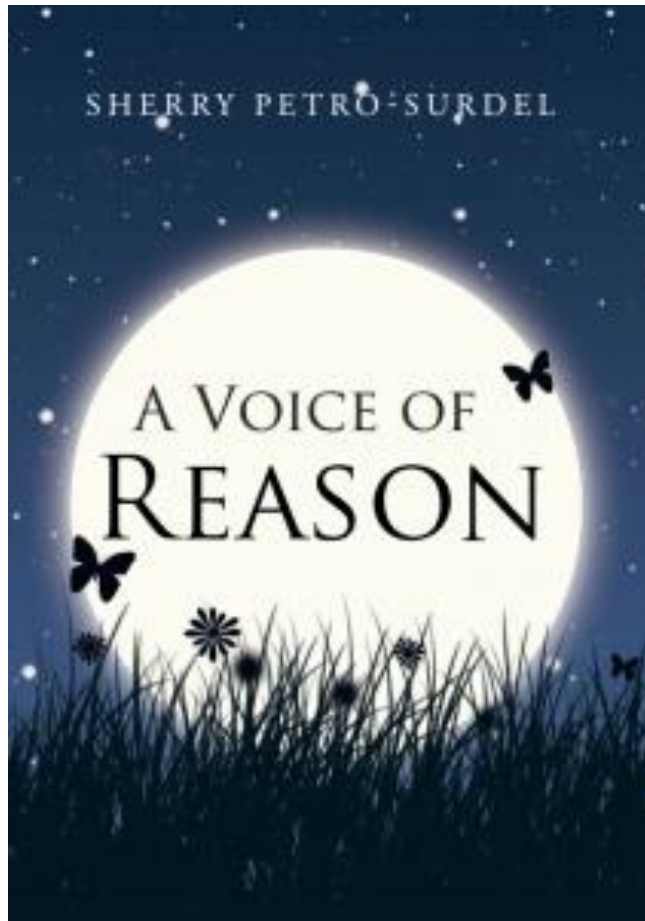


A Sampling From:

A Voice of Reason

By

Sherry Petro-Surdel



Introduction

I began a soul searching, life changing journey. I decided I had to visit and question most every belief I had held onto so tightly. I was determined to release anything that did not serve me or others well. I would write my own policy manual for my life. I never gave it a thought that this process would ever have much value for anyone other than me. Yet the truth is that everything we do, say and think does have an effect on something or someone. [A Voice of Reason](#) is proof of that!

What you are about to read began in my heart and then found its way into hand written words placed on three ring note book paper. These words were often spoken to a small group of seekers who gathered together to form a spiritual community called Spirit Space. The thoughts that turned into the spoken word are called Reasonings. Churches often call it sermons or messages. I call them Reasonings in reference to a biblical passage in Isaiah 1:18 which says, "Come now, and let us reason together, saith the LORD". This infers to me that it is a co-creation experience. I also appreciated the Rasta spiritual perspective which calls this co-creation process Reasonings to understand (or as Rastafarians say to overstand) the ways of God.

You will find Spirit Space mentioned often in this book. Spirit Space is much more than a physical location. It is an energy that breaths in every one of us. It is that place within us that holds us when we are frightened, calms our anxiety and soothes us when nothing humanly can.

Spirit Space is the realization that we are all more alike than different, that we are an amazing creation filled with wonder and awe. Spirit Space is the place we dance with abandonment and partake in the fruits of our labor. It is where there is love, laughter and a sacred altar that displays the symbols of all that we hold dear. Family, friends, our furry and feathered friends, our memories all set on that altar. It comes from experience, hard work, dedication, sacrifice and a desire to seek the unknown.

Spirit Space is also a physical location placed in the twin communities of Saugatuck, Douglas Michigan. It is a place where weddings, births and deaths are honored and celebrated. It is our physical spiritual home. It is filled with those who give until there is no more to give. It has a meditation room with an altar that represents symbols of the major faiths of the world. The light streams in from the windows in all of its different shades, just as light streams out of our hearts in so many different hues and shades. There is always light and often shadows.

