student Cory Michael Wimberly wrote:**

Grandmaster Hatsumi once said something to the effect of "don't fear death."

I have a question about that quote. Does he mean one shouldn't fear death, like one shouldn't fear an incoming punch because you will freeze when faced with it when your only reaction is fear?

So, one can still very much not want to die while still not fearing death? (yes or no or have I missed the point?)

**Shihan Van Donk answer:**

Three things are certain. You were born, you now live and you will die. This is a natural cycle and happens whether you are prepared for it or not. The most preparation seems to be in what is current with your position in this cycle. You cannot borrow from time as you cannot pay it back. There is a difference between responding and reacting. Responding is when you are at choice. My own understanding of Soke Hatsumi's statement is many fold. I will address one of them here. Be free in life and death. Life must be lived from freedom and not out of survival. If your life is lived well you will approach death the same as life. Every moment counts, thinking unsupportive thoughts will only take your focus away from living fully as you desire.

Fear is only enhanced anticipation because of a lack of knowledge. As your taijutsu grows in ability you no longer fear the punch. Simple distancing gives you more time and freedom. When you live life making each moment count as a joyous one full of gratitude for the gift of that precious breath you will face the inevitable with pure divinity and ready to transform into any form it takes. You can only prepare for this by keeping your heart debt free and open to the divine both inside you and outside you.

HAPPY TRAINING,

Shihan Richard Van Donk-judan  
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And here is Yoda, the mentor of mentors. His advice to all who are trying is: "Try? Try? Try not. Do. Or do not. There is no try."