

# Carpe Diem cum Spiritu

Seize the Day with Spirit



Newsletter Issues: January – December 2004

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 2004 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

**To receive my weekly newsletter by email,  
or to find out more about Life Coaching,  
Please visit my website at:**

<http://www.hinzdocs.com>

**Here's another great resource:**

**[Learn To Balance Your Life: A practical guide to having it all](#)**

**By Michael & Jessica Hinz, Chronicle Books, April 2004**

[www.LearnToBalanceYourLife.com](http://www.LearnToBalanceYourLife.com)

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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!

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

January 7, 2004

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**I am well pleased!**

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

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After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my beloved Son; with you I am well pleased."  
Luke 3: 21-22 (NAB)

In the above passage, his Father validated Jesus. When you and I are validated in some special way, we feel pleased and are motivated to excel in whatever we are doing. That is truly a wonderful feeling.

Yet, most people rarely receive any validation at all, positive validation, that is. We might receive some negative validation, but that is frequently not particularly helpful, because we get hung up on the criticism and are not usually motivated in a positive way to do something about it.

Think about how different your life would be today if you had received positive validation on a frequent basis while growing up. (And if you are one of the few lucky ones to have been blessed in that way, think about the wonderful difference it has made.)

It is not too late. Positive validation is one of those things that when you freely give it out to others, it tends to come flooding back upon you as well. When you take the time to positively validate another person's efforts, it has great benefit for you as well. It not only can change the other person's life forever, but it could do the same for yours.

Seeing how your words can positively change another person's life is very rewarding in itself. If nothing more than that came out of your validation, it would be worth it. However, you will likely be blessed as well by the ripple effect that expands out from your validation efforts. Try it ~ you might be surprised.

You have probably known a few people who seemed to attract others like a magnet. What was different about them? Most likely, in some small way they took the time to validate the people around them with a kind word, with attention, with a listening ear, etc. That kind of person is fun to be around and is energizing.

If you desire to **Live your Life ~ Full of Spirit** ~ then you must dare to impact the lives of other people in powerful ways. You will be Blessed in turn as a result.

**God Blesses you!**

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***Carpe Diem cum Spiritu***

***Seize the Day with Spirit***

by Michael A. Hinz, Ph.D.

January 14, 2004

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**Use it and Get on With It**

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

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To each individual the manifestation of the Spirit is given for some benefit. To one is given through the Spirit the expression of wisdom; to another, the expression of knowledge according to the same Spirit; to another, faith by the same Spirit; to another, gifts of healing by the one Spirit; to another, mighty deeds; to another, prophecy; to another, discernment of spirits; to another, varieties of tongues; to another, interpretation of tongues. 1 Corinthians 12:4-11 (NAB)

Yes, we each have unique talents and abilities that were given to us to serve a purpose in our lives and the lives of those people we touch. They were not given to us to be complained about or to wish we had other gifts that we were not given. They were given to be used creatively and fully.

Many of us poorly utilize our given gifts. It is easier to wish we had something else than to maximize what we already have. Furthermore, many of us are not even aware of some of the gifts we have, so it is no wonder that we do not use them. Or we waste time trying to figure out the rhyme or reason behind things rather than getting busy doing something that will make a difference. It is nice to understand things, but not at the cost of not accomplishing anything.

What areas of your life are lacking? Do you have some gift or talent that you could be using that you are not in that particular area? What stops you or gets in your way?

It is amazing that when one begins to utilize one's gifts, those gifts begin to expand and lead to others. It is as if we were only given what we could handle at first and more is doled out when we are ready. When one does nothing ~ nothing happens and no further gifts materialize.

To **Fill your Life ~ Full of Spirit** ~ requires you to live more purposefully each and every day of your life. I don't mean to become even busier than you already are, but rather, to become fully busy doing those things that are most valuable and useful for you to do. That is, to fully maximize your gifts in fulfilling your Life Purpose with great meaning and great satisfaction.

Most people spend a lifetime accomplishing very little that truly matters. How about YOU?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

January 21, 2004

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**the Sum of many Parts**

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

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Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body. 1 Corinthians 6: 19-20 (NAB)

We take so much for granted about what we have been given and about our very selves. We also do not take very good care of our selves. Yes, it is enjoyable to eat too much, to watch too much television, etc. and to maintain our bodies in a state that is not as healthy as could be. But you and I could still enjoy our lives while honoring, respecting and taking excellent care of the greatest gift that we have received, our bodies, our very lives.

Think of your body and your life as a savings account, the more you invest in it, the more it pays off, the more that will be there for the hard times, the greater security and ease of mind you will have. However, the more you keep withdrawing from the savings (without investing back into it), the sooner it will be that there is nothing left to draw from.

There are many, many individuals in this world that don't even have savings accounts, don't have any money to save, never have a security blanket to see them through those lean times, they spend everything they have and then some. But there is no excuse for doing that with your LIFE.

Each of us has been blessed with an abundance of resources with which to live our lives and to do so with a ~ **Fullness of Spirit**. So what happens to take that away from us? Choices!

We make poor choices that erode at the 'temple' of our body and from the 'glory' of our lives. We get wrapped up in the busy-ness of our lives and forget about the 'business' of living our lives respectfully, honestly, faithfully, and courageously with the **Fullness of Spirit** that was deposited into our 'life' account at birth and to which God has continued to deposit blessing after blessing all throughout our lives.

What blessings? They were there a moment ago, what did you do with them? Stop, Think, Listen, and begin to make better choices. When you withdraw a blessing from your 'life' account, make sure it was spent wisely. Get serious about living your life with the **Fullness of Spirit** that is your birthright.

Start today before today is the last tomorrow you will receive.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

January 28, 2004

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**Love: believes, hopes, endures ALL**

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

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Therefore, he had to become like his brothers and sisters in every way, that he might be a merciful and faithful high priest before God to expiate the sins of the people. Because he himself was tested through what he suffered, he is able to help those who are being tested. Hebrews 2: 17-18 (NAB)

People are strange creatures. Everyone wants to be 'normal' which means, like everyone else, but we also want to be the best, which then makes us different than anyone else. We want to be average but aren't happy with that either.

Have you ever compared yourself to someone else? Wishing you had more? Wishing you were better at something? Wishing you were famous? Or rich? Or better looking? Or more popular? Or something?

Of course you have, if you are 'normal'. People have an inner drive to better themselves or to produce something of importance in life, to improve LIFE in some way. We like to be known by others as being someone special, as having done something special, etc.

So where are you right now in your Life? What are you bogged down with? Where are you stuck? What are you striving to achieve? Is it worth it?

There is nothing glamorous about most of the things we do in life; we just go about our normal daily routines, doing what needs to be done. But the 'average' person has a bigger impact than they ever imagine. You influence other people's lives every day in ways that you are totally unaware of. Your decisions ripple into the lives of others and may rock the boat in ways unknown to you. What you do today may have some profound consequences in the days and years to come.

And that is all part of our normal lives. The hardships, sufferings, trials and tribulations that you face in your life are not isolated upon you alone. Likewise, the blessings, gifts, honors and the good things are not yours alone either.

Your single life is merely one in a sea of billions of others. Each individual is busily doing its part to complete the bigger picture we know as LIFE. It may not seem like just one of those individuals will make that much of a difference among that vast sea of others, but it truly does. Especially if YOU are the one we are talking about.

It is a matter of perspective. In the bigger picture, the efforts of the individual are unnoticed, but we must not forget that the Big Picture would not exist without the individuals whose efforts compose it. Just changing or removing one individual will impact the bigger picture, subtle yes, but change it nonetheless.

If you don't think so, you are wrong. Think about the last time you put a puzzle together and after working at it for hours and days, you finally finished it only to find that one piece was missing. It was only one piece out of 5000; it didn't matter did it? You didn't even notice it was missing did you?

Subtle, yes.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

February 4, 2004

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**Step Back**

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

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Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. Luke 5:1-11 (NAB)

Frequently we will get better results if we take a step back from a situation and allow ourselves a different perspective. Of course, having some faith in the process doesn't hurt either.

It is not uncommon to become blindsided on issues. We are convinced that we know best or already know the answers and then are not open to new developments or a different perspective. That frequently means that we won't get the results that we would like.

Life is full of messages that we ignore. When the Master tells us to do something, if we would but listen, we might be surprised at the results. Too, frequently our response is "but, I already tried that" or "that won't work" or we simply don't listen.

To **Live your Life ~ Full of Spirit** ~ you must not only listen but also act on the message. You must be willing to try new things and to be open to new perspectives.

You must also believe that ...

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

February 11, 2004

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**Blessed are You**

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

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And raising his eyes toward his disciples he said: "Blessed are you who are poor, for the kingdom of God is yours. Blessed are you who are now hungry, for you will be satisfied. Blessed are you who are now weeping, for you will laugh. Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man. Rejoice and leap for joy on that day! Luke 6:17, 20-26 (NAB)

You certainly have many blessings present in your life ~ How do you feel Blessed? Would your list of blessings read like the above passage? I doubt it. Yet, we truly are blessed in our lives. However, the blessings that you and I are aware of and give credit to are likely to be vastly different.

The impact that they have on our lives is also likely very different. Yet, they truly do shape our lives on a daily basis. They shape the decisions that we make. They shape our hopes and dreams and outlook on life. They shape how you and I relate to and interact with each other.

They impact and shape the very fabric of our families, churches, communities... society.

So stop for a moment and give thanks for the many blessings present in your life that help you to **Live your Life ~ Full of Spirit** . And also take a moment to consider the Blessings that might be most helpful to you and your family and keep those in your thoughts and prayers.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

February 18, 2004

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**Your Choice**

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

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Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you. Luke 6:37-38 (NAB)

To **Live your Life ~ Full of Spirit** ~ is not about living selfishly but rather, self-fully. The more one gives of themselves to life, the more they receive in return. Life is like an investment account, it only pays dividends if you invest in it in the first place. Similarly, higher risks generally payoff very well over time (but sometimes do fail), while taking the more conservative low-risk route will certainly payoff with fairly safe dividends but will never be particularly spectacular.

**Living Full of Spirit** ~ means taking the risky high road. It means giving of "yourself" fully, not in hope of a big payoff, although that will certainly come, but because that is what life is all about. Most people play it safe and skirt life around the edges, existing, without ever fully engaging themselves in life.

Where do you stand? Are you fully engaged in **Living Life Full of Spirit** or do you hold back and play it safe?

How you live your life is a choice, a never-ending stream of choices. You choose to play it safe or to put yourself on the line for your family and others, for your beliefs, hopes, dreams, and vision for life. You choose to live your life full of purpose or to wander aimlessly. You choose to see the positive side of life or to dwell on the negative. You choose to do your best or to do just enough to get by. You choose to Love and to care about life and others, or to play it safe or wait to see what is in it for you. You choose to make a difference or to let others do it for you.

You choose.

What choices have you made about your life, the direction you are going and what you are striving to achieve? Are you **Living Life Full of Spirit** or is it time to choose differently?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

February 25, 2004

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**Words form LIFE**

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

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What does Scripture say? The word is near you, in your mouth and in your heart --that is, the word of faith that we preach--, for, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:8-9 (NAB)

It is truly the words within our minds and hearts that determine how we live our lives. What you believe orders your whole life. What you believe about this world in which we live determines what you will do and how you do it.

