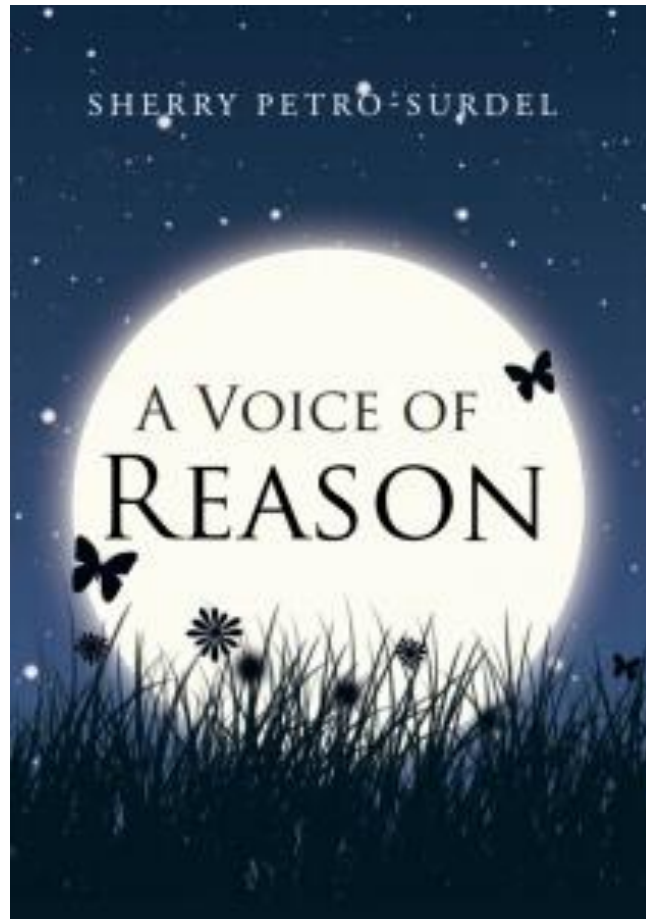


A Sampling From:

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 Road Not Taken

This poem was written by Robert Frost in 1915.

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear,
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I marked the first for another day!
Yet knowing how way leads on to way
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.

Poetry like spirituality is not an absolute. It does not mean the same thing to each person. The arts and the spiritual journey are interpretive forms of the expression of our being, our own personal journey. I believe most everything in life is an interpretive experience. It can be said life is a metaphor, life is a hologram. Or as Rumi describes it, "Each drop of the ocean, is the ocean". The word interpret, according to the thesaurus can mean unravel, unfold, reveal, clarify.

Robert Frost wrote this poem not as a reflection of his being at that moment but of a friend.

According to his unraveling and unfolding journey, what he saw was that there are those that no matter what choice they make, they would have questions and regrets about their choice. I call it the This Isn't It syndrome.

At times in everyone's life there is a place where we choose a path, only to find that path did not make us happy or the outcome was not what we wanted. Mr. Frost was making the point that this is not a onetime event. There are always forks in the road of life. What we learn by our choices is what makes all the difference. Every day of our lives we come to "two roads diverged". Every moment we are standing at a choice point. Life is always requiring us to make choices and life also asks us to learn and grow from our choices, to unravel, reveal and unfold.

As Matthew Kelly wrote in his best-selling book, The Rhythm of Life, “Every moment of our lives is a crossroad. The fork in the road is constantly appearing in our lives. The ability to choose comes from our sense of purpose.... Direction comes from an understanding of where you are going. Direction emerges in our lives by bringing our decisions before the altar of our essential purpose.”

I like the line “Bring our decisions before the altar of essential purpose.” Remember that the path we take will make “all the difference”. I believe the wisest of wise is to place on the altar our essential purpose for being. At Spirit Space we have affirmed we have a purpose to Reach In to Reach Out. We affirm that we will have a place to grow, educate and serve. We have affirmed we will meet our children’s needs and that we will be a “Splendid Torch to pass on to our future generations”, George Bernard Shaw.

Any path that we choose will unfold, unravel and reveal things about us collectively and individually. The question is which path will demonstrate our essential purpose?

I encourage everyone to find their answers by seeking and asking questions. First ask the questions of yourself, to yourself. And when someone asks you to give them their answer, encourage them first to seek “The Kingdom Within”.

