

THE SYNCHRONICITY PRACTICE

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INTRODUCTION TO THE SYNCHRONICITY PRACTICE

In recent years I have developed an approach to inner work that I call the Synchronicity Practice. It has become my favorite practice and has brought me immeasurable gifts. As I have begun sharing it, I have seen the need to articulate more fully how the process works and to give examples. This will provide guidelines for people who want to use the Synchronicity Practice on their own or with others.

It is a sad reality that so many of us feel disconnected from our own lives. We perceive life as alien, indifferent or even hostile, certainly not as nurturing. In this condition we suffer from spiritual malnutrition. We are discontent, fall prey to greed or despair, and wish our life were somehow different. We tend to grab outside ourselves for something more, feeling that who we are or what we have is not enough.

The Synchronicity Practice offers a powerful means to heal this alienation from our own lives. It helps us discover the deeper reality that everything we need is right here. We don't have to go somewhere else or become someone different. The sense of scarcity comes when we are disconnected from the stream of nourishment which only the taste of our own life can provide. Though our table is always set with an incredible banquet, even in times of seeming adversity, we often feel that we are starving and need to do or have more in order to be enough.

This process provides a way of looking beneath the surface of recent events in our lives to discover deeper meaning. It allows us to slow down so we can perceive the hidden order beneath what may seem, at a superficial glance, to be random events. We may have brushed aside these events because they challenged our current perspective or we may simply have been too busy to take them in at the time.

The goal is to bring our attention to these events so we can assimilate their significance and receive the nourishment, teaching, and guidance they offer. When we develop the skill of attuning to them from our deeper consciousness, we come to experience the profound way in which our lives are guided by a higher wisdom that supports our evolution. We feel loved and exquisitely cared for by a vast intelligence guiding every step of our journey.

Working in this way can help us to perceive with an expanded consciousness. It frequently leads to a state of spiritual clarity in which we experience the beauty, perfection, and uniqueness of our own lives. When we take in this reality energetically, gratitude is a natural outcome. If gratefulness is missing, it may be a sign that we need to move to deeper levels of meaning. (See the Deepening Questions in the section on Inner Work Methods.) This is not the kind of gratitude we impose upon ourselves as a "should", as in "You should be grateful.". Rather it is an upwelling that comes from intimacy with our Inner Being. People sometimes describe it as a sense of falling in love with their own lives and with life itself. I often feel in awe at the miracle of each day and the divine intelligence, or "infinite coordination" (as Deepak Chopra calls it) behind the events that show up. The split between the inner and outer dimensions of our lives is resolved as we discover each one reflected in the other. When we bring our contemplative presence to what life is presenting and pause long enough to register its deeper meanings, it can feel like unwrapping a sacred gift.

Expanded awareness is both an outcome of the work and a portal through which we enter it. Some may wish to use a centering practice such as deep breathing or meditation before beginning. Expansion also occurs when we let go of preconceived ideas and deliberately open to a deeper reality. This allows us to receive what is unfolding from the source of wisdom beyond our rational mind. The process may occur very quickly or it may be something that comes with practice over time. In any case, it is well worth the effort.

The next section gives a brief outline of the steps in the Synchronicity Practice. It is followed by suggestions for inner work methods to combine with it and some examples from people who have used this practice. I hope this will help you make good use of a wonderful tool for self-awareness, healing, and enlightenment.

SYNCHRONICITY PRACTICE: THE BASIC OUTLINE

In this practice, we are asking your Inner Being (Higher Self, the Universe, your Wise Unconscious or Wisdom Nature) to show you some events from a recent period (usually one or several days, sometimes as much as several months) which hold particular meaning for your life at this time. Since time is not linear, an event from the past that comes to mind now is probably relevant to your current situation. However, in general I find it more valuable to focus on a recent time frame such as the current day or week.

I speak of these events as synchronous because they are being brought to your attention at this specific time and are like signposts for this stage of your journey. The focus of an event may be primarily external (an event from your life in the world) or internal (thoughts, feelings, inner experiences). These synchronous events may present themselves to your awareness in ways that can range from a subtle thought or image passing through your mind or a snippet of conversation you overheard, to resonance with a dramatic event on the world stage. The key is to let the information come from a deeper level of your being, not directed by the rational mind. Just allow the memory or image to present itself to you, without attempting to control what comes.