It does not matter in the least whether your beliefs are true or not or make sense or not. All it takes is your commitment and belief in them and you will act as if they are true and make sense – because to you, they do.

Life is all about living and searching for truth. Sometimes we think we have found it only to find out later that we have been disappointed again. Truth is elusive and slippery. Yet we seek it throughout our lives and that quest orders how we live our lives and the choices we make and the direction we travel.

What words are in your mouth and heart? They will save you or break you.

When was the last time you truly listened to a conversation that you were having with someone? What words were they using and what message was behind those words? What was the non-verbal meaning and understanding underlying their spoken words? When you speak, how well do you communicate the totality of the message you are seeking to transmit and how is it received?

We are constantly talking, noisy chatter that communicates almost nothing. Communication only occurs when a message is transmitted and received and through feedback, the sender knows that the message received was the one they intended. In that sense, most of our talking is useless because communication truly does not happen. Yes, we talk but we have little idea what the receiver heard because they really are not paying enough attention to you nor you to them.

That goes doubly for yourself. Do you ever listen to your self? To the words you use and how well they communicate the thoughts, values and beliefs behind them? Most of us pay little attention to this most important aspect of life and that gets us into big trouble.

Because it is those thoughts and words in our hearts and minds that make the choices and choose the direction that we travel in life, what we decide to do and not do, how we spend our time, etc. If you are unaware of that core of your being that is calling all the shots and you are just moving through life on automatic pilot ~ then you might want to take a little time to slow down and make sure that all is truly well in your life.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

March 3, 2004

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### LIFE is Full of Chances

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

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Jesus took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem. . . . "This is my chosen Son; listen to him." After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen. Luke 9:28b-36 (NAB)

Things frequently happen in our lives that we don't quite understand at the time that they occur. However, we rush off to quickly respond or react to them and it is only much later that we finally realize the real importance and meaning of what had occurred. And sometimes, the importance totally escapes us and we never realize.

That is Life and regardless of how well we understand, it is still our job to live our lives to the best of our ability. We do that by making the best decisions that we can in the moment, learning from the past, and hoping and believing in the future.

We do that by being willing to take reasonable risks as opposed to foolish ones. We do that by tempering our judgment with wisdom from the past and by promoting patience, trust and hope for our futures.

And when something becomes clear to us in a way that is different from how we used to understand it ~ then we implement new choices and decisions that better suit the situation. We don't hang on to past decisions because that is how we have always done it or because we think it is wrong to change our mind.

**Living your Life ~ Full of Spirit** ~ means being courageous enough to take an about face from the past so that you can continue to live your life to the best of your ability in this moment. Many of us are afraid to do something different because we are afraid that we will be wrong or that we will stand out in the crowd or that someone will make fun of us or that we will look foolish, etc.

But there is no fool like the person who keeps doing the same thing over and over expecting to get different results from the same old ones that they keep getting. Yet, being creatures of habit, that is what we foolishly continue to do. Even when we know something will not work, we do it that way anyway expecting that if we keep doing it, eventually it might work.

Obviously, it is frequently the case that we don't really know what the best thing to do might be and we might even have several options to choose from. The wise thing to do is to pick the one that we think might have the best chance and try it. If it doesn't work, than we can try one of the others until we find something that works.

Most of the time things are not going to fall cleanly into our laps and we will have to experiment until we figure out something that works. **Living Full of Spirit** means having the courage to blurt out a foolish thought, learning from your mistakes and always doing your very best to live your life to the best of your abilities.

Never make the mistake of taking things for granted, or thinking that you have all the answers so that when they are later revealed to you, that you aren't blind to them or stubbornly refuse to believe. Never sit on your laurels and let life pass you by because you will never have a chance to relive those lost moments. And remember that if you aren't making lots of mistakes, you really aren't **living ~ Full of Spirit** ~ but merely playing it safe.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

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by Michael A. Hinz, Ph.D.

March 10, 2004

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**Growth: Not a Passive Endeavor**

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

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"There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, 'For three years now I have come in search of fruit on this fig tree but have found none. So cut it down. Why should it exhaust the soil?' He said to him in reply, 'Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.'" Luke 13:6-9 (NAB)

How often do you give up on a dream or goal before it bears fruit? Frequently we expect results even though we have not adequately prepared or done what is necessary for us to get results. We give up and go on to something else. Yet, if we adequately prepare and do what is required, we will usually get results.

It is foolish to expect results when you have not done your part. Sure we are blessed in many ways and receive many gifts and blessings without doing anything for them. That is not what I mean. I am talking about expecting results that require you to do something as part of the process, but not doing your part to make it happen.

Most of us are harsh taskmasters. We demand so much of ourselves and others without providing the resources and time to allow it to happen. We set goals but don't do anything to make them happen. It is almost as if the mere "intention" is all that is required to get results. While intentions are a necessary part of the process, they are not sufficient alone to get results.

When it comes to **Living your Life ~ Full of Spirit** ~ it is necessary for you to set goals and identify "intentions" before you get results. Having the means to an end is not sufficient alone to get those results. It takes both, the creating of the intention and finding the means, before you will be able to achieve the desired results.

Having said that, it is frequently the case that the means are much easier to find than are the goals. We each have a multitude of resources and blessings at our disposal to achieve any plethora of results ~ that is not really the problem. The real challenge is to identify what we hope to achieve with them, to identify and set appropriate goals to achieve in our lives with the resources available to us.

If the fig trees in your life are not producing, perhaps it is time to start cultivating and fertilizing and I bet that you will be pleasantly surprised at the results. Sure the fig tree will grow under even less than ideal circumstances, but if you want it to bear fruit, too, well now, that is an entirely different matter. Many aspects of your life are lying dormant just waiting for you to wake up and do something about them.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

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by Michael A. Hinz, Ph.D.

March 17, 2004

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### It Takes A Lot to be Found

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

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A man had two sons, and the younger son said to his father, 'Father give me the share of your estate that should come to me.' ... 'My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.' Luke 15:1-3, 11-32 (NAB)

The parable of the Prodigal Son is a well-known one. It reminds us of how foolish we sometimes can be when we let our desires and wishes get the better of us and do something foolish. Then when we realize our mistake, we let our pride get in the way of making amends.

Yet, if you are truly to **Live your Life ~ Full of Spirit** ~ that does not mean that you will never make mistakes. Rather, you will make tons of them. Hopefully, you will not make the mistake of allowing your pride to get in the way of getting past those mistakes and doing the right thing.

It is easy to spend money foolishly and to misuse your resources. It is so much harder to do the right thing to correct your mistakes when you realize your foolishness. It can be especially difficult when someone else points it out to you. The common reaction is to respond defensively which just gets in your way of doing what is best.

Think about times when you realized you had screwed up – what did you do about it and how did you handle it? Did you do the right thing or did you resist? Did you put it behind you and get on with your life or are you still holding a grudge? How do you react to people, your family and friends, when they give you an opinion or advice that you might not want to hear or aren't quite ready to hear?

**Living your Life ~ Full of Spirit** ~ is all about living your life in such a way that honors, respects, and promotes good relationships. You cannot live the 'good life' without relationships. And the more relationships you have, the harder the challenge to maintain each one in just the right way. However, that is what life is all about.

I expect you to have hopes, dreams, plans, wishes, and goals for your future. I also expect you to be actively working on promoting and striving to achieve them (and that also means that you will make mistakes). I also know that means you will have lots of relationships along the way. Relationships are a blessing and resource for you to enjoy and help you to thrive and also one that you can misuse and abuse.

Who do you identify with in the "Prodigal Son"? Is it time to make a few changes in your life and to do a little tweaking to get you pointed in the right direction again?

Your life is full of blessings. If you cannot see them ~ it is not because they are not there ~ THEY ARE. You are allowing something to get in your way of realizing their presence and you are choosing to not join in the celebration.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

March 24, 2004

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### Unshackle Your Self

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

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Now a man was ill, Lazarus from Bethany, the village of Mary and her sister Martha. ... "Lazarus, come out!" The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go." John 11:1-45 (NAB)

In this parable, Jesus did the impossible ~ He raised the dead. He did it without any hesitation or doubt that what He was about to do was anything but ordinary and something that He might do every day.

In our own lives, we might be motivated to attempt to move heaven and earth only under the most dire and most impossible seeming of circumstances. We might even attempt it with some belief in its possibility, although we would probably more likely do so with a 'hope' rather than with faith or true belief.

We approach the 'ordinary' tasks of our lives without giving them a thought and indeed, perform them on automatic pilot. It is when we are challenged with something less than ordinary that we suddenly break out of our daze and realize that we might not be up to the challenge. What do we do then?

Some rise to the occasion and give it their best shot, and if that is not good enough, they try even harder and look for other possible solutions. Some give up in despair knowing that it is not possible for them to successfully achieve that task (so why bother) ~ they know without even trying that it is not possible. Some will attempt it but quickly give up when results are elusive and not quickly forthcoming.

How do you approach life? Do you approach it with a 'can-do' attitude, with hope, trust and belief that "all will be well?" Perhaps your attitude is more of a "wait-and-see" philosophy. Or perhaps, you approach challenges with a half-hearted attempt so that you can say that you tried, but invest no real energy and conviction into your attempt.

**Living your Life ~ Full of Spirit** ~ requires a 'can-do' approach where you give everything your best shot. You don't assume that you cannot do something until you have given it your best efforts and only after exhausting every reasonable resource, do you decide to move on to something else that is more in line with your values and goals. Living life is all about being true to your values and always doing your utmost best to live up to them.

In other words, **Living your Life ~ Full of Spirit** ~ means attempting to move heaven and earth if that is what is called for. It means not getting in your own way to accomplish a task that on the surface might appear to be too challenging or might even look impossible. It means approaching life with an attitude of trust, hope and belief that even under the direst of circumstances ~ all will be well. Because it will be!

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

March 31, 2004

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### Who Me? Yes, You

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

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"And yet behold, the hand of the one who is to betray me is with me on the table; for the Son of Man indeed goes as it has been determined; but woe to that man by whom he is betrayed." And they began to debate among themselves who among them would do such a deed. Then an argument broke out among them about which of them should be regarded as the greatest. He said to them, "The kings of the Gentiles lord it over them and those in authority over them are addressed as 'Benefactors'; but among you it shall not be so. Rather, let the greatest among you be as the youngest, and the leader as the servant. Luke 22:14--23:56 (NAB)

In the Passion narrative, we are reminded how fickle we tend to be. Jesus announces that one of the disciples will betray Him and they argue about who it could be. A minute later, they begin arguing about who is the greatest amongst them.

We all have moments of betrayal in our lives. There are times when we are on the receiving end and others when we are doing the betraying. It happens over and over again. We might be betrayed by an unkind word or action from someone that we expected support from. Likewise, we might turn our back on someone who needs our support, attention and understanding.

While such betrayals might seem trivial in nature, they are nonetheless abundantly present. Unfortunately, so are more severe degrees of betrayal. Many have become estranged from loved ones as they refuse to acknowledge each other and have destroyed their relationships within the family. Workers have been betrayed within the workplace. Friendships have ended in hurt and betrayal.

