

Carpe Diem cum Spiritu

Seize the Day with Spirit



Newsletter Issues for the Year 2000

By

Michael A. Hinz, Ph.D.

Personal Life Coach

www.hinzdocs.com

Dear Friends,

The [Carpe Diem cum Spiritu](#) (Seize the Day with Spirit) is my weekly email inspirational motivational newsletter. This volume includes the archived issues published in the year 2000.



I believe that you are called to live a [Life Full of Spirit](#) ~ fully alive, energized, inspired, and living courageously with integrity and character.

Great achievements (no matter in which area of your life they occur) are possible when balance and fullness of spirit are maintained. You have unique talents, abilities and creative potentials, which you try to utilize in some purposeful way to make a difference and get a feeling of satisfaction from life. The power of purpose is the energy that carries you forth in life and gives you direction. Maintaining a balanced life allows you to accomplish great things without depleting your self in the process. A highly motivated, inspired attitude can accomplish almost anything. Imagine your life full of that kind of spirit.

As a Personal Life Coach, I coach people to help them make the changes in their lives that they desire so that they may live with more of that kind of spirit. I help individuals to live their lives with a deeper commitment and conviction that is true to their values, talents and God-given abilities. I truly do want them to live their Life ~ [Full of Spirit](#).

I hope that you enjoy these short reflections and put them to use in your life. Also, please feel free to forward this e-book on to others you think might enjoy it.

Thank you.

[God Bless you.](#)

Mike

**If you would like to receive my weekly newsletter by email,
or to find out more about Life Coaching,
please visit my web site at:**

<http://www.hinzdocs.com>

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Get To Know Mike



I am a life coach and counseling psychologist with over 14 years of professional counseling experience, including five years in the US Air Force, two years as the clinical director of an agency that provided counseling services to children and families, and over six years of graduate level training. But all my life I have been engaged in coach-like activities with the people I have had contact.

I am married and have two children. I enjoy reading, watching movies, camping and the outdoors. I am a handyman and like the challenge of building and fixing things. I have been a draftsman, both of house plans and of factory machinery. I have been a fast food store manager, school maintenance man, school bus driver and self-employed. I am interested in computers, electronic technology and all aspects related to building construction, including solar energy and earth contact housing. I have been active in the Boy Scouts for over 13 years. I am an Eagle Scout and I am currently a Cub Scout leader.



I am active in my Catholic parish and am on the school board of the Catholic school that my children attend. I spent two of the most rewarding and challenging years of my life at Conception Seminary College (1984-86). I was a volunteer child-care worker at Covenant House in NYC (a crisis center for homeless and runaway children).

As you can see, I have been called to travel in many different directions so far in my life. My interests are all over the place. That has made it very challenging for me to figure out what my true purpose and direction should be in life. But, it is interesting and challenging to see how my life continues to unfold. Through it all, one of my greatest enjoyments has always been working with "ideas" and helping others "create" with their ideas. Creativity is a wonderful thing and it is truly wonderful to share in it with others.

My Life experience helps me be a great Life Coach

My broad base of life experiences helps me to connect with other's ideas, challenges, struggles and gives me a deeper understanding of their personal experience. My idealistic thinking coupled with my grounded, realistic, hands-on practicality help me to see both the big picture as well as the details. It gives me a unique ability to think abstractly in creating hopes, visions and dreams, and then turn them into concrete, detailed, very practical, organized and planned strategies to get the job done.

I have been blessed with many talents, abilities and skills, which has made me keenly aware of that struggle in our lives of discovering our 'true' purpose. I take great pleasure in sharing in that discovery process with others. I also have a sometimes, very dry, sense of humor. I have often found that some of the most important things in life are very subtle.

My Personal Life Mission

I enjoy inspiring a person to step into their greatness. I believe we all have greatness hiding within, just waiting to bust out and do wonderful things. It is a great pleasure to help someone to do that and see the wonderful changes that unfold in their life.



My mission is to serve others. Sometimes I forget that and get wrapped up in the nitty gritty of life. But somehow I get back on track and the energy flows back and Life springs forth again from within. That is a wonderful feeling. I want you to live that feeling, too. All my life I have felt I was called to do something great. I think that I am able to connect to that greatness when I am able to help someone else connect to their greatness within.

Carpe Diem cum Spiritu: Archived Issues for the Year 2000

The Carpe Diem cum Spiritu was first penned to paper in June of 2000.

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My newsletter is sent each week to a list of subscribers who have requested it. My purpose is to provide a brief inspirational thought that is useful to people who are interested in change, growth and living a great life Full of Spirit. Carpe Diem!

Empty Words

June 7, 2000

My Children! Our love should not be just words and talk; it must be true love, which shows itself in action. 1 John 3: 18

Jesus is calling each of us to be True. He calls us to be true in our love for others and for ourselves. We can't live by just empty words. Our words need to match our actions and deeds. It can be difficult to live our life and still be true to the right values and standards.

But we are most truly alive when we do live by good values. Sometimes that means we are called to make difficult decisions and take difficult actions.

Take a moment to examine your own life to determine if you are truly living your life to the values you know Jesus is calling you to live by. Are you satisfied that you are doing your best to live a good life? Are you satisfied with the way you choose to live your life? Are you feeling stuck or blocked from living your life according to the values and standards you have set for yourself? Your life is an open book--How do you like how it reads?

If you discover an opportunity to live your values more fully--Jesus calls you to do so.

Perhaps it is time for you to make some difficult choices and changes so that you can continue to grow in the true love you are called to live.

God Blesses you!

Whispering Spirit

June 14, 2000

All who are led by the Spirit of God are sons of God. You did not receive a spirit of slavery leading you back into fear, but a spirit of adoption through which we cry out, “Abba!” (that is, “Father”).

Romans 8, 14-15

We each have a **life of spirit**. Some are a slave to their life and some adopt a life full of passion and spirit. We can be joyful and fully alive, like a cool, refreshing, bubbling mountain spring... or we can be drained of energy, parched and lifeless like a dry, hot desert. Life is full of ups and downs... sometimes fast and sometimes slow... sometimes we are up to it and sometimes we are not.

What is your life spirit like? Do you embrace each morning with joy and passion? Do you see the beauty of the earth and smell the fresh fragrances of life as you busily rush from place to place? Does the spirit of others refresh and recharge you? What kind of spirit do others see in you?

Your life spirit is telling you something. Perhaps it is whispering: Slow down... Relax... Talk to a friend... Stop and smell the roses... Wake up, life is passing you by... Stop existing and start Living...

