

# SynchroDestiny Workbook

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## THE MEANING OF COINCIDENCE

From time to time, we've all experienced coincidences that seem to be endowed with a special meaning or significance and that seem to defy the laws of probability as well. Perhaps the phone rings with a call from a long lost friend just as you've been thinking about that person. Or you keep hearing a certain word or phrase in your reading and conversation. Or something that you dreamed suddenly appears in real life. The Swiss psychologist Carl Gustav Jung coined a word to denote these moments of meaningful coincidence. The word is "Synchronicity."

A synchronicity is a coming together of seemingly unconnected events. The word Synchronicity expresses both an awareness that our lives are shaped by moments of meaningful coincidence, and an intention to nurture and participate in those moments in a positive way.

In any aspect of human life, attention and awareness always foster growth. Whenever we put our attention on a particular subject or phenomenon, the object of our attention will grow stronger. This principle is very important for Synchronicity, because the more you become aware of meaningful coincidences in your life, the more often you'll encounter them.

Moreover, meaningful coincidence is well worth your attention. According to Vedic tradition, there are only two symptoms that define a person who is on the path toward enlightenment:

First, a sense that worries are disappearing. You don't feel overwhelmed by life. Things may go wrong, but they don't bother you anymore. Second, in every area of your life, you become aware of a growing number of synchronistic events. Meaningful coincidences seem to happen with greater and greater frequency.

### EXERCISE: ATTENTION AND INTENTION

The first step in Synchronicity involves nothing more than focusing your attention on the presence of coincidence in your everyday life—and combining that attention with an intention that meaningful coincidence will happen more frequently.

Right now, introduce the intention that you'll experience at least one synchronistic event each day during the coming week. At the end of each day, briefly record the nature of the event in the spaces below. (For the following weeks, record your synchronicities and coincidences in your Synchronicity Journal.)

Day One:

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Day Two:

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Day Three:

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Day Four:

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Day Six:

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Day Seven:

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Despite what we may have come to expect, meaningful coincidence is by no means an unusual phenomenon. In fact, synchronicities are taking place all the time, in every aspect of our lives. Most people have little difficulty identifying at least one coincidence during each 24-hour period. But if you do find that synchronicity seems to be eluding you, don't worry.

Most importantly, don't feel that you should somehow try to force synchronistic events to start happening. Just cultivate an attitude of relaxed attention and intention. Just let nature take its course—because nature itself is built on an infinite number of incredible coincidences, and their presence in your life will soon become apparent.

Once you become accustomed to experiencing one synchronicity during each 24-hour period, you can then create the intention of experiencing two such events...and over time you can raise your intentions even higher. Gradually, you'll see the presence of meaningful coincidence begin to accelerate in your life—because attention and intention make any phenomenon grow stronger.

### **The Argument against Synchronicity**

Over the years, the occurrence of meaningful coincidence has been the subject of much speculation and debate by psychologists, scientists, and spiritual thinkers from many traditions. Many different conclusions have been reached, both in favor of the phenomenon and against it.

One of the most common arguments against synchronicity is a statistical one. According to this viewpoint, an event that seems wildly improbable may in fact be absolutely predictable, once we take the underlying statistical realities into account.

For example, if you pick up the telephone at the exact moment that someone is calling you, this may seem like a surprising coincidence. But it may appear much less surprising if we place it in the context of the hundreds of times we pick up the phone when someone is not calling.

Statistically, it can be predicted that a certain number of apparent coincidences will take place in various areas of our lives—and there is nothing surprising about this once we consider the total number of chances. In fact, the only real surprise would be if coincidences never occurred.

This is a powerful argument when it's applied to events for which an absolute number can be ascertained. Theoretically, it is possible to know the total number of times a person picks up the telephone over the course of a lifetime. Therefore, it is also possible to predict the number of times this will coincide with an incoming call.

However, there are many synchronistic events for which no numerical context can be defined. If someone suddenly decides not to board a plane because he's afraid of a crash, it may be the first and only time he's ever had that sensation, so the event can't be considered in light of a larger number of possibilities. And if the context can't be defined numerically, it's not possible to make a statistical prediction about events within that undefined context.

In the pages that follow, we'll consider SynchroDestiny in terms of seven topics:

1. The nature of the Conscious Energy Field
2. The role of intention in the Field
3. The importance of relationships
4. The conspiracy of improbabilities
5. Emotional turbulence
6. Inner dialogue
7. Male and female energies

## SYNCHRODESTINY AND THE CONSCIOUS ENERGY FIELD

**A**lthough coincidences and synchronicities may seem like events that just happen by themselves, SynchroDestiny is definitely something that must be learned. But this shouldn't seem at all intimidating. After all, many things that we take for granted in our everyday lives are actually learned behaviors and responses.

Even the nature of the physical world is something that we learn during early childhood. Unfortunately, most of us stop much too soon in our learning and questioning. Mastering SynchroDestiny means reopening an age-old debate concerning the true nature of reality.

On one side of this debate, there is the point of view that the whole truth about things is available to our senses. Thus, when you look at a table, what you see is exactly what's out there in space and time. It's a piece of solid matter composed of smaller pieces of solid matter all the way down to the level of subatomic particles.

