

Carpe Diem cum Spiritu

Seize the Day with Spirit



Newsletter Issues: January – December 2002

By

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Dear Friends,

The [Carpe Diem cum Spiritu](#) (Seize the Day with Spirit) is my weekly inspirational email newsletter. This volume includes the archived issues for the year 2002 published from January through December.

I believe that all 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. I was in the US Air Force for five years. I have also worked with children and families. All my life I have helped people and it is wonderful to be able to do so.



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 in home construction and in a factory setting. 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.



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 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. 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 in 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 varied life experiences help 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 bigger 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 have 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.

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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!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

January 2, 2002

Full of Promise

Live your life to the fullest and best of your abilities.

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." Matthew 2:1-2 (NAB)

I have been blessed during this Christmas season with the birth of my nephew, Levi. Like the Magi, I traveled to see him bearing gifts. There is nothing like holding a baby in your arms and gazing down upon their beautiful face.

Happy New Year! What a fitting way to bring in the new year with the birth of a child. Each new year is like a new born babe, full of promise, full of wonder and amazement.

As I held my nephew, of course he would be crying, typical of babies. Some people get nervous when a baby cries because they feel out of control, they don't know what to do, they don't know what is expected of them. One thing is for sure, when a baby cries, something is definitely expected from you. The challenge is to figure out what that is.

In this coming year, you and I will also receive signs and gut feelings that something is expected of us. We will wonder what it is. We might feel uncomfortable or frustrated because we don't know what to do or what is expected of us. For sure, we will have many moments of 'promise' confront us during the many days of this new year. How will we respond?

Just as when holding a baby, even if he or she is crying, there is something wonderful and amazing about that special little life in your arms. You gaze upon their face and wonder what their life will be like and you think about the expectations that you have for them as they grow up and do wonderful things.

During the coming year we too will have moments of frustration. Hopefully we will be able to see past them and also see the wonder and amazement of the promising possibilities yet to be realized. Hopefully we will be able to focus upon the expectations and hopes and act upon them.

Like a baby's, your life, too, will continue to develop and unfold before you ~ **full of possibilities**. You have the choice to embrace them fully and respond with assurance, grace and hope, even when you are not sure of the 'expected' response. You can embrace them ~ **Full of Spirit** ~ and wait to see what happens next.

You hold a most precious life within your arms ~ your own Life. You expect much of yourself as do others. Embrace this new year full of promise and possibilities. **Choose to Live your Life ~ Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

January 9, 2002

It will be Okay

Live your life to the fullest and best of your abilities.

Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, "I need to be baptized by you, and yet you are coming to me?" Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfill all righteousness." ... And a voice came from the heavens, saying, "This is my beloved Son, with whom I am well pleased." Matthew 3:17 (NAB)

Frequently like John the Baptist, we feel unworthy to proceed with something that we have been called to do. We need to be gently reminded that there is a purpose for all things and we just need to trust and do it. Even though we may not fully understand the intent of some action, we must trust through faith that it will in fact turn out okay.

I don't know about you, but I frequently find myself scratching my head and wondering what is going on. I like to know what is going on and to feel like I am in control of the situation. The resulting sense of security from being in control is very reassuring.

Well of course, just like you and everyone else, I am in the dark most of the time. But that doesn't mean it is okay to just sit around and wait to see what happens. Of course not, there are far too many things for us to do and we must be busy doing them.

The big challenge is to figure out just what it is we are to be busy doing. Well most of our time is spoken for with all those daily tasks that demand our attention, but in spite of that, what other things do you really want to make sure you accomplish during this year?

John the Baptist almost missed out on a golden opportunity. He was busy doing what he had been doing every other day, baptizing and proclaiming the word. Then along comes his cousin and suddenly he thinks he must stop and is unworthy to baptize Jesus. They didn't start a discourse like you and I frequently might, "You do it," "No, you do it," "I'm not going to do it, you do it." Rather, with some gentle reassurance, John went back to work and baptized Jesus and everything turned out okay. In that moment, John was truly living his Life ~ **Full of Spirit.**

We are also reminded in this passage that we should remember to acknowledge with praise and pride those simple ordinary accomplishments that we all do each and every day of our lives. Sure we might drop a compliment here and there for those big accomplishments that get a lot of attention, but aren't those little ones just as worthy?

Here is a challenge to consider for this year. Take a moment of time each and every day of this year, to pick just one ordinary daily accomplishment of your children, spouse, parents, friends, or co-worker, etc. and just acknowledge that you noticed what they did and that you are pleased with them.

I think that if you do this one simple little thing, that you will find that it makes an extraordinary difference. Your world will be changed forever and your Life and the Lives that you touch will be ~ **Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

January 16, 2002

Baptized to Greatness

Live your life to the fullest and best of your abilities.

John the Baptist saw Jesus coming toward him and said, "Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, 'A man is coming after me who ranks ahead of me because he existed before me.' John 1:29-30 (NAB)

Last week and again this week we focus on a passage about baptism. We hear the story about how Jesus started his 'professional' life in a sense. His life journey had brought him to this point in his life where his real work was to begin and be recognized.

You and I, too, have been baptized, brought forth and initiated for some special purpose in our lives. You might ask, "what special purpose?" What indeed? We think little of ourselves and hold back from doing what we were sent to do.

Last week we also talked about being worthy and that we excel in all the ordinary day in and day out things we keep busy doing. They serve a purpose. We frequently think that if we are not famous around the world, known to everyone, and have not done something great and fantastic, like save the world ~ then we aren't important.

How silly. We each are very important within the slice of the world that we call "home". It is there that our individual 'greatnesses' shine. It is there that we hear, "in this person I am well pleased."

It is in our day in and day out routines that we are initiated to **Live Life ~ Full of Spirit**. When we find ourselves walking around the obstacles of life, the dirty clothes baskets, the piles of newspapers, the kids' toys, the discarded socks and shoes, the unfinished projects, etc. ~ it is easy to become distracted, frustrated, irritated and even overwhelmed.

Yes, some of our call to greatness is to be able to excel in the ordinary tasks of our daily lives. To get up each morning and to greet the day with ~ **Spirit**. To do what needs to be done and to go on. And in our mundane lives, every once in a while, even something great happens.

It is all a matter of perspective. To a child, something an adult can do is something a child could never think to do. What you see when you drive down the street or walk into a room, is something a blind person will never enjoy. The sounds you hear are never heard by someone who is deaf. Greatness is a matter of perspective.

Take a look at your own life. What works of greatness are present there? What ~ **Fullness of Spirit** ~ do you find? What purpose do you serve in Life and in what ways have you been called to serve? Remember that you might have to shift your 'perspective' to answer these thoughts.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

January 23, 2002

Diversity Saves

Live your life to the fullest and best of your abilities.

I urge you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree in what you say, and that there be no divisions among you, but that you be united in the same mind and in the same purpose. 1 Corinthians 1:10 (NAB)

During the past month I have spent a considerable amount of time in various volunteer projects and can't help but think that if we could only practice what the above passage says, that so much more would be accomplished. Wouldn't it be wonderful if we could be united when working to the same purpose?

We all have our own opinions, thoughts, feelings, desires, agendas, way of doing things, etc. - how could anyone possibly agree on the same thing? I am sure we can all relate to this. It is very frustrating when you are the one stuck in some meeting someplace and nothing seems to be happening.

What would the world be like if everyone in it thought alike? It would be utterly disastrous. Nothing would get done, there would be no creativity, no new ideas, no nothing. So it is not the diversity of thought that is the problem, but rather, that we do not appropriately utilize are creative differences to work towards achieving the same purpose. We truly do not unite to the common end.

Rather, we actively promote our own agendas fully believing that "of course, I am right" and everyone else is wrong. Now maybe that's true, but everyone else thinks the same thing. What do we do?

I think that when you find yourself stuck in such a moment, you should stop and identify the 'purpose' and 'value' that you are really striving to achieve. Is it worth your time and talents to be working on that right now? If the answer is yes, then it is time to put away your frustrations and try to find a way to get the process unstuck and moving forward. If the answer is no, then remove yourself from the process and do something that better utilizes your personal resources.

It is ironic that in a sense, the bottom line is that we are all striving to achieve the same end purpose ~ to live our lives to the best of our abilities, to find a purpose, to figure out what it is all about, to make a difference, to do something with our lives. There are as many ways that we go about accomplishing this as there are stars in the heavens.

The next time you are in a meeting and your head is starting to spin and you are looking for a graceful way to escape ~ remember the times you have looked up into the skies and marveled at the millions of stars and the beauty of it all. What would it be like if there were only one star in the skies at night? Yet the millions of stars out there are united in one purpose serving their individual roles to make the universe work.

We each were blessed with such diversity of thought, creativity, talents and abilities for a purpose, to fill the world with a ~ **Fullness of Spirit** ~ to get the job done. The diversity is there not to hold us back and get us stuck, but so that we truly never get stuck. Put your frustrations aside, take a deep breath, gaze at the wonderful diversity displayed before you, and then take the next step to get on with the purpose that you are all united together to achieve.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

January 30, 2002

Misunderstood Masterpiece

Live your life to the fullest and best of your abilities.

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. 1 Corinthians 1:26-29 (NAB)

Where in the above passage did you hear your own "calling?" Were you one of the wise, or powerful, or of noble birth or one of the 'chosen'?

Frequently we might feel foolish, or weak, or lowly, or as if we count for nothing, but it is in those moments that something worthwhile has its most powerful beginning. Just because we may feel a certain way does not mean that your reality is accurately being portrayed.

Have you ever looked at a painting and your first thought was to say, "I don't like that"? But after looking at it for a while longer, you begin to notice the masterful selection of colors and textures, and your opinion of the painting slowly begins to change.

Consider your own calling in Life. Like your initial opinion of the painting, your first viewpoint of your own life may be somewhat misunderstood, under-appreciated, under-valued, ignored or confused. Stop for a moment and take a step back to get a better perspective of what is going on in your life.

If you are feeling weak, it might be you are focusing on something that is not quite perfect and ignoring the many talents, skills, knowledge and abilities that are also present in your life. If you are feeling foolish, it may be because you have forgotten how wise you were just a moment ago. If you are feeling lowly and despised, it might be because you are standing up for something you highly value that someone else is misunderstanding. If you are feeling that you count for nothing, perhaps it is because you have not stood up and let your voice be heard.

Your life is a masterpiece still waiting to be understood and appreciated. Does that make it any less valuable? No, the value is there whether or not it is acknowledged or recognized.

If you truly desire to **Live your Life ~ Full of Spirit** ~ you must not forget to see the full picture when you are focusing on a few brush strokes. The glory of the painting is found in the synergy of individual brush strokes combined to form a masterpiece. One single brush stroke does not make or break the picture.

Sure your own life has its strokes that appear to add less value to the overall picture. Sure you have some really beautiful talents and abilities, even if you forget to notice them. But in the end, it all still comes together to form a masterpiece. Sure not everyone will have the same appreciation for your masterpiece. Most certainly, you will be your own worst critic.

Blessed are the foolish, the weak, the lowly and despised, and those who count for nothing ~ for God has a plan for them.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

February 6, 2002

Light up with Vision

Live your life to the fullest and best of your abilities.

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."
Matthew 5:13-16 (NAB)

Salt is the most used spice in the world. How salty is your Life? Is your life well seasoned and **Full of Spirit**? Do you let your light shine for all the world to see? What does your life spotlight to the world? What good deeds does your life give glory to?

Okay, enough with the questions. I bet you are shrinking back into the limelight about now. Most people are quite expert at hiding their light under a bushel basket. There is something a bit intimidating about the world seeing you as you really are. We get caught up in our own insecurities and forget about our own "saltiness".

But you are the salt of the earth. You add a certain special spice to Life and to all the people you touch in this world. How about them apples? Feeling pretty special? Well you should be! Because it is true.

Have you ever in your life dared to dream the 'impossible' dream? If you have, you experienced an amazing event ~ the seemingly impossible suddenly became possible. When you spotlighted that impossible dream, it came out of the darkness into the light and became real. Once it becomes real, it becomes 'possible'.

If you aren't quite as salty as you would like to be, or if you are so busy hiding your light that you are constantly living in darkness, then it is time for a change. You could be living your life with more ~ **Fullness of Spirit**.

Is that even possible ~ you bet! But it is only possible for you ~ if you first begin to dream of a bigger world of possibilities. You need to have vision that encompasses more than you are currently allowing for yourself.

Think about how little you could see if you needed glasses to see 20/20 but did not have the glasses. There would be so much more going on around you and so many possibilities out there that you just could not see because of your vision limitations. Put on an appropriate pair of glasses and suddenly everything appears as if by magic.

You need to have that kind of vision that spotlights the darkness, that allows the light to brighten the world around you and allows you to focus your sight on something beyond your current limitations. The possibilities are real and they are out there ~ just waiting for you to let your light shine so that you can see them (and the rest of the world will see them better, too).

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

February 13, 2002

Hungry for What?

Live your life to the fullest and best of your abilities.

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. Matthew 4:1-2 (NAB)

And what do you Hunger for today? I doubt that you hunger for food but almost every person has something missing from his or her life for which they hunger. In the above passage Jesus fasted for 40 days and was hungry. Well I guess so! How long will you go without in your own life before you do something about it?

We are all very busy people, rushing here and there, the phone ringing off the hook and we get tired and worn out. Perhaps you hunger for a sense of peace and stability in your life, or maybe for a profound sense of direction, or perhaps for generous opportunities to share and to connect your life with another, or maybe for the reassurance that what you are doing matters and is worth it...

