

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."