

BETTER IDEAS FOR BETTER DECISIONS

Improving Your Life with a Spiritual Mindset

Quote of the Month

“You enter life a ship laden with meaning, purpose and gifts sent to be delivered to a hungry world. And as much as the world needs your cargo, you need to give it away. Everything depends on this.”

-Greg Kimura, poet
First stanza of his awe-inspiring poem *Cargo*



A MINUTE TO WIN IT

A spiritual lesson in 60 seconds or less
with Dr. Pamela Grey, CSL Practitioner



Is Your Cargo Being Delivered?

Remember Mini-Me from the 1999 comedy spy film *Austin Powers*? The minions made a clone of Dr. Evil who was similar in every manner but one-eighth his size. Upon being introduced to his clone, Dr. Evil declared, “Breathtaking. I shall call him... Mini-Me.” Mini-Me is a perfect corollary to the concept that we are living in what the James Webb Telescope has proven to be a MULTIVERSE!

As a Mini-Me, each of us is made up of intelligence and not the entire Spirit but every ounce of its nature. As Spirit, in the words of Kimura, we are here to find our meaning, our purpose and our gifts.

To motivate us, Spirit delivers new ideas to help us fulfill all of those goals. But we are unlike Spirit in one important way. Most of us were taught to hoard, lock up and insure all that we have. But the poet Kimura is not talking about materials things. Instead, he is telling us we are ships laden with meaning, purpose and gifts, and we are here on earth to share our cargo with one another. This is the proverbial journey we all must pursue if we are to realize our full potential.

But most of us were not raised to give away our cargo. Casting off items is much easier. We give to nonprofits and tithes to worthy and notable institutions. Those things are fine and well but don't require much effort. The greater challenge is to discover our gifts, dedicate ourselves to a purpose and stretch ourselves to discover meaning. It is additionally difficult for us to imagine or believe that everything depends on this as the poet says. By **everything** Kimura means our circles of family and friends, community, country and institutions. As we improve our lives, everyone gains.

So, what cargo are you delivering today? Throngs of people are currently hungry for your ideas, big and small. If your ship is currently sputtering from port to port in search of safe harbor, could your goods be stowed or even hoarded away for too long? It's not too late to start unpacking.

A Reader's Question

with Dr. Pamela Grey

Founder of PowerYourDecisions.com and
Author of the *Power Your Decisions Self-Study Workbook*



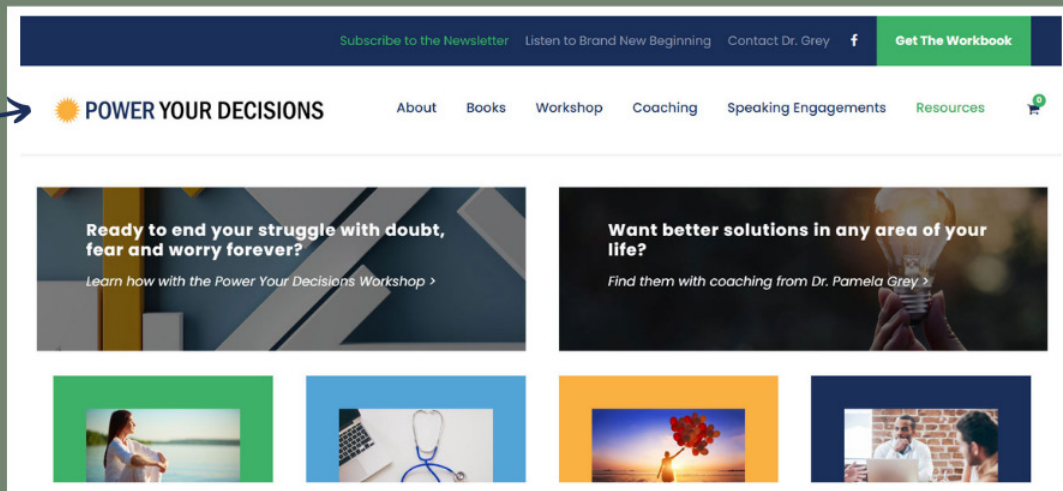
Q: *Why do these things always happen to me?*

Asking "Why me?" wastes a precious asset: your mind, a resource capable of demonstrating new and more beneficial circumstances. Accept my invitation to stop waiting on someone else to do things for you. Be receptive to all the intelligence that comes out of the mouths of friends, co-workers, new experiences and people you meet. But be discerning as well. Spirit always finds the ways and means to deliver new ideas to you, so be alert and also responsive. Become what Dr. Barker calls a "now person" to become an improvement over what you have been in the past. When you entertain just one new thought and hold that new idea long enough to start believing in it, your life must change. The Law of Growth guarantees it. So, expect your next demonstration to be an improvement over your last one! Staying stuck in, "Why does this keep happening to me?" is a pattern most people outgrow early in life. A much better question is, "What is blocking me from having a greater idea about myself?" Don't let too much self-analysis turn into self-paralysis. If you are truly stuck, read my blog posts on procrastination here (<https://poweryourdecisions.com/category/procrastination/>) to avoid the dangers. It's okay to pause and reflect, but just don't build a town there and make yourself sheriff.



This Month's Barkerism

Complacency is an evil. It has no place in the creative process. When it enthralls your mind, subconscious trouble begins.



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