Take a moment to search your own heart and mind for a clue as to what is missing from your own life that creates that gnawing hunger that seems so intense at times that it will consume you. That hunger is a sign that a change is appropriate to get you back on track.

I write this newsletter each week to give its readers and myself a brief pit stop, to take a breather and refocus on what is truly most important. To get in touch with the "hunger" so that it can be fed and nourished.

The desert is viewed as a dead and uninviting place, but it is very different from that. It has all kinds of living creatures, plants and even flowers. After that infrequent rain shower, the desert blooms in a glorious panorama of color and life. Seeds lie dormant waiting for that moment to come and then in a rapid fullness of life ~ great beauty quickly unfolds, lasts briefly, and then fades away prepared and waiting for that next moment of opportunity.

Our lives can be like that, too, seemingly barren and hostile, waiting for something, but somehow missing it when the opportunity comes. Well if you are hungry for something, Do something about it.

If you are stranded in the desert, you can moan and groan about what a god-forsaken place you have come to and you can even wither and die. Or you can do something about it. It is not really God that has forsaken the desert, but rather it is those who are unable or unwilling to adapt to its unique environment and ways of life.

So if you hunger for something that is missing from your life ~ **take note of it** ~ because it is a golden opportunity that is just waiting for you to notice it and do something about it. Like the seeds in the desert waiting for the rain, there are seeds planted in your life just waiting for the right moment for them to burst forth with a ~ **Fullness of Spirit** ~ that will change your life for the better and enrich it no matter how brief the moment.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

February 20, 2002

Changed my LIFE

Live your life to the fullest and best of your abilities.

Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. ... While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." Matthew 17:1-9 (NAB)

In this story Jesus went to the top of a mountain where no one else would see him before he revealed himself in all his glory to his chosen disciples. Their reaction was typical, they were confused, scared and did not understand what was happening.

Perhaps that is why you and I are so afraid to reveal our true selves to the world. Have you ever noticed how you keep all the wonderful talents and abilities you have been blessed with secret. You don't tell anyone or maybe just a very select few that you know you can trust. You certainly don't show who you are and what you are made of to everyone you meet.

Well actually you do, but the picture of your self that you present is an extremely limited sketch that barely touches the surface of all the true richness and depth that is present within you, and is certainly not very flattering of your true value and worth.

Jesus is telling us that he came to transform us and to change the world through each of us. We each were given certain talents, abilities and gifts to be used in transforming our lives and the world into the most beautiful and desirable place to live.

And yet, we attribute greatness to others and seldom to our selves. Who am I? Just a nobody. Hogwash! The voice that proclaims, "I am well pleased; listen" is talking to and about each and every one of us. In each of us, greatness is individually unique and specialized. What would be a great task for you might be the easiest thing in the world for me to do, and vice versa. Greatness is in the eyes of the beholder.

Someone's eyes other than your own is seeing all kinds of seeds of greatness planted within you. They are just waiting for the transformation to happen when those seeds burst forth in fullness of Life. Find your own safe corner of the world and allow your own transformation to occur.

I know you and I are extremely expert at finding all the flaws and faults and weaknesses in our selves. Sure they are there, so what, how often do you flip the coin to look at the other side? Not very often I bet. But on the flip side is all the potential possibilities of all the good and wonderful things within you, all the talents, all the latent abilities, all the hidden away goodness. Remember, it doesn't matter which side of the coin you look at, the coin has the same value and is equally spend able.

But when you are talking about your own Life, which side of the coin you focus on does make a world of difference. It makes all the difference of whether or not you buy-in to the transformation that is waiting to happen within your own life that will ~ **Fill your Life with Spirit** ~ and change your life as you know it.

Sure it is a little scary, but how EXCITING, too!

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

February 27, 2002

the Driving Force within

Live your life to the fullest and best of your abilities.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." ... Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." John 4:7-10 (NAB)

Living water was and still is extremely important to the Middle East people-it was fresh water that ran deep and was pure. It was crucial to their survival and the survival of their livestock. In a desert or semiarid country, having water determines whether you live or die. Even bad water will keep you alive, but living water referred to the freshest purest water and was the most desired of waters. On a very hot day, a glass of fresh cool water can really do the job of quenching your thirst.

However, you don't have to live in the desert to be thirsty. Many of us thirst for more out of our hum drum lives. We have an unquenchable desire for our lives to be **Full of Life ~ Full of Spirit** ~ full of energy, the freshest and best possible. We desire the best of "living waters".

To get to such waters in the above passage usually meant you had to have a very deep well. Likewise, deep within each of us stirs a similar "living" life force. It is there even though you may be totally unaware of it.

Deep within the "stuff" that makes you the person you are lays these living waters. Deep within are the passions and beliefs that drive you to do the things you do. Deep within are the dreams and visions for your future and a better tomorrow. Deep within are the creative resources to make a difference and change your own life and the lives you touch. Deep within lays the spirit that won't settle for 'bad water' that keeps you motivated and focused on those things you value most in life.

You may call that energizing force, whatever it is, by various names, but for now I'll call it the "living water" within. When you truly draw from that resource, it will quench the thirst in your life. You will find that you are **living your Life ~ Full of Spirit** ~ with the fullness and richness that you desire your life to be.

It will help you thrive through the bumps in the road and the ups and downs. It won't remove the difficulties from your journey, but it will maximize your preparedness for them. It will help keep you connected to all the many resources you have available and at your disposal that you frequently forget you have. It will maximize your ability to **Respond** to Life rather than to perpetually 'react' to what comes your way.

God Blesses you! ...with Living Waters! Draw from it today.

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

March 6, 2002

Let there be LIGHT

Live your life to the fullest and best of your abilities.

Brothers and sisters: You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Ephesians 5:8-14 (NAB)

Remember those times when you have had a power failure and you are trying to do things in the dark. It wasn't fun was it? It might even have been kind of scary. In the winter, there is the worry of keeping warm or pipes freezing, etc. Then there is the concern about the food spoiling in the refrigerator or freezer. Not to mention that it is just plain inconvenient trying to navigate and do things in the dark.

Yet, much of our life is spent basically in the dark. We don't have a vision to live by. What does having vision do for us? It provides the light that produces every kind of goodness and rightness and truth. It enables us to see where we are going so that we can actually get there. It opens our world to all the possibilities that are really there; we just haven't been able to see them yet.

Why do some people go through life in one perpetual "power failure"? Probably because they are used to it and simply don't know that there is any other way.

When it gets dark we simply hit the light switch. You can do that in your life as well.

How? Begin by identifying what you value most in life, those things that you can't imagine being without. You will probably think about the basics, housing, clothing, food, health, etc., but stretch beyond that. What would it take for your life to be perfect?

Would it be that your family remains closely connected? That you make a difference in their lives and in the world? That there be world peace? That you live a long healthy life? That you will be successful, and what would that mean to you? Maybe it means you would change jobs or work in a different field from what you do now. Maybe you would live somewhere else. Maybe you would be more involved in certain things that you never had time to do before. Maybe you would have meaningful relationships.

What would it take for your life to be perfect? Whatever that would be, you can make it happen by spotlighting those areas of your life that are now lost in darkness. You can create a vision that includes those forgotten or left out values so that you can begin to make them happen.

Yes, you really can do that. You have many unused and underused resources available to you already to help you do just that. You have family, friends, church, time, talents, creativity, a mind, imagination, ideas, spirit, energy, life, etc.

The next time it is dark and you reach over to flip the switch, remember that you can also light up your own life and create a Life that is ~ **Full of Spirit** ~ full of every kind of goodness and truth. Because...

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

March 13, 2002

a Wake-Up call

Live your life to the fullest and best of your abilities.

"Our friend Lazarus is asleep, but I am going to awaken him." So the disciples said to him, "Master, if he is asleep, he will be saved." But Jesus was talking about his death, while they thought that he meant ordinary sleep. So then Jesus said to them clearly, "Lazarus has died. And I am glad for you that I was not there, that you may believe. Let us go to him." John 11:11-15 (NAB)

Have you ever entered into the middle of a conversation and quickly become confused because you didn't have all the information? All the time? Well join the club. It seems life is like that.

Frequently we plow through life in a kind of slumber, not fully cognizant of what is going on about us and we miss so much because of it. Sometimes we just need to wake up. Think about how much more productive your time would be if you were fully awake and focused on the task at hand while doing it.

Think about how much more you could get done if you weren't constantly losing focus, being interrupted, being distracted by this or that. Think about how much more enjoyable life would be if you were more fully engaged in the Living of it rather than in the "reacting" to it.

Many of us go through life in a state of "deadness". We are not physically dead, but we are not fully engaged either. We aren't using our minds, our talents, our skills, our time, our money or our resources anywhere close to how they could be used. We aren't maximizing the use of our resources, and we end up struggling more because of it.

Every day of our lives we receive a "wake-up" call, but how frequently do we hear it and respond to it? One day we truly will be physically dead and Jesus won't be there to give us a second chance. But we do get that chance multiple times each day that we are alive.

Do you truly **BELIEVE** that you can **Live your Life** more ~ **Full of Spirit?**

I DO. There is no doubt in my mind that you are missing some opportunities that could make such a difference in your life. There is no doubt in my mind that you are not truly seeing all that there is to see around you; that you are stumbling along in the dark; that you are ignoring the wake-up call and hitting the snooze button; that you could make a difference that you aren't making; that you could change your life and the lives you touch in such a profound way ~ that it might even wake the dead.

Wake up.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

March 20, 2002

Reveal What the Layers Hide

Live your life to the fullest and best of your abilities.

Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross. Because of this, God greatly exalted him... Philippians 2:6-11 (NAB)

People are like onions; they are composed of many layers. Some people have a taste for onions and some don't; some people like you and others don't.

Onions can be peeled layer by layer until you eventually reach the center core, the heart. You and I are like that, too. We have many layers that serve as blankets of protection. Have you ever thought about what would be left of your self if you emptied yourself, stripped away the pretenses, the layers and got down to the very core of your being?

What would be left there? Is it something you would be proud of and happy for others to see, or would you be glad that you had all those layers to hide it? Perhaps, like the onion, it would bring tears to your eyes. But would they be tears of gladness, of sadness, of discomfort?

What is at the core of who you are? What resides within your heart? What values form the center of your life? What beliefs do you live your life by? What viewpoints guide your decision processes? How do you see the world and your part in it?

It is difficult to **Live your Life ~ Full of Spirit** ~ if you don't have some idea of the answers to these questions.

For it is the answers to these questions that form the basis of your passion in life, your vitality, your drive of purpose, your motivations, and the power that gives you the reason for living your life the way you do.

It is ironic. We often hear that the way to get ahead is to push, to strive harder than anyone else, to never give up, to never let down your guard for even a second, to be better than everyone else, to push, push, push. But that is not really the answer.

The answer to true success is to empty yourself, to strip away the layers of pretense down to the very core of your being, to humble yourself to the values and ideals that motivate you, to become subservient to them. When you do that; when you get out of your own way and stop tripping yourself up; when you remove the barriers that hold you back; then you will see the essence of your "being", the heart of who you are as a person, propel you into the future with a creative zeal and enterprise that you have not seen before.

You will also find that you are **Living your Life ~ Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

March 27, 2002

the Most Treasured

Live your life to the fullest and best of your abilities.

Therefore, let us celebrate the feast, not with the old yeast, the yeast of malice and wickedness, but with the unleavened bread of sincerity and truth. 1 Corinthians 5:8 (NAB)

As Easter approaches we have been reminded of the power of renewal, of being reborn in the promise of life given to us by the Father. Easter is the ultimate reminder that we are to **Live our Lives ~ Full of Spirit.**

Frequently our lives are tainted with the old yeast of malice and deceit. We make mistakes, we lose our tempers, and we say things we later regret. We seek things to simplify our lives and also things to impress others with our success. We are imperfect although we don't like to admit that.

What is perfection? In the above passage, it is unleavened bread. Unleavened bread is not the kind of bread most of us would reach for first. In fact, it would probably stay on the shelf until nothing else was left and then it would be consumed only as a last result.

The unleavened bread is linked with sincerity and truth. In our society, such values often are left languishing on the shelf as well. They are not showy, they don't attract the attention of those we seek, they frequently are not valued but rather are shunned or despised as weaknesses.

Is that what Life is truly about? Is that what your Life is about?

If you have ever made homemade bread (without using the bread machine), you know it takes a lot of time and effort. The smell of fresh baked bread is very rewarding however. But who has the time to bake fresh bread all the time. It is gone almost before it hits the table.

Similarly, you spend great amounts of your time in your Life doing things and attempting to accomplish certain things and "treasures". How long do they last? Do they add to the value of your life? Are there better ways to spend your time?

Sometimes the best way is not the most appealing way. Like the unleavened bread, it won't win prizes or be the most coveted possession. But that does not mean it has less value.

If you had to give up most of the things in your life, after all was stripped away, what would be the handful of things you would want to be left with? What would be most important to you? What personal values or traits would you want to be known by?

You don't have to give anything up. Down underneath the weight of all those layers is the unleavened bread that is the answer to the question you just pondered. It is at the core of your life and all that you do. What you do with it is a choice that only you can make. Build wisely upon that foundation.

Choose wisely because it will determine how well you **Live your Life** and the ~ **Fullness of Spirit** ~ within it.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

April 3, 2002

Seeing is Believing?

Live your life to the fullest and best of your abilities.

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nail marks and put my hand into his side, I will not believe."
John 20:24-25 (NAB)

Thomas reveals a true picture of what most of us are like. We doubt many things much of the time. We doubt that we will ever accomplish that specific task; or that we will ever be successful at some thing; or that some person will ever like me; or maybe that I will ever like myself; or that I will ever accept what I am truly capable of doing; and the list could go on forever.