Make a moment for yourself sometime today-make some quiet time for yourself to listen to your own spirit whispering to you; read something you enjoy; take a bubble bath; take a walk and embrace the beauty of nature along the way; smile and say hello; give someone a hug...

DO SOMETHING TODAY to recharge your spirit and begin living your life everyday **Full of Spirit**. Your spirit is alive in you-make sure it remains alive and healthy. Believe in yourself-Someone else does and HE is counting on you to **Live your Life FULL of Spirit**.

God Blesses you!

Giant Baby Steps

June 21, 2000

He sent two of his disciples with these instructions: “Go into the city and you will come upon a man carrying a water jar. Follow him. Whatever house he enters, say to the owner, ‘The Teacher asks, Where is my guestroom where I may eat the Passover with my disciples?’ Then he will show you an upstairs room, spacious, furnished, and all in order...” Mark 14: 13-15

In our busy lives, we find our house quickly becomes messy, unorganized and cluttered. We find ourselves running about trying to keep up with our hectic schedules and not forget or leave out anything or anyone. Sometimes it is amazing how much we can accomplish, and sometimes it is amazing just how much we are trying to do. We frequently end up spinning our wheels.

Take a moment to think about your own house and life. If you were to be followed about today-- what would be said about you, about your life, about your schedule, and about your accomplishments? When you returned home, what would you find there--neatness, comfort, relaxation or something else? And what about the people you met today, what would they say about their interaction with you?

Your life can be **Full of Spirit** and all in order. Begin now. Take one small cluttered area of your life or house and clean it up. That might mean calling that friend or relative that you put off so long and reestablish contact with them. It might mean saying no to that new request so that you can do a great job on all the other things you are already doing. You can't do everything. It might mean taking one corner of one room in your house and putting things away so you have one small refuge that is truly-all in order. It is amazing the difference it can make.

The longest journey is accomplished by taking one step at a time. **Fill your Life with Spirit** by taking one small step now to put your life in order.

God Blesses you!

What Gap?

June 28, 2000

I am not trying to relieve others by putting a burden on you; but since you have plenty at this time, it is only fair that you should help those who are in need. Then, when you are in need and they have plenty, they will help you. In this way both are treated equally. As the scripture says, “The man who gathered much did not have too much, and the man who gathered little did not have too little.” 2 Cor 8: 13-15

If you took to heart last weeks message and started to clean up the clutter in your life, then you probably noticed some of the “plenty” in your life. We frequently gather much and hold on to it. We frequently neglect to gather the right things that will fill our life with spirit. The right things will energize and renew us, while the wrong things only drain our spirit and leave us desiring that something that is missing.

Take a moment to think about what is truly missing in your life. Could it be ... social contacts such as with friends or family... or maintaining your own spiritual life so that it renews you daily ... or scheduling your time to make sure your family comes first ... or saying no to some offers to serve so that you respect yourself and in order to maintain your energy and quality of service (quality is better than quantity).

Life for many is a constant chase-trying to fill some gap, some lacking, some sense of longing for fulfillment and satisfaction in life. The chase frequently provides few results, other than leaving us drained and feeling empty.

So what is the GAP in your life and how can you begin to **FILL YOUR LIFE WITH SPIRIT**?

It is time to begin. Take one tiny step towards filling the gap in your life. Call a friend, pray, make time for yourself and your family, sing a song, take a walk ~ Begin to gather what you need to truly fill the gap in your life. Whether you gather much or little-make it count.

God Blesses you!

To Thyself Be True

July 5, 2000

They said: “Where did he get all this? What kind of wisdom is he endowed with? How is it such miraculous deeds are accomplished by his hands?” ... Jesus’ response to all this was: “No prophet is without honor except in his native place, among his own kindred, and in his own house.”

Mark 6: 2, 4

How many times have you doubted yourself, or come up with a great idea only to talk yourself out of it?

We are each endowed with great talents, abilities and wisdom. We are each different, but foolishly we often measure ourselves against someone else or try to be like everyone else. When we do this, we ignore our own wisdom and end up doubting ourselves.

It is amazing how “expert” we become at ignoring our own worth, value, talents and wisdom. As in the scripture passage above, our value is frequently not recognized by those we are closest to, like our family, friends, and our self.

This inner wisdom is called many things ~ intuition, daydreaming, inspiration, and so forth. In our reality-based world, it is frequently devalued and looked upon as a bad thing. But when we ignore our wisdom, we put much of our creativity in the closet where it cannot be used, and we drain our spirit and take some of the joy out of life.

It is time to get back to recognizing your own wisdom. Some people do this with daily prayer, meditation or some other technique. It is very important if you want to live a life full of spirit to take time for yourself everyday and listen to what your wisdom is telling you.

So take a moment today to take your wisdom out of the closet and listen closely to what it is telling you. You might be surprised at the message it has for you. You will likely be surprised at all the power and creativity you have had locked up in the closet.

Let your wisdom out and begin to **Fill your Life with Spirit.**

God Blesses you!

Leap of Faith

July 12, 2000

He instructed them to take nothing on the journey but a walking stick—no food, no traveling bag, not a coin in the purses in their belts. Mark 6: 8

What a way to start a journey! But we each start the journey of Life with a similar lack of provisions. We learn and gather things along the way. By the time we end life, most of us have acquired quite the baggage. Oh how much simpler it was to start the journey ~ with someone taking care of us and with no baggage to drag along with us.

Take a moment to think about what kind of excess baggage you are dragging with you today. It might be all those keepsakes that remind you where you have already been. That's great... unless they hold you back from continuing the journey because you spend so much time protecting what you already have.

It might be you don't go anywhere or do anything because of all the things you would have to take with you and that makes it too much trouble. It might be that your life is already too busy and complicated and you just don't have time to bother with anything else.

If your Life is so busy and complicated that it is running you rather than you living it ~ then it's time to get back to the basics and simplify your life. What is most important to you in life? Does your life reflect that value? Stop and think for a moment about what you will have to do in your life to make some space for what you value. What would be a small first step to achieve it? Well shake some dust from your sandals ~ and take that first step.

The journey continues ~ make sure you are not just going along for the ride, and that you are going where you really want to go.

It took a leap of faith for the disciples to start out on their journey. You will also need a leap of faith if you are truly to Live your **Life FULL of Spirit**. They did it... SO can You.

God Blesses you!

Personal Deposit

July 19, 2000

He said to them, “Come by yourselves to an out-of-the-way place and rest a little.” People were coming and going in great numbers, making it impossible for them to so much as eat. Mark 6: 31

I have certainly had days where I wasn't sure whether I was coming or going. For some of us in our jet set lives, that might be every day.

