

Learn to be Luckier!

Lesson 6: Lucky people recognise the signposts of synchronicity.



When you experience flow on a daily basis, synchronicities are as natural to you as

breathing. Although by its very nature, synchronicity cannot be created, controlled, or planned, when you live a life of flow, you can practically depend on synchronicity to show up.”

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Carl Jung used the word synchronicity to describe ‘meaningful coincidences’ that could not be explained by the law of cause and effect. It is as if an underlying principle of life, beyond our ordinary awareness, is manifesting itself when we start to witness external evidence of our thoughts, feelings and intuition.

For example, we think of a loved one that we have not heard from for a long time and unexpectedly, they call us; we feel attracted to a particular bookshop and to our relief, find something to read that precisely answers the questions we have been worrying about.

This is similar to a highly developed sense of intuition; the gift of a sixth sense that empowers some people to perceive situations with an extraordinary awareness.

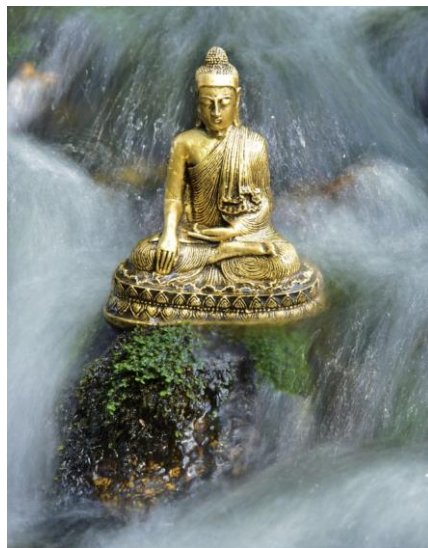
When people are in flow with life, or as sports people would call it “in the zone”, the environment seems to be conducive to synchronicity. Being in flow with life is quite different from goal setting. It is not an attempt to be the master of the universe with mind control; neither is it a lazy mindset of ignorant hope and false expectations. Stories of synchronicity suggest an open-minded readiness to

surrender to the divine path of life and an alert state of mind that recognises its significant signs and symbols. Most of the important events in my own life have been preceded by incidences of synchronicity. For example when I wanted to do some training with a teacher in the USA, I found a summer job in the perfect location in Virginia to enable me to grow and develop. Even though I never did the training with the teacher who inspired me to travel to the USA, I found opportunities that I could never have dreamed of that led me all around the States, meeting remarkable people from around the world and living with indigenous Cherokees, Sioux and Iroquois on reservations. The decision to venture out on a spiritual quest allowed me to unfold my own destiny, effortlessly, magically and mysteriously.

Since then, I have returned to the States on numerous occasions and each time the journey was spiritual in essence. There was the trip to Sedona with its ambience of other-worldly existence and the healing trips to Hawaii that gave solace and comfort to my heart just when I needed it

Likewise, most of the trips to my native India were callings that I pursued like an obedient child responds to her parents; allowing myself to be guided by the invisible hand of life called Creation.

The Gift of Awareness is a divine gift that some of us believe to be our birth right: With the blessings of this gift, we can discover signs and symbols to guide us along to the next step of our journey in life.



Exercise 6: How aware are you of all the miracles occurring in your life?

Think of all the best things that have happened to you in your life. What did you do to plan or create these events?

Are you striving to meet your goals or are you awakening to reveal the true power of your potential?

What makes you feel as if you are in flow with life?

What signs and symbols are you noticing that show synchronicity in your life?

If miracles are expressions of love in your life, what miracles are you creating today?