

Synchronicities

Observing synchronicities in my life is like going on a fun, unplanned road trip – it brings me pleasure, it takes me to some interesting places and it helps me chill out a little. I am so often in my head – thinking, wondering, analysing and planning. Observing life's signposts or synchronicities, bypasses some of the head stuff, and by choosing to trust the messages brought by these synchronicities, life becomes a lot more fun and less worrisome and so planned out.

So what do synchronicities look like? The root word “chron” means there is a connection to time and timing of things. Apparently unrelated events, situations, opportunities and people come together often as a sequence of events, or a number of things may happen all at once, that leave you in no doubt that you should be taking notice. Unless observed with some vigilance however, these events may just pass you by as a series of unrelated events or occurrences. The timing however in the whole scheme of things is perfect. With the trained eye and the art of being present in each moment and not just letting life and time pass you by unnoticed, you can see the directions and the roadmap leading you to act in a certain way or follow a certain route.

An example of a road trip

A few weeks ago I noticed that the lump in my breast was perhaps more obvious than usual. Knowing the pattern that this lump typically follows with my monthly cycle, I noticed that the size had changed somewhat out of the usual. In the past I have had the lump ultra-sounded and thermograph pictures taken of it, in addition to regular manual breast checks. That same week however I was thinking that perhaps I should consider a mammogram – a screening that I had never undertaken to date. No sooner had I thought this, but a letter came from my doctor recommending that I have one so I took particular notice of this as I never get letters from my doctor! I was not keen to self refer for the test, nor did I have the money up front to pay for the mammogram so I sat quietly and asked for some guidance. I decided on visiting my doctor as a first port of call and she was able to easily refer me to the hospital within a month for no charge. It all became easy when I followed the synchronistic cues and my own inner guidance!

In regards to your health, you may get a sense that something is not right. Next minute you are watching an ad on TV that advertises a product that is somehow connected to your problem, and then you are sitting at the takeaways shop reading one of the magazines and there is an article about someone who has experienced your particular health concern. A certain physician, clinic or form of treatment may be repeatedly shown to you. Separately, they could mean nothing in particular. Collectively they are cues to pay attention to and act on.

Don't be someone who hates asking for directions!

The Universe does have a way of presenting information, people and situations to us in random ways, yet in my mind things unfold in predestined synchronicity and perfect timing. You may gag at this notion and I have questioned it on many occasions especially when you feel lost or things appear to be going “wrong” in your world.

You do not however have to wait for synchronicities to fall on your lap and for you to pay attention to them. I ask for them as Jerry and Esther Hicks suggest in their book, “Ask and it shall be given.” If I am worried or unsure about something, I ask Spirit for some cues and directions. You can ask whoever or whatever you connect to - be it God, Spirit, nature or the Universe to show you signs and that can save you ending up in the wrong place at the wrong time.

Up the garden path...

Many times now I have been given signs and guidelines as to a certain action I should take, a certain direction to walk in or certain people to connect with. I have followed their lead and then suddenly the door appeared to close or I ended up at a destination that I hadn't counted on. It would be easy to think that I was either being fooled by, or foolish to follow these directions, and that perhaps they weren't the right ones to follow. Through experience however, nothing is haphazard or random and all is perfect, yet I know that is hard to fathom sometimes! I have learned that these signs and subsequent actions have been seeds planted along the way that start to sprout, or they are another paver on the road. Do not despair. Continue to follow your intuition and your synchronicity signposts and most importantly TRUST – even though you might feel like you are driving with eye patches on!

Synchronicity signposts or road markings

Look out for signs, symbols and what I call synchronicity signposts to show you are on track.

One year I went camping with one of my family members, who brought along a young couple as well. She was pregnant and had just had her second trimester scan and was told that her baby was unlikely to live because it only had 3 of its 4 chambers of its heart. For some reason I had incredible, unwavering faith that this baby would survive which it did. Three or so months later however the baby died in his parent's arms. I was so moved by the miracle of him being born and the time that he and his parents had together, that I wrote a poem about a butterfly – this being a common symbol particularly in regards to death, change and miracles. Ever since I have had a gorgeous orange monarch butterfly grace my presence many times particularly when I have been asking for signs for a “go-ahead” on certain projects or when I have been feeling particularly down. I inherently know now that when the monarch butterfly appears, all is well and I have no need to fear.

One of my clients, who came to me after losing her young son, had just finished her consultation with me and we walked outside. Out of nowhere came a blast of music for ten seconds or so. It was the music she had played at her son's funeral and at that occasion, it was played in a fashion similar to how it appeared to us on this particular day. This was another beautiful synchronicity showing the mother that she was supposed to be getting the emotional support that day in the way that she needed, and it was also a reminder that her son was still with her in spirit.

Turn off the car radio

Can you hear it? The car radio is up loud or i-pod in the ears, the kids are in the back screaming and rain is pelting down. They are all possible distractions whilst driving. It is easy to be bombarded with so many distractions that dull or even overload your senses and make you less present to what you are doing and where you are supposed to be going. Take time to be still. Turn off the loud noises. Stop doing so many things all at once and start observing life and synchronicities through your clear senses – this coming best when you are less distracted and present or attentive. It is in these moments and in this state that you will be given insights, feelings and signposts.