We live in a society of “experts”. Organized religion tells us there are experts who have the answers. Each of us must learn when we come to a “fork in the road” to make decisions that match our understanding of our purpose. This will lead to becoming the best version of the highest vision you have ever had about yourself.

I am not suggesting that we do not seek counsel from educated sources. What I do suggest is on matters of Spirit, you seek counsel from within first.

Referring back to the poem, the traveler spent much time in contemplation of one road, but took the other. Both roads seem equal in possibilities so choosing one yet saying I will choose the other all the while and still knowing if I make that choice, I will not be able to go back.

Remembering the metaphor of the Road Not Taken, I ask the following questions:

- Are you making choices that reflect your essential purpose?
- Are you contemplating on the choices you are making every moment of your life?

We are always at forks in the road with the road diverging. We are always being given opportunities to go down roads less traveled. Our journey here is to know our own wholeness – whole is holiness.

Every major religion recognizes we are here on purpose for a purpose. They may disagree on our purpose but where the paths converge are in giving honor to a source and contributing to highest good. The best way to do that is to identify what brings you joy and what brings joy to the world. Take that path, it is often less traveled but there will be less regrets. Know where you want to go, and then ask

yourself which path will let me live my essential purpose. Once you have taken it, walk the path with joy and know that around the bend will be another diverging path.

Come As You Are Party

I bought a new steam cleaner for my floors recently and as I was opening the box and reading the promo on it, and it read this way: "You deserve to have the best cleaning experience possible -"

We live in a society that is always telling us what we deserve, don't we? Think about it... You deserve the best partner, the best lifestyle, the best car, the best health, the best job, the best hamburger, etc. Please do not take this wrong, but WHAT? Does this mean someone else does not deserve it? What makes any of us think we deserve ANYTHING or NOTHING? This is an interesting thought is it not?

And if we do not have the best this or that, does that mean we do not deserve it?

Well, new thought principles teach us that we all are deserving of all good things. Why? It is because we have a contract with our Creator. Another way of looking at this is to say we have an Invitation to experience the best party of all times. And the reason you are invited is because of your relationship to the Cosmic Party Host. It is not because you did anything, it is because you are someone special, and EVERYONE else is too!

So play with me a bit. You go to your computer and you are going through the loads of emails that came in during the night and you see an EVITE. Now, I am an old fashion girl, so I go to the post office and as I walking out of the Post Office, thumbing through the piles of paper, I see a special envelope with some sort of invitation.

OK, now we all are looking at our invitations. It says that you are cordially invited to a Cosmic Universe Party. Oh My Goodness! Me, I am invited...

First maybe you think - What did I do to deserve (keep an eye on this word) such an invitation? For you know it is going to be the most grand, amazing party of the year, heck in eternity. Who would not want to be invited to this party?

Oh, what shall I wear? I must show up looking really spectacular. Or maybe you think, I do not know what is appropriate for such an occasion. Or maybe, you start off thinking that this is all a mistake. How did I get invited to this party? Should I just go and sort of fake it or pretend my way through it even though I feel like an imposter through the whole event. (As if no one will notice the mistake.) I start hoping that no one finds out I really do not deserve to be here and then my mind starts playing out scenarios. I have to practice what I am going to say. OH MY!

Then you read the details of the invitation and you see in Big Bold LETTERS, **COME AS YOU ARE, NOW!**

Oh, there is a problem. I cannot possibly come as I am **NOW**, especially **NOW**. I am not prepared, not polished enough. I have to clean myself up. At this point, one could walk away feeling very confused, angry and sad.

You might think, I am so confused, why did I even get this invitation if I cannot really go? You may think, I am so mad, why would the Cosmic Host throw such a party? What a stupid idea. **COME AS YOU ARE, NOW!**

I may start feeling sad knowing I am going to miss the biggest, grandest time of my life because I am not prepared. OK, I think most of you right now understand the analogy. God invites us each and every moment of our life to the grandest party. All God asks is that we come as we are NOW, not some day, NOW. There is no need to look a certain way, speak a certain way, and behave a certain way. All that is required is that you accept the invitation and Come As You Are.

The invitation is yours even when you feel you are not good enough, smart enough, deserving enough. The invitation is there when you feel on top of the world, even those times when you think you do not need God, you have it all under control. The invitation still reads Come As You Are. The invitation comes when you are feeling at your lowest. There is no mistake about this invitation. There is no time restriction, there is no dress code, there is just this beautiful ongoing, forever open invitation by God to Come As You Are, because who you are is not about anything of this world. It is about your essence, your energy. Your spirit which is always prepared, always beautifully robed, always intelligent, wise and knowing.

