

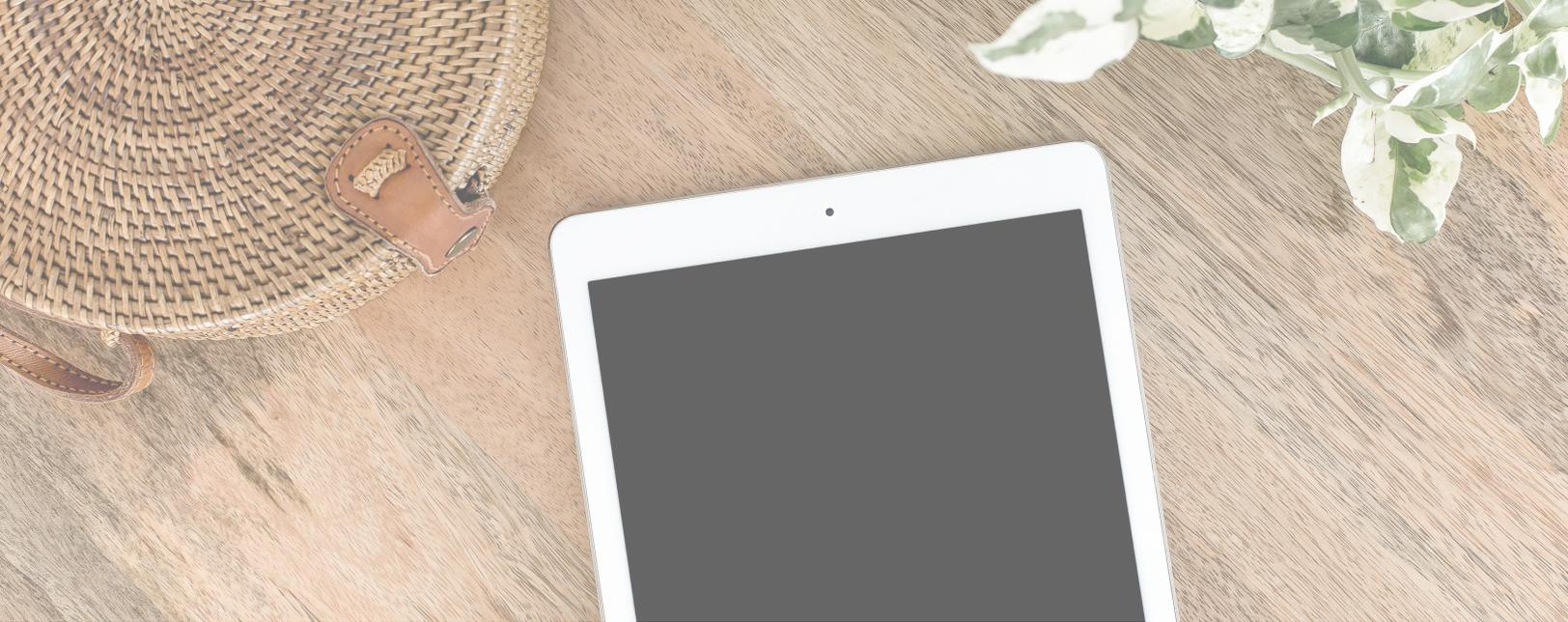


What is a Coincidence?

Beyond the three-dimensional world of cause and effect, coincidences, often referred to as synchronicities, give us the experience of that which is beyond. These events are totally unrelated; however, they align in special, unexpected, unexplainable ways beyond what can be rationalized. When people experience a coincidence, they are often left in awe, recognizing that this is no “mere coincidence”—some greater meaning or purpose is behind the seemingly random alignment. Looking back at your timeline, you may see some of those events and recall how they came to be through “coincidental” ways.

Have you ever had a friend tell you about a new book and then accidentally knocked a book off the shelf at the store the next day only to realize it's the same book your friend recommended the day before? Have you ever thumbed through a photo album and saw a photo of an old friend and then received a phone call from him or her that same day? If yes, you've experienced this phenomenon.

The term “synchronicity” was first used by Swiss psychologist Carl Jung, who saw “coincidental” occurrences as a phenomenon of a “different world order.” Synchronicity was one of Jung's most profound yet least understood discoveries, in part because it cannot be appreciated until we personally step into and experience the synchronistic realm for ourselves. Because it is so radically discontinuous with our conventional notions of the nature of reality, the experience of synchronicity is so literally mind-blowing that Jung contemplated this phenomenon for over twenty years before he published his thinking about it.