If you are tempted to dismiss what comes initially because it seems trivial or hard to understand, try to resist this temptation. If you take time to be present to the event without pushing yourself to “get it” in a hurry, you will generally become aware of its significance. This will happen more rapidly as you gain experience with the Synchronicity Practice. It is important to do this work in a relaxed state, holding your intention to receive what you want, and trusting it will come to you. The metaphor of a search engine is very useful here. You can imagine typing into Google a request for a specific kind of information, holding your attention on that until you receive what you need. It is important to keep reminding yourself of the choice you are making to allow the wisdom of your deeper mind to come to the surface.

As a second step, ask what it is about this event that needs your attention. Events of this kind bring nourishment, teaching and guidance when they are given sustained attention. Otherwise they often pass unnoticed and their gifts are lost. Undigested experience, like undigested food, is unable to fulfill its purpose and in some cases can even become toxic. Attention is the ‘enzyme’ that enables us to assimilate our experience.

I find that four or five events, more or less, is a number that works well. This provides enough material to see common themes. If you don’t have much time, you can still find value in looking at just one or two events. I recommend writing down what comes to you in both steps. Sometimes the deeper meaning of one event is seen more clearly in the context of the others. You will find that they tend to weave together in a meaningful and often beautiful pattern, revealing what some call the Divine Intelligence behind these events.

There are many powerful ways to combine this practice with other methods for inner growth and healing. Some of these are discussed in the section on Inner Work Methods. You can do the Synchronicity Practice on your own, with a partner, or with a professional facilitator.

In addition to the basic form given in this outline, you may use this structure to focus on a particular theme. For example, if you are exploring a career change, you may ask to be shown events relevant to this focus. If you are cultivating a particular quality such as compassion or non-judgment, you can ask to be shown examples of this quality or its lack during the time period you are scanning. If you are seeking to resolve a conflict situation you might ask to be shown events that provide clues as to what was helpful or unhelpful.

INNER WORK METHODS TO COMBINE WITH THE SYNCHRONICITY PRACTICE

There are various ways to integrate material that comes up in our inner work. They can all be useful and need to be suited to your own temperament and inclination. When in doubt, follow your intuition or just give them a try and see what works best for you. You may also invent your own approach. People often develop their own ways of expanding, reinforcing, and deepening what they are given from within.

Here are some of the methods that I have found to be most useful.

CONTEMPLATIVE PRESENCE.

This refers to an attitude of simply being present to what arises without any attempt to change or fix it. It draws on the transformative power of consciousness and pure attention. This is totally different from merely mental attention, which has no true healing power. It has been brought to our awareness in recent years through such authors as Eckhardt Tolle (The Power of Now) and Michael Brown (The Presence Process).

It is challenging in our culture of doing and fixing to just sit back and contemplate something, without feeling the need to change it. It takes time to trust that presence alone is sufficient to profoundly illuminate and heal what needs to evolve.

In combining this with the Synchronicity Practice, it is important to bring non-judgmental contemplative presence to the feelings we have about an issue that arises. It is often through our feelings that the profound meaning of an event is revealed. By staying present to our feelings over time we can assimilate them more fully. This applies both to the painful emotional responses associated with trauma as well as to joyous and expansive states of consciousness.

It is also useful to bring sustained contemplative presence to any insights that arise. This can help them to sink in so they become more fully integrated.

The receptive mode of being in contemplative presence is not contradictory to more active interventions such as those described below. Rather, yin and yang, receptive and active, are complementary principles. They balance one another. Together they may co-generate a more inclusive and insightful perspective.

AFFIRMATIONS

An affirmation is usually a short statement affirming a belief or action that you want to build into your life.. It is helpful to say it out loud and to write it down. Repetition can strengthen the effect. (In one of our examples, the person affirms out loud “It’s OK for me to take care of myself”)

Affirmations often arise spontaneously when processing a painful reality. They have the effect of shifting blocked energy and negative attitudes, as well as of reinforcing positive directions for the future.

DEEPENING QUESTIONS

You can ask questions such as these to help you go more deeply with what comes to you: (Allow the answers to come experientially - through your felt sense of things or energetically in your body, not just intellectually.)

- What else do I need to see about this?
- What is the message or deeper meaning of these events (or images) for my life right now?
- If I let myself know the deeper meaning of this event, what would it be?
- What am I being invited to contemplate here?
- What is the gift in this for me?
- What is most important for me to experience or understand about this?