We are like that. We lack confidence in ourselves, in our children, in our friends, in our world. We are insecure. We doubt the goodness of people. We lack trust. We see the negatives but not the positives.

Some of you are thinking right now, yeah, that's me all right. Others of you are thinking, yeah, that's "you" all right. But it is all of us; it's part of our human natures. We don't have all the answers. We make mistakes. We have moments of doubt.

There are reasonable doubts and unreasonable ones. The trick is in knowing the difference and acting accordingly. Reasonable doubts include those times when you don't have all the facts but enough reasonable evidence to be suspicious. Therefore, you suspend judgment until more evidence surfaces. Unreasonable doubts are when you make a judgment without any reasonable basis to support your position.

Sometimes we doubt because something just seems too far-fetched that it just seems 'impossible'. Sometimes we doubt just because we don't have time for it right now. Sometimes we doubt because we don't want to believe that it could be true or maybe because we fear that it might be true. Sometimes we doubt because we just don't know any better.

Sometimes we doubt because we are stuck in a rut of believing the worst possible scenarios about anything and everything going on around us. Sometimes we doubt just because we are older. I am sure you have marveled at the creative ideas and notions that come out of the mouths of little children. Isn't that wonderful! They see possibilities, dreams, hopes, new ways of accomplishing difficult tasks, and they tackle it with an energy that would make us all rich if we could bottle it and sale it.

Yet, somewhere along the way we get disconnected from that well spring of eternal creative hope, that powerful optimism, that vision of all is right in the world and that belief that Life is Wonderful.

Yes, that "**Fullness of Spirit**" within our children drives us nuts at times. But just think of how your Life might be different and all the wonderful things you could accomplish if you just held on to that "**Fullness of Spirit**" within your self. It was there once and it is still there somewhere lying dormant and unused.

I know ... you will believe it when you see it.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

April 10, 2002

Forget the Cover, Dig Deeper

Live your life to the fullest and best of your abilities.

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. Luke 24:13-16 (NAB)

How could they not recognize him? How indeed! You see what you look for and overlook the obvious when you are not "looking" for it.

I am sure that you have bought paperback books after being attracted to their covers. "I bet that's a good book" (you think after seeing the cover). But we all know that the purpose of the cover is to attract attention and to loosen the purse strings. And it is nice, but really secondary, if it also in some small way has something to do with what the book is really about.

You and I are quick to judge each other based on what we see on first impressions. Research studies indicate that this judgment is routinely made within the first 5 seconds of meeting someone. Now that is about as scary as really believing that the book you just bought is really about what you saw on its cover.

Think about the best books that you have read. They unfold over time, maintain your interest, keep you hooked by slowly revealing one nuance at a time, with little twists and turns throughout, and when you reach the end, you are left wanting more. When you have finished that book, you have a great appreciation for the time and the connection you have invested in it; you value it deeply.

You are that best selling book, that well written work of art, but frequently your value and worth is unrecognized.

Perhaps the impression you wear on the surface, your "cover", is not so glamorous and eye-catching. But the truth is, if someone is truly willing to invest the time in developing a connection, a relationship with you ~ they too will see the nuances, the twists and turns over time, the surprises, the diamonds in the rough, the hidden treasures of your talents, skills, humor, intellect, etc. They too will find themselves valuing the investment they have made in you and have a deeper appreciation for the friendship, the relationship they have established.

That goes for you as well. I know that you are quick to judge yourself by the cover. I know that you have not taken the time to really get to know yourself deeply and intimately; to discover all the little hidden secrets inside you, all the latent talents, ideas, strengths, positive attributes, etc.

Don't you think it is time to give that 'untouched book' another chance? Sure the cover might need some work, but pick it up and delve into the pages inside and I am sure will find some fascinating reading. You might even find yourself **Living your Life** with more ~ **Fullness of Spirit** ~ than you ever thought possible.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

April 17, 2002

Make it a Good Choice

Live your life to the fullest and best of your abilities.

"Let the whole house of Israel know for certain that God has made both Lord and Christ, this Jesus whom you crucified." Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, "What are we to do, my brothers?" Acts 2: 36-37 (NAB)

I am sure there have been times where you agonized over a particular decision and did not know which way to turn. Eventually you made some sort of decision, even if only to postpone deciding until some later time. I am also sure that you can look back and see some decisions that you have made and find yourself saying, "my god, what was I thinking?"

Such is life. It is full of decisions, choice points, uncertainties, challenges, possibilities and mistakes. Some of our choices turn out to be very good ones and others turn out to be big mistakes.

What difference does it make? That depends! You may correctly think that you cannot predict the future and therefore cannot be held accountable for how things turn out. True! But you are accountable for the choices that you make and therein lies the difference.

When you make choices, do you look closely at the information you have before you on which to base your decisions? Do you look for crucial missing details so that your picture is more accurate and complete? Do you go with the flow because it is easiest to do or do you go with what your heart and mind tell you is right? Do you decide based on appearances and peer pressures or on what is right and best? Do you decide based on what will promote your own interests over that which is best for all? Do you seek others' opinions and advice and consider all with an opened mind?

It is the process and quality, the truthfulness and integrity, of your choice making process that makes the difference. If your choices are grounded in integrity, then the difference it makes is immense regardless of how it turns out. You are not responsible for all the unseen factors that influenced the outcome. If you had known more at the time of the decision, perhaps your choices would have been different.

However, if your choices are not grounded in integrity, then your responsibility for the outcome is greater than before, because you have played some part (no matter how small) in manipulating the events to your advantage.

The difference that it makes is in the aftermath when all is said and done, in the feeling that you walk away with. In whether you walk away with a clean spirit knowing that you did your best with integrity or that you turn away with a shameful, dirty feeling that you have let yourself and someone else down.

No, you cannot dodge the choices, the challenges, the obstacles, the decisions, or the responsibilities that come with life, but you do determine how you will approach them when you are dealt them. And that will have a significant impact on your own life and the lives of others.

You are the one that chooses to **Live your Life ~ Full of Spirit** ~ full of integrity, responsibility, accountability, life, satisfaction, fulfillment, courage ~ or full of something else.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

April 24, 2002

and You Still Do Not Know

Live your life to the fullest and best of your abilities.

Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him." Philip said to him, "Master, show us the Father, and that will be enough for us." Jesus said to him, "Have I been with you for so long a time and you still do not know me, Philip? John 14:6-9 (NAB)

Most of us spend a lifetime searching for the truth in our lives, for that special meaning or sense of purpose that will make everything seem worthwhile to us. Many never find the answers to their questions. Frequently the answers are right there in front of us but we do not see them.

The answer to your question is a very personal one. That is true for each of us. We are each very unique individuals that serve special purposes in the lives that we live. We each live the "truth" within this world in uniquely different ways with our own special flair or twist to the way we do things.

By knowing yourself, you will discover the answer. Yet, most of us really know our own selves very poorly. We live a lifetime with a few other people and think we know them, but do we really? People are like onions; they have many layers, many secrets, and many depths to be discovered. Many refuse the onion because of its smell or flavor; similarly, we refuse to get too close to most people and even to our own selves because of some minor characteristic that turns us off.

Are you stuck in a rat race that keeps you in perpetual motion? Where you rub elbows with people but never truly interact on a very personal level? Where you seem to go through the motions and find yourself wondering what it's all about? Do you feel passionately about some issue or concern in your Life? If not, why not? Perhaps that is where the truth of life is missing for you. If you do feel passionately, do you let your passion blind you from what truly is most important and most valuable or keep you from taking some important next step?

We see the world through our own eyes, which filter out certain truths, blend them or mix them sometimes in some very creative ways. We sometimes erroneously believe that what we feel passionately about is good not only for ourselves but also for everyone else. This is sometimes true and sometimes not. We sometimes believe we know all the issues and concerns so well that we are definitely acting for the "common good." And yet, we frequently do not know them as well as we think.

Change is ever present in our Lives. The truth is that there could be no Life if there were no change. Life is filled with growth, development, ups and downs ~ and yes, I believe that is called "change". When we resist change, and we all do, we are refusing to fully engage ourselves in a part of Life. However, not all change is necessarily good. For each 'bad' change that we might wisely reject, there is some 'good' change that we might unwisely also refuse to see and therefore refuse to take that next important step.

I hope that you do feel passionately about some things in your life. I hope that you embrace change eagerly as a sign of growth and healthy development. I hope that you are **Living your Life ~ Full of Spirit** ~ because that means in your own special way, you serve a special purpose of changing the world for the better. And that's a good thing.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

May 1, 2002

the Misunderstood Success

Live your life to the fullest and best of your abilities.

Beloved: Sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. 1 Peter 3:15-16 (NAB)

Last week, I introduced the topic of passion and the possibility of being blind-sided by our mistrust of change. Another pitfall that gets in our way of feeling passionate about things in life and acting on them is the fear of what our peers might think.

It would not be difficult to find others who would readily judge your life endeavors or mine as being unsuccessful. No one likes to be dubbed a 'failure'. And yet there is always two sides to each coin. Those who share your passion or viewpoint will tend to see the successful side of the coin and those who have a different view or different passion will tend to view your efforts as a waste of time or even as a failure.

Most of us have a deep desire to be seen as successful by others and of course want to feel successful within our own selves. This desire manages to keep us teeter tottering back and forth between acting on our dreams to create a better life and holding back from introducing that change that might be scorned by others or might even result in failure.

What is the reality? The bottom line seems to be that most of us fail to take action more times in our lives than not. Each time that we do not act on something that we know in our hearts is the right thing to do, we have failed to Live our Lives ~ more Fully with Spirit. When we do act, the standards of success are not limited to being merely monetary or economic in nature. No, the true standard for judging the success of our actions is in whether or not the quality and integrity of Life has been improved, honored and respected.

Hold on here, what are you trying to say? I am saying that the 'true' successfulness of one's life is measured by the extent that one has lived by his or her values and the extent to which that individual's actions honor, respect and improve Life itself.

That sounds great but who actually lives by that standard? I can only speak for myself. I struggle mightily trying to live by that standard. I have made some difficult decisions in my own life that have resulted in consequences that I have no liking for. However, I do not regret those difficult decisions for they were made in clear conscience and honored and respected my values. Sure, most people would readily say I was 'crazy' to make some of those choices. So be it. Just because everyone else is 'doing' it does not make it right.

If you believe strongly in something, feel passionately about some cause, have a powerful compelling dream or vision for a better Life or world ~ that puts you in direct opposition to much of the rest of the world. A world that is afraid to act differently unless everyone else is 'doing' it; a world that is afraid to dream because they believe that dreams are only make believe; a world that treats 'change' as a bad thing to react to rather than being a powerful tool to help shape and improve their own futures.

I myself, Hope that you have the courage and fortitude to ~ **Live your Life ~ Full of Spirit** ~ and that your efforts are extremely successful, and yes, shameful to the rest of the world.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

May 8, 2002

Having Your Cake and EAT it, Too

Live your life to the fullest and best of your abilities.

Jesus raised his eyes to heaven and said, "Father, the hour has come. Give glory to your son, so that your son may glorify you, . . . I glorified you on earth by accomplishing the work that you gave me to do.
John 17:1-4 (NAB)

Over the last several weeks, we have been exploring how we can live our lives more fully by living it with great Spirit, great courage, integrity, passion, creativity and heartfelt vitality.

We all know that this is much easier to say than to do. Some have the gift of being visionary, of being able to see possibilities about where our actions and their consequences may lead us, and also able to see possible actions that will promote the growth and development that is ultimately desired. That is indeed a gift. But it is also a most difficult one to practice.

Think about those times when you have made difficult choices about buying a car or a house or changing a job or made some difficult choice about your child's education, health, college plans, relationships, marriage, etc. Was it an easy process? No, of course not! Was it important to do anyway? Yes, certainly.

What makes it so hard to make the choice? Many things, but one of the most significant is in not knowing in advance what the consequences of our actions and choices will be. We want guarantees; we want to know how it will turn out so that we know we are making good decisions. Some might call that having your cake and eating it, too.

I think there is a way to have both. What? Impossible you think. How about if you keep making cakes? You will always have cake to eat and always still have plenty of cake left over.

When we are faced with making a difficult decision, it is almost always coupled with some great emotional energy that binds us to inactivity. We are afraid to act in a sense because we want our cake and to eat it, too. We want nothing to change (our fear is that the situation will be worsened), but we also want the possibility of all the good things that might happen if it actually turned out for the better.

If we want to eat cake, we have to bake plenty of cakes. We have to be willing to promote change if we want to benefit from the growth, development and good things that are the desirable outcomes of making difficult choices.

We know not everything turns out okay. What then? You continue to 'bake cakes' until you have something worth eating. What is the alternative? Not ever having any cake to eat. Well, most of us could actually do without some of the cake we eat, but what about what that means about life itself? If the alternative is for us to not be courageous enough to make difficult decisions and to press on to see how they turn out, then the consequence will be that we are not fully engaged in **Living our Lives ~ Full of Spirit.**

We are choosing to settle for whatever comes along. We are choosing to resist changes that might actually turnout to be the most wonderful things to happen for our families, our communities, and ourselves. And if we never risk taking that first step, then we will never know for sure.

To **Live your Life ~ Full of Spirit** ~ is risky business. But I think that it is worth it. See you next week, I know that you have been blessed with some work to be done. **God Blesses you!**

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

May 15, 2002

If Dreams Were Real

Live your life to the fullest and best of your abilities.