Okay, we are not the Eveready Bunny ~ we cannot just keep on going and going and ... We have to stop before we wear out and are stopped dead in our tracks.

To Live Your **LIFE FULL of SPIRIT** ~ You HAVE to take time for YOURSELF EVERY DAY!

I have found it very helpful to start my day each morning with some quiet time alone. I like to spend it praying and singing. It helps me get myself prepared for the coming day. It helps me get more focused and in the right frame of mind.

Also, in the evening, maybe after work, after dinner, before bed, whenever ~ I like to have some quiet time to reflect on the day, think ahead for what is happening in the future, set some goals, and listen to that quiet inner voice, that reservoir from which springs my Full Spirit.

Stop ~ Make some time for YOURSELF. Spend that time however you like ~ praying, singing, meditating, relaxing, listening to music... BUT make it quiet time for yourself to recharge from the busyness of the day and from the demands that have drained your Life Spirit. Your Life Spirit is similar to a savings account. What happens when you keep making debits but do not make any deposits?

That's right. So FILL your **LIFE with SPIRIT** ~ deposit some special time for yourself in your day today ~ every day.

God Blesses you!

I-M-POSSIBLE

July 26, 2000

“There is a lad here who has five barley loaves and a couple of dried fish, but what good is that for so many?” ... they gathered twelve baskets full of pieces left over by those who had been fed with the five barley loaves. John 6: 9, 13

We so frequently overestimate situations and underestimate the resources available to meet them. The miracle above would never have been possible if Jesus had been so shortsighted.

Frequently we fall short in accomplishing the impossible ~ that which in our minds we think is impossible. Do you really try very hard to do something that you know is impossible? Of course not, you would be foolish to waste your time that way. So it comes as no surprise when you are proven correct and the job cannot be done.

Stop ~ take a look at the word “impossible”. Break it down and what does it look like? “I - M - Possible” The impossible is frequently a matter of perspective. What do you see: ‘impossible’ or ‘I am possible’?

The next time you are about to give up on accomplishing something ~ stop and consider whether or not the task is really something you would like to accomplish. If it is, then take a fresh look at it and consider the different ways you could accomplish the task. Remember it is possible until you think it otherwise.

Take a look at your own life. Find just one task that has been getting you down. If it is worth doing ~ do some fresh brainstorming to find some new ways to make it possible, give yourself a vote of confidence, and get started. If it is not worth doing ~ let it go and move on to something else.

Remember the parable. What seemed too little was actually more than enough. The resources that you think are too little are more than likely ~ more than enough and with plenty left over.

God Blesses you!

Roadblocks to Vision

August 2, 2000

“So that we can put faith in you, “ they asked him, “what sign are you going to perform for us to see? What is the ‘work’ you do?...” John 6: 30

How many times have you taken a ‘wait and see’ attitude? Join the club.

Many of us have 20/20 vision when we look back over the past. We can see clearly where we went wrong, where we should have made a different decision and what it should have been. I said “many” because not everyone can see clearly ~ even when it has already happened.

Many of us are visionless. We cannot see our path, our destiny, what our life is meant to be. We ask for signs along the way, and then misread them.

Look at your own life. What ‘signs’ do others see you performing? What ‘work’ do they see you doing? What do you want to be remembered for?

It is time to create a ‘vision’ for your life: set some goals, design the life you want to live and the life you want others to see and remember. Don’t worry about how or if it will come true. Your task right now is to create the ‘vision’, start the journey, see the signs along the way and to act in ways to fulfill your vision.

Everyday we take many short trips. To do so, we have to know where we are right now and where we want to go. Then we decide the path we need to take to get from here to there. The journey of Life is no different. We need to know where we are now, where we want to go, and then create a plan to get there.

Life is full of side trips, detours, roadblocks, and yes, these are all opportunities to weave new signs and adventures into our vision for life.

Life is a wonderful journey ~ **Fill Your Life with Spirit.**

God Blesses you!

Sharing Passion

August 9, 2000

Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving...Ephesians 4: 31-32

These words are hard to live up to. Yet, these are some of the very attributes that make us human. All emotions are good, but we misuse them. Therefore, we cannot do away with them, but rather, we must shape and use them to help us become better and more uniquely human.

To Live your Life **FULL of Spirit**, you have to live passionately. Now passion often gets a bad rap, but passion for life refers to your zeal and zest, your energetic and unflagging pursuit or devotion for life.

What are your passions in life? It could be being the best parent or teacher or whatever that you can be. It might be exercising, eating healthily, and keeping in shape. It might be collecting something or a hobby like skiing, quilting, dancing, painting, woodworking, etc. It might be helping other people.

Whatever your passions are-they are those little things that keep you going day in and day out. They are your 'Eveready Bunny' that keeps you going and going ~ **Full of Spirit and Life.**

Take a moment to identify and get reacquainted with your "passions". Those things that help make you the creative and unique individual God wants you to be. Have you been allowing them to flourish?

When you are fully alive, living a healthy, fulfilled and satisfying life yourself ~ you will find yourself wanting to share that with others. It will be easy to do. Sharing becomes a passion itself.

Remember: You have to be selfish in order to be selfless. If you don't take care of yourself first, you will be useless to everyone else. You will be struggling to survive rather than being **Passionate about Life** and Living your Life **FULL of Spirit.**

God Blesses you!

Important Crossroads

August 16, 2000

Keep careful watch over your conduct. Do not act like fools, but like thoughtful men. Make the most of the present opportunity, for these are evil days. Ephesians 5: 15-16

God has provided the path for us to walk, filled with many side paths and crossroads. He provides each of us with many opportunities, one of the most important ~ is the opportunity for us to make our own choices.

I believe He wants each of us to live our **Life ~ FULL of SPIRIT** ~ to live a courageous, well balanced, fulfilling life with integrity and character. That is the Path, the challenge, the opportunity that He gives us.

First, you have to have a general idea of where you want your path to go, what you are striving for or seeking. This is usually fairly vague most of the time and changes multiple times over our lifetime.

Second, and more important, is the process of how we get there. Life is a long journey and God is the only one who knows how it will end and can see each and every step of the way. You and I are responsible for the “baby steps” we take along the way. We must look towards the future to get us started, but not dwell on it or it will stop us. It will be too big a step and seem impossible to us. Instead, we must focus on the step I take this moment. It is small and possible to take.

A baby learns to walk by taking baby steps and by falling a lot and getting back up. Life is the same. We stumble, fall, and take it one step at a time. No matter how long the journey, we can take it only one step at a time.