And on a personal level, you betray your own values, integrity, beliefs, and way of life when you do not stand up for yourself and the values that you hold most dear.

Betrayal occurs on many levels. It is truly a challenge to Live your Life with integrity, honesty and trust. Yet, that is the challenge of ~ **Living your Life ~ Full of Spirit.**

It is certainly easy to relate to the desire to feel important, accepted and desirable to others. We have a great yearning to be noticed and judged worthy by other people. We like to be noticed, respected, honored and treated in such a way that makes us feel accepted and important.

We sometimes forget that every person has value and worth, regardless of how others treat them and regardless of how they treat themselves. We sometimes give ourselves too much or too little importance. It is hard to maintain the proper balance and perspective on a daily basis with each new day filled with its own challenges and hidden blessings.

We are all experts at whining and complaining and that has its own place and purpose, as long as you take the next step to do something about the situation to restore the lost balance and put things right. Take that step to ~ **Live your Life ~ Full of Spirit.**

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

April 7, 2004

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**Put Some Spring into your Life**

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

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Do you not know that a little yeast leavens all the dough? Clear out the old yeast, so that you may become a fresh batch of dough, inasmuch as you are unleavened. For our paschal lamb, Christ, has been sacrificed. 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 5:6b-8 (NAB)

Spring is in the air and what a wonderful time of year it is: flowers sprouting, the grass is greening, and it is so nice to be outside. Spiritually, we are also at the height of a season of growth and renewal.

It is time to take stock of your life and do some spring-cleaning: out with the old and in with the new. Time to clean out the closets and rotate the winter and summer clothes, prepare and plant the gardens, etc. Springtime seems to put a little more bounce in our steps and we are a little more motivated to do things that might have lain dormant throughout the winter.

Our lives go through cycles of great growth and development and times of dormancy where little seems to happen or get accomplished. Sometimes, like with old yeast, you just need a fresh batch to get the dough to rise. Of course, there are times when unleavened bread might be desirable, but usually when the bread doesn't turn out like we expected ~ it is a great disappointment. There is nothing like the smell of fresh baked bread to get your mouth to watering.

What areas of your life need some freshening? What aspects have remained dormant and unleavened, unproductive, for far too long? What do you need for that kick in the pants to get you going again?

Spiritually, how are you doing? Are you fresh and ready to go or running on half a tank or nearly empty? **Living your Life ~ Full of Spirit** ~ is all about relationships. A life with few relationships is an empty and dissatisfying one. Even a life full of relationships might not be any bed of roses, depending upon the quality and value of those relationships.

We tend to take people for granted, after all, they are everywhere and easy enough to find. But relationships that help you sustain your life with fullness of spirit, joy, love, etc. are not so easily found and require an investment on your part.

Put some sincerity and truth into making the people in your life the important part of your life that you want them to be. Capitalize on the spring season to get busy now, before the coming hot days of summer begin to wilt your determination.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

April 14, 2004

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### Courage to Believe

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

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Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."  
John 20:19-31 (NAB)

It takes courage to really live one's values each and every day. Sometimes it is easy to practice what you believe and other times it is very difficult. You worry about what others will think. You worry about being wrong or failing or looking foolish.

To **Live your Life ~ Full of Spirit** ~ means that you live your life fully according to the values and beliefs that you hold closest to your heart. It means pressing forward even when uncertain, as long as your actions are in line with your values and beliefs. It means trusting that all will be well even when you don't have enough facts or information to be sure.

For many of us, that uncertainty is a show stopper. We hold back waiting until we see enough signs and evidence that our decision is the right one or perhaps until we feel we have garnered enough support to help 'share' the blame if all does not go well.

The bottom line is that you need to press forward with accomplishing and putting into motion your 'vision' for your own life. If you are unclear about what values, beliefs, etc. define your vision, or if you have never clarified your vision, then that is a necessary first step.

When you have your vision outlined, then it needs to be implemented, reviewed and revised, etc. to get momentum going and to keep it going. That is a life-long process.

To help you live your vision, you will need support systems, friends, family, and other relationships that will help keep you in tip-top shape. You will need other resources to help you accomplish your goals. You will need to know what you are trying to accomplish and some ideas about how you will go about the process. And you will need courage!

Even with clear plans, objectives, goals ~ **living a life full of spirit** ~ is still full of uncertainties, surprises, new challenges and opportunities, etc. And that is wonderful ~ when you have the right attitude. Even under the direst of circumstances, there are signs and indicators of what to do, if you are in the right frame of mind to see them and to recognize them. That is one reason why it is so important to "keep your life in balance."

Have courage and believe...

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

April 21, 2004

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### Walk Your Talk

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

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When the captain and the court officers had brought the apostles in and made them stand before the Sanhedrin, the high priest questioned them, "We gave you strict orders, did we not, to stop teaching in that name? Yet you have filled Jerusalem with your teaching and want to bring this man's blood upon us." But Peter and the apostles said in reply, "We must obey God rather than men. Acts 5:27-29 (NAB)

It takes courage to speak what you believe and to live according to your values with integrity. It is far easier for most people to preach than to practice what they preach. Yet, to **Live your Life ~ Full of Spirit ~** requires you to speak with integrity and to walk your talk.

Parents frequently do a better job of preaching to their children than they do practicing what they preach. This sends the message that it is okay to lie, just don't get caught. Another message learned is that words aren't important; it is action, what you do and how you do it that really matters.

Unfortunately, these same messages and practices are utilized in every walk of life, at work, in social groups, politics, and yes, even in church. We live in a society where it is "okay" and even sanctioned and expected that you will do whatever it takes to get ahead. The end is far more important than the means used to get there.

**Living your Life ~ Full of Spirit** ~ means that you wisely plan ahead and create a plan, a vision, for something well worth doing that will draw you forward like the attraction forces of a magnet. It also means that the process, means, efforts, and actions that you utilize to achieve those ends will be whatever it takes (as long as they are 100% in line with your values and beliefs).

You have probably heard the saying that the person with the most toys at the end of life is the winner. That attitude buys into the philosophy that the end is greater than the means. You might be the person that is driven to achieve the most possible, to accumulate the most toys. You might be the person who has a lot of toys but plays with them along the way. Which person will be happier?

Having things in life is wonderful and I am by no means saying that it is wrong to accumulate things. However, I do think that it is wrong if your efforts to achieve and accumulate things gets in the way of you actually living your life well. What good are toys if you never play with them? On the other hand, are you accomplishing what you want in life if all you do is play?

Take a look at your own life and see how well you truly practice what you preach. Are you preaching the message you want to be and how well are you walking your talk? What kind of balance do you maintain between achieving your goals and the methods or process you utilize to get there?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

April 28, 2004

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### Whisperings of the Heart

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

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Jesus said: "My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish. No one can take them out of my hand. My Father, who has given them to me, is greater than all, and no one can take them out of the Father's hand. The Father and I are one." John 10:27-30 (NAB)

We follow all kinds of paths throughout our lives. We listen to a word here and some there. We listen to the whisperings within our hearts. We follow this advice, that warning, a word of encouragement, a statement of warning, etc.

What words do you listen to most in your Life? Where do they lead you? What do they achieve for you? What words do you speak and what do you hope to gain from them?

People are followers and leaders. We fall into and out of both roles depending upon the circumstances. Parents are leaders for their children. They are followers, too. The challenge is to do both with wisdom and to listen to the words that will promote action that is true to your vision and integrity. That is not always such an easy task.

We are deluged with words every second of our awareness. We tune much of them out and filter the rest to our own purpose. What words do you choose to let through and how well do they serve you?

**Living your Life ~ Full of Spirit** ~ is a constant filtering process. It is a constant vacillation between good leadership and good followership. It is knowing when and where to follow and when and where to lead and having the courage to do both appropriately and skillfully throughout one's life.

Words are thoughts and it is our thoughts that determine our actions and behavior. You would be wise to take at least a few moments each day to monitor your own thoughts and words and to increase your own awareness of how they are impacting your life. Believe me, they most certainly are.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

May 5, 2004

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**Heaven on Earth**

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

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Then I, John, saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. Revelation 21:1-5a (NAB)

Each individual has a personal mission to accomplish in his or her lifetime. It is personalized by the vision that each person sees and creates for their life – the purpose and driving force behind all of their accomplishments.

In the most general sense, all have the same mission – to create a new heaven on earth – to make the world a better place. However, each of us personalizes that mission according to our own God given talents and blessings.

When was the last time you stopped for a moment to consider what your life was all about? What are you trying to accomplish? What do you hope to leave behind, as the accomplishments of your lifetime after you are gone? What gets you excited and drives you to excel? What makes your life worth living and fills you with satisfaction?

Each person tackles life in a most unique and special way. That is truly exciting and amazing! If each individual were truly striving their best to make the world a better place – the results would be amazing! However, many have grown complacent and lost sight of the mission and vision that forms the very foundation of their life. Many have not taken the time to build this strong foundation and their life is quite unstable and wobbly as a result.

Many are stuck in a rut just going through the motions – just getting by. Life is much more than that and meant to be – MUCH MORE.

I know that there are some areas of your own life that could use some freshening, some touching up, some new focus and new energy to get you going and back on track.

Take a moment to examine one area that you would like to focus on right now and begin to make a new difference. Pick one that creates some energy and enthusiasm within you and do something about it. Take a baby step to get some momentum started and to get you going in the right direction.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

May 12, 2004

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**a Life Full of ands, ifs & buts**

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

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Some who had come down from Judea were instructing the brothers, "Unless you are circumcised according to the Mosaic practice, you cannot be saved." ... 'It is the decision of the Holy Spirit and of us not to place on you any burden beyond these necessities, namely, to abstain from meat sacrificed to idols, from blood, from meats of strangled animals, and from unlawful marriage. If you keep free of these, you will be doing what is right. Farewell.' Acts 15:1-2, 22-29 (NAB)

Life is not dichotomous; it's not right or wrong, true or false, black or white, this or that. Life is full of grey, shades of meaning, and different perspectives and understandings. We tend to think in terms of dichotomies and that can get us into real trouble, because most things in life are not quite so simple and straightforward.

For example, you like someone or you don't. Well, yes and no. You like some things about a person and some things you don't like. It is how the balance of likes and dislikes comes out that determines your overall perspective of the person. Or, perhaps you become overly focused on one aspect that blinds you to the rest.

This happens all the time about everything going on in our lives. The problem is that we make our decisions upon these incomplete and 'blinded' perspectives that we force into dichotomous categories that do little true justice to the situations.

That means, we frequently make poor decisions as a result.

How often do you think that something is cast in stone? Well, very few circumstances in life are really so impermeable to change. In fact, the very definition of life entails constant change and growth.

Within your life, there are circumstances, situations and beliefs that you hold constant and unchallengeable. They give you a sense of security and stability that all people crave. That is good for you and serves you well – as long as those 'constants' are not misleading you or taking you down the wrong path and that you are willing to change them when it becomes obvious that they no longer hold true. Just because you believe something does not make it true, just because you cannot argue against a concept does not mean that it is a realistic one.