When the time for Pentecost was fulfilled, they were all in one place together. ... And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.
Acts 2:1-11 (NAB)

Wouldn't it be wonderful if we could all open our mouths and speak the words that need to be spoken? If we were filled with the spirit, energized and enthused to the point that rising up to meet the challenges in this life was easy? Yes, it certainly would be nice.

But that is only a dream ~ or is it? I believe that it is as possible and real as the sun rising each day! However, most of us would have to make some changes in our lives in order for this dream to be allowed existence. You see it does not matter in the least to the dream's reality whether we believe or not ~ it is a real possibility regardless. But it does matter to you and I because for us to take action (even to take the tiniest of steps), we must have a glimmer of belief, of trust, of hope in that dream.

I am sure you have misplaced something at times in your life, maybe the car keys, or wallet, or purse, or glasses, etc., and you looked and searched to no avail. Finally you found them in the most obvious of places, a place that you know that you had looked at several times before you finally saw it. The whole time you looked for it but did not see it, you knew it was real, that it existed, and you persisted in your searching.

Dreams are no less real in their possibility of coming to fruition. Just because you cannot "see" it yet, does not mean that the possibility isn't out there just waiting to be found. But most of us are not willing to look or waste our time on something that we cannot see, something that has no guarantee of ever happening.

What does that mean? It means that the vast number of possibilities never get put into action. It means that we miss out on some truly wonderful blessings that will never be a part of our lives. It means that our lives will never be graced with some of the true enrichments that God meant for us to have. It means that we will continue to live incomplete lives that could easily be so much ~ **Fuller of Spirit.**

What changes would I have to make to have that? You would have to become like the blind person who has never seen the world, but nonetheless, knows that it exists and is really there. You would have to be willing to look a little farther down the road than you have allowed yourself to do so far. You would have to become more like the child you easily believes that dreams are real because someone they know, love and trust says so.

I guess that means that you would have to take some risks to actually trust yourself and others, to break out of the shell that you have confined yourself to. You would have to learn to accept change as a wonderful chance to grow and develop, to explore, to experiment, to savor life, to be fully engaged in Life with all the blessings and enrichments that embellish it.

You would have to be willing to **Really Live your Life to its Fullest**, to leave behind the safety and security of stagnation, of the status quo, of constantly being on guard trying to keep anything from upsetting your semblance of stability. I guess you would have to be willing to believe that the creator promised you a **Life Full of Spirit**, that the promise was not a lie or just a dream.

God Blesses you!

*Carpe Diem cum Spiritu**Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

May 22, 2002

to NOT Change is Impossible

Brothers and sisters, rejoice. Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you. 2 Corinthians 13:11-13 (NAB)

Each week I come to you with some message of hope and encouragement and the perpetual battle cry of “**Live your Life ~ Full of Spirit.**” We talk about dreaming, changing, having a clear and compelling vision for our lives, of living fulfilling relationships, having courage to live lives of integrity, and so forth.

What is it all about? It is about living life to its fullest, in love, peace, tranquility, rejoicing, encouragement and motivation. In short, it is all about LIFE.

Life is ever present, ever changing, and a living, moving, vibrant thing. Life is like that philosophical saying that you never dip your foot into the ‘same’ stream. Of course, to our eye and perspective the stream is constant and non-changing. But it means that the water molecules that first wetted your foot are never the same ones that wet it the next time you stick your foot into the stream, those are long gone downstream.

The same goes for LIFE itself. Life is ever changing, not stagnant. We like constancy and surety, and like to know what to expect from moment to moment. To your eye and mine, life frequently can look as unchanging as that stream, but we know that it never stands still, that it is constantly changing before our eyes even if we don’t see it.

For us to not change and to truly remain “status quo” would be impossible. To do that when sticking your foot into the stream would mean you would have to go tearing downstream as fast as the stream flows. Even then it would be impossible for your foot to remain in constant touch with the exact same water molecules all of the time.

And yet, we waste so much of our time throughout our lives, resisting change rather than embracing it and going with the flow. Whether we do anything or not, change will continue to happen all around us. We were blessed with creative powers, the ability to contribute to the change process in meaningful and productive ways. It makes sense to do so.

We begin to **Live our Lives ~ Full of Spirit** ~ in truly amazing and phenomenal ways when we actively work to produce creative and positive change within our environment. Think of the potential difference it would make in just your own life if someone encouraged and supported you through life’s challenges and vice versa; if you agreed more rather than disagreed; if you found ways to be peaceful and understanding rather than being oppositional.

In short, if you devoted your time to positive, growth-filled change, it would make a huge difference in your life. Or you can continue to resist that kind of **Positive Change**, and many of us do just that, but remember, to do that you would have to work hard and constantly ‘change’ to keep ahead of the game.

You see, no matter which way you go, you still end up ‘changing’. You can choose to change in ways that have the hope of improving and promoting goodness in life, or you can work even harder to resist changing (and of course, fail miserably, because it is impossible to not change).

If the world seems to be passing you by at breakneck speed, perhaps it is you that is passing life by and not the other way around. Remember, I said to avoid changing with your foot in the stream; you would have to go tearing downstream to maintain constant contact with the exact same water molecules. To avoid change in Life, it is you that are passing life by at breakneck speed, not the other way around.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

May 29, 2002

Meaning Found in Mistakes

Live your life to the fullest and best of your abilities.

Moses said to the people: "Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD. Deuteronomy 8:2-3 (NAB)

Some things never change. How often are you stuck in a rut or see someone else stuck in a rut? We are creatures of habit and we get ourselves stuck in a pattern of doing the same things over and over. Even when they don't make sense, we still do them.

Sometimes we get stuck for years before we finally do the 'right' thing and move on to something that is better and healthier for us. Why is that? Because we don't know any better? Because we are frightened of change? Because we are not thinking, just reacting out of habit? Because we are not taking the time to make better choices?

Sometimes when we are hungry, it is not because we have nothing to eat, but rather because we have always eaten bread. We might be surrounded by all manner of edible foods and yet find ourselves starving because we want bread and there is none. Worse yet, perhaps the ingredients are there before us but we have forgotten how to make bread.

Life is short. No matter if one lives a few days or more than a hundred years, Life is still very short. It seems to be filled with all kinds of drudgeries, afflictions, hunger, etc. In the passage above, it took the people 40 years to get it right. Yet, centuries later that very religious part of the world is still vigorously embroiled in battle, fighting and killing. Is that what Life is all about? Perhaps 40 years of wandering in the desert was not really enough?

What does that have to do with you and me? We all get stuck in a rut and get blindsided about the choices and decisions that we must make in order to continue to be fully engaged, healthily in a Life ~ **Full of Spirit**. We make mistakes, hopefully every day of our lives. What? Mistakes? Yes.

We don't accomplish anything unless we are working at it, and that means we will be making mistakes. The more enthusiastically and busily we are working, the more opportunities that we will have to make mistakes. Mistakes are a sign of success in growth and change. No mistakes mean that you probably are not doing anything and that means that you really are not Living.

We do not live by bread alone. How wise are those few words. There are plentiful opportunities to **Fill our Lives with Spirit** and do the 'right' thing. You and I make such choices each and every day of our lives, one day at a time that all add up to a lifetime.

The means for **Living Life ~ Full of Spirit** ~ are ever present. We are surrounded by them and yet do not recognize them. We must be willing and even eager to make mistakes before it is possible to Live Full of Spirit. It is not about what you have avoided doing, but about what you have done and continue to do.

Living is all about doing. Meaning is found in what you do, how you do it and why you keep doing it.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

June 5, 2002

Pursue Value Relentlessly

Live your life to the fullest and best of your abilities.

As Jesus passed on from there, he saw a man named Matthew sitting at the customs post. He said to him, "Follow me." And he got up and followed him. Matthew 9:9 (NAB)

What would you do if someone came along and asked you to follow them? Would you be curious enough to go? What would they have to promise you? What would it take for you to trust them?

Frequently it doesn't take very much. We are bombarded with commercials and advertisements of all kinds and it is amazing how quickly we part with some of our money for something that might look promising, but probably don't need.

What if the promise was that your life would be changed forever, would you be interested then? That is what this message each week is all about, changing lives; **Living Life ~ Full of Spirit.**

What would it take for you to live your life today, this moment, just a little more **Fully? Money?** That's not quite what I had in mind, but if you had more money, what would you do with it? Hopefully you would spend it wisely.

Time? That's better. You and I both know we waste so much more of our time than the amount of our time that we invest wisely. Stop for a moment to consider how your life might be different if you started spending more of your time wisely rather than spending it foolishly.

Perhaps you would have time for someone special in your life: a friend, a family member, yourself, or even just have time to really **LIVE LIFE**. Perhaps you would spend part of it taking better care of yourself so that you are ready to serve in whatever capacity fulfills your life purpose. Perhaps you would re-prioritize your "to-do" list so that the things you truly value are on the list and the others that misuse your time are purged.

Energy? Yes, we could all use more of that. How do we get it? You take very good care of your most important resource ~ your Self. It requires eating, sleeping, grooming, resting, physical activity, saying "no", etc. ~ doing all those things that keep you in great shape.

Motivation? Attitude? Okay, now you're getting personal. You bet! **Living Life ~ Full of Spirit** ~ requires allowing yourself to be extremely intimate with Life. It is all about relationships, people, resources, dreams/visions, purpose, fulfillment, goals, plans, etc. It is about getting very up-close to those things you value most in this world and filling your life with them.

When we create a balance of good things in our lives, and get rid of those things that drag us down and waste our time, energy, and resources ~ then we begin to live life more fully. We will have a good attitude because our motivations and activities are in-line with those things that are most important to us, those things we truly value.

So figure out what those things are and then ... **FOLLOW** them.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

June 12, 2002

the Harvest is Waiting for YOU

Live your life to the fullest and best of your abilities.

At the sight of the crowds, Jesus' heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd. Then he said to his disciples, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest."
Matthew 9:36-38 (NAB)

Everywhere you look today you will see people who are troubled and abandoned, living lives with no direction. No one escapes life without having this difficulty from time to time. Some spend much of their lives in such a troubled state.

You can probably remember times when you weren't sure where to turn next or had some difficult decision to make and didn't know what to do. Maybe someone helped you through that tough time. Maybe you plowed through it all by yourself.

The reality is that we are ultimately responsible for our own decisions, choices, with how we live our lives, and how we cope with those events that touch our lives each and every day. It is easier when you have someone to share each day with and when you take the time and risk to allow your life to touch and mingle with others'. In that aspect, we each are laborers sent to harvest the good things in our own lives as well as to help those others that we have been blessed with sharing our time and space.

However, in order to have something to harvest, we must first prepare the ground, sow the seed, weed it, feed it, water it, nurture and protect it until it has fully developed and is finally ready to be harvested. That requires a huge investment of time and energy.

That is what is required to **Live your Life ~ Full of Spirit**. You will have to invest your time and energy into nurturing and growing something that is truly worth harvesting some day. The day in day out process of doing that can be actualizing, invigorating, life giving, joyous, energizing, fulfilling ... or it can be a life-sucking drudgery. It all depends upon the choices you make and what you do with your life.

Yes, I know that thousands and millions of things happen to each of us as we journey through life and that we are not responsible for them nor have any control over most of them. Think of the wonderful **FREEDOM** that allows us, we are not responsible for all those things that would tie us down and bog us down in an endless decision making process.

You are only responsible for one decision ~ what you will do next. And no matter what happens, that will always be true; you are responsible to decide what you will do next... and then get busy doing it.

Now, I know you have a decision to make and work to do so I will leave you to do that which ...

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

June 19, 2002

No Time to Fear

Live your life to the fullest and best of your abilities.

Jesus said to the Twelve: "Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. Matthew 10:26-27 (NAB)

Fear is a surplus commodity in our lives and it always has been throughout all time. I expect it always will be. There is more than enough of it to go around and no one ever seems to run out of it. The sad thing about it is that it runs and ruins our lives.

The amazing thing is that even though we all have fears, we are even afraid to admit it. "I am not afraid." Yeah, right as we snicker behind their back.

What are your fears? Afraid you won't be able to pay the bills; or that you aren't a good parent/spouse/friend; or that your kids won't turn out the way you want them to be; or that you will get sick; or that you will die soon; or that you won't have enough to live on when you retire; or that you won't go to heaven; or that you will get divorced; or that you will never find someone special to love; or that you will always be alone; or that nobody will like you; or that you will do something that makes you look foolish; or that you will say the wrong thing; or that you might fail; or that you might succeed; or...

When we hide behind our fears, we don't accomplish many of the good things that we could have been doing. When we are afraid to speak or talk about our fears, they become more powerful over us as we become locked in our powerlessness. When we begin to talk about and share our fears with another, we take back the power from that fear and it begins to become powerless in the face of our action.

Yes, we each have limitations and realistic things to be afraid of in this world, but that doesn't mean we should stop or give up. There is so much more that we could accomplish with all of the talents, skills, knowledge and resources that we each have been uniquely blessed with. It is silly to allow our fears to prevent us from accomplishing that which we are perfectly capable of doing.

Yet, many never get started doing half of the worthwhile things they could be doing because they are afraid of failure or not looking good, etc. Ironically, they fail to live up to their full potential when they allow their fears to ruin and run their lives.

They fail to **Live their Life ~ Full of Spirit**. They fail to live the full promise of their life. They fail to live up to the unbelievable accomplishments and successes that they were born to do. They not only fail themselves but the thousands of other lives they will touch during their lifetime.

The truly wonderful thing about fears is that it is never too late to do something about them. It is never too late to start **Living your Life ~ Full of Spirit**. It is not too late to start today to do something you have already been putting off for far too long for one reason or another. Sure the fears will always be there, so what. Why waste your time worrying about them when you have so many other better things to do with your time.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

June 26, 2002

You are a Fool

Live your life to the fullest and best of your abilities.