I would say there is a no such thing as deserving in our Creator's language. Why? Because to have a deserving says there is an undeserving and that is NOT THE TRUTH! There is no undeserving. Of course there is a "Reap what you sow" principle, cause and effect.

In a perfect world we all would get this; there would be no advertising saying, "You deserve the best" or "You deserve a break today". Our Creator only sees good or better not deserving or undeserving.

What would it be like for all of us, as co-creators, if we only chose to see good or better in place of deserving or undeserving? We see this in each other, in situations, in difficult times or experiences.

Do you see that we could not only be different ourselves, but we would make a difference? Let me tell you the story of the two little girls who asked their daddy for a pony for Christmas. When they awoke on Christmas morning, they ran outside only to find two piles of manure. The one little girl started crying. She said, "I asked for a pony and all I got was a pile of pony pooh." The other little girl said, "Let's start digging, with all this pony poop, there has to be a pony here somewhere."

Whenever the pony pooh shows up in piles for me, I remind myself of that story. I want to be the one who looks for the pony or looks for the good, don't you?

Life does leave us some piles, it is a sure thing, but what if there were a pony wherever there are piles of pony pooh?

So, are you ready to show up for the Come As You Are Party? The Cosmic Host, Spirit, The Divine Energy is waiting for your response. So do not let words and thoughts such as, I am not deserving, I am not yet ready to stop and experience the wonder and excitement that is awaiting me.

We all have a sacred contract and the only way to fulfill it is to show up. Show up expecting Great and Mighty Things. Come to the party of life that you and God have created.

One way to do that is to start your day saying, I accept your invitation God, I am ready to party just as I am. When I say party, it means I have accepted the invitation to be fully present and I will not question my worthiness or readiness. There is no preparation required except to be willing to let spirit lead you. You are all about celebration. As Oprah said, "The more you praise and celebrate your life, the more there is in life to celebrate." So parties are always about celebration and celebration is an expression of gratitude. Celebrate, knowing that you are fully, truly whole, Holy.

Meditation:

Breathe - Relax - Let the energy of the Spirit move through you. In your mind's eye - see the invitation written and sent to you with the greatest love. Spend a moment, a few breaths being so thankful to receive the invitation to participate in co-creating each day as if it were a grand cosmic party to celebrate. The party of wonder, gratitude, and excitement for each new day, each opportunity to love, to live, to laugh. To serve, to contribute, to make known for all others that they are invited too. And So It Is.

Running From Our Shadow

Have you ever tried to run from a shadow? It is impossible because it just chases you, doesn't it? It is similar to the Greek mythology thought about dragons. The legend says that if you run from a dragon that it will chase you. If you draw your sword and fight it, for each drop of blood that falls, another dragon will appear.

The shadow side is sometimes referred to as our dragon or our demons. Well, in Greek mythology the only way to tame a dragon is to face it and tell the truth. To understand our shadow or dark side is to face it and find the truth. The coaching term is Look, See - Tell the truth. For the truth does set us free!

I would like to share a glimpse into what we really do not like to look at, and that is our shadow. It is not so popular in new thought to even speak of it. It is much more pleasant to look toward the light. Yet, by not looking at our shadow we miss the reason for the light and we lose a tool of enlightenment. Carl Jung, the Swiss psychiatrist was the first to connect the phrase shadow as part of our psyche. He said: "One does not become enlightened by imagining figures of light but by making the darkness conscious".

Leonard Cohen, the singer and song writer wrote in his music that "There is a crack in everything and that is how the light gets in". Another songwriter for this generation, Taylor Swift, wrote these words: "I guess you really did it this time, left yourself in your warpath. Lost the balance on a tightrope".

Joseph Campbell said: "We must learn to integrate light and dark. For when we stumble, there your treasure lies".

Just what does that mean? Well in coaching terms, everyone and everything is our coach/teacher. Some teachers come in light form and we love these teachers. Some come in hard or dark form - but both teach us. We must be willing to learn our life lessons no matter who the presenter is.

The experience of pursuing enlightenment can cast a long shadow. It is in the seeking of the light that one finds darkness, for that is when our dark side becomes more visible. In other words we are more conscious of it because we are in the light.