It is easy to get distracted and worry about which step to take. Take the step that matches your values, your vision or passion in life, your integrity. Believe in yourself and take the step. If you stumble or fall, remember that you are only one step away from getting back on the right path. Take that next step.

Follow your intuition-it is usually right. God gives us another opportunity. He speaks to us, but He does not make us listen. That is our choice to make. He speaks to us in our wisdom, our intuition, from that quiet voice deep inside us that we are not sure whether or not we should listen. Learn to Listen to it. It is a God-given opportunity.

God Blesses you!

Selflessly Self-ish

August 23, 2000

“This sort of talk is hard to endure! How can anyone take it seriously?” ... The words I spoke to you are spirit and life. Yet among you there are some who do not believe.” John 6: 60, 63

Our world is full of unbelief. We each have our moments where these words ring true for us. No matter what you believe spiritually, there are times when you find it difficult to swallow something. Yet it is those same beliefs that do fill us with spirit and life. God wants each of us to live our life **Full of Spirit**.

How often have you found yourself voicing those same words, “I can’t believe that”? or “they can’t be serious”? Probably at least once a day.

The last few weeks we have been examining the quality of our life and trying to improve it. To some this may sound selfish, but it is not. The one life you can make the most difference in is your own. The only person you can change is yourself. But, once you have made that difference in your own life, it will touch the lives of so many other people with whom you have contact. It’s the ripple effect. One small pebble dropped in the lake sends ripples out across the lake touching everything.

In our society we value being “selfless”. Selfish is considered to be bad. But, taking care of yourself first is not being selfish. Rather, you are taking care of the gift of life that you received, so that you in turn can be ‘selfless’. It is by filling your own life with spirit first, that you can then touch the lives of others through the ripple effect.

So, what words are you telling yourself that you can’t believe or take serious? What areas in your life are you being too hard on yourself? Take one of these and begin to work on it. You have much to offer if you only believe in yourself and give yourself the break that you deserve. It is time to take yourself more seriously and become a firm believer in yourself. Someone far more important than you or I already believes in you, has big plans for you, and wants you to live your life **Full of Spirit**.

God Blesses you!

ID Your Passions

August 30, 2000

Every worthwhile gift, every genuine benefit comes from above, descending from the Father of the heavenly luminaries, who cannot change and who is never shadowed over. James 1: 17

Last week we touched on “self doubts” and the need to believe in ourselves. We each have been endowed with special talents and abilities that make us unique individuals. We did not have to do anything to earn them. We received them freely. However, we are responsible for maintaining them and making something of them.

Have you thought about what makes you unique and special? Or about what your purpose is in life? To **Live your Life ~ Full of Spirit** ~ you need to think about it.

Your purpose and passions in life are linked together. Those things you get excited about are associated with your purpose. I am passionate about helping people live a satisfied and fulfilled life. Living their life according to their values with courage and integrity. My purpose in life is to live that passion to the best of my ability. I have several other passions, but you get the idea.

What is something you feel passionate about and how do you live that out in your daily routine? If you are not living it ~ then your life is probably not filled with the kind of zest and spirit that rejuvenates and keeps you going.

What kind of talents and abilities make you unique and also serve your passions? One of mine is listening deeply. Another is the ability to take information, organize it and synthesize it in a fashion that others find to be understandable. These abilities serve me well in living my passion.

What happens when I don't follow my passion, or don't rely on my uniqueness? I feel down, de-energized, lost or adrift. I feel out of touch with a purpose or focus for what I need to do “today”. It is not a good feeling, but it is a feeling that most of us are quite familiar with.

It is time for a change. It is time to get serious about yourself and your life. It is time to LIVE more fully and to **Live your Life FULL of SPIRIT.**

God Blesses you!

Listen Deeply

September 6, 2000

He said to him, “Ephphatha!” (that is, “Be opened!”) At once the man’s ears were opened; he was freed from the impediment, and began to speak plainly. Mark 7: 34-35

How much of your time do you spend trying to get some message across to someone else or just trying to be heard? I am sure we would be amazed at what we would hear if our ears were opened so that we could really hear. So often the message falls on deaf ears. We hear but we don’t. By the time we finish filtering and screening out the content, making meaning of it, and changing it to fit our views and values-the real message is lost.

Our world is filled with so much noise-we have all become experts at tuning out the noise. As a result, most of us are not very good at all at just listening. What profound message are you missing when it comes to **living your Life ~ Full of Spirit**? How many messages are being lost everyday in your life-messages that would change your life forever?

A message is screaming out to you, but you are tuning it out. To fill your life with balance, satisfaction, a sense of fulfillment, joy, pleasure, wonderment ~ **Spirit** ~ something is missing and you are not listening.

However, with some practice, you can train yourself to become a better listener to the Spirit whispering to you in your life. Find a comfortable place where you can sit without being distracted for just a few minutes-five minutes is enough to get started. Close your eyes and listen to your thoughts. Don’t think about them, don’t try to make sense of them-just listen. When finished, if something stood out for you, then write it down. Do this everyday for just five minutes, and you will soon find yourself listening and hearing messages that used to go in one ear and out the other. I think you will also find a new awakening of ~ **Spirit** ~ in your life.

God Blesses you!

Underlying Faith

September 13, 2000

My brothers, what good is it to profess faith without practicing it? ... Show me your faith without works, and I will show you the faith that underlies my works! James 2: 14,18

Outcomes, success, progress... all are judged by actions. We like to see something tangible for all our efforts and work. Then we judge that outcome as something good or something bad. We evaluate our own successfulness on the basis of our judgments.

So what is the **'faith'** that underlies your works? Everything that you do is done for some reason. You simply do not do it if you don't have a reason to do so. Now that does not mean you have a good reason, but you do have a reason-or else you would not waste your time.

Take a look at your day-why are you doing the things that you are doing? Perhaps you like to work and you would work even if you didn't need the money. Maybe you really enjoy the people you work with. Maybe you like the feeling you get when you finish a job and know that "I did that." Maybe you just don't have anything better to do.

You have a belief system that guides everything you do in life. It includes your beliefs about right and wrong, justice, honor, work ethic, play and relaxation, what makes people behave the way they do, how children should behave, how one should behave in different situations ... and spirituality. All this makes up your worldview-how the world is and how you are to act in it. That is the **'faith'** that underlies your works.