Jesus said to his apostles: "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. Matthew 10:37-39 (NAB)

What is Life all about anyway? What makes Life worth living? What makes each of us worthy of our friends and family? Why do we struggle so hard at times?

Most of us spend quite a bit of time trying to figure out the answers to some of these questions and ones similar to them. We go through life not sure of what our purpose is or what we are trying to accomplish. We wonder if we will ever do anything of value or will ever amount to anything.

Even individuals who have accomplished great things still question their own worthiness or value, still struggle with these same questions.

Why is it that you and I value what someone else does but minimize our own accomplishments? Why is it that after we have spent great amounts of our own time, energy and talents to accomplish something, we then decide that it was a waste of our time?

I'll tell you why. Because we are fools! No we are not stupid, or lazy, or worthless, or unlovable, or unlikable, or inadequate, or incompetent, or any of those other things we call ourselves... we are simply fools tackling very important and worthwhile projects in a very foolish way.

I am sure you have watched children playing and even called them silly because of some of the things they were doing. Did that stop them from doing them? No, you see their silly "foolish" behavior was very important for them to do ~ they were deeply involved in the very worthwhile task of growing up.

Sometimes being a fool is an important part of our developmental growing up process and sometimes it is what gets in our way of healthy growth-filled change.

I am sure that some of the ways you spend your time are really a waste of your valuable talents and resources. I am also sure that some of the things you do that you minimize and don't give yourself credit for are accomplishments that are indeed valuable uses of your time and resources and it is time to stop fooling yourself about them.

You can choose to fool around and waste a lot of time, energy and talent or you can start **Living your Life ~ with more ~ Fullness of Spirit~** and give yourself credit for a job worth doing and a job well done.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

July 3, 2002

Wisdom Found in Life

Live your life to the fullest and best of your abilities.

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones.
Matthew 11:25 (NAB)

I don't know how things are at your house, but at mine, there is always a lot going on. It's almost like a perpetual rat race, but one that never ends. It seems that we are always on the way to some place, or late for something, or picking up something or have something to do that has been waiting for a while.

I don't think it is a stretch to think that this is not typical of most households. I guess we should all sigh about now and accept that this is what Life is all about. No wait! Rather than sighing, let's all take a deep breath and relax a moment.

Yes, Life is full of activity and of things to be done. But if you want to **Live your Life ~ Full of Spirit** ~ then you must fill your life with meaningful and worthwhile things that are respectful and worth investing your time in. Think of your time as an investment. Depending on how you use your time, it will either pay off or bomb.

The secrets of good living, of happiness, of fulfillment and satisfaction are lost to many a wise individual, because they are too busy chasing after the wrong things in their lives. What would it take for you to rate your own life as being Successful?

Would it take riches, a big house, expensive cars, a big screen TV, respect, friends, family, trust, loyalty, social status? What would it take? You know that many people have all the things that money can buy and yet do not consider them selves successful. Something is missing in their lives.

What could that be? Think about yourself. What if you gave everything you own away, the house, cars, electronics, etc. and just kept the clothes on your back? How would you feel about yourself and your life? What do you think your friends and family would think about you then? Would they still like and love you? Would they be willing to invest their time in you?

In the busyness of our own rat races, we get lost and misplaced amongst all of the things we accumulate in our busy lives. We forget that the true value and importance lies within our selves rather than in all the inanimate things around us. We forget that the true meaning and worthwhile ness of our lives is in how we animate our selves; in how we conduct our selves; in how we invest and use the talents, blessings, gifts and resources that we each our individually responsible for ~ those qualities that make each of us unique and special.

I think that true wisdom is found in knowing what is most important in Life and living your Life accordingly.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

July 10, 2002

Hurry Before the Movie comes out

Live your life to the fullest and best of your abilities.

A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Matthew 13:3-8 (NAB)

We spend a lifetime going from one venture to another. We invest time and energy into one project or goal after another. Some produce the results we want, some flounder, some we never complete, some we start and wait for something to happen, and so on.

As you look back over your life line, what do you see in your tracks? Do you see successful endeavors? Do you see satisfying accomplishments? Do you see yourself living your life in ways that make you proud? And what do you see in front of you as you look forward down the road you are currently traveling? Do you see yourself heading in the direction you really want to be going? What do you hope is waiting for you on that path you are traveling?

Questions, questions, that is all there seems to be in Life. My 11-year-old son was bombarding me with questions the other day about cats. I am sure there was some curiosity behind some of the questions but for the most part I think he was bored and just playing with me, trying to entertain himself. We do that a lot in life, try to find ways to entertain our selves and pass the time.

So I'll ask another question: If after you died, someone made a movie about your life, what would you want it to include? Would it be a romance? A horror? An adventure? A mystery? A comedy? A science fiction? A spiritual encounter?

Well, if you have led a fairly normal life, it would have bits and pieces of all of the above. It would probably be a lot more interesting than you would think. It certainly would include lots of things that you had long forgotten that would probably bring a smile to your face as you watched. You would probably realize that you really had accomplished a lot more in your life and touched many more hundreds of people's lives than you remembered.

There probably would be one or two things in the movie that really stood out and impressed you more than anything else. You would swell with pride and love and happiness over those happenings.

If you are **Living your Life ~ Full of Spirit** ~ than those memorable events may have already occurred, and if not, you still have time before the movie comes out.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

July 17, 2002

when Everything Goes Wrong

Live your life to the fullest and best of your abilities.

The kingdom of heaven may be likened to a man who sowed good seed in his field. While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off. When the crop grew and bore fruit, the weeds appeared as well. The slaves of the householder came to him and said, 'Master, did you not sow good seed in your field? Where have the weeds come from?' He answered, 'An enemy has done this.' Matthew 13:24-28 (NAB)

Have you ever wondered about how things can start out with the best of intentions and then things seem to just go wrong? Some call that "Murphy's Law" but I think that it is just Life. We are all responsible for what we individually do and that is really all that we have control over. That is why so many things don't go as we would like.

There is almost nothing that any individual does in their life that does not impact and influence other people and vice versa. This introduces a huge possibility of things not going the way we had planned. That is of course not even factoring in other natural causes such as nature, weather, etc. One would almost have to wonder why anything ever works according to plan.

So what do we do? When something goes wrong, many of us respond with rushing right in and trying to undo it and get things back on track. Sometimes that works and sometimes we are just wasting our time and energy trying. Some times we just have to wait and see how things work out and then do what we can when we can.

Well most people don't like to wait. They want WHAT they WANT and they want it NOW.

Take a look at your own Life so far, how many times have things worked out for you according to plan? How many times did you even have a Plan? Many people don't even make plans because they think they are just wasting their time. Things will happen the way they are meant to regardless of what I do, so why bother!

I can certainly understand why people might think that way, but that is not the best approach. If you are to **Live your Life ~ Full of Spirit** ~ it is going to take planning. You will have to work at it. You will have to revise your plans, again and again and again. It never ends. That's okay, because that keeps Life interesting.

What do you do when something goes wrong? Most people look for someone or something to blame, "I don't care what as long as it is not me." Again, that is not the best approach. A person who looks for someone to blame is giving away what little they have control over ~ them selves.

Typically such individuals search for someone or thing to blame, complain a lot and that is it. Well maybe it feels good to do that when you are frustrated and nothing is going right, but it really is not going to change anything. That will only happen if you take a realistic look at what you can and cannot do and get busy doing what is within your power and ability to do. Then you can feel good about what you have done, and yes, feel disappointed in the rest, but continue to go about living your life doing what is within your means of doing.

And doing that with courage, passion, drive, optimism, faith, creativity, a positive attitude ~ why that is what I call ~ **Living your Life ~ Full of Spirit. God Blesses you!**

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

July 24, 2002

Buried Treasures

Live your life to the fullest and best of your abilities.

The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field. Matthew 13:44 (NAB)

Our lives are full of buried treasures that we have found and forgotten multiple times over and over again. We spend our lives seeking the elusive treasures of money, fame, friendship, love, and so forth. We sometimes find them and hide them away so that they won't be taken from us.

Frequently the most valuable treasures within our lives are hidden away and forgotten. We take them for granted and don't ever realize their true value. Their greatness becomes useless to us.

What am I talking about? Fill in the blank: "I'd do anything to have _____."

How did you answer the question? More Money? If you kept track of every cent you spent in a year, in your lifetime ~ you would doubtless find much foolishly wasted money, things you bought that you didn't really need and that didn't make you any happier or fulfilled.

More time? If you kept a log of how you spent your time each 30 minutes of each day for a week. You would be amazed at how much time you spent foolishly on tasks that did not further your goals.

More Friends or Love? Look at how you take your friends for granted, at how you treat them. Do you smile or greet strangers? Do you make the effort to connect with others on a daily basis?

Better Health? How good of care do you give your self? Do you eat foods that are healthy and in quantities that are appropriate? Do you exercise and maintain yourself in good physical shape? Do you indulge in unhealthy practices such as overdrinking or using drugs? Many of us take better care of our pets than we do of ourselves.

Your Life is **FULL** of Treasures that you have forgotten about or take for granted. Take time to ~ **Fill your Life with Spirit** ~ by getting back in touch with the treasures that make you so unique and special.

Take some time to connect with others, to smile, to laugh, to give a warm greeting to those you meet in your travels. Take a moment to be kind to yourself, with appropriate eating, sleeping and nurturing of your health. Become a wiser and better user of your time, money and resources.

What is it about you that your friends find so valuable and enticing? Your smile, your humor, your opinion, your honesty, your willingness to share, your generosity, your talents, your intellect, your frankness, your willingness to listen, ...

Take great joy in those treasures and by all means do not hide them away or forget about them. They were meant to be shared, to be used on a daily basis, to be highly visible and greatly appreciated.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

July 31, 2002

the Richest in Spirit

Live your life to the fullest and best of your abilities.

You who have no money, come, receive grain and eat; Come, without paying and without cost, drink wine and milk! Why spend your money for what is not bread; your wages for what fails to satisfy? Heed me, and you shall eat well, you shall delight in rich fare. Isaiah 55: 1-2 (NAB)

It seems that no matter how much money one has, it is fairly easy to spend it. We find ourselves wanting more and desiring things that we cannot afford. How much of your hard earned money do you spend on things that fail to satisfy you?

If you sat down and itemized what you spend your money on you might be surprised at how much of it you spend on things that probably do not really satisfy some need of yours or really add that much to the quality of your life. Most people waste a good bit of the blessings that they receive. We tend to be poor managers of the resources available to us.

Have you ever wondered how it is that the poorest of people seem to usually be the happiest? Why is that? They don't have all the luxuries that you and I might have. They work themselves to death practically just to secure the basics to keep them alive. And yet their lives have a simplicity and happiness that is lacking in many individuals lives who have much more than those poor ones.

It probably comes down to a simple difference in perspective. The poor ones are focused on what they have and how to use it wisely while we are focused on what we don't have and how we are going to get it. We take for granted so many of the things we already have and forget about them and they just gather dust.

How is it that something that we worked so hard to buy is so quickly forgotten? That's simple, we didn't need it in the first place. Take a moment to think about what you would do if you had to give up everything you owned except for a few things that you would be allowed to keep. What would you keep and why?

If you take the time to seriously consider this question and respond truthfully, you might be surprised at the answers you give. You will be much closer to recognizing and accepting the values that are most important to you in your life and to being able to truly ~ **Live your Life ~ Full of Spirit.**

Should you run out and give away all your stuff? Sure if that floats your boat. But more importantly, it is not what you have or have not, but rather, it is what you do with it, how you manage it, how you appreciate it and use those gifts and blessings to promote the quality of your own life and the lives you touch.

It is all about using whatever gifts, blessings and resources you have available to you in wise and generous ways to ~ **Live your Life Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

August 7, 2002

Come to Life

Live your life to the fullest and best of your abilities.

He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" Matthew 14:29-31 (NAB)

Frequently we start out on some course of action and begin to flounder when we start to doubt the wisdom of our actions or doubt that we can pull it off. We are full of doubt. It gets in our way of achieving that which we are perfectly capable of doing.

Most of us never have a clue of what we are fully capable of achieving because we never even come close to trying. Our doubt keeps us firmly grounded in achieving only that which is safe. We never stretch our wings or reach for anything beyond that safety and security that we have grown accustomed to.

It seems that we put so little faith and trust into our own capabilities and those of others we know. We undervalue the worthiness of the gifts, talents, resources and blessings with which we have been endowed. Therefore, most of us are resigned to being underachievers our whole lives.

Yet, to **Live your Life ~ Full of Spirit** ~ requires you to be courageously striving to achieve at your FULL capability. It would be foolish to encourage you to stretch yourself thin, to reach for that which is not possible, for that which is beyond your reasonable capability, to be an over-achiever. But it is also foolish to give in to the doubt that keeps you from doing that which you are perfectly capable of doing.

So where are you under-achieving in your life? Where are you giving up before you have maximized your capability? Where is your Life empty because your fears and doubts have kept you from using your resources to fill the void?

Life is full of possibilities that have never been realized. Life is full of action, energy, love, spirit, fulfillment, hopes and dreams. That Life is within each and every one of us. You make the decision to let it out to expand, to develop, to grow, and to produce amazing results. You also choose to keep it safely locked away so that your doubts and fears are appeased.

Life is about Living. It is true that from the day that we are born, we have the opportunity to Live out our days until the day that we die. Some people choose to Live their Lives most fully. Others choose to fill their days with dying rather than with Living.