This is a materialist interpretation of reality. It's the way most everyone lives day in and day out. On the practical level, it's the foundation of the world as we know it.

There is another philosophy that is also very important. According to this interpretation, the world that we perceive through our senses is only a version of a deeper reality. The Greek philosopher Socrates, for example, and also his pupil Plato, taught that the world of our sensory perceptions is a distortion, a mirage—like a shadow playing across a wall. Today, many historians believe that the Greeks were influenced by spiritual thinkers from India, where the idea of a deeper reality has a very long history.

In Sanskrit, for example, the word “Maya” refers to the illusion that we perceive the true nature of things through our senses. But we're really seeing only a very selective aspect of reality—because beyond the manifest physical universe, there is a field of energy, information, and intelligence that orchestrates and governs the material environment. This ground state of creation is the Conscious Energy Field.

The Conscious Energy Field does not exist independently of our perception of it. In other words, reality at its deepest level is a two-way street. We are both transmitters and receivers of information. We are both the creation and the ongoing creators of the Conscious Energy Field. We are participants in a consciousness-created universe.

The consciousness-created universe doesn't mean that there's no external reality, or that the whole universe literally takes place inside our heads. What the consciousness-created universe really means is that the physical universe has no qualities or attributes in the absence of a conscious observer.

For example, we see color as an attribute of physical reality. When we look at an American flag, we see red, white, and blue. When we look at the grass, we see green. But colors are not really inherent to the reality. Instead, the phenomenon of color is a response made by the human nervous system to stimuli from the environment.

We experience color as if it's happening outside of us, but we're actually projecting it from inside of us. Color as an attribute of reality does not exist in the absence of our observations. We create the phenomenon of color in the Conscious Energy Field. And we can create other phenomena as well, including meaningful coincidence. In fact, that's what mastering SynchroDestiny really means. In order to gain this power, it's important to understand seven specific qualities of the Conscious Energy Field.

### Qualities of the Conscious Energy Field

1. The field is everywhere and it manifests itself in everything.
2. The field is holographic. All of it is contained in every part.
3. The field is made up of attention and intention. If your attention and intention are always the same, you will always summon the same data from the field, and you'll assume that this is the only possibility. But by changing the quality of your attention, you can summon a new kind of response from the Conscious Energy Field.
4. The Conscious Energy Field manifests in different vibrations. All these vibrations can occupy the same location in space and time, yet none of them distorts or interferes with the others.
5. The Conscious Energy Field is expressed through opposing energies. And it's only because we ourselves contain these oppositions that our lives have any meaning. All human experience is created by contrast. We can't have hot without cold. We can't have pleasure without pain. Opposing energies create an intelligible reality.
6. The Conscious Energy Field is sexual—not in the narrow definition of the word, but in the sense that sexual energy is the creative energy of the universe. Whenever you feel inspired, whenever you feel passionate, whenever you feel enthusiastic, you're experiencing sexual energy in the largest sense.
7. The Conscious Energy Field is constantly transforming and evolving to a higher state—just as we as human beings are also transforming and evolving. There's no regression in the field. It's continuously developing.

#### EXERCISE: WITNESSING AWARENESS

(Read this exercise slowly and carefully before performing it)

To begin, close your eyes and turn your attention to the listener...

Not the ordinary listener who also listens to the radio and the television and the sounds of horns blowing on the street, but the silent witness who is always present...

It's the part of yourself that's beyond your moods...that never gets hungry or tired...that is always safe from any danger you might face...

Be aware that this timeless presence exists not only within yourself but also in the space around you. This presence cannot be created or destroyed any more than space itself can be created or destroyed...

Awareness of this silent witness is really awareness of the Conscious Energy Field itself—the witness that was there before your birth, and will continue after your death...

For the next few minutes, simply direct your attention to this silent witness...

Allow yourself to witness the witnesser...

Move your awareness from focusing on the everyday world to the inner observer that's always present. You don't have to bring this observer into being, because the observer is always there. Just observe that the process of observation is already happening. This silent witness is the source of all the synchronicities in our lives.

By heightening your awareness of the silent witness, you can begin to introduce intention into coincidence.

**You can begin to transform synchronicity into SynchroDestiny.**

## INNER DIALOGUE AND SELF-POWER

**T**here is a constant stream of thought running through your mind. At every moment, you are thinking of someone or something—hoping or worrying, remembering the past or planning the future. The nature of your inner dialogue is one of your most important characteristics. This is what really defines you as a human being, yet many people pay little attention to the true content of their thoughts.

Inner dialogue is closely related to the concept of self-power. Self-power is simply the energy we use in order to make our way through life. Physically, people depend on their muscles to get them where they want to go—but emotionally and spiritually they depend on self-power.

There are two kinds of self-power. The weaker of the two is not really self-power at all; it's the power of agency, in which strength is derived from something out in the world. It could be a famous name, for example, or a great personal fortune. Agency power can be formidable, but this kind of power has a beginning, a middle, and eventually an end.

True self-power on the other hand, comes from within. Self-power has a spiritual rather than a material foundation. Although agency power comes and goes with the external source, self-power is permanent. It lasts as long as you do. In fact, it lasts longer—because self-power is one with spirit, and spirit lasts forever.