Driving while sleeping

Also be aware of the power of your dreams as they too will connect some dots for you in some areas of your life. I have had two nightmares in my life that I remember. Both occurred on the occasion of a 40th birthday party. One was my own and the other was my brother's. Both occurred in houses that were not my own but were the places that my three other siblings were also staying on those two particular nights. Both dreams involved me being on a slope in a vehicle, losing control down a steep hill and ultimately dying. I knew in my heart of hearts something was going to end when I was 40. I walked out of my marriage at midnight before my 41st birthday and it felt right to do so

because my decision came from a place of “knowingness” rather than logic and my dreams (or nightmares!) supported me in this.

Trust factor – Pray but start walking

Armed with no money last year and wanting to travel overseas, I asked for one more sign as to whether I should go and book a “longed for” ticket to Thailand. Within a week, I was sitting at a cafe and I flicked open a magazine and there was a map of Thailand showing Bangkok and Chiang Mai - the leg of the journey that I was particularly unsure about. Within a couple more days, I felt an unbelievable driving force telling me I should go to the market in town. To make a long story short, a palm reader was there and without me saying anything, she asked which country in the East I was going to in the near future, and also on her table was a photo of her on top of an elephant in Northern Thailand! I knew I had to go, so I booked the ticket with no money in the bank account, but knowing that by making that commitment and intention, money would appear somehow to enable me to go. The money did come I believe because I prayed but also started walking – I took an action step. In other words, I acted as if that destination point was a certainty, committed to the trip and the way to get there would get sorted somehow.

Driving log / Synchronicity journal

Last year I decided to start journaling the synchronicities that were occurring in my life – a bit like recording your mileage, petrol usage and destination points in a driving log. I was adamant that I wanted a lovely, but inexpensive journal from the local mall. I walked into the book shop and I could not see anything that really appealed, and in my heart of hearts I knew that I was not just to find anything as it was to have a certain look and feel. I spoke to Spirit in the shop saying, “I know it’s here and I am not about to leave without it. You know my criteria!” I intuitively took a walk outside to check out the sale table and there was the perfect journal with beautiful photography from a photographer, whose vision for the planet is in alignment with mine and the journal was also a great price! So good in fact that I bought three and I have filled the pages with other synchronicities that have occurred ever since.

Tips for your driving log

Put dates next to your observations as often you can see a pattern or trend occurring. I often write down my requests for clarification on an issue or for confirmation of a decision. eg. “I want to know what I should do about..... Please give me some clear signs.” I then record the signs that come across my path. Lastly when I notice these synchronicities I give thanks for them and acknowledge the pleasure (and sometimes pain!) I have experienced from that journey I have travelled.

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observe

Synchronicities

Inspiration - inspire me

Synchronicities are road signs that make your life easier and less worrisome. They are also Spirit's way of letting you know that all is well and you're on the right road.

Reflection – reflect on me

- What synchronicities have I noticed occurring recently? In the past?
- What thoughts keep popping into my head and who have I been thinking about lately?
- What has been the impact of following (or not following) “road signs”?
- What synchronicity symbols do I notice? If I were to choose a symbol that could indicate a possibility or firm “yes”, what would that be?
- How do I distract myself from noticing synchronicities? How can I improve my noticing skills through my senses?
- What is the common recurring theme of my dreams or nightmares? What could that be telling me?
- In terms of my present state of health and happiness, what would I like to know from the universe?
- What have been a series of events or occurrences that I thought were disastrous? Is there another way of looking at those events or situations?

Action – act on me

- Start asking for signposts, symbols and dreams to support you make a decision or know the right route to take.
- Toss off some of your typical distractions and start fully appreciating all of your senses and what cues and enjoyment that they can give you. eg turn the TV off, listen to silence instead of your i-pod, uni-task rather than multi-task, pray rather than complain...

- Next time you doubt something, look for evidence to help you have more faith.
 - If you have ignored some synchronicities recently, act on them in some way today. eg. make the enquiry, talk to the person, book the ticket, register for the course, ask someone on a date, buy the gift...
 - Be grateful to the universe, to Spirit, to ... for sending you guidance. You can even do this in advance! eg. "Thanks for sending me information about...."
 - Next time you make a decision, do it on intuition more than logic.
 - Start a synchronicity journal.
 - Write down your own specific ideas and insights for acting on.
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- Email your specific action ideas to share with the Janelle community to janelle@janellefletcher.com Subject line – Synchronicities feedback Your ideas and insights can help others enjoy a far greater life!

Affirmation – affirm me

- I notice and act on the synchronicities which are signposts that guide me to the right people and places.
- I trust life gives me all that I need, and I am grateful for that.
- Write your own

Having done some reflection and taken some action, send your personal success story to janelle@janellefletcher.com Subject line – My success story. You will be entered into the monthly draw to win an individualised coaching consultation with Janelle.

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