

## Coinscience

I used to believe in coincidence, but not any more. I grew up being amazed when coincidences occurred, like turning up to a friend's house, wearing the same coloured dress as they had on or bumping into someone on the street corner, after I'd been thinking about them earlier in the day. But everything changed when I discovered Carl Jung talking about synchronicity. I'm sure we would all agree a coincidence is a chance occurrence, and we have all had those, but Jung stated that 'Synchronicity is the occurrence of meaningful coincidences that cannot be explained by cause and effect alone,' and refers to 'the close connection between the archetypal vision of the unconscious and the physical.' For me, coincidences now became a rather superficial event on the surface, with a resonating synchronicity to be explored on deeper levels of the unconscious.

To extend my understanding, I needed to study the unconscious. How do we know what our unconscious is about? It's not known to us. It appears to be hiding, as if a part of us has disappeared. But here's the thing, the unconscious / subconscious (yes, there are even more levels) plays an interesting trick on us. Although we are unaware, it is in complete control, and on occasion, surprises us by making us say or do something completely alien or out of character.

Ok, so what are these levels of consciousness that we have, and are completely unaware of? To answer that question we can look up definitions by psychologists, Buddhists, Mystics and scientists. It appears there are anything from four to fifteen levels!

My head is beginning to hurt!

Jung helpfully stated, 'Until you make the unconscious conscious, it will direct your life and you will call it fate.' He also said, 'Life isn't just a series of random events; we are all part of a universal wholeness. Synchronicities help put us in touch with that greater wholeness.'

Wow!

So what does the scientist have to say about all of this? I mean I'll look it up, but will I understand it?

I've found an article by Bernard D Beltman MD in 'Psychology Today' on connecting with coincidence. He asks, 'How do physics and the multiverse explain coincidence?' We are now in the world of quantum mechanics, entanglement, unresolvable uncertainty, superposition and wave particle dilemma.

I need to take a break!

It appears coincidence can be explained by the existence of many worlds or multiverse, and we live in just one branch of the multiverse tree. All options are forever present until we decide which way to go.

I'm sorry, I sort of grasp the concept, but I definitely can't explain it!

Taking a retrospective look at one's life, it's easy to pinpoint moments when you happen to meet someone who introduces you to something random that becomes significant, as if you are deeply connected at a more profound, one could even say, spiritual level.