



COLETTE BARON-REID'S
PERSONAL MASTERY



Homeplay The Synchronicity Timeline

In our lives, we often believe that we are in it alone, that we are the ones doing all the work, that we must do all the heavy lifting on our own steam. Yet, we all experience moments when opportunities, people, or events, that are seemingly random, come into our lives and bring a new opportunity or even change the direction we are heading. **Synchronicity** is the name for these meaningful coincidences. It's how the Universe conspires and works on our behalf, always *for* us, and not *at* us..

The point of this timeline is to show you that **the Universe is operating in your life right now and always has been**. I'm going to show you that your life hasn't just been a constant struggle of you, all alone, trying to push that boulder up that hill.

Magic doesn't come from diving straight into the wound. The magic comes from first seeing that you already *have* magic. You have to see that it already exists in your life. The fact is, we don't always recognize a magical moment when it is happening because it is often disguised in the mundane, but when you look back on your journey, you will see those defining moments sparkling like precious gems along your timeline.

This is a journal exercise and one I want you to work on slowly and thoughtfully. Don't sit down and try to complete this in an hour, spend the week with this. You may find that you will keep returning to add to this in the coming months.

In your journal create two lists:

- 1. All the defining moments in your life, that you can remember, when things came together for your benefit or magically fell into place, without you having done all the work.**
 - Example- When Anna was 13 her family moved. On her first day of school, she boarded an empty school bus. By the time the bus reached



the last stop, only one empty seat remained, the one next to the new kid (Anna). The girl who got on at that stop, took that seat. Well, you can just put a sparkly push pin in that seemingly mundane moment. That girl became Anna's best friend and that friendship changed the trajectory of Anna's life in so many ways, and because of that friendship, 20 years later, Anna met her husband.

- Example- Liz graduated with her teaching degree and spent several months looking for a job at a time when teaching jobs were scarce. One day she received a phone call from her friend, Ev, who had been traveling home when her flight was delayed. Sitting in the terminal she struck up a conversation with the woman sitting next to her. As it turned out the woman was a principal of a school. Ev mentioned that her friend Liz was moving to a neighborhood right near that school and that she was a recent grad seeking a teaching position. The principal got very excited because she was also looking for a teacher, and she asked to talk to Liz right away. The day Liz went in for the meeting, she was hired on the spot.

Synchronicity is the term swiss psychologist Carl Jung coined to describe a meaningful coincidence and its effect on you. It shows the way the conscious universe has been working on your behalf in partnership with you orchestrating behind the scenes. It's these defining moments in your life that are important to remind you that you are never alone. Even when you think you are, Spirit, or the conscious universe (or any other name) is always working anonymously as your partner.

2. Write down some of the moments from your life when you were held back, denied something, when you experienced pain or a wounding, and think about what good came out of them for your life.

- Matt was left heartbroken when his 5 year relationship ended. Sure, he knew they had problems, but was convinced they could work through them, yet it was doing the same things over and over expecting a different result. The relationship triggered all his old unresolved family issues so he spent the better part of a year in therapy addressing those things. One day he decided to take a class. In that class he met Bob and a few months later their friendship grew and then they began dating, and



were married a year later. Matt realized that the breakup actually cleared the way for him to heal, then meet his soulmate, the person he was actually meant to be with, a person he could not have found had he not bottomed out in the unhealthy relationship.

- Several years ago, I had a very unsettling and frightening encounter after appearing on a national TV show, and decided that I no longer wanted to be so “woo,” that with all my skills I’d be safer doing something more “mainstream.” I left Hay House, after being offered a very lucrative offer from a new publisher, and even hired a business coach to help me become more “mainstream.” I no sooner hired that coach, when I was in a horrific motorcycle accident. I was laid up for months while my body mended with nothing to do but stare at the walls and wonder why this happened. I came to realize that the Universe was sending me a very clear message. I was literally and figuratively veering out of my lane. I was pushing to be something that I’m not out of fear and going in a direction that I wasn’t meant to go. I canceled the coach, begged Hay House to take me back, and the rest is history. I feel so fulfilled now and know that my purpose was always right in front of me, waiting for me to come to my senses. I just needed a shove in the right direction.

You may find, as you do this exercise, that you have to do some detective work to follow the threads of a story backwards to discover the magical moment when the Universe stepped in on your behalf. Marrying your soulmate or getting that job is usually a result, but ask yourself, “what led me to that?” Then follow the trail backwards.