-How have I contributed to bringing about these events? (This is especially important if you experience yourself as a victim of what happened. It can hold the key to setting you free.) It is not uncommon to experience feelings of sorrow or self-judgment when you acknowledge your own responsibility. What’s important in this case is to hold a stance of compassion for yourself, eliminating any tendencies to judge or justify your behavior. Seeing in a neutral way, without judgment, can help you to perceive the dynamics involved. This avoids defensiveness and enables the underlying patterns to soften and shift. The sorrow you may experience in recognizing your responsibility can have a cleansing effect, flushing out old energy and connecting you with your true Inner Self. The skills needed to process in a healthy way are to experience fully, to release quickly, and to avoid self-condemnation.

-Is there an image that represents the cohering theme behind these events? This is usually a symbolic or archetypal image. (For example, one person saw herself as a rider on a circus horse, performing for an audience. This helped her recognize the common dynamics in several events where she was seeking external approval).

-Are there other events in my current life that illustrate this theme?

-If Divine Intelligence were orchestrating these events, what would it be trying to show me? How am I being guided? What next steps does this point to? If you wish, you can imagine speaking directly with the Divine Intelligence, your Inner Self, a guide figure, or the Evolutionary Force behind life.

-Are there any directives for action that come to me as I contemplate these events? For example, I was told to speak to someone about a conflict situation that could have escalated if it had not been addressed.

INNER DIALOGUE AND JOURNALING

There are many forms of inner dialogue that can help to expand and integrate the insights that come to you through the Synchronicity Practice. Questions such as the Deepening Questions above are one form.

Inner Dialogue can take place out loud, silently in your own mind, or through various journaling practices. I highly recommend journal writing as a support to the synchronicity work. It preserves your insights so you don't lose them and helps to unfold your creative process.

You can imagine dialoging with a wisdom figure or inner advisor, a spiritual being or energy, any part of yourself, or someone from your external life who shows up in your Synchronicity Practice. For example, you can dialogue with a part of yourself that is afraid, with someone you need to stand up to, or with your Inner Self. One person imagined speaking with the Holy Spirit, which had been an important element in her events of the week.

ENERGY PSYCHOLOGY TECHNIQUES

Energy Psychology is a rapidly expanding field that offers many useful techniques to those who wish to take an active hand in releasing unwanted emotional states. The Emotional Freedom Technique is my favorite among these as it is effective and easy to use. It involves tapping on certain acupuncture meridians while focusing on the energy being "targeted" for release.

INNER WORK PRACTICES IN GENERAL

This is by no means an exhaustive list of inner work practices. They are all effective for most people, however, and can provide a good starting point. With experience you may discover or invent practices of your own.

INNER WORK PRACTICES USED IN THESE EXAMPLES.

The primary inner work practice used in the following examples was that of Deepening Questions. These were used in all the examples. In general you will find such questions play a pivotal role in working with this process. Sometimes several layers of questioning are needed to get to the most meaningful level. In other words, you may need to take an answer that comes and go another step with it to see what's underneath. Such questions enable you to get beneath the surface level of an event in order to experience its deeper meaning for your life. In Charlotte's example, I asked her what was going on beneath the surface in allowing the opportunity to pass her by. I also asked a Deepening Question, seeking an image that would reveal an integrating theme. This is when she saw the exchange of energy with her grandchild that evoked the archetype of "equal partnership". In Caroline's example, I asked her to tune in to what the dirty windows represented to her. When I ask the Deepening Questions, I encourage the person to bring Contemplative Presence to what comes. Then it becomes more than an intellectual process, encouraging an intuitive, emotional, and energetic connection with the information that comes forward.

In addition, the Affirmation Technique was used in Louise's example when she repeated "It's OK to take care of myself". The technique of inner dialogue was also used in her example when she imagined asserting herself with her therapist. Although it is not covered in this paper, all of these people used a journaling process to continue working with the material on their own.

EXAMPLES FROM PERSONS WORKING WITH THE SYNCHRONICITY PRACTICE

BRIAN'S SYNCHRONICITY EXAMPLE

Brian is a 48 year old man going through a period of mid-life self-assessment. He currently works as a highly specialized craftsman and is considering a possible career change. I was working with Brian to facilitate the Synchronicity Practice.

Initially he was shown two events that seemed related. He spoke of them as "a call to service".