No, Life is more complex than that and it is that challenge that makes life so interesting and enjoyable. Another exciting prospect about life is that you also have the power to change. You have power to make decisions about the challenges that you face everyday and you have the power and responsibility to engage those challenges in creative ways while remaining true to your values and beliefs.

Oh yes, life is full of ups and downs, rights and lefts, sideways and diagonals, circles, blind spots, dead ends and corners that hide other paths. It is within the complexities of life that one can find the freedom to create and maintain the kind of balance that serves each individual well.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

May 19, 2004

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**Sent to do What?**

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

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Lifting up his eyes to heaven, Jesus prayed saying: "Holy Father, I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. John 17:20-26 (NAB)

Most people have some notion that there is a sense of purpose or mission for their own life—that they are here on earth to accomplish something. Some would even say that the Father has sent them to do something special.

We all want to feel special and to believe that our life has some special meaning or purpose—that what we do is worthwhile and meaningful and matters. Yet, many people feel that something is missing, that they are just going through the motions and aren't sure that anything that they do is important or meaningful or even worth doing. They may feel lost or unsure of themselves, they may hope for something special, or to do some special worthwhile project or accomplishment. They may just long for the assurance that they are not alone in this world and that there is "hope".

Even if you aren't in that boat, some of the people that you rub elbows with everyday, are feeling lost and insignificant and longing to find meaning for their life. Almost every person feels that way at least once in his or her lifetime.

Where do you stand at this moment in time? Do you know without a shadow of doubt what your life is about? What is your mission in life? What sense of purpose drives you forth each and every day? What sense of accomplishment nurtures you when the going gets rough? What keeps you going and where are you going?

For most people, the answers to these questions are a lifelong process of discovery, evolution and development. That is what life is about ~ finding meaning and making it meaningful ~ one day at a time, one step at a time.

On a good day, you will know what you are about without a shadow of doubt and will be plowing full speed ahead with the wind behind your sails and all the confidence in the world. On a bad day, you might be filled with doubt and feeling desperate just to make it through the day. On most days, you will probably find yourself somewhere in between these two.

It is my hope and prayer that you find yourself sailing through life with the wind behind your sails, fulfilling your destiny with conviction, hope, trust, faith and great satisfaction ~ because you were sent to do just that.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

May 26, 2004

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**Get Out of Your Own Way**

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

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Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." John 20:19-23 (NAB)

We frequently hold back from doing the things that we know in our heart would be right for us to do. We might be afraid of what others might think, or that we might actually be wrong, or that others might not like us, or that we might attract more attention than desirable, or that we don't want that much responsibility, etc.

Whatever the reasons, we hold back from doing what is right. That can have significant repercussions upon our own life as well as untold others. Yet, we are charged within the responsibilities and duties of our individual "life missions" to do just that sometimes ~ to do what is right even though we are afraid or have reservations.

Just think about what shape the world would be in if every single individual in the world held back from doing the "right" things. It would not be a very pleasant place to live. Think about what kind of world it would be if even a small number of those individuals who are holding back would step forward.

What holds you back from stepping forward and doing the right thing? What would help you to have the courage and strength to take that next step?

Whatever it is that you need ~ it is there! Whatever holds you back ~ doesn't need to! Whatever needs doing ~ You can certainly do it!

The time to begin is ~ NOW! Have courage and faith, for . . .

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

June 2, 2004

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**Truth or Dare**

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

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Jesus said to his disciples: "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. John 16:12-13 (NAB)

Truth is in the eye of the beholder. We act on what we perceive to be true and on what we wish to believe is true.

In the end, our behavior and the reasoning on which it is based frequently has little to do with the actual truth or fiction of the reality. Our reasoning acts to find a means to justify our actions. If our reasoning finds some basis in reality then that is sometimes merely coincidental.

Perhaps you think this sounds jaded? Stop for a moment to consider some of the decisions that you have made today. How often did you think about "what's in it for me" (or some variation of that question)? How often did you consider the foreseeable ramifications and consequences of the possible choices and solutions? How often did you ask what would be best to do? How often did you even ask what are the facts or the truths in the matter? And when it was all said and done, did your response / action have more to do with the "truth" of the situation or with what you wanted to have happen?

Many of our daily routines are done without much thought or any at all on our part – we do them automatically without thinking about them. Most of the time that is just fine and actually is the best use of our time and resources. But sometimes, it gets us into trouble because what we are doing without thinking is not something that we would do if we had taken a moment to think about it.

It is important to take time to consider your actions and behavior before they get you into trouble or take you some place that you don't want to be. There is value in truth and that needs to be considered when making decisions.

Truth is part of living a life of integrity. Truth, of course, is a matter of one's perceptions and it all comes down to how accurate your perceptions are. It is worth your time and effort to make sure that your perceptions are as accurate as possible when considering important decisions that will affect you for the rest of your life. Frequently, the most important decisions are the ones that we least suspect will ever amount to anything.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

June 9, 2004

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### Just a Hiccup

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

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Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of about fifty." They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied.  
Luke 9:11b-17 (NAB)

It is sometimes amazing that we accomplish anything at all. It is not uncommon to talk ourselves out of ever tackling some task because we don't think we have enough time, energy, money, skills or whatever resource is needed to accomplish the task. So we walk away from it and don't even attempt it.

Frequently, if given the chance, we would be amazed to find that we did have the resources all along and all one had to do was make the attempt with good hearted courage and trust. For the truly most valuable resource of all is that our Lord will provide and He most certainly does.

You have been equipped with some truly valuable talents, skills and resources. Moreover, the ones that you do not have personally, are readily available if you but seek them out. Miracles happen everyday. After all, what is a miracle? Isn't it something that happens that you didn't think was possible?

I believe that there are tons of things in your life that fit that description of a miracle and they range in degree from tragically minuscule to truly immense. It is tragic when we allow one of those tiny hiccups to bring us to a standstill. It is more defensible to allow a truly immense obstacle to stymie one, although having a handy excuse doesn't really turn something that is so entirely possible into some "unthinkable impossibility."

There is a remarkable difference between a can-do attitude and a can't-do attitude. It is not a matter of successfulness, because both reveal total successfulness. One embodies success in accomplishing seemingly impossible tasks (that were merely improbable at best) and the other embodies an uncanny accomplishment of avoiding any attempt to discern the difference between that which is improbable from that which is impossible.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

June 16, 2004

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### Who You Are

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

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Once when Jesus was praying in solitude, and the disciples were with him, he asked them, "Who do the crowds say that I am?" They said in reply, "John the Baptist; others, Elijah; still others, 'One of the ancient prophets has arisen.'" Then he said to them, "But who do you say that I am?" Peter said in reply, "The Christ of God." Luke 9:18-24 (NAB)

People spend a considerable amount of time attempting to please others and attempting to win their favor. We each have our own identity 'crises' in which we question who we are, what we are about, etc. We might ask family and friends for their opinions and go from there.

Yet, we can be misled when we depend too entirely on what other people think about us, because then we are too busy trying to please someone who frequently knows very little about what they are talking about. You know yourself better than most people do, but you are unwilling to believe the constructive things about yourself.

Having said that, another person can have a certain objectivity about you that it is unlikely you will ever achieve on your own. The challenge is knowing where the objectivity of others as well as your own each begins and ends. The trick is taking whatever you know and doing something with it.

Some truly amazing accomplishments would never have been achieved without the encouragement of someone else, and yet, they would never still have been achieved if the person had not also believed in them self.

Who do others say you are? Who do YOU say you are? How similar are the answers? That my friends is the stuff that legends are made of.

Now the more important question is ~ What are you going to do about it?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

June 23, 2004

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### Enslaved by Life

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

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For you were called for freedom, brothers and sisters. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love. For the whole law is fulfilled in one statement, namely, You shall love your neighbor as yourself. But if you go on biting and devouring one another, beware that you are not consumed by one another. Gal 5:1, 13-18 (NAB)

There are many distractions present in our lives that hinder us from achieving the balance that we desire. We become enslaved to maintaining the status quo, to achieving and keeping up with the neighbor, friend, rich relative, etc.

Sometimes the things that we strive for do not serve us well. They get in the way of that balance in our lives that would truly serve us well. How frequently do you buy something that you just “have to” have, only to find it being ignored and abandoned a month later? Does it give you pleasure to own something for 25 years and never use it, keeping it stored away someplace where you and no one else will ever see it or use it?

What would give you great pleasure if you had it everyday of your life? The love and company of a friend or family member? Being of service to someone and knowing that you serve a great purpose in your life? Knowing without a doubt that your life has meaning and value? What is it for you?

Now, how present is “that” in your daily life? What would it take to have that every single day for the rest of your life? What is getting in your way from achieving that? When will you take the first baby step towards achieving that?

Remember if you are going to be enslaved by something in your life, a particular lifestyle, status quo, etc. ~ make sure that it serves you well and adds to achieving and maintaining a life balance that meets your needs and purpose in life.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

June 30, 2004

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### Shake Up Your World

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

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Go on your way; behold, I am sending you like lambs among wolves. Carry no money bag, no sack, no sandals; and greet no one along the way. Into whatever house you enter, first say, 'Peace to this household.' If a peaceful person lives there, your peace will rest on him; but if not, it will return to you. Luke 10:1-12 (NAB)

People tend to feel vulnerable in new situations. Some avoid new situations, some over prepare, some nervously hold back, and others charge right in and let the chips fall where they may.

Yet, each day of our lives is new and full of surprises. Sure you have certain scheduled events or an agenda for what you plan to do that day, but there are always surprises that come along. How do you handle that? How do you treat the strangers that surprise you along the way?

Many people don't treat others as they want to be treated in return. Rather, they nervously take a wait and see attitude and hold back until they notice some sign that indicates it is safe to proceed. There are times when that is a prudent approach. In general, however, such an overly cautious attitude will result in many missed opportunities to develop new friendships and relationships that will greatly enrich and bless your life.

People thrive on relationships and having positive relationships with others greatly helps us to successfully navigate the challenges of each new day. There is a saying that describes a stranger as a friend that you haven't met yet. However, some people take the approach that a stranger is someone that you have no intention of ever meeting.

Life is full of ups and downs. It is not surprising that you, yourself, are responsible for many of them. Treat others as you want to be treated; Approach the new day as you want it to approach you. Attitude makes all the difference.

A positive attitude breeds positive results; a negative one breeds negative ones.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

July 7, 2004

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### Get Involved in Living

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

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A man fell victim to robbers as he went down from Jerusalem to Jericho. ... 'Take care of him. If you spend more than what I have given you, I shall repay you on my way back.' Which of these three, in your opinion, was neighbor to the robbers' victim?" He answered, "The one who treated him with mercy." Jesus said to him, "Go and do likewise." Luke 10:25-37 (NAB)

Many follow the rule of thumb of "don't get involved". Many of us are in fact, poor neighbors. It is not uncommon these days to not even know the neighbors. We are all busily going our own way and don't take time to get to know the neighbors and to mingle with others.

Yet, people by their very natures, are 'caring' people. There is a built-in desire to take care of others and to be treated well by others in return. That very basic human value has been sadly hidden away and even forgotten by some people in these modern times. As a result, many people when faced with a dire need, illness, financial straits, etc. have nowhere to turn, no one to turn to for assistance, or are afraid to ask for help.