Self-power makes itself felt immediately. When a person has true self-power, their inner strength is obvious at once.

**To sum up, power is derived from two sources:**

- 1. From outside—you are the agent of some external power: money, elective office, etc.**
- 2. From within—your self-power has a spiritual rather than a material foundation. It exists independently of any external source. Unlike agency power, true self-power is both instantaneous and permanent.**

The distinction between agency power and self-power expresses itself through our inner dialogue. Inner dialogue comes from either self-referral or object-referral.

Object-referral simply means that your sense of identity comes from an object to which you refer. Object referral means you are the agent of this external source of reference. But for a self-referral person, the inner self is the basic source of reference.

Self-referral people are:

1. Free from feelings of superiority or inferiority to anyone. They are immune to criticism from others.
2. Free from fear.
3. Tuned into the Conscious Energy Field.
4. Fully attentive to anyone with whom they're in contact.
6. Never solicitous or demanding of anyone.

The late Carlos Castenada identified four qualities of people who possess genuine self-power:

1. They are ruthless in the destruction of self-importance.
2. They are cunning in not revealing their innermost self, to prevent its being influenced by others' intentions.
3. They are patient without being negligent.
4. They are impeccable in word and behavior.

#### EXERCISES TO NURTURE SELF-POWER AND POSITIVE INNER DIALOGUE

##### **1. Mirror Technique:**

Whenever you see your image in a mirror, make eye contact with your image and silently make the following three statements: "I am totally independent of the good or bad opinions of others"; "I am beneath no one and above no one"; "I am fearless in the face of any and all challenges." Conclude by repeating a mantra or other phrase to anchor the exercise in your consciousness.

##### **2. Tuning into the World:**

When you're in the midst of an activity, just stop for a moment and be aware of everything that's happening around you. Focus your attention on your surroundings for approximately half a minute.

##### **3. Acknowledging the Spirit:**

Whenever you make eye contact with someone, simply acknowledge the presence of spirit in that person with your eyes. In India, there's a traditional mantra for this kind of recognition. The mantra is *Namaste*. By silently repeating that mantra when you encounter another person, you're saying, "I acknowledge your spirit, and with an expression of the same spirit, I honor you."

## THE POWER OF INTENTION

Intention is a force that's difficult to measure but that is undeniably important. The law, for example, recognizes the role of intention in human behavior. If someone is injured as a result of another person's actions, the law considers whether the actions were intentional or accidental. The presence or absence of intention can mean the difference between a criminal act or simply a negligent one.

Science has also recognized the fact that we can't rely solely on measurable observations to the exclusion of intentions and expectations. If we perform an experiment that's designed to prove that light is a particle, the results will bear out that intention. But if we intend to prove that light is a wave, we'll find that it does in fact turn out to be a wave. The measurable results are literally created by the intentions of the observer.

**SynchroDestiny is synchronicity plus intent. It is coincidence plus direction.**

The power of intention is a critical factor in all areas of life. The 19th century biologist Lamarck, a rival of Darwin, believed that knowing the intended outcome was the key to understanding biological processes. Darwin taught that evolution was a random adaptation to biological challenges, but Lamarck argued that intent "orchestrates its own fulfillment."

The universe is cosmic intention organizing its own fulfillment. We are expressions of that intent, although our egos may blind us to this. Ego can artificially separate us from cosmic intent. Simply by having the intention of creating synchronicity in your life, you can nurture that result. The intent itself is the true expression of SynchroDestiny.

The eight steps below are the basis for allowing cosmic intent to flow through you. When these elements are present, any intention is cosmic and powerful:

1. Acknowledge your desire to be an instrument of the cosmos.
2. Be grateful for what you have and for what you are.
3. Relinquish all grievances.
4. Have an intention of timeless awareness.
5. Relinquish ego needs.
6. Don't exert force or feel pressured to succeed.
7. Adopt an attitude of surrender: "I'm not doing it, I'm just an instrument."
8. Be defenseless, innocent, childlike.

### EXERCISE: FINDING YOUR DHARMA

In Vedic teaching, there is a very important concept relating to spiritual evolution, transformation, and the role that cosmic intention plays in our lives. This is the concept of *Dharma*—and understanding what dharma means—is essential to bringing synchronicity into your life.

Dharma is a Sanskrit word that refers to the natural path a person is intended to follow through life. Your

dharma is your destiny—but it is destiny without any hint of compulsion or force. On the contrary, your dharma is really the path of least resistance. It's the course that is most right and most nourishing. Simply put, it's the path that brings the greatest fulfillment and the most happiness.

As human beings, we share a universal dharma in the sense that we are all intended to achieve wholeness of life. We are intended to achieve our full potential mentally, physically, and spiritually. This means moving beyond an ego-based way of life and toward unity consciousness and oneness with spirit. This shared destiny is built into the DNA of every cell in our bodies. You inherited it from those that preceded you, and you will pass it on to those that follow. It is the birthright of every generation to further this collective human dharma, and to evolve from all the generations that came before.