As with a literal shadow, one cannot see your shadow unless there is light. Literal shadows are made when an object stands in the path of light and blocks the light from shining, thereby creating darkness. I urge you to reread the previous sentence as there is an important message delivered in it.

Anything that blocks light can form a shadow. When light comes from directly above you will not see a shadow. But when it comes from offside or at an angle, a shadow is cast by the object that is preventing the light to filter through. Moving the light source closer to an object can make a shadow glow larger while moving the light source away can have the opposite effect.

Shadow happens when the light is blocked. Is that not how shadows work metaphysically? When we block our light (life light), darkness can appear within us. Being conscious of that allows us to shine light directly to it! When there is pure light from above (our highest), one will not experience darkness. But

when we get out of balance or we are not fully conscious, the light is blocked from within casting a shadow on our Spirit. It becomes our teacher.

Jung believed that we were born with a shadow side. He also explained "the shadow as being the person we would rather not be". It is the part we reject and want to hide away like an unwanted, disturbed child locked in the basement of our psyche. Always aware that at anytime someone could discover its existence. The shadow is the message we hear in our heads that says "I am not good enough" or "I am not worthy". Jung suggested we must sometimes go into the dark in order to cast light and make the darkness light. Some have defined the shadow as the opposite of good or light. I do not believe it is the opposite. I believe it is the part of the balance of being. Buddhists and Taoists teach that it is quite necessary to seek the light within the darkness and recognize the darkness within the light. It is not static, it is moving, vibrating constantly balancing us: It is a reflection or a mirror. It reminds us of the light.

All things must exist in balance in order for anything to be its mirror. Shadows exist to mirror light. When we become resistant or afraid to look at the things in ourselves that we resist or detest, we create more shadows: fear, despair, sadness and anger. It is similar to running from the dragon. The dragon is always breathing hot fire down our necks. The more we resist, stabbing with our sword of denial, the more baby dragons appear. **For what we resist, persists!**

The Dutch author, Touber in [A Crash Course In Enlightenment](#) asks and answers the following question:

How do you get to know your own shadow so we may cast light on it?

Answer: By looking at what you are projecting onto others. What bothers you in others? What hurts you? What do you judge or reject? That is your shadow. Anis Nin said "We do not see things as they are, we see them as we are." That is our shadow and this is our light. Touber suggests the way to cast light on your shadow is through:

1. Meditative inquiry and consciousness
2. Ask questions such as; who am I in my highest? When I am showing up less than that, what is it I need to see and learn about myself?
3. Seek and find mentors. Be with people who truly stimulate you, challenge you and inspire you.

It is all about a willingness to look, see and tell the truth. It is honest consciousness.

Our journey is to accept ourselves all the way from the basement, damp, dark, scary, hidden away place within to the pinnacle, the attic where all our unclaimed valuables are stored. This is the crown chakra.

Walt Whitman speaking of this journey said: "I now realize I am larger, better than I thought. I did not know I held so much goodness." A shadow can only come if there is light. When was the last time you said after experiencing grief, guilt or fear, "My, how very enlightened and courageous I am to make this connection with this shadow for it means I am light?" Remember Jung said: "One does not become

enlightened by imagining light but by making darkness conscious." A plant needs darkness to grow as much as sunlight. Twenty four hours of light would not allow a plant to become strong. The heat and light would parch it. When we come face to face with our shadows, let it not be said we are afraid of our own shadow. Let us say we look, see, and we tell the truth. Learn our lessons in this process and raise our consciousness in order to live in balance with our light and our dark. To live in balance is to locate ground zero where we take no sides. We let them stand next to each other as they are.

Also, be open to the positive counterpart to the dark. It is the Best of the Least. This is alchemy, turning something less into something of more value. Uniting our light and our dark is what the fairy tale Beauty and the Beast portray. Beauty was in the Beast and vice versa. The marriage is the symbol of the potential for happiness when both are wed. We are afraid of the shadow and then repress it. We must see the Beauty in the Beast.

Hear yourself saying to your shadow "You are present because I am light. No shadow can happen without light. I acknowledge the light in me is the light in all things, including that which I fear and lack understanding". Remind yourself to not run away in fear when your shadow appears. Promise to shine more light into the moments of shadows. You suddenly realize that your shadow has blended into the light and all around you is a marriage of light and dark dancing like twilight. Both are showing off the miracle of creation with all the different hues. Give thanks and begin your labyrinth walk back to full light. And so it is!