Their days are ruled by doubt rather than by courage, trust, hope, faith and all the other resources of **LIVING ~ Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

August 14, 2002

Believe in Possibilities

Live your life to the fullest and best of your abilities.

Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And the woman's daughter was healed from that hour. [Matthew 15:28 \(NAB\)](#)

The world is full of doubters. How many times have you said, "I don't believe that", or "it must be a miracle", or "I don't understand", or "that could never happen."

The world is also full of unimaginable possibilities. It is your own lack of creativity, your own doubts, your own disbelief, your own lack of trust, and your own inability to perceive a world full of possibilities just waiting for you ~ that gets in your way.

How many times have you thought it highly unlikely for something to happen, but you tried anyway, thinking yourself very foolish to do so, only to find to your utter amazement that you were successful? It happens over and over again in your life and in the lives of countless people that you know. Just look and you will see that it occurs everywhere that you look.

You have been endowed and blessed with some phenomenal resources to utilize on your journey through life. Surprisingly, you never touch the vast majority of them. You are not even aware of most of their existences. You are like a blind person traveling at warp speed through time and space. And then you wonder why you have such difficulties continuously cropping up in your busy days. You find yourself amazed at some of the wondrous curiosities that occur as if miracles in your life.

Yes, there are miracles and countless things that you and I will never understand. There are also countless possibilities that you and I will never become aware of, or attempt to make a reality. Not because they are too difficult, not because they are impossible, not because they are unreasonable, not for any other reason except that you and I are blind to them and doubt their existence in the first place.

But they exist and are just waiting for someone to come to their senses and do something about it. They are waiting for someone to realize that they too can ~ **Live their Life ~ Full of Spirit** ~ full of possibilities, full of courageous wonderful living.

It is time for you to open your eyes and shed the blindness and doubts that hinder you from effectively using the resources that you were blessed with and have available to you in this life. It is never too late to have a change of heart and mind that opens your world to a whole new awareness and fullness of life.

The possibilities have always been there and always will be.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

August 21, 2002

Who Do They Think They Are?

Live your life to the fullest and best of your abilities.

"Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Matthew 16:13-16 (NAB)

How would others answer this question about you, "Who do they say that you are"? What do you think about yourself? We wonder about these questions endlessly throughout our lives. What do people really think about me? And we worry about the answers. Our actions reflect our worry.

We frequently make decisions based on how we think our actions will look to others or how they will curry favor for ourselves. In other words, we sell out to the desires of others rather than standing up for the principles we believe in. We give in to that which is truly not best for ourselves or for our families because we don't want to rock the boat or upset someone else.

Why are the desires of someone else more important to me than what I think myself? Do they have my best interests foremost in their minds? Do they know what is best for me and work tirelessly upon my behalf?

Anyone who wanders through life trying to please everyone else will end up pleasing no one and find themselves miserable in the process. You have a mind of your own and are supposed to use it wisely, consistently and constantly.

Does that sound selfish to you? It might, but it should not. Unless, you value yourself to the extreme that you will take advantage of all opportunities to further yourself at all costs, above and beyond any consideration of anyone else. Yes, there are people in the world that this is true about, but it is not true about most people.

Most individuals struggle to achieve a balance of promoting good for themselves and for others, too. And that is how it should be. But I can guarantee you, that if you are not actively working towards that end yourself that no one is going to step in and do it for you.

Trying to guess what someone else wants and trying to act accordingly will get you nowhere except unhappy and miserable. Trying to please only yourself without consideration of anyone else might get you just about anything you might want except friends and love and true happiness.

So "who do people say that you are"? and who do you want to be? Who are you and what do you think of yourself?

What you think about these questions and how you answer and respond to them are probably the most important influence that will ever happen to you in your life.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

August 28, 2002

Pleasing and Perfect

Live your life to the fullest and best of your abilities.

I urge you, brothers and sisters, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect. Romans 12:1-2 (NAB)

Can you guess what is the single most important activity that you neglect the most and which ends up significantly impacting your life?

Extreme self-care. We take care of the “things” we own better than we take care of our own “selves”. No, I am not kidding. Think about it. Think about how much time you spend washing dishes, cleaning house, washing the car, mowing the yard, dusting, polishing, waxing, etc. and then think about how much time you spend making sure your mind and body are in top shape.

I’ll bet that you don’t spend near enough time taking care of your self with extreme care. What that means is that your own “self” is the most valuable and important thing you have in this life and you should be extremely careful to take the best possible care of it.

In the above passage, we are reminded to take care of our bodies in such a way, that they are pleasing to God and to not forget to renew our minds, as well, so that they too are perfect and pleasing to God. This passage is basically reminding us to not forget to tend to our own “extreme self-care” so that our minds and bodies remain in top shape so we can always do our best for God.

How often do you take a little time for just yourself? To soak in the tub? Read a favorite book? Listen to relaxing music? Spend time with a hobby or pastime that refreshes you? Spend time with a friend? Sing? Pray? Contemplate about your blessings? Exercise or take a walk? Eat and sleep healthily? Pamper yourself with a new article of clothing or some other item that you might be able to do without, but that would make your day go just a little easier?

That is all part of taking care of yourself: physically, emotionally, intellectually and spiritually. Extreme self-care is crucial to **Living your Life ~ Full of Spirit**. If you are always running on empty, that means you are always running, running, running – and not accomplishing fully what you intended. It means you never get around to doing most of things on your “to-do” list and taking care of yourself is probably at the bottom of that list.

Living Full of Spirit ~ means that self-care is at the top of your list and you always get that done first so you have the energy and a “full tank of gas” to tackle everything else on your list. You get more done and you enjoy doing it. You have your values prioritized so that the most important things always get done and the things that matter less are the ones that end up waiting for another time.

Make sure that you take care of the most important gift you will ever receive, the gift of Life. Take care of that and you will always have plenty to give back, and yes, live a life that is **Pleasing and Perfect**.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

September 4, 2002

the games we play

Live your life to the fullest and best of your abilities.

Brothers and sisters: Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law. Romans 13:8 (NAB)

We humans are funny creatures, and oh, the games that we play with each other. We get so concerned about what so and so will think or who likes whom, or who has what and how that makes us look, or who's in and who's out, or who agrees with me and who doesn't, or how my decisions and actions will be interpreted by my friend, and so on and so forth.

Don't you get tired just reading about it, let alone participating in the game? And yet, it is a game that we all play in one form or another. The more we play it, the more dissatisfied and disillusioned that we become. It becomes all consuming and just think about how much time and energy that we waste in the process.

To truly **Live your Life ~ Full of Spirit** ~ means you must approach life from a different perspective. First, it means that you are going to actually "Live" your own life. What that means to me is that you will assume the role of leadership rather than following blindly where others choose to lead you. You accept full responsibility and accountability for what you do with your life, for better or worse. The best leaders are also excellent followers and are versatile and nimble in balancing the two roles of leading and following.

Second, the best leaders are also individuals of integrity. Or you might say, **Full of Spirit**. They live courageously according to the values and principles that guide them; the precepts that they "follow". They live in the mainstream of society but are out on the fringes and edges, where they promote healthy change and progress rather than stagnation and the status quo. Life is defined by its growth and change, and death by the cessation of growth and change.

So why are you and I so resistant to embrace change? Are we more invested in dying rather than living? You would think so based on our actions. Now I know you are thinking that all change is not good, and you are entirely correct in thinking that. Change just for the sake of change is not a good thing. I define that as poor leadership and being out of touch with good followership.

So what is good Change? Change that promotes growth, development and healthy living is good change because it facilitates the process of Living. Any change that goes against or fights the process of healthy living, that does not have an eye towards the future and towards continued growth is inappropriate change that is best avoided.

But let us get back to the Game of Life and to being the funny creatures that we are. You are immersed into the game whether you like it or not, but how you play the game is a choice that you make. You may choose to lead or to follow blindly. You may choose to live courageously or fearfully. You may live with integrity or by the whims of others.

I hope that you choose to ~ **Life your Life ~ Full of Spirit**.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

September 11, 2002

the Future Beckons

Live your life to the fullest and best of your abilities.

Then Peter came up and asked him, "Lord, when my brother wrongs me, how often must I forgive him? Seven times?" "No," Jesus replied, "not seven times; I say, seventy times seven times."
Matthew 18, 21-22 (NAB)

The opportunities to forgive are found in each day of our lives and we are asked to forgive over and over without stop. The healthy life-centered individual does that. Because if you are focused on **Living your Life ~ Full of Spirit** ~ it means that you are focused on Living rather than on holding back or resisting or remaining stuck.

Our Lives are far from being perfect. There are plenty of reasons for each of us to be filled with anger and resentment and to lose hope, but that gets in the way of living courageously with purpose, hope and direction. Most of us would find it easier to give in and follow blindly wherever everyone else goes, but that would not be respectful of your own life and values and purpose.

NO, we must never give up or stop striving tirelessly to live our lives full of purpose, integrity, hope and courage. There will always be a better tomorrow if we are working to that end; otherwise, we are stuck with whatever we get.

Yes, Life is full of ups and downs. We are responsible for what we do with those ups and downs when they come, how we respond and how we live our lives. We can focus on the past and on the negatives and never get anywhere or we can focus on making the best of whatever happens and continuously strive with courage and hope and love to live Life most fully regardless of what we are handed along the way.

Whatever you do is a Choice and it is yours to make. You will have to live with the consequences of your choices and actions so make them the best choices you can. Choose to **Live your Life ~ Full of Spirit**. Focus on making your future the brightest and best possible, because before you know it, your tomorrows will be your todays and then yesterdays and gone forever. You will never catch up with the lost moments and possibilities in the past, you must focus on being ready for them in the here and now as they come racing at you from the future.

Choose to Live with renewal rather than regret, with joy rather than sadness, with hope rather than apathy, with courage rather than fear, with anticipation rather than anxiety, with love rather than hate, with **Fullness of Spirit** rather than stagnation.

And always remember...

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

September 18, 2002

that's not Fair

Live your life to the fullest and best of your abilities.

Jesus told his disciples this parable: "The kingdom of heaven is like a landowner who went out at dawn to hire laborers for his vineyard. After agreeing with them for the usual daily wage, he sent them into his vineyard. ... 'My friend, I am not cheating you. Did you not agree with me for the usual daily wage? Take what is yours and go. What if I wish to give this last one the same as you? Or am I not free to do as I wish with my own money? Are you envious because I am generous?' Thus, the last will be first, and the first will be last." Matthew 20:1-16a (NAB)

Who does not feel slighted when someone else who has not worked as hard as you, gets equal pay, benefits or status? We are quick to feel like we have been cheated because we have not been treated fairly.

In our own minds, we do not think we have been treated fairly. Perhaps we have not or perhaps it is just that we want more than we got or more than we deserve.

No matter how much you may have, it is human nature to want more. We never have enough. Sure we may be grateful, but we still want more. We are never quite satisfied.

Would you be satisfied if you had to make do with what you have right now, this very instant? If you knew no matter how long you lived, that you weren't getting anything else? That would be hard wouldn't it?

Some would spend the remainder of their lives angrily condemning their plight for having been cheated so grandly. Others would make do and go on living their lives as if they were the luckiest people in the world.

The next time you find yourself feeling angry and upset and crying, "that's not fair". Stop and really examine the circumstances for a moment. Is it that you really are being treated unfairly, or is it rather, that someone else's generosity is different from yours? Is it that you are not seeing things as fairly as you could be, or that you are stuck in your own perspective and missing some important details?

It is easy for all of us to find ourselves stuck in such a predicament and we get stuck on a fairly regular basis. But to **Live your Life ~ Full of Spirit** ~ requires you to constantly strive to see your own life experiences from many more perspectives than just your own. For when you view your own life from just your own eyes, you are hindered and limited by your own faulty vision, by your own blinders, by your own unwillingness to see or to believe certain aspects. You will never see the whole picture.

I know that sometimes I miss or overlook an important detail that makes all the difference and changes everything. I know that you do that as well. It is the wise individual that strives to see every possible angle of an issue. They will look up, down, forwards, backwards, around the corner, side to side, within and without, and then look again just in case they missed something or something has changed since they last looked.

It is seldom so simple that the answers are right in front of our noses. Even more amazingly, when they are, we still frequently miss them.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

September 25, 2002

should, would, could of ...

Live your life to the fullest and best of your abilities.

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others.
Philippians 2:3-4 (NAB)

We all have many things we wish we had never said or never done; many things we wish we had done but did not do. We make choices out of fear. We do things without thinking first. We are afraid to take certain steps because we fear the unknown, or fear failure, or fear success, or fear something.

The reality is we do the things we do for a lot of different reasons. Fear is just one of them. Another one is we hold certain values and beliefs about how things work in this world, and we live our lives accordingly. Except sometimes, we don't.

Sometimes we go along with something even though we don't want to; sometimes we leave something unsaid that we knew needed to be said. Sometimes we wish we could have the chance to do something over again and we would do it differently.

You and I have that chance, each and every day of our lives. No, we cannot change the past or relive the past, but we can take the courage to make a small change today so we don't find ourselves wishing tomorrow that we had done something differently yesterday.

There is a never-ending supply of those choice points in our lives and we receive never-ending opportunities to do the right thing. It only takes one to change your life forever; it only takes letting one slip away to also change your life forever. The choice is always yours and you will always make it. Even if you do nothing, that is a choice you have made. Indecision is a choice you make when you do not know what to do or when you postpone it until a later time.