Spirit Space has much to learn, much to repair and much to give back. Not so unlike ourselves. Our mission statement says so much, "We are a spiritual community that reaches in to reach out."

The Reasonings found in this book came from my heart. They were given to me through the life that I have, the people that I love, the experiences that show up to help my soul evolve.

Sherry Petro-Surdel

Sherry is a gifted Life Coach and workshop presenter with over 25 years of experience inspiring and motivating individuals and groups to turn their dreams into reality. Her unique, soft spoken but success motivated style has made her a sought after keynote speaker and event presenter. She is just completing her first book, A VOICE OF REASON.

Purpose, passion along with a plan, creates success is Sherry's motto. Wishes are only wishes until there is a plan that works. Goals create successful plans. This is where Sherry's experience both in the world of psychology and coaching empowers others to succeed and reach fulfillment in ALL areas of their life.

Sherry's Mission and Purpose Statement: To be a contribution to this world by seeing all possibilities that assists others to live their highest intentions. We are here on purpose for purpose.

Sherry's keys to living a fulfilled life are: Service, Integrity and Balance. She supports bringing out the best in others by bringing these components to everything she does.

Qualifications and Education:

- University of Chicago Graduate
- Adler School of Professional Psychology Doctoral Studies
- Academy for Coaching Excellence Graduate
- Certified IMAGO therapist
- Ordained Universal faith minister

Affiliations/Membership:

- National Association of Social Workers
- International Federation of Coaches
- Association of Humanist Psychologists
- American Psychology Association

Sherry has life coaching and counseling practices in Michigan and Illinois and is currently the pastor at Spirit Space, a Spiritual Enrichment Center in Saugatuck, MI.

The Fire of Passion

Each of us is on this planet, at this particular time for a purpose. Our life is no coincidence. It is a series of choices that will make up our DESTINY. Purpose, Passion, Destiny and Intentions are words that are used to speak of the idea that we each come to this planet to find meaning and to discover the purpose of our existence so that we can step into our DESTINY.

Passion is what fuels our purpose. Passions are not our purpose. I firmly believe that we each have a purpose. Most of the time, we have more than one purpose as we move through our developmental stages and the evolution of our souls. Some believe that before we came to this Earth School we (our spirit) made a contract with God. The contract began with a conversation that went something like this: God says, "Well, it has been brought to my attention that you want to go to Earth School." You respond with, "Yes, I want to learn more about the human journey so my soul may evolve." God says, "Well, if that is what you want, I won't stop you. But know it will not always be easy. And once you leave the spirit world, you will not have all the super natural skills you now possess. I will send angels and guides to be with you. You know you can always call on me, but also know that while you are in Earth School you will need to learn your own lessons. Sometimes the teachers may seem harsh. Keep your heart and mind centered on your intention for leaving this peaceful, beautiful haven. Above all, you must know you are here to make earth a better place because of your presence. You will not remember this conversation." You say to God, "How will I know what it is that I am to do if I do not remember what we spoke of. What am I to DO?" God responds, "Well, every decision you make is not a decision about what to do, it is a decision about who you are! When you see this, when you come to understand this, everything will change. You will begin to see life in a new way. All events, occurrences and situations will turn into opportunities to do what you came to earth to do; to fulfill your DESTINY."

“Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.” Mahatma Gandhi

One of the co-founders and the first president of Spirit Space, Jack Vandenberg often reminds me of this quote when I speak of thoughts becoming our destiny. Remember that every spoken word has an impact on others. Every thought has an impact on you. That is why it is so important to know yourself and your intentions.

And so you decided to come here to Earth School!

Joseph Campbell said: "Life is without meaning in itself, you bring the meaning to it. The meaning of your life is whatever you ascribe it to be."

George Bernard Shaw said: "Life isn't about finding yourself, it is about creating yourself."