Acres of Diamonds

Have you ever misplaced something and looked and look for it and just could not find it? You looked in every place you thought it could be and even in places you didn't think it could be. And then you go back for one last look and there it is, just where you left it. You scratch your head and say, "Where was that when I looked there the last time?" Or maybe you go look in the one place you are sure it would not be and there it is. Or how about the times you have looked for something, did not see it and then someone finds it and says "If it were a snake it would have bit you."

We all have had those times, haven't we? It can be a pretty frustrating experience. What if it were something so valuable, so precious that you think you must find it? You seek and search for it but you just can't find it because you are looking in the wrong place.

This Reasoning is about following Prosperity Principles. Principles such as:

1. It is already prepared
2. All sufficiency
3. Giving and receiving
4. Forgiveness
5. Oneness
6. Right thinking
7. Gratitude

All of these are principles of creating abundance and prosperity in our lives. I always begin by saying that Prosperity is not about things, it is about a way of thinking. For all abundance begins with our thoughts, as does scarcity.

I want to share a story with you about a man who had a good life. He had a prosperous farm and did quite well for himself. His crops were always healthy and produced well. His animals were healthy. He had a lovely family and good friends. A traveling monk stopped at his farm for a meal and a nights rest. The monk and the farmer sat by the fire and spoke of many things. They shared their dreams and thoughts. The monk asked the farmer is he was happy and content with his life. The farmer said "Oh yes, I have more than I could ever need. Yes I am content."

The wise sage decided to test this answer and told the farmer this story: He said that this world was once just a bank of fog, (which could very well be scientifically true). He said that the Almighty Creator pushed its finger into the fog and started moving it around, increasing the speed of its moving finger until eventually it whirled that fog into a solid ball of fire. It went rolling through the universe burning its way through the fog until it condensed the moisture and fell into floods of rain that heated and cooled

the earth's crust. Then internal flames burst through the cooling crust and made mountains and valleys. This heating and cooling process created first granite, then silver, then gold and finally diamonds.

The farmer was mesmerized by this story of creation. Diamonds he said, "Oh my, they must be the most precious." The monk said "Diamonds are congealed drops of sunlight, most precious." (This is another scientific truth because a diamond is pure carbon actually deposited in sunlight.)

Then the monk said "It is true, diamonds are the last and highest of God's creation, as woman is God's last and highest creation." The monk chuckled and said "I suppose that is why the two have such a liking for each other."

The farmer decided right then that he wanted diamonds. When the farmer went to bed that night he went to bed a poor man, not because he had lost anything of material value, but because he was no longer content for what he had but discontent for what he did not have. He had begun his day rich on thought and ended his day in poverty without one change in his physical reality.

He still had a healthy, prosperous farm and all that went with it but thoughts of discontentment made him feel poor. I do not have enough, he thought; I need diamonds.

How many times has that happened to us? We hear or see what others might have, whether it is material things or relationships or gifts and talents and declare ourselves lacking.

Remember poverty is a way of thinking. One can have very little in material goods and still be rich beyond belief. Just as this farmer could have so much and go to bed poor, it is our thoughts that make us content and abundant, not your outside trappings.

The story does not end there. The farmer was so discontent, he could not sleep. He tossed and turned and finally he got up and went to the resting monk and said "Wise one, please tell – where can I find the diamonds. I cannot be happy until I have them." Well, everyone knows that when you wake a resting monk, they can be pretty cross. The monk said "Diamonds, that is what you got out of my teaching, you want diamonds so you can be rich?" The reaction of the farmer made the monk sad for the farmer did not hear what the monk was really saying. The monk realized that the farmer was not evolved enough to understand.

The monk told the farmer that the diamonds you are looking for are by a river in a land of abundance where fruits and vegetables are plenty but you will need to understand true poverty before you understand true riches. So the farmer sold his farm, left his family and began his travels to find the land of abundance where a river flows. In his travels he spent all of his money yet had nothing to show for his life, no diamonds, no farm, no family and no friends.

As he aged, he thought before I die I would like to see my farm and family one more time. He found his way back to his farm and when he arrived he asked the owner if could sit by the river. The owner took him down through the abundant fields and sat with him at the river. As they sat the old farmer saw something sparkling through his tears. Then he saw more sparkles as the sun kissed the water. He

asked the new owner “What are these?” The new owner responded, “Those are diamonds, they are everywhere by the river.”