I challenge you to stop for a few moments and examine the belief system that underlies your actions. Are you happy with your belief system? Does it serve you well? If all is going well ~ then you are living a **Life ~ Full of Spirit**. Your works are pleasing and fulfilling to you. They are energizing and refreshing. They stimulate growth and development. They promote new challenges that keep you motivated and making further progress. That is a **'faith'** that is **Full of Spirit**. It provides you with a balanced life that is in tune with your values and reasons for doing the things you do.

God Blesses you!

Inner Wisdom

September 20, 2000

Wisdom from above, by contrast, is first of all innocent. It is also peaceable, lenient, docile, rich in sympathy and the kindly deeds that are its fruit, impartial and sincere. James 3: 17

Last week we touched on the ‘faith’ and ‘spirit’ that underlies our actions, decisions, and everything we do. A part of that faith filled spirit or attitude is our inner wisdom. It is a gift we receive and that continues to develop throughout our lifetime. It is there to help guide us through life.

An integral part of our wisdom is our intuition, gut feeling, or whatever you like to call it. You have probably had a feeling before that you should do this or not do that-and you probably ignored it and later wished you hadn’t. That is part of your inner wisdom. It has tremendous potential to help each of us **Live our Life ~ Full of Spirit.**

You have probably heard the saying, “Wisdom comes with old age.” However, each of us has had it all our life. Yes, it accumulates over time, but most of us don’t stop and really pay attention to our wisdom until old age. What a waste of a special gift.

I’ve said before, “God gives us the answers, but He doesn’t make us listen.” That is especially true of wisdom. It is one of our most unused resources. It is a hidden treasure, pushed aside and forgotten. Maybe it’s time you dusted it off and put it to work for you. I don’t think you would regret it, but I am positive you will regret it if you continue to ignore it.

Pay attention today for any whisperings of wisdom from deep within, for that vague ‘feeling’ that you aren’t sure whether you should follow or not. Attend to it and just maybe, you will find your life is just a little ~ **Fuller of Spirit.**

God Blesses you!

Carve a Quality Life

September 27, 2000

“If your hand is your difficulty, cut it off! Better for you to enter life maimed than to keep both hands and enter Gehenna, with its unquenchable fire. Mark 9: 43

These sound like harsh words. If we followed these words literally, the world would be full of maimed people. Yet our lives are full of difficulties and deformities. Is your life what you really want it to be? I bet it is full of things you would like to be rid of, things that are weighing you down and that are detrimental to the quality of your life.

The meaning of these words indicates that our lives are always evolving and developing. The striving for a quality life ~ **Full of Spirit** ~ is a process that is never complete. There is always something that we can improve upon, or something we can cut out of our life to improve the overall quality.

We often go through life as if we are stuck with what we have and just have to endure it. But that is far from the truth. You have been blessed with unique qualities and abilities. You are the steward of those assets and are charged with the responsibility to manage them wisely and to maintain and improve their quality. The above words are about being a good steward - a good manager of your own life.

Most of us have a life that is just too full of things to have very much quality. Simplicity is usually better than having too much complexity. Balance is best. Too little is not usually good, nor is having too much. Striving for a balance of somewhere in the middle is usually best for most things in life.

So how do you get started in ‘carving’ more quality into your life? First you must begin to identify those areas in your life that are depleting you and are wasting your time and energy. Those are the things that can be cut from your life. Then you can begin to tackle the next step of eliminating them one by one. Pick the easiest one and work on it first. When you have taken care of it, pick the next easiest one. Continue this process. Of course, a good steward will always have new items to put on the list and the process continues to evolve. It is exciting to see continuous progress in the improvement and maintenance of the quality Living of a ~ **Life Full of Spirit**.

God Blesses you!

Challenge of Living

October 4, 2000

“Let the children come to me and do not hinder them. It is to just such as these that the kingdom of God belongs. I assure you that whoever does not accept the kingdom of God like a little child shall not enter into it.” Mark 10: 14-15

If you took last week’s thoughts to heart, you have cut a few undesirable aspects out of your life but your bodies are still intact. One of our readers had hand surgery the day after the Carpe Diem came out ~ funny how things hit home.

My thoughts usually include something to do with **Living a Life ~ Full of Spirit**. Today’s scripture passage mentions accepting the kingdom “like a child”. That is a good example of what I mean when I say **“Full of Spirit”**. A child is full of energy, full of curiosity, full of excitement, wants to learn and absorb everything, is trusting, loving, caring, full of laughter and joy. A child is a vessel that life pours into and out of-but is never empty.

I believe we each are called to **Live Life with that kind of Spirit and Fullness**. The process of living that kind of life throughout your whole life is the challenge. This weekly message strives to take our Christian seasoning and fill our lives with a **Fullness of Spirit** that will be deeply enriching and rewarding as we walk each day of our journey on this earth.

So again, I challenge you to look at your life and find just one thing that does not have that child-like spirit mentioned above. Not childish, but child-like. One aspect that is draining you of energy instead of being life giving. Now, change it. You might need to get rid of it-just say no I won’t do that any more. Modify it somehow so that it is not such a burden. Change your attitude about it. Do something with it so that it is no longer the burden that it has always been. Now ~ your **Life really is a little more ~ Full of Spirit**.

If you are interested in more food for thought on this subject, I have an article on my web site that you might want to check out, called: Walking the Tightrope of Life: Maintaining Balance and Spirit.

God Blesses you!

Living Vision

October 11, 2000

God's word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart. Hebrews 4: 12

I hold a vision that we are a people called to live life fully with passion, spirit, heart and soul. God's word is not only alive within us but when we also hold a **'vision'** ~ then His work is also alive and well. In past issues I have touched on wisdom, spirit, cutting out the 'deadness' within us, and having the energy (spirit) of a child. The foundation underlying all this is that of **'holding a vision'**.

Your vision is your **'sight' of 'possibilities'**. It is your desire to make a difference by setting your sights on possibilities and then going for it. It penetrates to your very core being with a vibrancy that demands action ~ that awakens and rekindles a **Spirit Full of Life**.

What is your vision for your life? What keeps you going? What energizes you? What do you LIVE for? What are you passionate about? ...**that is your 'vision'**.

Remember the story of the starfish lying on the beach by the thousands and one man walking along picking them up one at a time and throwing them individually back into the ocean - reconnecting them to life. Another man walked the same beach looking in sorrow at all the starfish and thinking how futile and a waste of time it was to throw so few back into the ocean. One man had a vision of making a difference and a vision of possibilities - and he made a difference. The other had a vision of impracticalities and impossibilities and he did not make a difference.

What choice do you make?

God Blesses you!