Along with the dharma we all share, there is also a personal dharma. This is the course of action that is most appropriate for you as an individual human being—the way of living life that will bring you satisfaction and wholeness. Each of us has a gift, a special purpose that we alone can give to the world. This is our individual dharma. We are meant to discover this unique gift, and to share it. When we do, we are not just happy, we are fulfilled, because we have achieved our true purpose in life. If you are in harmony with your dharma, you will always remain anchored in a sense of purpose and meaning.

Finding your dharma begins with thinking about your life from a new and deeper perspective. The exercise below is designed to provide an opportunity for accomplishing this. You'll need a paper and pen, and about ten minutes of uninterrupted time.

During the exercise, you'll be asked to respond to the same question—"Why are you here?"—ten different times. Just write down whatever comes to mind. Don't worry about writing in complete sentences. Just quickly make a note that expresses how the question appears to you on each succeeding occasion. For example, at first it may seem quite straightforward, but later you may find yourself thinking about it differently.

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2. Why are you here?

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3. Why are you here?

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4. Why are you here?

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5. Why are you here?

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6. Why are you here?

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7. Why are you here?

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8. Why are you here?

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9. Why are you here?

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10. Why are you here?

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As you look over the responses you've written, what do they reveal? Do you see any pattern or progression in the succeeding answers? What does this tell you about how you see your life? The question is always the same, but you can probably see how the same question can lead to many different interpretations and responses.

The same thing is true of everything that happens in your life. You can see your life as just a series of physical and mental events, but you can also learn to see those events as connections with something more spiritual. And when you do that, you can also learn to see your life as an opportunity to share the gift that you alone were created to bestow upon the world. That is your dharma. That's the real answer to the question, "Why are you here?"

#### EXERCISE: THE HEALING MEDITATION

To begin, sit quietly with your eyes closed for a moment. Then silently acknowledge all the things for which you can be grateful...Have the intention of letting go of any grievances that may presently be in your mind and heart. Later, if you so choose, you can bring those grievances back into your consciousness. But for the time of this meditation, let them go!

Now, for a moment or two, silently repeat the phrase, "Thy will be done." This should be addressed to your

own vision of the universal consciousness, whether you refer to it as God, Spirit, or in any other way. Repeat, “Thy will be done,” like a mantra...Have the intention of quieting your internal dialogue, and allow your attention to move through your body. If you discover an area of tension, intend that it should be relaxed.

Next, bring your attention to your breathing. At first, just observe your breath...Intend for your breath to slow down...Move awareness to your heart. Become aware of its beat, as sound and as feeling. Have an intention for your heart rate to slow down...Now bring attention to your hands. Feel the throbbing of your heartbeat in your hands...Feel the tingling and warmth that emanates from your heart...Intend to increase the blood flow and the temperature of your hands.

Move your awareness to your eyes. Feel the throbbing of your heartbeat in your eyes, and then in your face...Let your awareness move freely through your body. Feel the warm, tingling and throbbing of your heartbeat wherever you choose.

If you find an area of your body that you believe needs healing, intend warmth for that area. If you're not aware of such an area in your body, just return awareness to your heart. Bring the throbbing warmth of your heartbeat to any point that you wish to nourish and heal...Now, with awareness and intention on the healing area of your body, repeat these two words, like a mantra: “Healing and Transformation.” Move awareness back to your heart, without intention now. Just be aware of your heartbeat. Then move awareness to your breath.

After a few moments, open your eyes to complete the healing meditation. This meditation first raises the temperature and blood flow to areas of the body that require nourishing attention, and then introduces the intention of healing. This is a very powerful technique, and it's important to practice the healing meditation as often as possible. Remember to go through the whole sequence, including the intentions of gratitude and relinquishment of grievances.

## COSMIC CONNECTIONS

The world is made up of objects, isn't it? It seems so obviously true, but its truth is actually much more obvious than it is real. This strictly materialist model of the world is inadequate for understanding the most important insights of modern science. It's also inadequate for putting us in touch with most ancient spiritual traditions. And it's not even adequate for describing very common experiences.

At the most fundamental level, every human being is a precisely organized relationship among water, air, space, and scores of other minerals and elements. In fact, each of us is an expression of all the relationships that exist throughout the universe, because if they were not as they are, we would not be here. If a precisely ordered relationship did not exist between oxygen and nitrogen, you would not exist. But because of the relationship between these two elements, you are able to read these words right now.

Throughout the universe, there are no isolated events or isolated objects, not even at the level of subatomic particles. There are only intersecting relationships. There are only cosmic connections.

In order to master SynchroDestiny, you must grasp this reality. You must have a deep experiential understanding of the relationships that comprise your life. And by far the most significant relationships of all are with your fellow human beings—because it is through them that SynchroDestiny works its wonders.

To put it very simply, your ability to influence the Conscious Energy Field and to bring synchronicity into your life does not depend upon knowing magic formulas or the principles of quantum physics. It depends on your relationships with other people.

### Three Principles of Human Relationships

#### 1. There are no bad relationships.

With a few very clear and obvious exceptions, there are no bad relationships. Some are certainly better than others in specific areas. Some are definitely more pleasant than others. But there are almost no purely bad relationships between people. The exceptions would be relationships that are clearly abusive, destructive, or dangerous, but when that's the case it's generally quite obvious. And it's possible that even these relationships can provide an opportunity for growth if you learn from them and understand how they came into your life.