1. "I was recently on a train to a job site when a woman who looked like a domestic worker got on and sat beside me. I got up and moved my luggage so she would have room for her own things. Then I went to sleep. Later, when she was ready to get off the train, she touched me on the shoulder and said in the most loving tone 'You take good care now.'. There was an overwhelming sense of kindness in her voice and in her touch. It went way beyond simply saying 'Thank you'. It was like being touched by an angel. I felt an energetic shift as this happened- something that felt like a 'call to service'. I don't know what this means, but these were the words that came to me. Prior to this my sense of power came from feeling good at doing something. This experience showed me a different kind of power- a more interior, spiritual kind of power."

2. "A couple of nights ago a guy on the street was calling out in the most heart-rending way 'Please get me something to eat tonight. Please get me something to eat.' It hit me like a wave. I started to pass him but that felt wrong so I turned back and gave him money for dinner. His voice was like a universal voice crying out in the night- like a beacon. I couldn't not act. When I gave him the money, he bowed down to receive it in the most reverential way. We both sensed that there was a larger significance to the energy exchange between us.

In attempting to go deeper with these experiences, I suggested that Brian open himself to what he felt when he tuned in to them. At first nothing was coming to him. He said "Maybe I'm not allowed to know yet." Then he realized that fear was there. "Maybe it would change me too much, knock me off my track." At this point he began to question what he was doing with his life. "Should I be doing charity work? My energy is being misused. I'm putting it toward creating things that are beautiful but too esoteric - for pleasure and adornment- not grounded enough. The human element is missing. Maybe I need to share with more ordinary people and in simpler ways. Just ordinary human kindness - like it happened with these two people."

We talked at this point about service and what it meant to him. He began to see that it didn't have to be something grandiose. He could begin by shifting his attitude toward the day-to-day encounters in the life he was already living. As we talked, he became less afraid of having to change his whole life to respond to a spiritual call.

3. Following up on an earlier response, I encouraged him to look more deeply at how his energy could be more grounded. His attention went to the way he feels in working with materials. He saw that magic happens in this work from his sense of oneness with the materials. His work with materials creates a kind of magical transformation in the environment. Things become more luminous, calmer, more beautiful. "This only happens through love. A lot of my work with materials is an act of love. Often there is a sense of reverence, almost prayerful, when I am working. I would like to apply this gift I have for transformation of materials to transformation of people and my relationship with people."

4. We then asked another question to dig down into how this could happen. Brian got a sense of how happy he now feels to be alive. "I just sit in gratitude and calm, knowing that things will work out." He senses that he is already connecting with people in a different and more transformative way. "People are being drawn to me now. They are being referred. I enjoy the exchange with them even if we don't decide to do business together. I have nothing to prove. I'm not fighting for more and I'm not attracted to people who are. I'm grateful for what I have."

5. He connects with a recent experience of a sales call which was unlike any sales call he had had in the past. "I went in and the door just opened by itself. I didn't need anything from the meeting and wasn't asking for anything. I was just being myself, relaxed and comfortable, not forcing myself on anyone. The energetic exchange with the person happens first - like it did with the two people I spoke of at the beginning. Everything else flows naturally from that. I listen to people a lot and they find it very appealing.

The key is the energetic connection- being at peace with myself and connected in a sacred and loving way to the other person. I feel the sacredness of each relationship."

Brian's synchronicities revealed a spiritual dimension to life that he had only partially been aware of. As he took in the energy of these exchanges in the first two incidents, he realized that he is already beginning to live his life in a different way. He saw the energetic connection between people as the common denominator to these incidents and the key to the shift occurring in his life.

In the process of claiming this new territory, Brian had to dispel his fear that if he committed to a life of service it would be too disruptive to his current life.. He also needed to see how this spiritual perspective could be grounded in his day-to-day work life.

LOUISE'S SYNCHRONICITY EXAMPLE

Louise is a professional woman in her late fifties. She came to see me to learn how to use the Synchronicity Practice because she had heard that it helped to process one's experience.

I invited her to let her awareness go to some recent events that required further attention on her part. She immediately said there were several things that felt undigested and were still bothering her. She then got in touch with a series of events over the past several months that reflected a common theme: feeling put upon and controlled by other people who told her how she should be rather than respecting her own needs. As we went deeper behind these events, she was able to see the beliefs and early conditioning that had generated her reactions. Especially significant was the shift she began to make from seeing herself as a victim of external perpetrators to seeing her own part in creating what happened.

