





## In sync

*Exploring the fortuitous moments that offer meaningful opportunities*

Have you ever witnessed a series of events unfold in your life that made you feel as though luck was definitely on your side? Or wondered if what had happened was too much of a coincidence to put down simply to chance? It's likely that you have – more than once. But what if there was a hidden power in these coincidences – a power that could lead to countless opportunities if you learned to harness it?

This is the art of synchronicity, or, to use the term coined by author and spiritual guide, Deepak Chopra, 'synchrodestiny' where, in his book by the same title, he describes these fortuitous moments of chance as 'the shooting stars of everyday life'. He writes: 'Each of us is immersed in a network of coincidences that inspire us and help direct our lives. Miracles happen every day. They bubble up from their hidden source, surround us with opportunities and disappear.'

'I do not believe in meaningless coincidences. I believe every one is a message, a clue about a particular facet of our lives that requires attention.'

The question is, if synchronicity is happening all around us, why are we mostly unaware of it? According to Deepak, we understand these connections on an intuitive level when we're very young. We notice the innate beauty of nature – the tiniest ladybirds and the most expansive skies – and we're more likely to remember faces and see things that, for adults caught up in the busy pace of life, tend to be overlooked.

In Sanskrit, this intuitive state is known as *sat chit ananda*, which translates to truth, consciousness, bliss, and refers to an experience of oneness – of yourself, others and ultimately the universe. If we manage to find our way back to a place where we can trust in this inseparability and relatedness of all things, the

world opens up, there is opportunity everywhere and we gain the ability to transform our lives according to our intentions.

It might seem too good to be true. But what if the only thing preventing you from experiencing a more abundant life, where positive events flowed easily and seamlessly into one another, was your perception? Trite as it sounds, this is about something much deeper and more profound than positive thinking.

Ultimately, both terrible and wonderful things are happening all the time that can trigger people on an emotional level. And synchronicity is about finding meaning in all of it – the good and the bad, forming connections and witnessing the profound experience that is your life.

The key to this is, according to Deepak, deep-self-awareness. That is, of a deep self, beyond the mind, beyond thought and feeling, that is the essence of every single human, that he describes as 'pure potential' and asserts is a place from where 'anything and everything is possible'.

If we need to access a state of heightened consciousness to experience this state, how do we achieve it? This first step is to approach reality in an entirely new way, through an understanding of what Deepak terms the 'nature of the three levels of existence'. By doing this you learn how to tap into the infinite field of possibilities – where you realise it's possible to redirect and improve your life materially, emotionally, physically and spiritually.

The first level is the physical domain, which is where the interpretation of tangible objects and activities takes place through the five senses – sound, touch, taste, sight and smell. This is the realm where time seems to flow in a straight line, everything has a beginning, middle and an ending and is



impermanent. In this domain, Newtonian laws of physics apply – where an object will remain in a state of motion unless external forces act on it. In this everyday reality, we believe only what we can physically see and emphasis is placed on separateness rather than interconnectedness.

The second is the quantum domain, a non-physical level of information and energy where everything is interconnected. According to physicist Albert Einstein's famous equation  $E=MC^2$ , energy and mass are one and the same thing, manifested in different forms. Every solid thing in the universe – buildings, furniture, trees – is ultimately formed from miniscule subatomic particles so small they can't be seen with even the most powerful telescope.

This is because they're smaller than the particles of visible light or, to put it another way, events in this domain occur at the speed of light – a speed too fast for our senses to comprehend. When reality is viewed this way, it's possible to see how everything is part of a vast energy soup or interconnected field of energy and information.

And in this realm you can also witness how the part of you that you consider to be your 'self' – your mind, thoughts or ego is non-physical – it cannot be touched or held – yet it is very real. 'At any given moment,' Deepak asserts, 'your energy field will come into contact with and affect everyone else's energy field, and each of us responds in some way to that experience.'

The third is the virtual domain and consists of pure consciousness also known as spirit or, to use Deepak's preferred

term, the 'non-local self'. According to him, non-local means intelligence that is not in space and time – that has no location. Its opposite, the 'local self' manifests as our personality, ego and physical body, which is transient and impermanent. The non-local self is the true essence of each human being and continues to evolve eternally.

When you truly connect to this realm, you understand that everything in life is a reflection of your state of consciousness. According to Deepak, 'the world is a mirror', adding that 'when we learn to live from the level of the soul many things happen'. And when you understand 'the flow of energy and information that directs every moment, mundane things just don't bother you any more'.

This is the power of synchronicity and when you become conscious of it, firstly through an understanding of the nature of reality and secondly through a three-step practice (see right) that helps foster deep self-awareness, you're suddenly armed with the tools to make decisions in life. Rather than feeling the world is against you and lurching from one choice to the next, you have profound empathy for others as well as trusting in a deep source of inner guidance.

'We understand the lifetimes of memory and experience that have moulded us into the beings we are today,' Deepak explains, 'Fearfulness and anxiety fall away as we stand back and observe the world as it unfolds.'

Words: Yvonne Gavan



## THE THREE-STEP PLAN

### 1 Focus your intention

Take a notebook and pen, find somewhere quiet to sit and try to write down the first thing that comes into your head when you explore who you want to be in this life. Think about your greatest desires on the material level in terms of relationships, possessions, personal accomplishments and jot them down.

Now ask yourself how you can bring greater good to the society and country in which you live. What do you want to contribute? How do you want to evolve spiritually? Let the words flow onto the paper and then meditate on what life would be like if all of these desires manifested.

### 2 Master your inner dialogue

Everyone has an inner dialogue and all too often it comes from a place of fear that hinders the ability to thrive. We are our own worst critics and often judge ourselves harshly, basing deemed success on external factors such as fame, power and wealth.

According to Deepak, the key to overcoming this is through the discovery of 'self power'. This can be achieved through consciously practising positive inner dialogue. 'When we do this,' he says, 'we remove the ego and the fire of the soul will be reflected in the shining of our eyes.' Every morning and evening, look into the mirror and repeat the following three phrases or mantras:

*'I'm totally independent of the good or bad opinions of others.'*

*'I'm beneath no one.'*

*'I'm fearless in the face of any and all challenges.'*

### 3 Form a new relationship with yourself and others

The heart sutra meditation is a three-part practice that helps to connect you to love, knowingness and bliss. According to Deepak, it is a practice where 'the fire of your soul begins to create your intentions'. Begin by setting aside 15 minutes of your day and start by finding a comfortable position, either sitting down or lying on your back.

- **Connect to your heart**

First, focus on your breathing. Spend a few minutes noticing the breath as it comes in and out of your body. Then bring your attention to your heart beating. As you do this, start to feel gratitude by thinking of all the people, experiences and events in your life for which you're grateful. Keep your attention on your heart and breathing like this for a few minutes.

- **Feel the love**

Second, imagine a pinpoint of light pulsating in your heart in sync with your heartbeat, which is, according to Deepak, the light of your soul. After a while, silently begin to say to yourself: 'Love, knowingness, bliss, love.' Do this as you breathe in for a count of four and again as you breathe out for a count of four, focusing on the white light. Pause for a few seconds between every in and out breath and do this for three to four minutes.

- **Let go of grievances**

Third, say to yourself: 'Every decision I make is a choice between a grievance and a miracle. I let go of the grievances. I choose the miracles.' Breathe in and out for a few minutes as you do this. As you do so, grievances might rise to the surface. If this happens, say to yourself: 'I let go of the grievances. I choose the miracles.' After repeating this a few times, say: 'Thy will be done.' This phrase, according to Deepak, helps the mind to receive non-local intelligence and understand that it is your true intention.