#### 2. No relationship ever completely ends.

When people refer to a bad relationship, it's usually with the intention of ending it. But unless a genuine inner transformation has taken place, they'll soon find themselves in the same relationship with a different partner. A "new" relationship won't be an improvement unless you understand and learn from your current one—and if you do that, your present relationship will almost certainly improve. Then, you'll no longer be in a bad relationship.

### 3. Relationships are always in a state of transformation.

Every relationship is meant to move us to a higher level of consciousness and awareness. Relationships are constantly changing themselves, and they're meant to change us as well. If you don't fulfill the purpose of the relationship—that is, if you don't change in an evolutionary direction—then you will have to repeat the relationship. As human beings, our true destiny is to have relationships and to learn from them. What we are intended to learn is really quite simple. It's to be able to say to ourselves: I am in the field of infinite possibilities. And in that field, I can manifest all of my desires.

#### EXERCISE: THE MIRROR OF RELATIONSHIPS

This exercise is designed to help you understand the extent to which all your relationships are simply reflections of your own level of consciousness. To begin, think of a person whom you find rather annoying or unpleasant. In the space below, write that person's initials. Then list five characteristics of that person that cause you to react negatively.

Initials:

Negative Characteristics:

- 1.
- 2.
- 3.
- 4.
- 5.

Now identify a person in your life whom you find admirable and attractive. Write his or her initials, and then list five of that person's positive qualities.

Initials:

Positive Characteristics:

- 1.
- 2.
- 3.
- 4.
- 5.

Look at the descriptions you've created of these two very different personalities. As you do this, try to see how what you've written has nothing to do with either of those other people. Try to see how these are qualities of your own being and your own nature. More specifically, as you look at each of the traits that you've designated distasteful, can you find those same traits somewhere in your own personality?

As you look at the positive qualities of your chosen individual, can you see where you express those same characteristics in your own life? If you've been able to identify these various traits in your own personality, you've taken a big step toward understanding how the mirror of relationships really works.

You can use this exercise whenever you encounter anyone who provokes a very strong reaction in you. It doesn't matter whether the reaction is positive or negative. The real lesson is that you think you're looking at another person, but you're really looking at a mirror image of yourself.

Until you take this lesson to heart, you're always going to have a very defensive reaction whenever a difficult person comes into your life. You're always going to think, "How can I get rid of this person as fast as possible? How can I get them away from me?" But once you understand the extent to which others are actually a projection of yourself, then you realize that an annoying person actually presents a great opportunity for evolution. You'll be able to say to yourself, "That person irritates me—so what is it about myself that the person is mirroring back? What are they showing me that I haven't been willing to look at?"

By coming into contact with that neglected aspect of yourself, you can achieve a new level of understanding. And you may even see what a synchronicity it was for that irritating person to come into your life.

From this point of view, friends who are always nice to you and never challenge you are not necessarily your most valuable acquaintances. Your best friends can also be those people that really annoy you because they're showing you parts of yourself that you may have neglected.

## EMOTIONAL TURBULENCE

**T**hroughout nature, including human nature, the authentic condition is one of balance. Deviations from this balanced state are constantly taking place, and this is also part of the natural process. But a return to equilibrium is what creation has prescribed. Emotional turbulence is a deviation from your natural condition of internal balance, and this can stand in the way of synchronicity and spiritual evolution. But even the process of restoring balance can be very evolutionary in itself.

When patients suffering from serious illnesses are asked to describe their experience, their accounts are often much more complex than you might expect. Often patients report that their disease has taught them to love and value other people in their lives more deeply than before they became ill. And during the process of recovery, they learned to understand and appreciate areas of life that they had taken for granted. Emotional stress can have the same disguised benefits as physical illness. Even though anger, worry, fear, and other forms of emotional turbulence are not diseases, you can learn from them even as you're learning to eliminate them.

We all seek pleasure and try to avoid pain. But we must have both in order to know the meaning of either. When we encounter pain, we must fully experience and process it, otherwise it will emerge later as emotional turbulence.

Remembrance of past pain surfaces as anger and hostility.

Anticipation of pain creates anxiety.

Pain turned back on yourself creates guilt and depression.

### EXERCISE: MEDITATION FOR EMOTIONAL TURBULENCE

To begin, sit comfortably and close your eyes. For a few moments, just meditate in silence. Simply focus on your breathing, or if you prefer, you may use a mantra.

Now, with your eyes still closed, recall some situation or circumstance in the recent past that was upsetting to you. It may have been a time when you felt your feelings were hurt. It may have been a disagreement with a family member, a friend, or someone you work with. It could even be an angry encounter with a perfect stranger. Just identify some instance in which you felt emotionally upset. For the next 30 seconds, think in detail about that incident. Try to picture what actually happened as vividly as you can, as if you were recording it for a newspaper article.

Now identify exactly what it is that you are feeling. Put some word on the incident that describes what you're experiencing. Be as precise as you possibly can. Do you feel unappreciated? Insulted? Wrongly accused? Give the feeling a name. Come up with a word that crystallizes the painful experience. Focus your attention on that word.