Boldly Giving

October 18, 2000

Anyone among you who aspires to greatness must serve the rest; whoever wants to rank first among you must serve the needs of all. Mark 10: 43-44

Last week, we touched on **'vision'** as your sight of possibilities, your wellspring of life and the energy source that maintains you. In visioning your life, you aspire to some greatness of purpose. Likely your vision includes some kind of service to others. Most likely your vision is not one that serves you alone nor places you in social isolation. That kind of vision would not be self-sustaining.

In serving others, we receive a sense of satisfaction that we have accomplished something worthwhile. Much of what we do in life provides some level of service to others. Raising children, working, volunteering... all provide service to others. At the same time, we are constantly receiving from others.

Balance is necessary if your **Life** is to be **FULL of SPIRIT**. One cannot be constantly giving and never receiving. Life is like a savings account. To have a healthy financially strong savings account balance, you must be investing into it to keep it going. If all you do is debit the account without investing into it as well, then soon there will be nothing left in the account.

Likewise, you must invest in your own life and maintain a good balance if you are to have anything left to give. Quality giving to others requires you to have a healthy balanced 'life savings account' from which to draw. Moreover, to maintain a good balance, you must be equally good at 'receiving'. Many of us are far better at giving than at receiving. To maintain proper balance, you must be willing to receive, to ask for help, to accept graciously, to actively invest in yourself and to accept service from others.

Take a moment now to examine your own vision for your life. Notice how you give and you receive and which you place more importance on. Notice how well you are able to maintain balance and see how healthy your Life 'balance' looks. Is it in the black or the red? To be **boldly Full of Spirit** ~ you must be boldly in the black ~ maintaining a strong balance while you have lots going out and lots coming in. A full life of satisfaction means you have a lot of activity, a life that is fully rewarding, and a life that no matter how much you give ~ you never run out.

God Blesses you!

Blind to Vision

October 25, 2000

...there was a blind beggar Bartimaeus (“son of Timaeus”) sitting by the roadside. ...he began to call out, “Jesus, Son of David, have pity on me!” Many people were scolding him to make him keep quiet, but he shouted all the louder...He threw aside his cloak, jumped up and came to Jesus. Jesus asked him, “What do you want me to do for you?” “Rabboni,” the blind man said, “I want to see.” Mark 10: 46-51

The blind man had great vision even though he could not see. And what happened, the people scolded him to be quiet. How often do you have a great idea and you share it with someone, seeking support, only to get negative feedback? Or, how often do you give yourself negative feedback about an idea?

That frequently happens with great ‘**visions**’ - they get put down, scolded, laughed at, ignored, etc. But the blind man was not blind to possibilities ~ he persisted even though no one else liked his idea. He was living his life in some ways ~ **full of spirit**. He certainly wanted more for his life and was willing to go for it.

He wanted to see. Even though you and I can physically see, how often are we blind to possibilities, to the vision of what Life can be and mean for us?

We are meant to **Live Life ~ Full of Spirit** ~ full of vision, full of possibilities, full of opportunities, full of conviction and full of zeal to get the job done ~ no matter what.

Take a moment to examine just one idea that you have been ignoring lately, but seems to keep resurfacing. Think about it in terms of possibilities and what it would mean for you and your life if you jumped up and embraced it. If you could really ~ SEE.

God Blesses you!

A Gift of Self

November 1, 2000

‘You shall love your neighbor as yourself.’ Mark 12: 31

Sounds simple enough. The last few weeks we have been working on creating vision in our lives, creating balance and a strong sense of satisfaction and balance.

How much do you love your neighbor? How much do you love yourself? How giving are you? How willing are you to receive? Really, how simple is all this anyway?

If you stop to think about it, it sounds simple, but really isn't. Most of us like to receive, but then often feel uneasy about it. We think, okay, now I owe them. We don't like to be in the position of being in debt to anyone. So, it's easier to give right? Do you sometimes find yourself asking, what's in it for me? Sounds like there is strings attached no matter which way you go-giving or receiving.

It is possible to achieve more balance in this whole process. Life, after all, is full of giving and receiving. If we are to feel any real satisfaction and fulfillment in life, we have to get pretty comfortable at both giving and receiving. And of course, we call that love.

It is hard to love yourself. We have been taught it is wrong, it is selfish to do so. Well, I believe it is wrong to not take care of yourself and love yourself first. Now, I'm not saying you should be selfish about it-I'm saying we should strive for a balance.

Think about it. If you are always giving and never receiving or never pausing to give something back to yourself-How long can you do this before you run out of things to give, before you are bitter and resentful, drained and burned out? Not long. You have to maintain yourself-constantly, if you are to live your life ~ **Full of Spirit** ~ full of passion, vision, satisfaction and fulfillment. And you have to share your passion, your spirit and your talents-yourself-with others to maintain balance. Sharing yourself is the best way to receive and never run out, to keep your passion alive, to keep balanced, to feel satisfied and fulfilled ~ to live **Full of Spirit**.

God Blesses you!

The Value of Spirit

November 8, 2000

“I want you to observe that this poor widow contributed more than all the others who donated to the treasury. They gave from their surplus wealth, but she gave from her want, all that she had to live on.” Mark 12: 43-44

We all have something to give, and a certain level of generosity in giving it. I think more importance should be put on the spirit of giving than on the amount that you have to give. **Living a Life ~ Full of Spirit** ~ means that no matter how much you have to offer, you willingly and eagerly share it with others and seek the best for them. In the sharing, you will also receive in return.

Some of us have been in the place of the poor widow, with so little to give at times in our lives, but still willing to give. But most of us are more likely to be in the position of giving from our surplus. The surplus may be large or may be small, but we often guard it jealously and share only a little of it. When the surplus we are talking about is ~ **Life** ~ sharing only a little of it seems rather foolish.

Living ~ Full of Spirit ~ focuses on the process of how we live our lives, not on how much we accumulate while we are alive. What do you value most? Do you value life, integrity, honesty, sharing, caring, nurturing, faith, friendship....? Or do you value property, cars, houses, cash, jewelry, prestige, glory....?

In life, we are granted both, property and Life Values. How we manage the two and what we do with them is what differentiates each of us from everyone else and makes us each unique.

Don't get me wrong-I am not saying that having a surplus is wrong. Rather, it is what you do with it that determines it's real value. Having a surplus is great, it means that you have a larger basis from which to give and share. I guarantee that no matter how large a surplus you may have, you will still have 'wants'. Like the poor widow you can give from your want ~ with a surplus, you just have wants on a different scale.

The real question is, What is the underlying spirit present in your Life? What do you really Value in your Life and what difference does your 'Life' make as a result?