To **Live your Life ~ Full of Spirit** ~ means that you accept the challenge and the courage to live your life fully in the moment. You will make choices and live with the consequences. You will make right choices and be happy and satisfied; you will make wrong choices and look for opportunities to correct them; you will have times you don't know what to do and you will reach out to someone to help you find clarity.

Yes, you hold values and beliefs always in your mind, and you make thousands of choices each and everyday based on those principles. They become the basis for your life, they are your ~ way of life.

My hope and prayer for you is that you will choose to ~ **Live your Life fully with great Spirit and passion** ~ honoring, respecting and fully utilizing the many blessings and resources at your disposal to help you on your journey and to make your journey the best possible. May all the other paths crossed by yours in the process, be blessed by those moments together.

God Blesses you!

*Carpe Diem cum Spiritu**Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

October 2, 2002

Think of the Possibilities

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Philippians 4:8 (NAB)

You have probably heard the saying, “you are what you eat”, and while that is so true, even more so is the saying, “you are what you think”. Your thinking drives everything you do and ever hope to do. All your behavior is driven by how you think, how you understand and make sense of the world in which you live.

Furthermore, good thoughts lead to good actions and good reactions. Bad thoughts produce negative reactions and behaviors. That is how it works. How hard is it to feel happy and satisfied when you are angry? Nearly impossible! On the other hand, is it not a lot harder to get upset and angry if you are very happy and feeling satisfied in that moment?

There is a huge problem in all of this. Each and every one of us has been trained and learned from day one to focus and pay more attention to the negative things and potential problems rather than to the positive and good things in life. We have learned to take the good for granted and to not pay too close attention for fear we will jinx it and it will disappear. We learn to pay close attention to anything that could possibly go wrong so perhaps we can fix it as quickly as possible.

On the surface this sounds very reasonable. Yes, we should do what we can to limit the damage of problems and to plan ahead to circumvent potential concerns that we can foresee. But the danger is that we will become overly focused on trying to see the negative and we stop seeing anything else. Have you ever wondered why it seems like there is so much bad happening in the world these days? It has always been there and likely always will be. But there is tremendously more good in the world than there will ever be bad. Why don't we see that?

Simply, because we aren't looking for it. You will never see something that you purposely are not looking for and it doesn't matter if you even have to work hard to maneuver yourself around it, you will still not SEE it for what it is.

What would happen if you always saw the positive first? Think about the person who has just lost their job. Think about how sad and worried and anxious and depressed they might be. Why is that? Because they are thinking that it is terrible that they lost their job. Terrible thoughts produce feelings of terribleness. Now think about that same person feeling happy, lighthearted, eager and excited. What could be going on with them? Obviously they are in denial. Or just maybe, they are thinking about the wonderful opportunity they now have to find a job that they enjoy, that gives them the opportunity to use their talents, knowledge and skills in a way that is more in line with their own values, goals and purpose in life. They don't see something terrible, they see a wonderful opportunity.

That second reaction is the reaction of a person who is **Living their Life ~ Full of Spirit**. When something happens to them that would throw most people into a tizzy or slump, they are busy making lemonade out of lemons. They are busy making the best out of a less than ideal situation. They are busy looking for the positive aspects and running with them. They are not ignoring the negative; they simply are not letting the negative ruin their life.

They are not in denial. They are fully cognizant of the loss of their job, but they realize that if they focus on the negative, that it will bring them down and things will get even worse. They realize that no matter how bad things may get, that if they remain focused on the positives, they will always be able to make the best of things and their life will always get better. Take a moment right now to find one positive thing in your day and focus deeply on it for a minute or two. **God Blesses you!**

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

October 9, 2002

don't worry, be Happy

Live your life to the fullest and best of your abilities.

I know how to live in humble circumstances; I know also how to live with abundance. In every circumstance and in all things I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. [Philippians 4:12 \(NAB\)](#)

We live in a world of abundance and yet few truly know the secrets of living well in both abundance and need. No matter how much abundance one may have at their disposal, there still are unmet needs. What are your own areas of abundance and of need?

What would it take for you to be completely happy each and every day of your life for the rest of your Life? Would it be wealth, or friends, or love, or time, or health, or food, or things, or talents, or respect, or value, or to know that you do “matter” to someone else? What would it be?

Some think that it is not possible to be truly happy most days, yet alone, for the rest of their lives; so why bother to even waste time thinking about it. They are coming from a deep well of need and have truly lost touch with the areas of abundance that are present in their lives.

What areas of abundance do you have? Time is one. We think we don't have enough time and are always rushing here and there and not accomplishing half of the things we want to, but we do have plenty of time. However, most of us are extremely poor managers of the time at our disposal.

Laughter is another one. You may laugh each day to your heart's content, but how many days have gone by where you have not even cracked a smile, let alone allow the joy of Living bubble up from deep within you.

The ability to Love and have deeply enriching friendships is another source of abundance that many have allowed to slip away. Most people literally cross the paths of large numbers of people each and every day of their lives and yet never even peripherally connect or reach out to even one of them. Many families do not even reach out to each other within their own home.

Many of the “abundances” within our lives have turned into “needs” that go unanswered. It is not that they do not exist or that they have become limited and elusive, rather, it is because we have turned away from them and focused our attentions elsewhere.

It is my hope that if today, an abundance bites you on the nose, that you will recognize it and squeal in delight and gratitude; and if a need, bites you in the butt, that you will get up off your butt and reach out to one of the many abundances present in your life ~ and to have the courage to ~ **Live your Life ~**

Full of Spirit.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

October 16, 2002

the Truth Shall Set You FREE

Live your life to the fullest and best of your abilities.

Teacher, we know that you are a truthful man and that you teach the way of God in accordance with the truth. And you are not concerned with anyone's opinion, for you do not regard a person's status.
Matthew 22:16 (NAB)

How do you want to be remembered after you are gone? What do you want people to say about you? Do you want to be remembered for your honesty and fairness? What do you want people to say about you when they talk?

In the above passage, it sounds as if Jesus is being praised and honored, but in fact those words were being used to attempt to entrap him and to discredit him. How many times have someone come to you with a smile and some kind words and you find yourself wondering, "What do they want?" We are so mistrustful as a people.

Perhaps you have been burned by someone, mistreated, etc. and you have good grounds to be mistrustful. Perhaps you judge others by the lies and bending of the truth that you yourself do. If you, as good a person as you are, find yourself bending the truth at times, what must others be doing? Welcome to the real world.

Sure the world is full of both good and bad. But in all seriousness, what do you want to be your contribution to this world, to your family and friends and to yourself? You have been given a number of resources to use as you see fit during your passage in this world, how do you intend to use them and what do you intend to accomplish?

Well, that depends on what everyone else does or wants. No, it doesn't! It depends on you alone and how you want to spend your life and what you hope to accomplish with it. Sure you have an important impact on other people's lives and you are influenced by others' opinions, but in the end you make the decisions that direct the efforts you make in your own life.

Take a moment to examine the motivations that drive your happiness and displeasures. Take a moment to look at those things that you value most and make you the happiest and how much time and effort do you devote to them? Do you spend far too much time on things of little value or importance to you? Do you have a good balance in your life between those responsibilities you have to do and those that you really treasure and find really enhance and add value to your life?

If you had only one hour left to live ~ how would you want to spend that hour? If you have the courage and commitment to live your life as if each hour were your final hour, then you would be ~ **Living your Life ~ Full of Spirit**. And after you were gone from this world, people would be saying the things about you that you most want to hear. Furthermore, they would be saying them with true sincerity and genuineness and they would be saying them right now, too.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

October 23, 2002

Life Demands 100%

Live your life to the fullest and best of your abilities.

You shall love the Lord your God with your whole heart, with your whole soul, and with all your mind.
Matthew 22: 37

Have you ever in your life put your whole heart, soul and mind into anything you were doing? Think of the results you would achieve if you lived your life doing just that all of the time.

We are called to live our lives just that way, with our whole being. When you **Live your Life ~ Full of Spirit** ~ you are living with your whole heart, soul and mind. You choose to live courageously with spirited passion and zeal. You do what is right and proper, not what will make you look good, or what everyone else is doing, or because you can get away with it.

We aspire to and achieve greatness by living a great life. We do that by utilizing all of our resources, talents, gifts, abilities and blessings to the best of our abilities or with our whole being.

You might be thinking that you already do that. Great!! But I bet you are not. Now I am willing to be wrong, but are you? You may be doing a great job already, but I bet you can do even better.

The human mind is a truly amazing and remarkable thing. Just think of all the millions of things it does for you and allows you to do. Did you know that the average person uses only about 10 percent of the capacity of their brain's power? Think about what the geniuses of the world have done with their 10 percent. Sure, maybe they used a little more than 10 percent of their brainpower or maybe their 10 percent just goes a little farther than the rest of ours.

Think about those times when you are bogged down with all kinds of distractions and have tons of things on your list to do and you are struggling to keep up. Okay, so that's all of the time. Would it make a difference if instead of only 10 percent, you were able to devote 15 percent to the process? You bet!

How do you do that? That's a good question, but I don't have a good answer. I think the solution is that one should strive to devote 100 percent, or their whole being, to living a great life 100 percent of the time. How much of your brainpower you are using doesn't matter if you are achieving the results you desire.

What do you want to achieve? What do you want to do with your Life? How do you want to spend your Life? What do you value most in Life?

The answers to these questions form the foundation for your vision and purpose in Life. Now devote your whole being to **Living a Great Life** around that vision and purpose and you will be achieving some great results.

You will also be **Living your Life ~ Full of Spirit.**

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

October 30, 2002

Putting on Airs

Live your life to the fullest and best of your abilities.

For they preach but they do not practice. They tie up heavy burdens hard to carry and lay them on people's shoulders, but they will not lift a finger to move them. All their works are performed to be seen.... Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.
Matthew 23:3-5, 12 (NAB)

You have heard people talking about other people who they thought were putting on airs. "Who do they think they are? They must think they really are something..." You get the point.

How many times do you think someone else was saying or thinking those things about you? We are all creatures of our perceptions. We perceive others by what we see and hear and we make judgments and conclusions about what kind of person they are, how they are, whether we like them or not, and so forth. These are only our perceptions but we use them to create "realities".

Yes, there is some reality in these incomplete perceptions. But they don't come anywhere close to capturing all the nuances of any one individual person and the richness of that individual's character, talents and abilities. We all wear masks and actually wear different ones in different situations and for different people. Each one captures certain elements of who we are as individuals and are meant to portray us in certain ways. It is almost like we are going through life playing games.

How courageous are you? Do you authentically represent and portray yourself in the different situations that you find yourself? I don't mean that you don't filter what you say or do or how you act, but that you always present yourself honestly and authentically across all situations. Of course you will filter what you say, and will dress and act differently depending upon the situation you are in, but do you always present yourself as you really are?

You don't change your opinion depending upon who is hearing it. You don't try to impress someone by presenting yourself falsely. You don't gain favor at the expense of someone else. You respect and acknowledge others as well as you do for yourself, and also treat yourself as well as you treat others. You see it is not the game that is at fault, but rather, it is the rules by which we play it and whether or not we cheat.

To **Live your Life ~ Full of Spirit** ~ means that you strive to never "cheat" at life. You live your life authentically, honestly, courageously, respectfully and you always strive to do even better.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

November 6, 2002

Pursued by Wisdom

Live your life to the fullest and best of your abilities.

Resplendent and unfading is wisdom, and she is readily perceived by those who love her, and found by those who seek her. She hastens to make herself known in anticipation of their desire; whoever watches for her at dawn shall not be disappointed, for he shall find her sitting by his gate. For taking thought of wisdom is the perfection of prudence, and whoever for her sake keeps vigil shall quickly be free from care; because she makes her own rounds, seeking those worthy of her, and graciously appears to them in the ways, and meets them with all solicitude. Wisdom 6:12-16 (NAB)

Wisdom is one of those jewels hidden within each of us. We all have some of it; some have more of it than others; some are more aware of its presence than others; some use it more than others.

Where does it come from? A lifetime of experiences, of learning, of trial and error, of observing, of listening, of reading, of seeing, of tasting, of touching, of smelling, of thinking, of considering, of living Life. Wisdom is the quality of judgment that comes with living life and learning from the life you live.

Just because you don't think you have any wisdom doesn't mean that it is not there. Now I am not talking about common sense, that is not the same as wisdom. One can be very wise and have little common sense. Have you ever had a gut feeling or intuition? Of course you have. That is part of the voice of wisdom. Do you listen to it?

Wisdom is derived from all the sensory data that is inputted into our minds, much of it outside of our awareness. Much like data is inputted into a computer, crunched and almost magically spit back out, our brains crunch the data and spit out "wisdom" in the forms of intuition, gut feelings, thoughts that seem to come out of nowhere telling you to do something.

People go through life with very little awareness of all the multitude of things happening around them. It is amazing that anything gets done. But it does, at least some things get done. How aware are you of the many talents, skills, abilities, blessings, bits of knowledge and life experiences that make you the unique person that you are?

You have a core of wisdom inside of you that is there for a purpose; it is there to help you **Live your Life ~ Full of Spirit.**

Wisdom is frequently thought of as being the opposite of foolishness, but they go hand in hand. We are fools when we own a treasure that we don't recognize and make the best use of possible. We are also foolish when we misuse that treasure or don't allow it to continue to grow and develop. And even when we utilize that treasure wisely, we will still at times act foolishly.

To get in touch with your wisdom, you have to seek it out. You have to quiet the roar of noises and busyness around you, relax and listen patiently. It might make its appearance as a quiet gentle whispering, as a gentle urging, as a thought that creates a sense of peace and satisfaction, or as a notion that energizes you and motivates you to get busy.