Gradually allow your attention to move away from the word that describes your emotion. Let your attention wander into your body. Let yourself become aware of the physical sensations that arise in your body as a result of the emotion you've identified. These two elements—an idea in the mind and a physical sensation in the

body, are what an emotion truly is, and they can't really be separated.

This is why we call it a feeling. It is because we feel emotions in our bodies, although we often make the mistake of ignoring this. It's not just the mental image of the incident, not just the thought, because we could form the same mental image simply by reading about a similar incident in a newspaper or a story. We could still form the thought, but if it's not directly affecting us we don't feel it. We don't have the physical experience. But when it happens to us, we have a true emotional response. That emotion is not only in our mind, it's in our mind and bodies at the very same time.

So let your attention pass through your body as you're recalling this experience. Locate the sensations that the memory brings up. For many people it's a pressure in the chest or a sensation of tightness in the gut. Some people feel it as pressure in their throat. Find where it is in your body that you're feeling and holding the emotional experience.

Now let yourself express that feeling. Place your hand on the part of your body where you sense that the feeling is located. Say out loud, "It hurts here." If you're aware of more than one location for the pain, move your hand from place to place. But at every location, pause for a moment and verbally express what you're feeling. Say, "It hurts here."

It's very important to be aware of the internal signals associated with a painful experience, because these are the physical foundation of emotional turbulence. The feelings of physical pain aren't something to be ignored or frightened by.

When you experience physical discomfort, it means that something is unbalanced in your experience—physically, mentally, or spiritually. Your body knows it—every cell in your body knows it—because the body can't be fooled. So you need to befriend these sensations and pay attention to their wisdom, because even the pain is actually on your side.

Bring an awareness into your mind that any painful feelings you may experience are your feelings. These feelings are happening inside your body at this very moment, even though nothing is actually taking place in the material world. You're just remembering what happened, yet your body is responding with muscle contractions, hormonal secretions, and other effects that are happening everywhere within you. Even when the painful incident was really taking place in the material world, the effect was entirely within you.

Those effects are really your responsibility. These are your feelings, and they are your responsibility. This responsibility doesn't mean that you need to feel guilty about anything. Instead, it means that you have the ability to respond in new and creative ways. And by taking responsibility for your feelings, you can also gain the power to make the pain melt away. You're no longer blaming anyone else for having caused the pain, so you no longer have to depend on anyone else to make it go away. Just let that thought be in your consciousness for the next few moments.

Now that you've located the pain, acknowledged it, and taken responsibility for it, you're ready to begin releas-

ing it. Place your attention on the part of your body where you're holding the pain, and with every exhalation of your breath have an intention of dissipating or releasing that tension. Over the next 30 seconds, just feel the painful sensation leaving your body with every breath. Feel it flowing away from your body.

The next stage in this process is really the most important. It involves sharing the pain.

At the beginning of this exercise you recalled a painful incident from your life. Imagine, right now, that you could speak to the person who was involved in that incident. What would you say to that person? As you consider this, please remember that that person was not the real cause of your pain. The real cause was your response and you have taken responsibility for it.

Perhaps that person had the intention to cause you pain, and you may have unwittingly collaborated in that intention. Perhaps you would like to point that out, as well as the fact that you no longer intend to fall into such a trap. But what you would say to the person is totally up to you. As long as you have an awareness of the steps we've taken so far in this exercise, whatever you say will be the right thing for you. Whatever you say to share the pain you experienced will help to cleanse the experience once and for all from your consciousness.

For the next minute, imagine that you are in a conversation with the person from the experience you've chosen. Share what you felt, share how you feel about it now, and share how you intend to deal with such feelings in the future.

You can use this exercise whenever you feel emotional turbulence, which is always the result of unprocessed pain. And when you're finished with the exercise, you can actually celebrate whatever painful experience had taken place because it was the raw material that helped you move to a higher level of consciousness. Instead of just responding to the incident with a pain reflex, you turned it into an occasion for spiritual evolution.

By using this exercise consistently, you can free yourself from emotional turbulence and the underlying pain. When you do that, you'll begin to find that synchronicity is happening more and more often in every area of your life.

### EXERCISE: PROCESSING ANGER

The exercise takes about 10 minutes, so choose a setting where you're not likely to be interrupted. Begin with a brief meditation by bringing your attention to your breathing or silently repeating a mantra if you prefer.

Now imagine that your memory is a videocassette that you can rewind to any time you choose. Right now, take it back just 24 hours. What were some of the things you did during the day? Was there anything that frightened you or made you angry? It doesn't have to be anything especially important or dramatic—just an event that shifted your awareness toward fear or anger.

For the next 60 seconds, try to remember the events of the day in as much detail as you can. As you focus on a moment of anger, become aware of the sensation in your body as well as in your thoughts.

Now rewind your imaginary video even further. Think back exactly one year. Try to recall what you were doing a year ago on this date, or as close to it as you can remember. What was on your mind at that time? Do you recall being worried or angry about anything? Try to feel the sensation in your physical self. Does it feel the same as when you thought of how you felt just yesterday? Is it less intense, or more so?