God Blesses you!

Watchful Responsiveness

November 15, 2000

Learn a lesson from the fig tree. Once the sap of its branches runs high and it begins to sprout leaves, you know that summer is near. Mark 13: 28

This passage is part of an apocalyptic message warning us to be prepared for Jesus' final coming. It warns us to be watchful for signs. In the middle of this foretelling passage is the message of the fig tree. The fig tree was a sign of life for the people of the semi-arid regions of the Middle East. They depended upon its fruit for life itself. So the new growth each spring was a sign of renewal and continued life and of hope.

The message to be watchful is an important one for each of us to attend to in our daily lives. What signs of ~ **Life** ~ are present in your daily living? What signs of **hope, faith, growth...?**

To Live your Life ~ Full of Spirit ~ requires you to be watchful and responsive to the opportunities offered to you each day of your life. Life is full of surprises, challenges, setbacks, and yes, opportunities in abundance. In the above passage, the people anxiously looked for the new leaves to appear on the fig tree so they would know everything was okay. Are you looking for the new 'leaves' that appear each new day in your life? And when you see them, do you respond to them?

Your day is filled with many things, some of your choosing and some not of your choosing. But no matter what comes your way, you always have choices in how you respond and whether or not you respond. Your choices are very important and can significantly impact your life.

So ~ **Fill your Life with Spirit** ~ be watchful for the abundant opportunities and blessings showered upon you, and then respond wisely. Your choices determine how you fill your day and with what.

God Blesses you!

Meaning of Life

November 22, 2000

Jesus replied: “It is you who say I am a king. The reason I was born, the reason I came into the world, is to testify to the truth. Anyone committed to the truth hears my voice.” John 18: 37

This passage occurred when Jesus was being condemned to death. It raises some challenging questions for each of us about our own lives. What do people say about you and your Life? Why were you born? What purpose does your Life hold for this world, or what do you offer to this world? What meaning does truth have for you in your Life?

So what about this? Many of us struggle with the difficult question concerning the meaning of Life ~ what is my purpose in this Life? What is this all about and what is my role in it? These are difficult and perplexing questions. There are no easy answers and no “one” answer for each of us. Within our individual roles, we each have much latitude to pick and choose how we are called to serve and how we can best serve.

Yes, we are called to serve and given certain tools (talents, abilities, intellect, finances, friendships, materials...), but we are free to choose how we utilize these tools in service to our calling. That allows us a wonderful sense of creativity and challenge. That allows us an inspirational opportunity to ~ **Fill our Life with Spirit.**

Our life will truly be most satisfying to us when we are using our tools in a way that is life giving and renewing to us in the unique person that we each are. So there is no “one” right way of doing things. There are as many ways as our own unique abilities, creativity and open-mindedness allow for us.

So enters “truth”. If you live your Life with Truth, than you are a good steward of your ‘tools’. You are open to finding the truth in your life, no matter where it falls or leads you. The truth leads us to some strange places. Look where it led Jesus.

Living your Life ~ Full of Spirit ~ does not guarantee that you will always have easy choices. It does mean that you will have choices, that you will take the opportunities granted to you and make the best choices you can at that time, and that you will Live your Life true to your values with integrity, pride, honor and courage.

You really are ‘king’ of your own Life. The challenge is to live your life with truth, faith, grace and a **Fullness of Spirit** that honors and respects your purpose in Life. Let the journey continue.

God Blesses you!

Life Journey

November 29, 2000

“Be on guard lest your spirits become bloated with indulgence and drunkenness and worldly cares. The great day will suddenly close in on you like a trap...” Luke 21: 34

As we enter the Season of Advent, we are preparing for change in our Lives. We are reminded in the passage above to be always prepared and forever in a state of readiness. We frequently get wrapped up in our worldly cares and struggles and lose sight of our true purpose in Life. We get disconnected from the ~ [Spirit of Truth](#) ~ in our lives.

Each of us are packed ~ [Full of Life](#) ~ each with a unique pathway and mission in Life. Each with uniqueness that no other person comes close to matching. We are on a journey that is ever changing, ever surprising us, full of twists and turns, new choices, new challenges, and ever flowing onward to some destination.

The buzz word in this scripture passage is ~ Prepare! It is not, ‘Stop’; it is not, ‘Don’t do it’. Rather, it is reminding us that the journey never stops and we must keep going, but don’t lose sight of the destination and purpose for the journey.

Your Life is the most important journey you will ever take. It is a journey that you are well equipped to make. Everything you could possibly need for the journey is given to you, either you already have it or it will be provided along the way. But you have to be prepared, alert, open-minded, and receptive ~ or you will miss the provisions when they are offered along the way. The message is not to be on guard lest something bad happen to you, but rather, be alert, lest you miss Life itself.

The title of this newsletter reminds us: [Seize the Day with Spirit](#). Each day of our journey we are provided opportunities to grab a hold of. Opportunities that stretch us and help us grow and develop. Opportunities that enrich our Life, our Faith, our Truth, our Courage and our very Being.

To snatch up these opportunities and lock them away is not Living ~ [Full of Spirit](#). It is not really living at all. On this journey, we are a vehicle with lots of doors and windows. We can open them and close them. We can give and receive. We can travel along with great Life-giving energy and fullness of living, or we can make the journey with the doors locked and the windows tightly closed. The journey continues either way, but the quality of the passage and the meaning, purpose and accomplishment are vastly different.

How is your journey going and how are your doors and windows?

God Blesses you!

Under Construction

December 6, 2000

I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus. And this is my prayer: that your love may increase ever more and more in knowledge and every kind of perception, to discern what is of value, so that you may be pure and blameless ... Philippians 1: 6, 9-10

Each new day is another passing glimpse, a window into our journey of life. Each day is a window of opportunity, here for a moment and then gone. They pass so quickly that we truly miss so much along the way. We sometimes forget that we are each a work in progress, under continuous construction, constantly undergoing remodeling and improvement.

When you are traveling and you come to a construction zone, do you moan and groan and wish you had taken a different road or wish they would work when it was not inconvenient to you. Yes, me too. But you know what, your life is that construction zone. You wouldn't want to wish it away or rush through it too fast.

Slow down and take a look at your own 'construction zone' in your own life right now. What is one thing you are working on? What kind of progress are you making? Are you on schedule, ahead or behind? Now remind yourself of the value that it will add to your life-that's the reason you are working on it.

