



Coincidences can contain 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 energised. 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-analysing. 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.

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

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



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

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