To **Live your Life ~ Full of Spirit** ~ means that you value and respect your neighbors. Indeed, every person that you meet can be considered a neighbor. How much of your time do you spend "not getting involved"? Some people get so good at avoiding involving themselves that they truly aren't even involved in their own lives.

That might sound strange; of course everyone is involved in their own life. No, not necessarily. They might be busy doing all sorts of things, but not the ones that make their lives meaningful. They can be expending all kinds of energy, but not really accomplishing anything that is worthwhile. In that case, they are not really involved in life, but rather, they are entangled in the pastime of "don't get involved."

There is a difference, although the subtle distinction is lost on many people. How about you?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

July 14, 2004

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**Choose the Better Part**

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

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"Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." Luke 10:38-42 (NAB)

What are your priorities? Do you often get bogged down in worrying and fretting about the wrong things? About trivial things that pull you away from what is most important to you?

It is easy to get distracted. We are bombarded with all kinds of demands, requests, and distractions each and every day of our lives. However, it is simply not possible for you to attend fully to each of those demands. If you tried to, you would never complete the tasks most important to you ~ you would literally never get anything done.

The role of priorities is to make sure that you accomplish the tasks that are most worthwhile and important to you. When opportunities come along in your already busy day, you can latch on to the good ones and pass on the rest. However, to do that, you have to already know what your priorities are so that you can quickly assess whether those opportunities pertain or not.

It is far too easy to allow yourself to be distracted by tasks that "look good" on the surface, but really don't serve you well. Such is life. All around you the world is full of people who are running through life at full speed with never a moment of rest or peace and quiet, and yet, most of them are simply spinning their wheels, and for the most part, wasting their time.

Perhaps, that person is you. Sure, we all spin our wheels at least part of the time, but if you are doing it most of the time, then it is time for a change.

If you knew that you had only 10 days left to live, what would you want to make sure you accomplished during those days? What would you be most disappointed about not being able to achieve?

Those are priorities. A certain sense of urgency helps to break away from the desire to procrastinate and helps to promote action. Now get busy. Don't let the notion that you probably have a lot more than 10 days remaining to distract you from what you really want to accomplish. You still have a lot left to accomplish and no time like the present to get started.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

July 21, 2004

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### Seek and You Shall Find

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

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I tell you, if he does not get up to give the visitor the loaves because of their friendship, he will get up to give him whatever he needs because of his persistence. "And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. Luke 11:1-13 (NAB)

Persistence pays off. There is a difference between being persistent and being rude or annoying. Many people do not bother to ask for what they want because they think it would be rude or bothersome. Furthermore, when they do ask, they give up too soon.

Most people are poor listeners. One problem is that people simply do not pay very close attention to what other people are telling them. So, frequently people don't get what they ask for because their request has never been heard and properly registered in the first place. Since they only ask for it one time, it is not surprising that they never receive it. That is where some appropriate persistence would have paid off.

When something is worth having in life, and you have made it a priority because it is something that you highly value, then some persistence is in order. You can show some appropriate persistence by asking respectfully and politely without being overbearing, rude, obnoxious or arrogant. Continue to seek it and ask for it until your request is fully heard, understood, appreciated and responded to. Most requests will be granted if it is possible to do so.

Of course, sometimes, we ask for some highly improbable and even impossible things. But most of the time, most people make reasonable requests and therefore, reasonable responses are in order.

What do you seek in your life and have you been appropriately persistent?

Life is far too short to wait around for it to just be dropped into your lap. While that does happen from time to time, don't hold your breath waiting for it. You have to take the initiative to seek out that which you value in life and to ask for what you want. Pretty simple really.

So if something is missing in your life, you are probably not seeking it out, or asking for it, or you have given up too easily without being appropriately persistent. If it is worth having, then it is worth some effort on your part.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

July 28, 2004

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### Should You Keep it Forever?

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

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There was a rich man whose land produced a bountiful harvest. He asked himself, 'What shall I do, for I do not have space to store my harvest?' And he said, 'This is what I shall do: I shall tear down my barns and build larger ones. There I shall store all my grain and other goods and I shall say to myself, "Now as for you, you have so many good things stored up for many years, rest, eat, drink, be merry!"'  
Luke 12:13-21 (NAB)

Over the years we tend to accumulate quite a few things. Frequently, it just gets piled up in a closet, the basement, garage or someplace. We keep stuffing it in even though it is not organized in any sort of way that would allow it to be useful. Sometimes, we will even add more storage and keep stuffing it in, or buy a bigger house so we have more room for more stuff.

It can be very difficult to let go of things, once we decide that they are "mine." It is not uncommon for most things that we accumulate to go unused, even if we keep them for 50 years. It makes you wonder why we thought they were so important in the first place if we never use them or do anything with them.

Yet, it is human nature to acquire and accumulate things. Take a look within your own house; do you have a lot of things that you don't know what to do with? Do you ever use them? Do they have some special meaning for you? Why do you keep them?

One reason we accumulate so much and then can't get rid of it is after awhile the sheer volume of stuff we have becomes so daunting that we become overwhelmed when we start to think about doing something with it.

Many things in life become overwhelming and so we naturally hold on to them because that is the easiest thing to do. This is true not only of physical things, but thoughts and feelings, too. Sometimes we hold on to slights and criticisms and comments far too long. When we perceive that someone has said or done something to hurt our feelings, why do we hold on so tightly to it? If we hold on to it for 20 years, what are we going to do with it then?

We also hold on to misconceptions about ourselves, whether it is critical views about our looks, our status, prestige, goodness or badness, etc. Sadly, those seem to be some of the hardest things to let go of and they can do us great harm over time. The longer we keep them the harder it is to give them up. They become a part of us and in fact, dictate who we are and become.

It doesn't matter whether our beliefs are true or not, because we will behave as if they are and they will have a great influence upon our life and the choices that we make. Choose wisely what you will hold on to and make sure that it serves you well.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

August 4, 2004

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### Faith is the Evidence of Life

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

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Faith is the realization of what is hoped for and evidence of things not seen. Because of it the ancients were well attested. Hebrews 11:1-2 (NAB)

What does faith mean to you? Is it a religious belief? Is it a trust and confidence in certain people, a reliance on certain rules and regulations, or a devotion to certain standards of living? What place does faith hold in your life?

There are many kinds of faith, just as there are many kinds of love. There is the faith and loyalty one has to a spouse or best friend. There is the faith and conviction a child places in his or her parents to always protect, care for and love them. There is also the spiritual faith one has that shapes the way one lives their life.

As in the passage above, faith is the realization of things hoped for even though there is no evidence of their existence. That is the very core of life itself. Even for those individuals who may not claim any spiritual beliefs, there is still a core of 'faith' in their life. Because life is unseen and unknowing and something that you just have to live as it comes. In other words, you have to take it on faith.

What forms the very core basis of your life? What tenets, beliefs, structures, form the faith of your life? What shapes and defines the choices and decisions that you make each and every day, each moment of your life? Are you faithfully following your chosen path or have you gone somewhat astray somewhere along the way?

Life is truly a journey that each person makes on the basis of faith. Some have more of a guiding faith to help along the way and others follow a more 'wait and see' kind of faith.

Yet, each moment of life is full of still unrealized 'hopes' for the future. It is these hopes that add a certain zest and excitement to life. Challenges are the spice of life and remind us that we are still alive and still have work to do ~ that there are still hopes to be realized.

Faith does not come in 'one size fits all'. It is unique and quite different and special for each and every person in the world. May you always have faith, for the absence of it results in the absence of hope and verily, the absence of life itself.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

August 11, 2004

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**You Have Been Looked Upon Favorably**

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

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And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me and holy is his Name. ... Luke 1:39-56 (NAB)

We have misconceptions about ourselves, both in the grandiose direction as well as the self-debasing one. However, most people tend to error much more frequently in the debasing direction. We tend to see our weaknesses and mistakes more readily than our strengths and achievements.

Just as Mary had a destiny, a significant purpose and mission to achieve in her life, every person has a unique purpose and mission to achieve in their life. Many go through life with little awareness of what that means for them personally. They seem to float through life as if they have no real sense of direction or purpose and nothing of significance to achieve.

Most people are unaware of the many great things that they do achieve in their lives. They underrate and devalue their accomplishments as being nothing of consequence. However, a single act of kindness, while perhaps not being anything of consequence or value to the giver, has a far greater significance and value to the receiver. Your life is full of such moments. A simple task can have great worth to the person or persons that benefit from its seemingly trivial consequences.

We should not forget this notion when we examine our own lives and evaluate how valuable or successful we have been. Frequently, we look for the big landmark achievements, and if failing to find them, we rate ourselves as failures. Few individuals achieve more than a minimal number of 'great' achievements in a lifetime, however, all individuals achieve a multitude of those lesser achievements that we forget about, and which have made all the difference to those others in our lives.

The Almighty has done great things for each of us and looked with favor upon us. Each person has a unique path to travel and much to achieve in their own lifetimes. What are you up to in your own Life? How do you view yourself and what is your attitude about Life?

Remember that there are many different spices, but that salt, the most common and certainly nothing earth shaking, is the most used and literally is the 'spice' of life. You could certainly do without that pinch of salt, but you would certainly notice and be able to tell the difference in the taste of your foods. While there are many more exotic spices that one could use, nothing can replace the simplicity and taste of salt.

Don't waste your time looking for the exotic. YOU are the salt of the earth! Get busy making a difference and being the spice of Life.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

August 18, 2004

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**Clueless**

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

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Someone asked him, "Lord, will only a few people be saved?" He answered them, "Strive to enter through the narrow gate, for many, I tell you, will attempt to enter but will not be strong enough."  
Luke 13:22-30 (NAB)

One downfall for many who believe strongly about something, is that they allow their belief to blind them from seeing a bigger truth and reality. In other words, when one holds a belief in something, they typically will not even consider looking at that belief from any other angle. In fact, even in the face of overwhelming evidence that something is not quite right about their belief, they will ignore the evidence and hold steadfastly to their original belief.

That gets in the way of living one's life ~ **Full of Spirit** ~ because no matter how good a grasp one might believe they have on the truth and full essence of one's belief, they usually have a greater depth that one has not even begun to grasp. Beliefs are like an onion, there are numerous layers that can be peeled back revealing deeper and deeper meanings of that singular belief. And yes, it might mean shedding a few tears to keep going.

Yet, we go through life with the foolish notion that we fully understand our own beliefs when in actuality we have only scratched the surface, or peeled back the first layer. There is so much more to life when we are willing to see more to even the most rudimentary notion. Beliefs are meant to free us and assist us in Living Life fully and Well, not to blindfold us and keep us in the dark, stagnant and undeveloped.

Do not allow your perceptions to blind you to the greater good and to living a Life ~ **Full of Spirit**. When you perceive a "narrow gate" it in reality is probably large enough to do the job. Don't make the mistake of limiting your choices upon a mistaken perception. Don't hold back because your immature understanding of your beliefs are blinding you from a hidden truth that might still be a few layers deeper than you have ever allowed yourself to look.