Now go back to when you were a teenager. Again, focus on a situation that made you angry or frightened. Feel the sensation. Relive what you felt both physically and emotionally. Can you see how the anger that you've experienced recently has been built on emotions that came much earlier? Allow yourself to recall this feeling for the next minute.

Now see if you can remember even further back. Rewind your imaginary tape once again. Remember when you were a child, or even a toddler, if you can. What's the earliest time in your life that you can recall being really angry? Call that experience up in your mind. Where were you when it happened? Who else was there? Who or what was it that made you so angry? Feel the sensation. Feel it as vividly and as powerfully as you can over the next 60 seconds.

You're about to begin the most important part of this exercise. We've seen how feelings of fear and anger have accumulated over the years. We've seen how every day provides new occasions for hostility and emotional turbulence. But there was a time before any of this took place. In your mother's womb, you inhabited an environment of nearly perfect bliss. Although almost no one can consciously remember what life was like before birth, the memory of that experience still exists in every cell. It's a memory of utter peace and tranquility.

There was neither past nor future. There was no sense of separation from your surroundings, so there was no ego or ego-driven desires. There was nothing to be afraid of, so there was no possibility of getting angry either. In your imagination, try to imagine what that experience of bliss might have been like. Focus on this experience for the next minute. Rewind the tape of your memory until the screen goes black and feel the boundaries evaporate between yourself and your surroundings. For the next minute, feel the total loss of all your accumulated anger, fear, and ego.

With that experience of total bliss still occupying your consciousness, begin to move your videocassette forward again. Visit the points in time we envisioned earlier: the angry and fearful moments from your childhood, from your teenage years, from one year ago, from yesterday.

As you envision these scenes, introduce the experience of prenatal bliss into the setting. Instead of allowing one moment of anger to build on another, begin to erase these moments one by one, from earliest childhood to just yesterday. Spend the next minute erasing the fear and anger and replacing it with this memory of perfect oneness. Just as the images on a videocassette can be erased, allow the toxic feelings of many years to be erased by the oneness with spirit that is your original and authentic self.

The exercise you just completed is very different from simply letting your anger out. Instead, it erases anger, as if the feeling were a message written in disappearing ink. You can use this videotape technique at any point during the day, or in the evening just before going to sleep. It's really an excellent method for attacking the problem of anger at its deepest roots.

## THE CONSPIRACY OF IMPROBABILITIES

**W**hy do some things happen and other things do not happen? Why do some coincidences happen that seem to benefit us, while others seem to work against our desires and our best interests? How can we raise the number of positive synchronicities in our lives and diminish the number of times things seem to go against us?

Everything that happens in this world happens at the expense of something else. In fact, it happens at the expense of an almost infinite number of other things. For example, what I'm doing right now takes place because millions of other potential events are being excluded.

For example, there's a theoretical possibility that the chair I'm sitting on will suddenly fall apart in the next five seconds, and there may even be an alternate universe in which it actually does fall apart. But it now appears that in this universe at least the possibility of my chair falling apart has been excluded by the probability that it will hold together.

In terms of SynchroDestiny, every potential event has two very important attributes. There is the possibility that it will happen, and there is also the probability that it will. The mathematical expression of an event's probability is called a probability amplitude, and every potential event has one. For example, the probability amplitude of anyone winning the lottery is very low. The probability amplitude of winning the lottery without buying a ticket is even lower. But it still exists, and we could imagine a scenario in which someone wins the lottery without buying a ticket. It might involve a great many synchronicities, but it theoretically could take place. On the other hand, the probability of not winning the lottery is very high—and it's even higher if you don't buy a ticket.

### EXERCISE: TIME TRAVEL

Pick a quiet place where you're not likely to be disturbed. Close your eyes and begin to meditate. Just become aware of your breathing for the next 60 seconds, or use a mantra if you prefer.

Think about what you've been doing over the past 24 hours. Move your memory backwards from where you are right now to where you were exactly one day ago. In your mind's eye, conjure up as much detail as you can about the things you did, the thoughts that passed through your mind, and the feelings that affected your heart.

As you do this, pick one theme or subject from the past 24 hours and focus on that particular thought. It doesn't have to be anything important or spectacular—just something that you remember dealing with during the day in question. If you went to the bank, you might choose money or finance. If you had a doctor's appointment, you could choose health. If you played golf or tennis, you could focus on athletics.

Think about this for the next 60 seconds.

Now that you've chosen a subject from the past 24 hours, think back five years. Concentrate on today's date, and then work back year by year until you reach the same date five years ago. If you devote your full attention

to this, you can probably recall more or less where you were and what you were doing at that time. Try to picture your life at that time as clearly as you can. Think about this for the next minute.

Once you've created a clear mental picture of your life as it was five years ago, introduce another thought into that memory. I'm going to ask you to introduce the subject that you chose to focus on from just the last 24 hours. As we discussed, you may have chosen money and finances, or health, or religion, or any other topic.

Now, over the past five years, track your involvement with that subject up to today. Try to remember as many incidents as you can in that particular area of your life from five years ago until now. You'll certainly discover many synchronicities. You'll see how just this one topic very quickly connected with many other areas of your life—and this will be true even if the subject seemed to be an insignificant one. Over the next two minutes, just track your involvement with your chosen topic. Trace everything that's happened in that subject area over the past five years. See how many synchronicities conspired to bring you from where you were then in this area of your life to where you are now.