To illustrate what he meant by the word synchronicity, Jung brings up an experience he shared with a patient of his. This particular patient was very caught in her head, and the analysis was seemingly going nowhere. She was stuck, trapped in the self-created prison of her own mind. Jung realized there was nothing he could do. In Jung's words, "I had to confine myself to the hope that something unexpected and irrational would turn up, something that would burst the intellectual retort in which she had sealed herself." She had an impressive dream the night before, in which someone offered her a golden scarab – a valuable piece of jewelry. At the moment she was telling Jung the dream, there was a tapping on the office window. Jung opened up the window and a scarab beetle, whose gold-green color closely resembles that of a golden scarab, flew into the room. Jung caught the beetle in his hand, handed it to her and said "Here is your scarab."

Coincidences can contain messages:

Just like a phone message from your dry cleaner doesn't have the same importance as a phone message from your partner, there are different levels of meaning contained within synchronistic messages. Sometimes you have an experience and you just KNOW it's a clear sign. Other chance occurrences seem obviously aligned but do not contain any clear meaning.



Follow these steps the next time you experience a synchronicity:

- **Become still. Take note of how you are feeling.**
- **Let your mind wander by relaxing your thoughts so you can tune into your intuition.**
- **Ask yourself, “What questions have I been asking lately?”**
- **Consider whether the experience seems connected to another area of your life currently.**
- **Observe whether you feel energized.**
- **If you continue running into someone or continue making eye contact, follow through and start a conversation with that individual.**
- **When in conversation, follow your intuition if you feel tugged to say something.**
- **Consider whether there may be something you are able to offer the other person (the synchronistic meaning may be more for him or her than you).**
- **After the event has passed, reflect on its potential meaning without over-analyzing. Often the subtle meaning is picked up only at the unconscious level.**

Not all coincidental experiences are going to be profound “aha” moments. Most synchronicities are gentle nudges that you are on the right path. As with all things in life, the more you focus on the meaning in life and appreciate the synchronicity, the more you will attract, notice, and experience these tiny miracles!



Synchronicities can hold the secrets that unlock the mystery of our ultimate purpose in life.

Looking back at the trajectory of your life, you may find that synchronistic occurrences have led you to where you are today. Often we experience unexpected events that are pivotal. Whether we view them as positive or negative, these life-changing experiences are almost always synchronistic. Think back over your life and list any events that occurred that fit into the following descriptions:

- Just at the very moment that I needed _____, _____ happened.
- If I hadn't _____, then _____ this would never have happened.
- Even though _____ was hard, I see now how it was exactly what I needed.
- I can see how _____ happening to me prepared me for _____.
- I wouldn't be who I am or where I am today if it wasn't for _____.
- I was so sure I wanted _____, but when I didn't get it, I realized how it lead me to something even better.
- If _____ hadn't gone wrong, I never would have met _____ and _____ never would have happened.



Consider major decisions, events or changes that have occurred in your life. Make note of any unexpected changes or any coincidences that influenced your decisions.

Were there any particular coincidences or signs connected with getting your current living space? (house numbers, encounters with neighbors, delays, mix-ups, street names, etc.)

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JOB: How did you get your present job? (How you found out, who you talked to, what messages you received.)

Blank area for writing answers to the question about how you got your present job.



RELATIONSHIP: Describe how you met your most important relationship. What led up to your being in that place at that time?

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- Are there any obvious synchronicities?
- What does it all seem to be pointing you toward?
- Can you see the direction it may be heading?
- Is there anything that people regularly “tell you” you'd be good at?
- Is there anything you've said along the lines of, “I would love to do _____” but never followed the desire?

Below is a wonderful example of a woman whose synchronistic life experiences led her to her purposeful path. In the 1980s Mary Lee tried convincing her professors to let her create her own “holistic medicine” degree and was told there would be no future in it. (Ha!) Today, she is the founder of Earth Tribe, a successful essential oil company, and she is living in alignment with her true purpose. Mary Lee experienced four major life events that led her to her purpose.



1. As a child, her mother and grandmother used medicines of the earth.
2. She experienced a gas fire and received second-degree burns all over her body and face, which she healed using the essential oil of lavender.
3. She had twin boys and used essential oils during pregnancy, inspiring her to want to share this unknown modality with other pregnant women.
4. She wrote about essential oils in Woman's Day magazine and received hundreds of envelopes from women wanting to know more. Her husband said to her, "You should probably start doing this as a business. If you just sit in your room no one will hear your message." And so she did!

Meaning evolves along every step of our path if we remain open to the subtle guidance that is eternally being offered! Synchronicities are our reminder to experience the joy in daily life and our confirmation that we are on the journey of our greatest purpose.

Be alert with wonder. You never know where your next inspiration is coming from!