Frequently we run into roadblocks in achieving our goals and objectives. Sometimes we give up after hitting it several times with the same technique that didn't work the first time we tried it. We assume it wasn't meant to be and go on to something else. What a shame, because then those worthwhile objectives will never be realized because we allowed ourselves to remain blindfolded. Just because you don't see a solution doesn't mean there is no solution, but rather, it just means that you have not seen it yet.

All are called, and while most believe that they have responded, few have even got a clue.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

August 25, 2004

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### Good Gamemanship

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

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He told a parable to those who had been invited, noticing how they were choosing the places of honor at the table. "When you are invited by someone to a wedding banquet, do not recline at table in the place of honor. A more distinguished guest than you may have been invited by him, and the host who invited both of you may approach you and say, 'Give your place to this man,' and then you would proceed with embarrassment to take the lowest place. Luke 14: 1, 7-14 (NAB)

Everyone likes to be recognized and to be treated with honor and respect. Unfortunately, that value seems to be missing or undervalued these days. Children all too often are no longer raised with such a value system. Yet, it is no big secret that if you expect others to treat you with respect, then you must treat others with the same respect.

Too often we are quick to complain about the unjust treatment that we have received, and we never stop to examine our own behavior and attitudes that contributed to the outcome. Frequently, we are not the completely innocent victims of someone else's disrespectful and uncaring actions that we claim to be, but rather, we have contributed to the process with our own less than stellar behavior and attitudes.

Life is a full and complicated game. It is a game that is difficult to play because not everyone follows the rules and the rules are not always clearly defined. Yet, if you play the game with the same ungamemanship as everyone else, what good is that?

How many times have you heard someone say, "that is not right, but everyone else is doing it and I am not going to be the only one that is not doing it that way"? I would be a wealthy man if I had a dollar for every time that I have heard it or seen it in action. In fact, I quit one job once because I refused to play that game.

You have to pick and choose what values that you will live by and play the game of life by. Just because everyone else is doing it doesn't mean that you should join the line. Maybe it is time to start another line. Maybe it is time to take a stand and try to make a difference for the right reasons even if there doesn't seem to be much chance of making a difference.

Remember that you will reap what you sow. If you want the world to be different, then you have to be willing to make it different. If you want to be respected and honored, then you have to treat others that way first. If you want to **Live your Life ~ Full of Spirit** ~ then you will have to take the first step, because it will never happen if you wait for it to come to you.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

September 1, 2004

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**Change Produces QUALITY**

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

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Who can know God's counsel, or who can conceive what the LORD intends? For the deliberations of mortals are timid, and unsure are our plans. For the corruptible body burdens the soul and the earthen shelter weighs down he that has many concerns. Wisdom 9:13-18 (NAB)

It is amazing how the best made plans always seem to unravel at some point in the process. Why is that? Well, frequently it comes down to the point that often times our plans are not very well thought out. Many people don't spend much time at all planning, but rather, seem to live by the seat of their pants with an attitude of resignation.

However, even the best thought out plans need to be flexible because there are always surprises and unforeseen circumstances that pop up. If you are invested in living a quality life and doing everything that you do with quality ~ then you must do everything with an open mind and an openness to change your plans and adapt to new situations and people. Rigidity is the surest way to make sure your best plans come off less than stellar.

Many organizations adhere to a rigid approach and quality is sacrificed as a result. There is absolutely no way to prevent change from occurring. In fact, anything of quality is based in change. If everything remains the same, then there is no room allowed for improvement and quality stagnates and gets left behind.

Most people avoid change if possible and change is often not the easiest thing to accommodate. There is a sense of stability and safety in knowing what will happen when things remain the same. But it also means that creativity, motivation, inspiration, and the zest of life will be ignored and left out.

If you want to **Life your Life ~ Full of Spirit** ~ then you recognize that change is just another word for LIFE and when you think about that, no one wants to live without that.

Are you weighed down by your frustrated plans? Do you go through life without have any vision of what you hope for your future? Do you settle for constancy and stability at the sacrifice of improving the quality within your Life?

Then stop for a moment and think about what is missing in your life and what changes would improve your situation. Then take a baby step forward to take action on improving your life and to begin leaving that established stagnation behind (where it belongs).

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

September 8, 2004

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**the Choice is YOURS**

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

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Beloved: I am grateful to him who has strengthened me, Christ Jesus our Lord, because he considered me trustworthy in appointing me to the ministry. 1 Timothy 1:12-17 (NAB)

Each individual is born with the gift of life and all the tools and resources to do something great with that gift. You are trustworthy and have a mission to live your **Life ~ Full of Spirit**.

The array of possibilities of how you spend your life and what you do is infinite. It is truly mind-boggling. The results that you will produce have been entrusted to you and to you alone. The choices that you will make every single day of your life lead you in a certain direction to a particular end.

It is true that you are part of a myriad of circumstances and events that you have no control over and limited or no say about, but that does not mean that you are a powerless victim of those circumstances. No matter how limited, dire, or overwhelming the circumstances, you still have the freedom and responsibility to make the best choices possible in that moment.

Sometimes, the only apparent choice is to “choose” or NOT “choose” ~ and that is still a choice. It is not uncommon to hear people say, “I had no choice”, but they always have at least two choices (and frequently more – they just don’t like the alternatives). They have the choice to move forward and make the best of it or to do nothing and wait to see what happens. They can choose to “do” or “not do”. They can actively decide now or postpone the choice until later (frequently in the hope that the decision will be made for them).

In those moments when you feel overwhelmed about a decision, do something constructive about it. Talk it over with someone, write about it (jot down your thoughts, your fears, the pros and cons, etc.) to help clarify the issues in your mind, take a walk or do some physical workout, pray about it, do some other constructive task to refresh your attitude and renew your hope and commitment. The possibilities are endless but doing something moves you forward.

When making a choice is difficult, it may help to remind yourself about those critical values and beliefs that you have chosen to live your life by, the structure and guidelines that you live by. Stack up the possible choices and alternatives against your values and see how they fall out. It is not uncommon for one or two alternatives to clearly stand out amongst the others and then the decision-making kind of takes care of itself.

It is easy to feel overwhelmed because every day we are bombarded by thousands of requests, choices, data points, etc. ~ but it is a choice that you must make in how you will deal with that plethora of information. Will you weed out the chaff, will you give yourself time to clarify and analyze your choices to make sure that they fit your values and beliefs and move you forward in the right direction? Will you do what it takes to live up to the trust placed in you? Will you choose to move forward or remain stuck and stagnant? Will you keep doing your best?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

September 15, 2004

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### Can You Be Trusted?

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

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The person who is trustworthy in very small matters is also trustworthy in great ones; and the person who is dishonest in very small matters is also dishonest in great ones. If, therefore, you are not trustworthy with dishonest wealth, who will trust you with true wealth? If you are not trustworthy with what belongs to another, who will give you what is yours? Luke 16:10-13 (NAB)

Every person in the world that interacts with you creates an impression of you within the first 5 seconds of meeting you. That impression is further validated as being true or false as they spend further time with you. It is also true that people will generally hold tenaciously to their perceptions and beliefs even when confronted with overwhelming evidence to the contrary. In other words, once a perception is formed, it may be difficult to get a person to change it even if it is totally incorrect and you present strong evidence to refute it.

The question is what is that impression that other people have of you? Are you honest? Can you be trusted? Are you friendly? Are you a person of integrity and honor? Can you be depended upon? Will others avoid you? Will others take a chance with you?

Interesting questions? You might be surprised at the answers that some people would give about you. You have probably heard the saying, "you can't judge a book by its cover." Yet, we do just that all the time. We do it probably hundreds of times each day in any number of life circumstances.

When people judge you by what they see on the cover, will they take the chance to dig deeper to see what is inside? What would they find? What do you want them to find?

People are so busy these days, that many don't take the time to read many books. The same is true about people. Many people don't really take the time to get to know the people in their lives. Many people do not even take time for the people in their own family.

The choice is yours how you spend your time and how you interact with people. It is even a choice of the kind of 'cover' you present to people. What is the story of your life all about? It is the most important story that you will ever be responsible for ~ so make it worthwhile.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

September 22, 2004

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### There's Something About You

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

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There was a rich man who dressed in purple garments and fine linen and dined sumptuously each day. And lying at his door was a poor man named Lazarus, covered with sores, who would gladly have eaten his fill of the scraps that fell from the rich man's table. Dogs even used to come and lick his sores. When the poor man died, he was carried away by angels to the bosom of Abraham. The rich man also died and was buried, and from the netherworld, where he was in torment, he raised his eyes and saw Abraham far off and Lazarus at his side. Luke 16:19-31 (NAB)

That's not fair!! Life is not about fairness; it is about living and about the choices that we make.

Life is not about how rich or how poor you might be, but rather, it is the choices and decisions that you make about the blessings you receive in life. That doesn't mean that you cannot be rich. However, it means that each of us has been blessed with unique gifts, talents, and knowledge, and yes, material things.

We are also challenged to find the best ways to utilize each of those resources that we have been granted. Likewise, we will be judged upon how well we choose and utilize all that we have.

How does your life stack up? Do you have what you desire? Do you have what you truly need to survive? Do you have some of the finer things that make life 'easier'? What do you lack for? Are you happy, satisfied and at peace? What do you hope to achieve during your lifetime? What will you leave behind after you are gone?

Some want to leave vast treasures so that their success in material things will be a beacon of their greatness in life. Others leave few possessions behind, but accumulate vast repositories of memories of the good works that they have done as they go through life.

Some people touch others in a special way ~ with the warmth and love of their smile, with their infectious laughter, with their kindness, with their quickness to offer a helping hand. You might have noticed that when you are in a large room full of people that you quickly pick out one or two that you seem to be repeatedly drawn to. What is it about them that attracts you?

Perhaps it is some traits that you share with them, or perhaps traits that you envy but do not have. Perhaps it is the jovial zest for life that radiates from them. Perhaps it is the simple humility and integrity that clothes their every action.

I wonder what I would remember about you if we were in the room together and you about me?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

September 29, 2004

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### Big Accomplishments Started Out Small

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

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I remind you, to stir into flame the gift of God that you have through the imposition of my hands. For God did not give us a spirit of cowardice but rather of power and love and self-control. 2 Timothy 1:6-8 (NAB)

The Lord replied, "If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you. Luke 17:5-10 (NAB)

We live lives of complacency. We settle for so little when we could do so much more.

We allow our fears and insecurities to hinder us from accomplishing that which we have been destined to do in His name and with His blessings.

Think of the good that you have already accomplished in your life. Think of the hopes and dreams of things still left undone that you never seem to get around to doing. Think about what you could still do if you allowed that faith within you, the size of a mustard seed, to do its thing.

What would happen if you stopped spending your time "de-empowering" yourself and instead, empowered yourself to do those things left undone?

Wipe those doubts from your mind. Replace those thoughts of "it cannot be done" with "I will do my best." Replace those thoughts of "we've always done it this way" with the power of creative curiosity found in "I wonder what would happen if we ..."