The first event took place at a family gathering. Louise's niece, Alice, was very angry. She had wrapped herself in a huge coat in which she hid out from the world, feeling unable to express herself more directly. Louise found herself identifying with Alice and urging her to speak up about her feelings. This in turn caused the family to be angry with Louise.

In looking more deeply to discover how she was triggered by this incident, she saw that its roots were in her childhood where she had been taught by her mother and her Catholic upbringing to always be sweet and nice, to take care of the other person while neglecting her own needs. "Giving is all that's allowed." She had fallen into this pattern with her brother's family who took advantage of her generosity while offering little in return.

Louise then affirmed that it is OK to take care of herself. She saw that she can only care for others from the right place when she is taking care of her own needs. She repeated again and again, with increasing depth of feeling, "It's OK to take care of myself."

As we talked, she saw her own role as a co-creator in the pattern that had developed with her brother's family. She had offered to lend his children large amounts of money which they were unable to repay, thereby compromising her own financial needs. She later discovered that her nephew had used the money to pay for drugs rather than to start a business as he had said. She painfully began to acknowledge the unhealthy role she had played as an enabler and caretaker.

The second incident took place with Louise's own therapist. She felt that her therapist was treating her like a child - telling her what to do rather than helping her to discover her own feelings and needs. The therapist had become another authority figure, like her mother and the Church. She imagined saying to her therapist "Get off my back. Let me make my own decisions. You are treating me like a child." She resolved to be more assertive about her needs in their next session.

CHARLOTTE'S SYNCHRONICITY EXAMPLE

Charlotte is a highly accomplished professional woman and entrepreneur who, at sixty, has a youthful, energetic demeanor. She asked me to coach her in working with the Synchronicity Practice.

I invited her to get in touch with some recent events that had a message or gift for her that was awaiting her attention. She began to get a sense of opportunities she had allowed to "slip away".

The first event that came to mind was a contact she could have made through a mutual friend with a celebrity broadcaster. This person might have been able to help her with one of her projects if she had reached out.

I asked her to look at what was going on beneath the surface in letting this opportunity pass her by. She saw that she was afraid he would have power over her and not treat her with respect. She was then shown a whole string of events from the past in which a powerful person she tried to partner with had taken over, leaving her feeling powerless and oppressed. She was afraid of not being strong enough to stand her own ground.

I asked her what she needed to take in about these experiences. She replied, "I'm in a different place now. The world is changing and I have changed. I was raised to see the world through a victim lens, feeling it was my place to give in to the other person. When I run the victim program, I fall into blaming. I notice thoughts like 'How could she?'. I don't have to let myself be taken over. I can explore a potential partnership and see if it works for me. I have choice and I can set my own limits."

As we discussed this situation, she felt that she wanted to follow up on this contact. She had lost her fear of the broadcaster and could see that he had his own issues with power trips and insecurity. The energy had shifted. "I can call him now without fear. Whatever happens can only be for my good and for my learning."

I invited her to inquire of her Inner Self if there were other recent events she needed to look at. Another "missed opportunity" came to mind. In this case she had met a woman who might have opened doors for her to introduce a program in the schools. She had failed to follow up on this contact for much the same reason. Once again she was able to see that she had nothing to fear in exploring a potential relationship.

We then discussed changes taking place in the culture and how these affected the way Charlotte saw herself. In the past she had been ahead of her time and felt like a rebel or outsider. She saw that now for the first time she could go mainstream and succeed, without the struggles of the past. She got a sense of going with the flow and lying on a beach in the sun. "I'm different and the world is different now."

To conclude our session, I asked if there was an image that would help her sense the archetype or integrating theme behind these events. She saw herself with her grandchild, exchanging energy by pressing their foreheads together. When asked for the message or deeper meaning, she said "It's about reciprocity and equal partnership." Having been burned by past experiences where she felt dominated and betrayed by a partner, it was hard for her to trust that a healthy relationship could really happen. Then an insight came that she felt energetically and was clearly profoundly moved by. She said "Equal partnership is the mandate of the day, the next energy coming into the culture." She felt it had already happened at a quantum level and just needed time to play out.

CAROLINE'S SYNCHRONICITY EXAMPLES

Caroline is a woman in mid-life who works as an illustrator. Her business has been seriously affected by the economic downturn. As she approaches fifty, she is wondering whether it is time to reinvent herself, possibly refocusing her career. This has been a difficult year for her, dealing with the combined stress of her work situation and the terminal illness of both of her parents. She has been somewhat depressed and anxious during this period, often feeling overwhelmed and confused.