Okay, now let's work on forwarding the action. There is probably something that would really help get you unstuck and going forward again. You probably already know what that is and have been avoiding it, putting it off, saying "not now, I'm too busy, too tired..." Yes, I think you really do know. It may be buried pretty deep inside-remember, you have been stuffing it down for quite some time. It is buried under all that other stuff.

I am confident it is there. You have been given all the tools and resources you need, and the answers are there inside you. You have wisdom, truth and value within you-just waiting to be put to work. Don't panic, you don't have to work alone. Most projects take lots of workers to get the job done. Your life is the most important project you will ever work on, make sure it gets done right and share the work around-there are plenty of people to help.

Okay, back to forwarding the action-it is on your schedule today, let's jump in there and get it done and get on the way again. After all, don't we have another construction zone just down the road we need to get to?

Oh yes, another one is just around the bend. Are you getting excited in anticipation of the next step? You should be. Your life is under construction, and the alternative of not being under construction is what is grim. You are building something of value, something wonderful, enjoyable, life giving, exciting, inspiring... I believe it is called ~ **Living your Life ~ Full of Spirit.**

God Blesses you!

Eager for Goodness

December 13, 2000

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Philippians 4: 4-6

I am constantly reminding you to **Live your Life ~ Full of Spirit**. The above passage proclaims the message very nicely. It reminds us to be ever joyful. Kindness and a gentle spirit should be our gift to others. "Don't worry, be happy." -- a common saying, and yet it is a simple truth. We worry too much and there are too many things to worry about if that is what we want to do.

Tis the season. Something is in the air. Hustle and bustle, silver bells... This is a wonderful time of the year. Yet it tends to be too busy, too stressful, and frequently, we breathe a sigh of relief when it is over.

Yet, each and every day of our lives should be filled with excitement and anticipation of good things. That should never end. Tis the season for the Lord to be near. But that is always so. We need to remind ourselves frequently of the blessings in our life-and be thankful.

Take a moment right now to show yourself a little "kindness". What are some ways you have been blessed recently? What are the strengths, talents and abilities with which you have been blessed?

Take a moment right now to list 5 things about yourself that make you unique and a blessing to your family and others. It might be your sense of humor, your smile, your listening ability, understanding, creativity, writing ability... Write them down and remind yourself about them each day. When you find yourself worrying or things are too hectic-remind yourself of your special blessings, give thanks, and also ask for what you need. Ask, and you shall receive.

You can do a small kindness for me as well as for your friends. Forward this message to those who you think might enjoy it too. It is my prayer today and always, that you truly **live your life ~ Full of Spirit**.

God Blesses you!

Stewardship

December 20, 2000

The grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age, as we await the blessed hope, the appearance of the glory of our great God and savior Jesus Christ, who gave himself for us to deliver us from all lawlessness and to cleanse for himself a people as his own, eager to do what is good. Titus 2: 11-14

There are many keywords in this Christmas passage that point to the life we are called to live: live temperately, justly, devoutly and eagerly. We are called to live a full, spirited and joyful life, but also one with certain standards. We should arise each day with an eagerness to do good things -- fully energized to get started on today's purpose and mission -- to be fully that special and unique person we each were made to be.

It is truly wonderful to be known as a fair person, just, open-minded, forgiving, devout, gentle and eager to share one's goodness. That is the mark of a devoutly spiritual person.

The above passage also reminds us to live temperately in this age. We have been blessed with a certain "means" and to live temperately suggests that we live within those means. One thing is certain, once we are open to blessings, they seem to flow with abundance. How should we handle that? With fairness, justice and with good stewardship.

We are called to strive for a balance in our lives. Sometimes we struggle with having too little and sometimes we are burdened with having too much. We need to remember that it is not the quantity that is important, but rather, what is most important is what we do with whatever we have.

Another keyword is we are in 'training' and are being 'cleansed'. That means we are not done yet. Life is an ongoing, unfolding, developing and growth-filled process. We still have time to get it right. We still have time to find that balance. We still have plenty of time to **Live Life ~ Full of Spirit.**

As the end of another year approaches, we celebrate a special birth. One filled with hope, truth and grace. One that gives us the true meaning of Life -- although we then spend our lifetime trying to figure out what it means for my life.

We also will soon celebrate the birth of a new year. One filled with new as well as old challenges. One filled with new opportunities and blessings. One filled with special purposes for each of us to discover and do something about. One filled with a special individual calling to each one of us. Listen closely and you might hear what it is ...

God Blesses you!

Invest in Yourself

December 27, 2000

Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. Colossians 3: 16

What a fitting passage to end one year and to begin another. It is proper to look back over the year and give thanks for all our blessings, all that we have learned, shared, and struggled through. And then, to turn our thoughts to the coming year and the new hopes and challenges we will face.

We will be ready for any challenge to come if we face it with wisdom, fullness of spirit, and gratitude. If we are ready to learn and to teach, to listen and to grow, to risk and to change, to persevere in times of challenge, and to dare to strive to be fully alive, fully aware, and fully ourselves.

So a new year soon begins. A new year of a new century. A new year full of opportunities. And what would you like to accomplish this coming year in your own personal life? We frequently make New Year's resolutions that we never quite get around to completing, and although we make them with good intentions, they are soon left behind and nothing changes.

I offer a friendly challenge. Take a really personal look at your life and think about those things that really give you energy and life. You know ~ those things that seem to recharge you, revitalize you, and keep you going. Those things you wish you had more time for but somehow seldom get around to. Those things that if you did them just for a moment everyday ~ you would get so much more done and feel so much better at the same time.

Well, I guess you know where this is going. That's right. Pick just one simple thing ~ one moment of passion ~ whether it is a moment of song, of prayer, of quiet, of gentle music, of quiet talk with a special friend, of reflection, of reading a special passage of inspirational words, a smile, a laugh ~ or whatever. Harvest that moment right now. Pick it and put it into your schedule right now. Write it down and tape it to your bathroom mirror, to your refrigerator, to your phone, to your computer ~ wherever and whatever you need to do to make sure you do it every single day of the new year. Maybe this will help.... cut this out, fill in the blank, and put it where it will do you some good.

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I pledge to Seize the Day and Live Today with Spirit.
In order to Live my Life in a deeper more committed way,
I will invest this moment to myself and to this new day:

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Yes, invest in yourself and give yourself just a moment, 1 minute, 5 minutes ~ surely you are worth that much. You don't have to do the same thing each day, but do something every day. Do it ~ and I guarantee that at this time next year ~ you will look back on the year ~ and it will have been worth it.

So take a moment right now ~ do a little something for yourself ~ and begin to **live your life in a most profound way ~ Full of Spirit.**

God Blesses you!