**Life is full of opportunities and another chance to get it right ~ as long as you are willing to keep trying and never give up, never settle for complacency. **Begin now!****

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

October 6, 2004

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**Open Your Eyes to LIFE**

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

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As he was entering a village, ten lepers met him. ...And when he saw them, he said, "Go show yourselves to the priests." As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him.  
Luke 17:11-19 (NAB)

If something miraculous happened in your life, would you notice? Would you remember to give praise and thanks to the Lord?

I didn't think so. What do I mean? Miraculous things happen all the time, and yet, few ever notice. Of those who do, fewer yet do anything about it.

To **Live your Life ~ Full of Spirit** ~ means that you expect miraculous events to occur regularly, but you never take them for granted, and you always offer thanks and praise for their blessings. Our lives are filled with wondrous blessings, but many are too busy whining, complaining, and grumbling to notice.

With our self-important grandiose attitudes of entitlement, we overlook things and take them for granted as being our 'just deserts' and normal fare. Yet, when seen through eyes of faith, all are blessings that are received with hearts filled with humble thanks and contentment. The person who lives a life of faith ~ lives a Life that truly is ~ **Full of Spirit**.

Even in the midst of tragedy, there are hidden blessings if one but take the time to look deeper. Few do. We get stuck on the horribleness of the tragedy and don't see beyond it. We look to the emptiness of life rather than to the Fullness. There is a simple rule in life ~ you find what you look for.

If you are not finding any blessings, it must be that you are not looking for them, because they are there. If you find tragedy after tragedy, perhaps you should stop looking for them. That does not mean that they will stop occurring, but it does mean that you won't become stagnant wallowing in them.

**Life is Full of Spirit** ~ that is a fact of life ~ but unless you seek it out and embrace it, it will elude you. It is a choice and the choice is yours to make.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

October 13, 2004

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**Remain Faithful**

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

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Remain faithful to what you have learned and believed, because you know from whom you learned it, and that from infancy you have known the sacred Scriptures, which are capable of giving you wisdom for salvation through faith in Christ Jesus. 2 Timothy 3:14--4:2 (NAB)

Decisions...Decisions. You can run but you cannot hide. We are bombarded with choices every minute of the day. Some are easy ones and others are quite difficult.

How do you decide what to do? It is much easier when you know what values and beliefs you want to live your life by and you stick to those. When you are faced with a choice to make, you simply weigh it against your values and standards. If it fits and it promotes your goals and values, then the answer is do it, if not, well then, find something else.

Too often, we forget how to make good choices. We get wrapped up in trying to please too many other people. We hedge on a value or ideal here and there because it doesn't quite match the ones of this person or that one. In those cases, we obviously are more motivated to try and please some individual other than our selves and honoring our own values.

That gets us into trouble. I assure you, it is far easier to please more of the people more of the time if you stick to your guns and make decisions that match your values and belief system. If you are consistent, people who know you will come to expect certain standards from you and accommodate you accordingly. They may even change some of their choices because of the ones they see you making.

It is not easy to go against the grain if your choices are not popular ones, but it is far better for you to be able to sleep at nights than fretting about how others will take it and literally, worry yourself sick.

Sure there will be times when, even knowing your values, when it will be difficult to make a choice. Life is not black and white, but full of gray. Sometimes you just have to make the best choice that you can at that time, and then wait for something better to come along.

Each choice that you make should not be made as if it were cast in stone, but rather, that you make it for as long as it makes sense and then you choose something else that works better or makes more sense. Good sense dictates flexibility and adaptability in making choices.

You might make a choice right now and begin to implement it and literally, five minutes later, find out something that would change everything about your choice. What do you do? Well of course, you change your choice and begin implementing that one. Will you look silly or wishy washy?

Yes, but only to someone whose opinion you don't value anyway.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

October 20, 2004

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### A Favorite Pasttime

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

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The LORD is a God of justice, who knows no favorites. Though not unduly partial toward the weak, yet he hears the cry of the oppressed. The Lord is not deaf to the wail of the orphan, nor to the widow when she pours out her complaint. The one who serves God willingly is heard; his petition reaches the heavens. Sirach 35:12-14 (NAB)

Communication is a wonderful tool when you remember to use it.

Communication is the source and solution of every problem. Misunderstandings frequently begin from the result of miscommunication or lack of communication. Unfortunately, they also cannot be resolved without taking the time to communicate.

Communication is a two way street: speaking and listening. Many think that great communication depends upon being able to talk well, being able to get your thoughts and points across clearly. And it does, but it depends to an even greater extent upon listening well.

You will never know if you successfully communicated your message if you do not take the time to listen. You will never know what needs to be said if you don't stop to listen first. You won't know what you have said if you don't listen to yourself when you speak.

Many people talk all the time but seldom listen. That would be called 'noise'. More can be communicated without saying a word when you listen profoundly to someone who has a message that they want you to hear.

If your life is not going well, perhaps you have not taken time to communicate, to speak and to listen to the key persons in your life. To speak and to listen to God, something that is called praying.

To **Live your Life ~ Full of Spirit** ~ requires you to "**Communicate**" with all the significant parties in your life and to keep the channels open to those others that may someday become significant in your life. Living is all about sharing: your thoughts, hopes, dreams, concerns, love, caring, compassion, and time with the others you share space with in this wonderful world.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

October 27, 2004

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### Playing in the Sand Pile

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

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Before the LORD the whole universe is as a grain from a balance or a drop of morning dew come down upon the earth. But you have mercy on all, because you can do all things; and you overlook people's sins that they may repent. For you love all things that are and loathe nothing that you have made; for what you hated, you would not have fashioned. ... Wisdom 11:22-12:2 (NAB)

Think of each of the responsibilities, tasks, and demands upon your time as a grain of sand. It doesn't take long before you are swamped with a beach full of sand. While lying on a beach is often thought of as being relaxing and leisurely, suddenly this view of a beach full of sand is overwhelming, draining, and zaps your spirit.

Now turn your focus to the waves beating continuously against the beach and how it constantly erodes at and shapes the sand of the beach. There is a wondrous power within those waves that is never quenched, never discouraged, never relented no matter how much sand stands in its way.

There is a power within your life to shape the obstacles that stand in your way. There is a spirit of encouragement that instills hope even in times of great distress and overwhelming challenges. There is potential to find some good in almost any circumstance no matter how seemingly dire.

In this example, the beach did not, "poof" suddenly appear. It accumulated one sand particle at a time. Think of what you could do with one particle of sand if you focused your attention upon it while ignoring the rest. Think how easy it would be to take care of the challenge represented in that one particle.

After you have successfully dealt with that challenge, then you can go on to another particle of sand... and another ... and another. It won't be long before a sizable difference can be seen.

Or, you can choose the alternative, to continue to feel overwhelmed, to continue to do nothing while the sand pile continues to grow, one particle at a time, growing continuously bigger over time.

Life doesn't stop or stand still while you try to figure out what to do or try to decide if something is worth your efforts to do something about it. No, it marches continuously onward. You may choose to march on with it or be left behind and covered over.

No matter how dire the situation, you are not alone, and Someone, in their infinite wisdom is still counting on you.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

November 3, 2004

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### What is the Right Way?

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

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Now there were seven brothers; the first married a woman but died childless. Then the second and the third married her, and likewise all the seven died childless. Finally the woman also died. Now at the resurrection whose wife will that woman be? For all seven had been married to her." Jesus said to them, "The children of this age marry and remarry; but those who are deemed worthy to attain to the coming age and to the resurrection of the dead neither marry nor are given in marriage. Luke 20: 27-38 (NAB)

Have you noticed how rule bound people are? Rules and traditions serve a very important function of helping to make life easier and to keep things working well and in balance. However, there is a drawback to them, when people follow them blindly, they forget to think for themselves and sometimes miss important opportunities to make significant changes for the better.

Rules and traditions are important, but they are only a tool. People still must think for themselves, analyze the facts and make, hopefully wise, decisions.

People are creatures of habit and therefore, are predictable. We live most of our lives on automatic pilot, blindly following the rules, regulations, and traditions and doing things the way they have always been done. For the most part that works fairly well. But there are times when it is disastrous.

When things are not going well in your life, continuing to do things the way you have always done them will only get you more of the same unsatisfactory results. You will have to do something different to get different results.

Sometimes all it takes is for you to "think" for yourself rather than falling blindly into line by believing what others are telling you without verifying the 'facts' of their truthfulness. In the above parable, people blindly believed that the same rules and traditions applied after life as in life. Jesus told them that things aren't always as you believe them to be.

In other words, Stop and Think about it. Does it make sense that the way we live and do things today is the best way to do them ~ the way that they would be done in the perfect life after death?

Each and every day of your life is a new opportunity to improve the way you live your life ~ to get it RIGHT. I assure you that will never happen if you blindly follow the rules and traditions without thinking about them and choosing wisely along the way, because those rules and traditions were put in place with different motivations and for different purposes than to ~ **Live Your Life ~ Full of Spirit.**

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

November 10, 2004

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### Your Bragging Rights

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

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You know how one must imitate us. For we did not act in a disorderly way among you, nor did we eat food received free from anyone. On the contrary, in toil and drudgery, night and day we worked, so as not to burden any of you. Not that we do not have the right. Rather, we wanted to present ourselves as a model for you, so that you might imitate us. 2 Thessalonians 3:7-12 (NAB)

Remember how proud you felt when you saw your son or daughter imitating you or saw yourself reflected somehow in their mannerisms, behaviors or beliefs? You might also remember how embarrassing it was when a few other of your traits or something you said was repeated.

Seriously, how would you feel if your life were held up as an example for others to follow and model themselves after? Would you be pleased and feel proud? Would you be embarrassed? Would you feel angry or upset? Would you feel silly or ashamed? Would you be worried? Would you even know what to think or to feel? Would you think – Why me?

And yet, that is exactly what happens. You do serve as a model to others. There are people that look up to you and use you as their example or model. There are others that are embarrassed or even ashamed of you. Others think you are silly. Others trust you implicitly and some others that are wary.

What are your bragging “rights”? What do you feel comfortable and good about bragging about and what do you keep hidden away? What do you like to hear other people saying about you and why don’t you feel comfortable saying it, too? What do you wish others would say and why don’t they?

What message do you repeatedly tell yourself? Is it true? Do you deserve it? Is there something you would rather tell yourself? Be Fair and honest with your self.

No one is perfect, although we should all be striving for perfection, even as we realize that we will never quite achieve it. Life is like that. It is like a competition of high jumping – as you successfully jump the bar it is continually being raised. There is always room for further improvement and accomplishment.

Your Life is an open window to everyone else but yourself – they see you doing things you don’t pay any attention to and respect things about you of which you are completely unaware. Keep up the good work! Contrary to popular belief, it wouldn’t hurt you to be more aware of the good things you do, your bragging rights, because it would help you do more of them and to improve upon them.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

November 17, 2004

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### Conviction with Integrity

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

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The rulers sneered at Jesus and said, "He saved others, let him save himself if he is the chosen one, the Christ of God." Even the soldiers jeered at him. ...Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Christ? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? Luke 23:35-43 (NAB)

Do you consider yourself a person of conviction? Do you stand up for what you believe, for your values, for your family and your self?

When the going gets rough, most of us cave in. We don't want to offend anyone or to rock the boat or to draw unwanted attention upon ourselves. It is easier to bend our own conviction than to stand unwavering in the face of opposing values.