Caroline's examples offer an interesting variation in working with this practice. Being a graphic artist, information tends to come to her through visual images instead of "events" in the usual sense. She also received a direct transmission of guidance from a wise inner voice, in a way that was new for her.

The first image that came was a dirty window. It looked like her kitchen window "...very dirty, with blotches of grey grime." It was a very real, almost tactile image. I asked her to tune in to what that was about for her. She said "I've been seeing through dirty windows. It's the past accumulation of dirt and pollution. The dirt represents years of pain, things that cloud my vision. If I clean the windows, they will open up light for the future." Then a strong inner voice came to her which she spoke out loud: "Don't doubt the wiping off of dirt from past years. Move boldly and with confidence." She described the voice as spoken like a declaration or an order. Then she said "The dirty windows have sapped my strength. They trap pain. When I clean them off, the pain will be released. I feel some emotion welling up here. The windows have kept me enclosed. When they are clean, the world will seem much larger and brighter and full of possibilities."

This insight was truly remarkable for Caroline, as she had tended in the past to see herself as a wounded person, with little power to change her life for the better. At the end of the session she appeared happier and more hopeful. A sense of self-confidence was emerging as she talked about taking actions to create a life she wanted for herself. Though the energy shift appeared dramatic at the time, it would be fair to say that this was only partially a result of the session. In reality, the session helped to crystallize a shift that was already underway in her life, as is often the case in working with this practice. This serves a useful function in itself. Seeing the positive changes more clearly encourages us to honor and support them.

I asked if there was another image or memory that wanted her attention. She saw a schematic drawing of a Christmas tree with the zig-zag lines of decorations going up the tree. It reminded her of a drawing her little niece had made and she remembered the child's joy in drawing it.

Then I suggested that Caroline tune into the significance for herself of that image. She spoke of "...the beauty in order as opposed to chaos. The child's innocence believes in the order. Often adults doubt this, criticize it, question it. As an art teacher I felt children's art needed to be more original. I discouraged schematic representations. Now I see where that need comes from. The main theme is innocence in the profound sense of the word: lack of cynicism, enthusiasm, order, conviction. Also the zigzag starting at the bottom and rising to the top represents a kind of optimism, a looking upwards in wonder."

Again, this was a significant insight for Caroline who was often mistrustful that there was an order to her life. It helped her realign with a hidden meaningful order that is always there, even when things appear chaotic on the surface.

We then invited any other memories or images that her Inner Self wanted to show her at this time. She saw a recent day of getting rid of old furniture. She was throwing out the old armchairs that had been given to her by a friend who had died. "They were dirty and beat up. The upholstery was shredded and stained. They were embarrassing, not presentable. I had to cover them with bedspreads to hide them. No longer useful. They were comfortable and easy to sink in to, to fall asleep in (literally!) but very, very heavy (also literally). I didn't want to have people over anymore. I felt ashamed."

As we looked at the deeper meaning of this event for her life, she said "This is not who I am. It represents old, heavy energy and needs to go. Lighten up. I can't breathe in it. Air and light can't move freely. Dead weight, dead energy holding me down. Depressing!. It blocks my energy flow. It felt so liberating to be decisive and throw them out (by myself!). Good riddance!"

As we discussed this series of events and images, the underlying theme of eliminating old, heavy energy was apparent. It was interesting to see how the imagery of cleaning the dirty window was echoed in throwing out the old furniture.

A final image came in for her of the star at the top of a Christmas tree. She felt it represented both the warmth of the hearth as well as the transcendent star in the sky beckoning toward the "...wonder and beauty of what you don't understand. It is a marriage of two worlds - the comfort of home and the unfathomable, almost terrifying expanse of the unknown. They can co-exist. It's good for me to move out of my comfort zone and let myself be drawn into the unknown, not be afraid of its awesome power."

In short, this was a profoundly liberating session for Caroline, both reflecting and catalyzing a shift toward more positive energy.

It is worth noting that the use of symbolic imagery in this session may have been a factor in the power it had for her. People who have an artistic sensitivity such as Caroline are often highly responsive to imagery. If concrete events do not come to mind in the Synchronicity Practice, it may be worth inviting a symbolic image.