This exercise can be a very powerful tool for mastering SynchroDestiny and for recognizing the role that coincidence has played in your life. With practice, you can trace your experiences with various subjects not just over the past five years, but throughout your entire life. Remember: as in the microcosm, so in the macrocosm. Yesterday contains eternity. Even this very second contains eternity. This very second contains everything that happened in the past and everything that will happen in the future.

#### EXERCISE: FINDING CONNECTIONS

To begin, just look around at the environment that you're in at this very moment. Look with full attention and awareness, and then pick out a certain detail. It may be the color of the wallpaper of the room you're sitting in. It may be an image on a magazine cover or in a newspaper. Keep the image clearly in mind for a moment.

Now listen to all the sounds that are in your environment. Is there a conversation going on in the next room? Is there a radio or television playing? Is someone blowing a car's horn, or is there someone using a loud lawn mower outside your window? Pick a sound, and hold it clearly in your mind.

Next, pick out some object that's nearby and touch it with your hand. It can be a coin, a book, a piece of candy, or even an animal like a cat or a dog. Whatever it is, touch it with full awareness, feel its texture, pay attention to whether it's hard or soft, cold or warm.

You've had three experiences—one of sight, one of sound, and one of touch. Now give each of those experiences a one word name. If your experience of sound was of a car alarm, for example, you can use the word "alarm." If you heard a baby crying, you can call it "baby" or "infant."

Over the next 24 hours, your assignment is to pay close attention to how those words reappear in your life—and not only the words, but also the memory of the sensory experiences that lie behind them. As you look for those words and sense memories, you'll discover a conspiracy of improbabilities beginning to emerge. You'll discover a series of synchronicities associated with those words and memories. If you turn those words into

omens through the power of your intention, you'll encounter a series of meaningful coincidences derived from those omens over the next 24 hours.

This is truly an exercise in using SynchroDestiny. If you undertake it with intention and awareness, you'll find that it's also a step toward enlightenment, a step toward a richer understanding of your destiny and how mysterious and magical your life really is.

## THE COSMIC DANCE

The Conscious Energy Field can be thought of as a dance involving masculine and feminine forms of creative energy. SynchroDestiny is really a way of participating in that dance—and it depends on your ability to integrate masculine and feminine principles at every level of your being.

In the Vedic tradition, masculine and feminine energies are identified with the divinities named *Shiva* and *Shakti*. These energies manifest themselves at the level of psyche, as well as at the level of spirit.

For example, masculine and feminine energies at the level of psyche are as follows:

### Masculine (*Shiva*)

1. Strength
2. Power
3. Will
4. Confidence
5. Decisiveness

### Feminine (*Shakti*)

1. Beauty
2. Intuition
3. Nurturing
4. Affection
5. Tenderness

At the level of spirit:

### Masculine (*Shiva*)

1. Creation
2. Destruction/Renewal
3. Revelation
4. Concealment

### Feminine (*Shakti*)

1. Awareness/Silence
2. Knowingness/intuition
3. Intent
4. Action (Krya: detached action beyond karma)

### EXERCISE: MASCULINE AND FEMININE ARCHETYPES

As you look back at your life, who have been the most respected male personalities? Who are the individuals that best represented what a man should be? Who would you like to have with you when a wise and powerful male figure is needed?

Once you've identified that male archetype, close your eyes and silently bring that person into your consciousness. Ask that person to be available whenever you need him, just as the ancient peoples asked their gods to be available.

For the next two minutes, call upon the person you've chosen as the archetype of positive male energy.

Now select an archetype of female power. Who are the women you've really admired in your life? Or what women have you really wished you could know? Choose the avatar of female power that you want to bring into your consciousness as an aid and advisor.

For the next two minutes, have a silent conversation with that person in which you formalize the relationship.

## THE MEANING OF COINCIDENCE

In learning about SynchroDestiny, let us have four intentions:

- 1. To nurture love and compassion**
- 2. To experience joy and to share it with others**
- 3. To recognize that our lives have meaning and purpose**
- 4. To understand that our lives are intimately connected to the Conscious Energy Field, which is the universe itself.**

## JOURNALING TO REVEAL SYNCHRONICITY

Synchronicity is always happening, and it is happening everywhere. To reach a higher level of consciousness, you don't really need to create more meaningful coincidences in your life, you simply need to become more aware of the synchronicities already there. It's a matter of focusing your attention. Keeping a journal is simply the best way to make that happen.

You can print out multiple copies of the following journal page or use a bound journal to note synchronistic events that you encounter during the day. You can jot down just a few words. Or you can describe your thoughts and experiences in greater detail. However you choose to use to journal, try to record your ideas consistently and often. Remember: The difference between synchronicity and SynchroDestiny is your intention to understand the events of your life and to penetrate the hidden messages they contain.

Over the centuries, people have kept journals of synchronicities that sometimes ran for thousands of pages. Whether or not you choose to go that far, a journal can be an important tool for bringing wisdom into your life and wonder into your heart.