Ralph Waldo Emerson said: "Once you ascribe or make a decision about your life, your DESTINY, the whole universe will conspire to make it happen."

Anais Nin said: "To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there."

If we are to ever awaken to our life's purpose and find the deeper meaning to our existence, we must make a committed effort to understand our true nature. When making conscious decisions that create goodness, there is one element that is always present in everyone's life purpose, that is to be a service to others and to contribute to the well-being of our planet.

In the workshops I conduct and in my coaching sessions I suggest that one must pay attention to their passions in order to discover their purpose. But remember that your passions are not your purpose!

Looking at what you are passionate about provides a direction when seeking to be clear about your purpose for being.

Now, where do you want to go and why?

When we were working on creating a mission statement for Spirit Space, we knew it was going to be the core of everything we do. Our Spirit space Mission Statement is as follows: Spirit Space is an Innerfaith (ability to go within) community that inspires growth through the process of reaching in to reach out.

I will always remember Reverend Toni Boehm's Mission Statement, "I am here to be a midwife for the birthing of the soul."

Here is my mission statement: "My purpose for being is to raise spiritual consciousness, mine first and then others. I do this by teaching, serving and nurturing."

Every great achiever or humanitarian has a mission or destiny statement. Remember we are here On Purpose, For Purpose. We all have a date with Destiny.

The only way to make your date with Destiny is to live your life fully engaged.

The legend of the lady that never lived:
There once was a woman that lived her life carefully
She never tried to dance
She never took a chance
No one ever heard her laugh or cry
She didn't dream or even try
And on the day she passed away
She never really lived, they say.

From *The Four Agreements*: "Our biggest fear is taking the risk to be alive, the risk to be alive and express what we really are."

The reason you live is found in every gift you give and this takes us back to the very beginning of your journey when you were in spirit speaking with God about your purpose for coming to Earth School. God said, "Above all things you must learn that your purpose is to make the earth a better place."

Gandhi put it this way: "The best way to find yourself is to lose yourself in service."

I encourage you to spend some time going within and asking yourself , Who am I? What do I stand for? Where do I want to go? Why do I want to be there? Then spend some more time going over the questions Reasons to go within – Personal application section below. There is no greater joy than to be whom you were created to be. There is no greater chaos than to be living someone else's life and not your own. And when it is all said and done, you must be yourself because everyone else is already taken.

Reasons to Go Within - Personal Application:

Coaching Questions:

What do you stand for (What are your values)?

Where do you want to go?

Why do you want to be there?

And how will it contribute and serve the world when you do?

Coaching Questions to Shine a Conscious Light on Your Passions:

1. What are you just naturally interested in?
2. What would you like to change about the world?
3. What would you like to accomplish before you die?

4. What would you do if you knew you could not fail?
5. What would you do if money was not an issue?
6. What are you currently doing that you enjoy?
7. What activities make you feel empowered?
8. What would you most like to be acknowledged for in your life?
9. If you had only one wish, what would it be?
10. Whose life and contribution do you most admire?
11. What ideas energize, inspire and excite you?
12. With whom would you like to surround yourself?
13. Do you believe you are responsible for your life and how it goes? If not you, who or what is?
14. Have you ever asked yourself, why am I here? What is my purpose? If so, what answer comes up?

The answers to these questions can help you know what is of value to you. Use this knowledge to understand your purpose. Your purpose and remember your purpose needs to be clear, concise and light filled.

Meditation:

Focus on your breath. The air being taken in and being released. Notice your body doing just what it was created to do. Give thanks.

Now, for these next few moments, I want you to imagine that the day has come for your Earth's journey to end. You are being transported back to where you began. You say goodbye to all your teachers and friends in Earth School and so it is. You arrive safely on the other side, happy to be home. There is one last thing before you start another journey. You are to listen in on the memorial service that is being held in your honor. What is it that you are hearing said about you and your journey to Earth School? What is your mission, purpose statement? When it is all said and done, you know you lived your purpose for the good of all and the evolution of your own soul. And SO IT IS!