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inner wisdom coaching and retreats

Using Synchronicity as a Tool for Creating Your Ideal Life

by Tamara Herl

Carl Jung was a Swiss psychiatrist who coined the term synchronicity. Synchronicity is an explanatory principle; it explains meaningful “coincidences” in our lives. For example, perhaps there was a time when you were feeling depressed and just the person who could lift your spirits called you on the phone. Jung would call this synchronicity. Do you remember the movie “Signs” that came out several years ago? One scene showed a typical example of synchronicity when Mel Gibson’s son in the movie just “happened” to have an asthma attack & thus his lungs were closed when an alien attempted to blow fatal gas into them.

It’s easy to look at a movie and determine the synchronicities in a character’s life. But how can you find the synchronicities in your own life? One way is to look at how the different events in your life fit together—much like pieces in a puzzle. Each day we experience synchronistic events and experiences that can help us meet our life challenges.

At first, this process might feel confusing or overwhelming, because you may feel like the “puzzle box” of your life contains pieces from many different puzzles. However, if you pay attention to your emotions, you can determine which piece goes where. If you feel highly excited about or drawn to something, your intuition might be speaking. Intuition is a tool synchronicity seems to use to help us recognize its presence.

Another key to recognizing synchronicity is repetition. If an urge, a thought, or a person or animal continues to appear in your life, it might be wise to take notice. You can then ask questions such as: Why does this person or thought keep coming to mind? What things do I associate with this animal? If I take this action, will it be in the highest good of everyone involved?

Once you have sorted through the pieces of your life to determine which elements in life stand out or seem the most important, learning to notice common threads is the next element in recognizing the purpose of the synchronicities in your life. Some people find that journaling on a regular basis helps them keep track of themes and patterns in their life. For example: seeing a raven several times, having a continuing urge to change one's line of work, and seeing a movie about Jane Goodall's work with chimpanzees might be synchronistic events which are your intuition's way of helping you move towards a fulfilling career involving animals.

So how does paying attention to synchronicities help to create your ideal life? Mel Gibson's character in "Signs" is a priest who has left the church due to his anger over his wife's untimely death. After his son's near death, Gibson decides to return to the priesthood. This would fit with Jung's theories about human development. Jung believed that humans can continue to develop throughout their lifetime, and that humans naturally strive towards better health. By paying attention to the synchronicities in his life, Gibson's character was able to evolve on many levels. He healed emotionally in that he was able to accept his wife's death and move on. He evolved physically in that he was able to let go of his anger before his body began to manifest physical symptoms such as heart problems, etc. He grew spiritually because he was able to work through his anger at God and acknowledge that his wife's death might have had a purpose he did not yet understand.

Think about the different areas of your life: relationships, career, leisure time, etc. How satisfied are you in each of these areas? When you are ready, I can help you learn how to use synchronicities to break through areas of discontent and create the life of your dreams!

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