The old farmer finally got what the monk was trying to teach him. He realized the most precious of God’s creation was where he had been but he did not know it until now. Contentment and riches are in your mind first and then appear in reality. He realized that some of the most important things are right in one’s own back yard.

I wonder, have you been searching for something that might be as close to you as you are to yourself? What if you are sitting on acres of diamonds but you can’t see them because your thoughts of scarcity or discontentment are getting in the way.

Maybe you think that someone else is much more capable, gifted, smarter or blessed than you. Consequently you go looking for something or someone to complete you or make you more than you are, when you have it all right inside you.

Earl Nightingale said “Everything that is worthwhile comes to us free – our minds, souls, bodies, hopes, dreams, love, gratefulness, kindness – All priceless possessions that are free.” And may I add that they are right here in your own backyard. Zig Ziglar said “You can have anything in life you want if you will help enough other people get what they want.”

The Story of the Monk and Farmer comes from Russell Conwell, founder and first president of Temple University in Philadelphia, Pennsylvania, (Feb 15, 1843 – Dec 6, 1925).

Meditation

Rest and relax in this thought. Everything I want is right here and right now. Repeat it to yourself. See it – Feel it – Know it. Everything I want is right here and right now.

Rest and Relax in this thought. Everything I need is right here and right now and I am grateful. See it – Feel it – Know it. Everything I need is right here and right now. I am grateful.

Anything you have mistakenly thought you were not – you are more than diamonds, more precious than gold. Before you go looking for it somewhere else, remember that it is in you!

Synchrodivinity - Are Your Spiritual Ducks in a Row?

What is it that you believe about coincidences? What do you make of having a Sacred Contract with the Infinite? Do you know yours? Do you believe in Destiny? Do you really think everything that happens is for a reason, part of a plan that is bigger than that moment? These are important questions. How do you do life?

I believe that we all are here as part of an Infinite plan and everything happens for a reason. We all have choices that can lead us to different outcomes and destinations. How do we know what our Destiny is? And how can we support the journey with clarity, ease and grace?

A few years ago, these questions led me to seek a better understanding of Synchrodivinity. Know that in the Questions of Life, lay the answers. Also know, no one has your answers. I am here to support the wisdom that lies within your soul. We are seekers. Seekers do not look for dogma for as soon as there is "the way", there is no need to seek. Spirit Space is the home of the Seeker. It is the place for those looking for the answers to the questions that are only found from within. Not everyone who stops by or steps into our life is meant to stay, just as some answers are only for that moment.

Often those who stick around are true pilgrims, just as the answers that come that stay with you. Welcome fellow Pilgrims - Seekers of Your Destiny. This is where Synchrodivinity comes in - Do you believe it was by accident or coincidence that you picked up this book? Was it a coincidence that you are exposed to this Reasoning? Synchrodivinity is a word I use to describe the events that happen to assist us on our spiritual path. As a Life Coach I help people connect with their life's purpose. Synchrodivinity is a Life Coach of the highest level, assisting you on your path. It coaches us through people, events, dreams, patterns, animals, nature, numbers, the planets and spirit guides. Synchrodivinity is ever present in every happening in your life but we are often not paying attention so patterns repeat, things get bigger, so as to get our attention. If we are not willing or have closed our eyes on our path we will not see the signs directing us. The Alchemist by Paulo Coelho is all about this path to find what he calls "Our personal legend".

"For the willing, destiny guides them
For the unwilling, destiny drags them" Seneca

I would rather be guided on my path than drug through this life. How about you?

When we have those times in life when we feel like life is dragging us along, maybe this is a result of not being allowed to be guided? Maybe we do not have our eyes open to the signs. Go this way now. There is Synchrodivinity and that is what Deepak Chopra calls Synchro Destiny. He says Synchro Destiny is the mysterious ingredient from the unconscious that all great leaders harness. He describes it as a coincident that really contains a purpose, meaning or intention. Similar to Jung's Synchronicity, Synchro Destiny is about Intention and Manifesting what you are here to do.

Synchro Destiny is the Infinite Guide that comes by way of signs, omens, intuition, events, people and timing. It is your Spiritual Ducks all lined up.