Wisdom comes in many forms, shapes, sizes and disguises. Find yours today.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

November 13, 2002

the Harvest is Plentiful

Live your life to the fullest and best of your abilities.

A man going on a journey called in his servants and entrusted his possessions to them. To one he gave five talents; to another, two; to a third, one -- to each according to his ability... 'Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy.' Matthew 25:14-30 (NAB)

Thank you to a couple of dear friends whose recent comments contributed to my brief thoughts here. The above passage is worth reading in its entirety. It makes several interesting points. One is that we are each given responsibilities and blessings according to our own unique abilities. Another is that our efforts will pay off.

What we do with our 'opportunities' is what distinguishes each individual from everyone else. Some play it safe and never get anywhere or achieve anything with their resources. Others take some reasonable risks and achieve much and add to their resources.

Nothing is achieved without taking some measure of risk. Every decision made has the risk of paying off or of failing miserably. Frequently we decide to play it safe and put off making a decision because of our own uncertainty of what is best to do and we aren't sure of our prediction of how it will turn out. Because every time we make a decision, we do attempt to "predict" how things will turn out and whether or not we will like the consequences.

However, no one truly ever knows what the consequences will be until they happen. So whether we like it or not, everything we do in life is risky. When the risk becomes too uncomfortable, then we hold back and play it safe. However, to **Live your Life ~ Full of Spirit** ~ means that you in a sense live your life on the edge. You take risks that others might see as unreasonable.

But that is not so. As in the parable above, when you take those risks you do so knowing that you have not been given anything beyond your ability. You also know that you are expected to take some reasonable risks in order to be a good steward of the resources given to you. You also know that some will pay off and some won't, but that is how life goes. However, you also know that your responsible and gutsy stewardship will reap more responsibilities, opportunities, joys and fulfillment in life. In other words, they will pay off.

You have been given unending opportunities to ~ **Fill your Life with Spirit** ~ to live your life **FULL of LIFE**.

You will probably be given somewhere in the neighborhood of a 100 or more opportunities today. Most of them will seem trivial and inconsequential, but they are not. You could smile or say hi to that stranger, you could be courteous to the driver who is in a hurry and infringes on your rights, you could give a hug or a kiss to your spouse, to your child, or say a caring word or just take the time to listen to someone who needs your ear in that moment. Will any of these change your life forever? You might be surprised.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

November 20, 2002

a World of Give and Take

Live your life to the fullest and best of your abilities.

Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.
Matthew 25:34-36 (NAB)

How does it feel to be on the receiving end of someone's kindness and generosity? How does it feel to be the one offering the kindness and generosity to someone else? I bet that you are more comfortable with the second than with the first. We don't like to be beholden to anyone or think that we owe anyone anything.

Life and the world would be so different if everyone in the world were equally comfortable with both giving and receiving and did both regularly and frequently.

How different would your life be if you **Lived it Full of Spirit**? How would your life be different if every time you needed a kind word or a word of encouragement ~ you got it? If every time you were discouraged, someone helped you get past it and motivated again? If every time you truly needed something, someone offered it to you?

Impossible you say? When was the last time you saw someone else, a stranger perhaps, maybe even a loved one, who was in need of encouragement, or some kindness, or some generosity that you could easily have offered, but you did not? What stopped you?

When someone else offered you some kindness or generosity, why did you turn it down? Or perhaps you uncomfortably accepted it, but couldn't wait to repay it and found yourself ill at ease until you had done so.

My friend, you are experiencing the difficulties that keep you from ~ **Living your Life Full of Spirit**. The Maker intended for you to live your life differently than you are currently living it.

So the next time you are offered something, perhaps you could simply and graciously say thank you, and don't forget to enjoy and relish the gift you have just received. And rather than going out of your way to find a way to pay it back, pay it back with some kindness or generosity to another in need.

Perhaps if we each excelled in the so difficult task of receiving graciously and unselfishly, than others would be more willing to give to us. And if we were willing to give to the same extent as we find ourselves wanting this, that or some other thing, we might find that we have more than we could ever want.

Wouldn't that be a wonderful world in which to Live?

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

November 27, 2002

Make it Count

Live your life to the fullest and best of your abilities.

Jesus said to his disciples: "Be watchful! Be alert! You do not know when the time will come.
Mark 13:33 (NAB)

As the season of Advent quickly approaches, we are reminded again that Life is full of waiting, of being watchful and alert. Yet, few of us actually likes to wait. Who likes to wait in line at the store? Who likes to wait to pump gas? Who likes to wait for an answer? Who likes to wait to be recognized? Who likes to wait to open a gift?

Well we don't have to like it but we still have to wait. We spend a lifetime doing just that. So we can look at it as a drudgery and waste of time or we can stay alert and watchful and eagerly look forward to the time when we no longer have to wait.

Many seem to think that waiting means something "bad" is about to happen. I for one am willing to wait forever for that to come along. However, I have less patience when waiting for something good to happen. Waiting for something good to happen is a waste of time. That's right. Why bother?

No, it is not that I believe that good will never come along, but rather, the good is already here. However, unless you and I are watchful and alert, we will miss it entirely. If you are waiting around for the good to come along, you have already missed it. However, it is your lucky day!

Good things are always happening and there is a never-ending supply of them. All you have to do is be able to recognize them and act upon them. That's right, you have to be alert and watchful, and ready to act. It is not a passive endeavor. Life is all about living, about doing, about action.

So if you truly want to **Live a Life ~ Full of Spirit** ~ you must be alert and watchful and ready to act without a moments notice.

No one knows when their final moment will come. But no matter when that is, they will have a lifetime leading up to it. So be watchful and alert for opportunities to live your life full of purpose; to give and receive those blessed moments of good works; to share the real value of living; to Live your Life for all its worth, because no matter how long you wait, you only get one life. Make it count!

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

December 4, 2002

Too Much Time, Too Little To Do

Live your life to the fullest and best of your abilities.

Do not ignore this one fact, beloved, that with the Lord one day is like a thousand years and a thousand years like one day. The Lord does not delay his promise, as some regard "delay," but he is patient with you, not wishing that any should perish but that all should come to repentance. 2 Peter 3:8-9 (NAB)

To God, Time is non-existent; to everyone else, it is the most important commodity of all. Time is more valuable than gold or diamonds or anything else. No matter how rich you are, you can't buy time; no matter how poor you are, you still have the same amount of time as everyone else.

However, the differences come in with how you spend your time; how you spend the time you have can make all the difference in the world.

It has been said that we are made in the image of God, how true that is when we talk about time. You have probably said this thousands of times, "just a minute" and that minute stretches into years just as in the above passage. How often is "just a second" really just a second?

What would you do if you were granted an extra hour of time each day for the rest of your life? What things would you get caught up on? What new projects would you start? Would you take some special time for yourself? Would you spend it with someone else? How would you spend that time?

Seriously, I want you to really think about it for a moment. You might be thinking that this is like the lottery, "that will never happen". And you are correct. It will NEVER happen unless you seriously think about it and then do something about it.

No, you aren't going to magically get a 25-hour day for the rest of your life while the rest of us make do with our 24 hours. But you can spend the time you have more wisely and more productively. I know you can.

I know that because I don't know of a single person in this world who couldn't do a lot more with their time than they currently are doing. You see, from Day 1 we take time for granted, like time is endless and we will never run out of it.

But that is not true. You can add years to your life if you live healthily, eat well, sleep well, don't abuse your body, and generally live your life reasonably; or you can artificially truncate it to almost nothing by making poor choices. You can live a long life joyfully or a short life miserably by the choices you make. You can live a life with great purpose, satisfaction and fulfillment, or find yourself constantly wondering where you went wrong and if this is all there is to life.

Just like with God, a single day can seem like a thousand or a thousand like one. The difference is up to you and is as simple as choosing to ~ **Live your Life ~ Full of Spirit**. Time is the most important commodity you will ever have ~ invest it wisely.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

December 11, 2002

Where's that sock?

Live your life to the fullest and best of your abilities.

The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring glad tidings to the poor, to heal the brokenhearted, to proclaim liberty to the captives and release to the prisoners, to announce a year of favor from the LORD and a day of vindication by our God.
Isaiah 61:1-2 (NAB)

What purpose have you been given to perform in your life? Perhaps you are still searching for that. Most of us spend our lives searching for that ultimate meaning, that purpose, that fulfillment and satisfaction that tells us we are doing what we were meant to do.

You, too, have a great purpose to perform in living your life. Even if you aren't sure that you have stumbled across it yet, it nonetheless is there waiting for you. But how will I know you might ask?

Why does the baby feel safe in its parent's arms? How does your child know you love them? How do you know when you have done a good job at some task? You just do. It feels good and right to you. You trust.

No really, How will I know? Hey, I just ask the questions. Okay, sometimes you don't know. Sometimes you do something for a long time and one day you realize that you enjoy what you are doing, that you look forward to it, that it energizes you, that you feel better afterwards, and then you realize, "that's it."

Other times, you are aware of how miserable you are, how you dread something, how much it drains you afterwards, and "that's not it." Sometimes we do something on automatic pilot without feeling really anything and something happens to pierce our awareness, and we suddenly realize, "that's it," and it's never the same again.

Some people live their whole life and never realize the value and worth of their efforts and always feel like they are missing something. They are. It is called the Spirit of Life. Have you ever turned the house upside down looking for a sock and while looking for it, found all kinds of other things you had misplaced? Sure, we have all done that. You pick the item up and say, I wondered where that was, and put it down again and keep looking because you are looking for a sock right now. Hopefully, eventually you will find the sock and feel relieved that your efforts have paid off. By the way, all those other things you found along the way are lost again, because you put them back down and forgot about them.

That is the **Spirit of Life**; it was there all the time. We just overlook it and misplace it, because we aren't looking for "that" at the moment. So we go through Life never fully realizing what we truly have. And maybe when we are fulfilling our purpose according to plan, we don't realize it because we are looking for something else.

If you want to **Live your Life ~ Full of Spirit** ~ then you will find a way to make the best of whatever you find along the way. Even if you are looking for something else, you use what you have now in this moment. You never stop looking, but you realize that the value is not in the searching, but in what you accomplish while you are looking.

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

December 18, 2002

It's a Done Deal

Live your life to the fullest and best of your abilities.

Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. ... Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Luke 1:26-38 (NAB)

Life is full of surprises; we have a few every day. But what a surprise Mary received, the Lord's favor was with her and what a favor He was asking of her. Her response of course was "no problem, I'll do it."

I can't help but wonder if I respond as favorably and trustingly to the surprises I receive in my life. Now I haven't received any surprises quite like Mary's, mine seem trivial compared to hers. But at the time that I'm hit by them, somehow they never seem that insignificant.

How do you react and respond to surprises? With dread? With indecision? With hope and trust that it will all work out? With despair? With joy?

If you are **Living your Life ~ Full of Spirit** ~ you are guaranteed to be living a life full of surprises and your response will always be that of "bring it on; no problem, I'll do it."

Surprises mean changes and changes are frequently not openly embraced. People don't like change, they like stability and predictability. They will tolerate change if they are initiating it. They will embrace it if it is one they have hoped for. But change always introduces a "hiccup" into our life, a little bump in the road we weren't probably planning on.

I hope that your life has a good balance of stability and life-enhancing Change. I hope that your Spirit is hopeful and trusting when offered with an opportunity for a new and fresh approach to what life offers.

May the Lord find favor with you; May the favors He asks of you be openly received and be responded to with "**consider it done.**"

God Blesses you!

Carpe Diem cum Spiritu

Seize the Day with Spirit

by Michael A. Hinz, Ph.D.

December 25, 2002

Receive the Bonds of Perfection

Live your life to the fullest and best of your abilities.

Put on, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body. Colossians 3:12-15 (NAB)

Merry Holiday greetings to you and yours!

Christmas is all about the bond of perfection, that is, love. We are reminded that our families are special bonds of perfection. In our relationships with each other, we are called to perfect our bonds of love.

In the above passage we are reminded of what are the true gifts of Christmas and how we are to clothe ourselves, with the mantle of Love. We are also reminded that all of humanity is one body, one family of God. We have different looks, different languages and customs, think different thoughts, have different beliefs, but that does not change the fact that we all belong to the one family of humanity and that we are expected to treat each other accordingly.

At the cores of our humanity is the tendency to disagree, argue, lash out, and be aggressive. We see this tendency alive and well within our society, even with all of modern developments and how we have evolved as a people and society, there has never been a time from the dawn of creation when somewhere in the world, someone hasn't been fighting with someone else about something.

As we look at our histories, most major wars have had some religious interests immersed within them. We, as a people, still haven't gotten the message that we are tied together with the bonds of perfection. Less you might be thinking, what has that to do with me, let's bring it closer to home.

Within your own family, how perfected is your own bond of love? If you have children, how was the opening of Christmas presents today? Was there any jealousy or demanding for something not received or that another sibling received instead? Were joyous thank you's filling the air?

How about the bonds of perfection between you and your significant other? Well, in my house, we still have some perfecting to do. The world is filled with families just like mine. So we all have a lot of work still left to do, before we can as one people on earth, live in peace with each other with our bonds of perfection evident in how we share our love with each other.

Christmas is a time of giving and receiving and I believe that it is okay to give and receive presents one day out of our busy year, as long as we don't forget what it is truly all about. The challenge we are also handed each Christmas day is that each and every day of our lives is a new Christmas day.

Each and every day of our busy and hectic and blessed lives, we are expected to give and receive the Christmas gifts of love, of heartfelt compassion, kindness, humility, gentleness, and patience, and to be continuously striving for perfection in that bond of our humanness.

God Blesses you!