

## **SYNCHRONICITY**

The Swiss psychologist Carl Gustav Jung coined the term "synchronicity" to describe the phenomenon of seemingly unrelated events occurring in unexpected relation to each other, not connected by cause and effect but by simultaneity and meaning. Defined as "meaningful coincidence," this phenomenon is unpredictable and seemingly random in occurrence, yet Jung himself posited that there was so much order to the randomness, that the implication was - *there is no such thing as a coincidence.*

Synchronicity is so commonplace with near-death experiencers and those like them that it becomes almost routine. When the phenomenon occurs, you feel as if you are caught in a flow state: things connect, somehow everything just flows together. . . on cue. . . without any decision or effort on your part. I compared mental (internal) flow states in my book, *Future Memory*, with that external sense of flow that can happen when synchronicity becomes as if routine.

Here is that comparison:

### **ASPECTS OF FLOW**

#### **Internal to Self**

Subjective environment  
Without a focus  
Release of thoughts  
Stimuli fades away  
Blank out into nothing  
Consciousness expands  
The mind flows  
You know more  
Connect with a source of wisdom  
    greater than self  
Gain information  
  
Unify in consciousness  
A state of mind

#### **External to Self**

Objective environment  
More in focus  
Release of goals or vested interests  
Stimuli increases in clarity  
Perk up to new possibilities  
Experience expands  
The life flows  
You do more  
Connect with a source of guidance  
    beyond self  
Gain harmony and an orderly rhythm  
    to life experiences  
Unify with the world at large  
A state of being

Based on the thousands of cases I have studied (including what I did back in Idaho during the 60s and 70s), synchronicity's only purpose is to catch our attention. It signals that an external flow has been activated, for however long.

**Synchronicity is a signal of movement "switching gears."**