Let's repeat that. Synchro Destiny is the manifesting of your destiny through conscious awareness and deliberate Intent. Synchrodivinity is the sign posts, the Infinite Life Coach to help you fulfill your Destiny. Synchrodivinity assist and support your Sacred Contract, your Highest Purpose and Intention for Being.

Synchro Destiny is about Intention and Manifesting. Synchrodivinity is your conscious awareness that all that is happening is to guide you to your Destiny.

The question is, do you believe you have a Destiny? Most major wisdom traditions teach us that we do.

Quran - There is not one of us but has his appointed position and we are verily ranged in ranks for service.

Talmud - All appointments are from heaven, even that of a janitor.

Christian - For I have great plans for you.

Jesus - Shall I not drink from the cup you have prepared for me?

Confucianism - Though nothing happens that is not due to destiny, one accepts willingly only what is one's Destiny. That is why he who understands destiny does not stand under a wall on the verge of collapse. He who dies after doing his best is following the way, dies according to his proper Destiny. It is never anyone's Destiny to die in fetters.

So what is your Destiny? It is not to be in fetters - in other word imprisoned, not allowing freedom to be who you were created to be. We were created to be the outward expression of the inward Divinity.

One way to know your Destiny is to know what brings you joy. Another is to ask yourself - How do you wish to be known? If there were a word or a phrase that you would want to be described as or spoken of, what would it be? In my workshop, Fulfilling Your Destiny, I ask "What do you want to be known for"? I also ask people to write their eulogy for this is their purpose for being here on earth. We then create a Vision Board that can manifest your destiny.

For this moment, close your eyes and go within and ask that question, What do I want to be known as? Is it loving? Is it generous? Is it wise? Whatever it is, that is your Purpose. That is your Destiny. Paulo Coelho, author of The Alchemist, a book I highly recommend, said "When a person really desires something all the universe conspires to help the person realize his dreams". Synchrodivinity is the Universe conspiring to help us realize our dreams.

We must set an Intention, for you see Intention is a force like gravity. Intention creates energy, energy CREATES and MANIFESTS. The universe supports the process.

Synchrodivinity assists with our intention but this means we must know our intention. Then we must look for the signs that will tell us which direction, what is next, where to stop, where to find the needed guidance. Remember it comes from Signs, dreams, animals, nature, people and/or events.

Here are some tools for seeing and understanding the Synchronicity in your life or ways to align your spiritual ducks:

1. Slow down. Meditate - Ask your higher self, the spirit within to reveal direction and wisdom. It is all within.
2. Connect with nature, animals and spiritual seekers
3. Keep a journal of events that happen and dreams that have similar patterns. Log these events metaphorically, metaphysically. Share with other seekers.
4. When you do receive signs, TAKE ACTION! Don't just say, oh that is interesting, what a coincidence.
5. Remind yourself frequently what it is you want people to see in you, know about you, for that is part of Your Destiny.

I am going to close with a slightly modified reading from Warrior of Light by Paulo Coelho; it is a companion book to The Alchemist. The Alchemist is all about living your Destiny, Your Personal Legend - It is about doing so by paying attention to Synchronicity.

“The moment that we Begin to walk along it, the Warrior of the Light recognizes the Path.

Each stone, each bend cries welcome to you. You identify with the mountains and the streams, you see something of your own soul in the plants and the animals and the birds of the field.

Then, accepting the help of God and the of God’s Signs, you allow your Personal Legend to guide you toward the tasks that life has reserved for you.

On some nights, it seems you have nowhere to rest, on others, he suffers from insomnia. “That’s just how it is,” thinks the Warrior: “I was the one who chose to walk this path.” My Path is my destiny. I create it and the universe supports it. In these words lie all your power: You chose the path along which you are walking and so have no complaints.”

Guided Meditation

Oh the joy that is this moment - aligning and attuning to the One. We find our home in breathing. Aligned with the One who prepares this moment with tranquility and fountains of livingness, joyfully knitting ourselves together from within. Affirm that all you do is guided by a loving energy that is present to assist you to live your Destiny, your highest good, to direct you to your ultimate joy. Affirm that you welcome all signs, messages from Spirit. Affirm you are a Child of the Cosmos and birthed from the Most Infinite. What is it you may need to know regarding your path? Ask for signs to guide you - Synchronicity moments. Affirm you will be conscious of the Synchronicity in your life.