However, there are times when to hold unbending to one's conviction is important to do and well worth doing. There are other times when being flexible is equally valid and valuable, without bending upon one's convictions, but also without rigidly adhering to your own particular viewpoint.

One should always be willing to at least consider new information about a viewpoint, and sometimes that information is critical to your evaluation of where you stand on an issue, and may even result in your viewpoint changing or evolving into a more realistic and reasonable position.

Life is about living purposefully and with conviction. But that doesn't mean that you never change your mind about things. It means that you are courageously determined to live your life to your best ability and that you are equally determined to approach issues with an open mind so that your convictions are just and worthy.

Too often it is the case that an individual is not willing to listen to a viewpoint or they might say that they will listen but, in reality, they do not. You might remember those times while someone was debating their point and you were busily strategizing your rejoinder to each point. That was NOT listening, that was defending your own views to all opposition. That was attempting to find more creative ways to say the same thing over and over without ever examining the true merits of your position.

If you desire to Live your Life fully with integrity ~ don't pass through life blindly. While there will be many who will try to persuade you and to mislead you, the worse offender will always be your SELF.

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

November 24, 2004

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**Time for the PRESENTs**

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

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As it was in the days of Noah, so it will be at the coming of the Son of Man. In those days before the flood, they were eating and drinking, marrying and giving in marriage, up to the day that Noah entered the ark. They did not know until the flood came and carried them all away. So will it be also at the coming of the Son of Man. Matthew 24:37-44 (NAB)

Have you ever put off until tomorrow something that you had planned to do today? Of course you have, who hasn't? We live our lives as if there will always be another tomorrow. And of course, there will be, until there's not.

To **Live your Life ~ Full of Spirit** ~ requires some thought, planning, and some vision. You have to see a future that is worth living and that is full of the worthwhile things that you want to do and to accomplish. If you don't take the time to see it and to plan for it, then it will likely never happen.

Rather, you will spend your life flitting from one moment to the next doing whatever seems best at the time. And while that might work some of the time, it won't work all of the time ~ not if you want to achieve certain things in your life (unless of course they just happen to be dropped in your path and you just happen to stumble across them instead of detouring around them).

With all of the rushing around, preparing for Christmas and buying presents, etc. ~ don't forget to take time to think about what you want to have in your life, what you want to make sure, no matter what happens, will be present in your life and your future. It is easy to get caught up in the moment, but don't allow yourself to remain stuck in that rut. You will never accomplish the things that are most important to you.

Every day of your life is a new day to begin over again ~ to remind yourself what Life is all about and the direction that you want to be heading in your life. Each day offers another chance to tweak your life back on course and to make some minor corrections for whatever distracted you yesterday.

This season and time of year offers you a chance to focus on what "present" you want to receive this year, that something special that you want to be PRESENT in your Life no matter what. What is missing from your Life? Is now the time to put it back into your Life where it belongs?

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

December 1, 2004

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**It Is Up To YOU**

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

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On that day, a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD. Not by appearance shall he judge, nor by hearsay shall he decide, but he shall judge the poor with justice, and decide aright for the land's afflicted. Isaiah 11:1-10 (NAB)

This is the season of expectations: of the coming of a savior, of the transformation of the world into one of Justice.

**Living a Life ~ Full of Spirit** ~ means living your life with a fullness of hope and expectations. One must never set aside the creativity of imagination, of hopes and dreams for the future. Our lives become stagnant and useless because we allow them to do so.

You have probably seen trees or bushes that have been cut down, either because they were unwanted or seemingly dead. And yet, almost inevitably, from the stump springs shoots of new life, struggling mightily to survive.

Is that true about you? Do you constantly send out new 'shoots' of life or do you appear to be seemingly 'stagnant' and unproductive? The choice is YOURS.

You make the choice to remain stagnant or to preserve the status quo. You settle for remaining in the rut and you establish the schedule and routine that enslaves you. You are the one that has banished hopes and dreams from your life as being 'unrealistic' or 'irrational'. You are the one that settles for whatever comes along. A life of complacency is secure in its stable and secure routine.

If there is more to your life than stable routine, stagnation, status quo, rational thought and complacency ~ then it is there because you put it there. You can choose to live a vibrant life that is courageous, full of purpose, full of meaning, full of hopes and dreams and the vitality to make them real. You can choose to not waste your time wondering if something is realistic and get on with making it into history.

Throw off the restraints and dust off your 'wish list' and put a little bounce into your step. Awaken those slumbering hopes and dreams and get on with it. We are all experts at wasting time, so why not flip that around and put all those efforts into something worthwhile?

One thing is for sure, you will never achieve your hopes and dreams if you don't get started.

**God Blesses you! ... the rest is up to you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

December 8, 2004

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### What Did You Expect?

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

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As they were going off, Jesus began to speak to the crowds about John, "What did you go out to the desert to see? A reed swayed by the wind? Then what did you go out to see? Someone dressed in fine clothing? Matthew 11:2-11 (NAB)

The people flocked to see John the Baptist like some people today go to see the circus. Maybe they expect to see something strange, wondrous, exciting, and to be entertained.

When you look at your own life ~ what do you expect (hope) to see? What do you really see?

The seeds have been planted within you ~ what will they grow into? What will develop and be produced? Like anything else, nothing of value will be produced if it is not nurtured and taken proper care of.

Similarly, an individual's productivity is as limited as that individual's vision. To produce great accomplishments requires a steadfast trust, courage and integrity. It requires that individual to be able to see with great 'vision' towards a future that is worth living, worth striving for, worth doing one's best to make worthwhile things happen.

If it were up to you and I, Jesus would likely never have happened ~ we don't have the vision for it. But Jesus did happen, and now it's up to you and I to have the courage and 'vision' for the present and the future to continue to make things happen.

What would you like to see happen in your life ~ to be the fruits of your productivity? Only you can make it happen. You don't have to do it all by yourself, in fact, you will accomplish so much more if you don't try to do it alone. However, the vision and responsibility starts with you. What you produce from the seeds of your life is entirely up to you.

So what are you going to do about it?

**God Blesses you! . . . What will be your next step?**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

December 15, 2004

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### Surprises Keep Things Rolling

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

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When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. . . . When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.

Matthew 1:18-24 (NAB)

Life is full of surprises. Just when you think you have it all figured out and everything is starting to fall into place according to your carefully thought out plans ~ it all falls apart. What do you do then?

That's the real kicker ~ what you do next! We can't do anything to prevent life's surprises from occurring. Even the most carefully laid plans have to be flexible enough to account for surprises that happen along the way. The very best plans are ones that remain flexible and adaptable in order to adjust for those surprises.

How well do you cope with surprises? Do you fall apart? Do you get upset and shut down? Do you give up? Maybe you don't even bother to make plans in the first place because they will only change along the way ~ so why bother? Or do you roll up your sleeves and give a shout of enthusiasm and joy at being blessed with a new challenge? Do you engage your mind and begin to figure out new plans to accommodate this new variable and enthusiastically get on with the process? What do you do?

Well, you might think, that depends upon what kind of surprise it is. Some obviously are easier to cope with and others are more difficult. Some surprises even offer the desired solution that we had hoped would fall into place at the right time. Others happen to nudge us in the direction that we should have been heading in all along. Others stop us dead in our tracks and we never finish it as we turn to other more convenient tasks.

It is not the 'surprise' that is most important, but rather, it is what you and I do with it. It is more important whether we can adapt and modify how we view the situation and tap into our creative imagination and thinking powers or if we just shut down or adamantly refuse to rise up out of the rut that we are stuck in.

We all get stuck in a rut from time to time. When that happens, we can continue in that rut to where ever it takes us, or we can jump out of the rut and strike off in a new direction of our own choosing that will take us where we really want to go.

Surprises are simply ~ choices ~ that lead to other choices. No matter what you do, you can't run from choices. You can choose to not decide right now ~ and that would be a ~ choice.

**God Blesses you! . . . with many choices.**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

December 22, 2004

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**the Birthplace of LOVE**

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

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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. Colossians 3:12-17 (NAB)

A special **Merry Christmas** greeting to all of you and to your loved ones!!

In the busyness of this special season of the year it is good to remember the special virtues and values that make each one of us so special and unique. It is also good to remember that as we strive for perfection, that it is only through 'love' that it can hope to be achieved. This truly is a season to remind us of the power, the healing, and the blessings that Love offers and empowers in each of us to do the special things that we do.

As you fight the traffic or wait in lines or wonder what to buy someone special ~ remember that love is the most important thing ~ and don't forget to express your love to those you value. We take it for granted that they "know" that we love them, and while they probably do 'know' it, there is nothing like being reminded frequently about it.

Sometimes we forget or doubt what we 'know'. It is amazing how frequently words get twisted around. For example, I know that I am loved, can become: No I am not loved. We take the absences of words and actions as proof of the validity of our misperceptions. Furthermore, our words are sometimes empty ones when they lack supporting action on our part.

This is the season that reminds each of us in special ways of the power of Love and the unlimited supply that it comes in. With such abundance there is no need to be stingy with it, nor to hoard it, nor to selfishly deny anyone of it ~ and yet, so often, we do just that.

**May the Love of our Lord Jesus find a special birthing place in your heart and may you share it freely with the rest of the world just as He did.**

**God Blesses you!**

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*Carpe Diem cum Spiritu*

*Seize the Day with Spirit*

by Michael A. Hinz, Ph.D.

December 29, 2004

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### Your Shining Radiance

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

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Rise up in splendor, Jerusalem! Your light has come, the glory of the Lord shines upon you. See, darkness covers the earth, and thick clouds cover the peoples; but upon you the LORD shines, and over you appears his glory. Nations shall walk by your light, and kings by your shining radiance. Raise your eyes and look about; they all gather and come to you: your sons come from afar, and your daughters in the arms of their nurses. Isaiah 60:1-6 (NAB)

As a new year is about to begin, an especially good New Year's resolution might be to always conduct yourself as if the glory of the Lord were shining through you, as if all eyes in the world were upon you, as if nations walked by your light and kings ruled by your wisdom and insight.

Impossible you might think. Why? If you were a person of honesty, integrity, and courage ~ wouldn't others look up to you and value you? If you had values that were recognized as being worthy to follow and to aspire to ~ wouldn't that be worthwhile? If you had a sense of humor to look beyond the drudgery of life ~ wouldn't that give a lift to brighten other's days? If you told it like it is rather than adhering to the party line that you think others would want to hear ~ wouldn't that make your opinion worth having?

Are you pleased and fully satisfied with how you conduct yourself in all matters, with all people, in all circumstances? If you are, then you are one of a very few who can make that claim. So as a new year is about to begin, you do have something that you can aspire to and continue to work towards ~ continuing to strive to become the courageous person of integrity that even kings might approach for advice or mentor themselves after.

In other words, you can continue to strive to ~ **Live your Life ~ Full of Spirit** ~ and to aspire towards the full gamut of everything that signifies.

Oh, by the way, there is one Lord, King, that does watch everything that you do and eagerly follows your every deed and consideration ~ what must He be thinking about "**your shining radiance**"?

**God Blesses you!**