

JUST FOR TODAY CHANGE ONE ROUTINE!

We all want to develop spiritually but tend to fall back into a trap of repeating the routines of the day. Quite simply, we can't expect to be any different if we don't change.

Consider "coincidences." Now I think we all agree that there are none, and what we used to think of as pure luck or chance, are synchronicities.

Synchronicity is a term that was used by the Swiss psychologist Carl Jung to describe the alignment of universal forces with one's own life experience. Jung believed that some (if not all) coincidences were not mere chance, but instead a literal coinciding or alignment of forces in the universe to create an event or circumstance.

The process of becoming intuitively aware and acting in harmony with these forces is what Jung labeled "individuation." Jung said that an individuated person would actually shape events around them through the communication of their consciousness with the collective unconscious.

So, if we can "make things happen", how do we start?

One of the best ways to benefit from synchronicities is to help them happen. People that consider themselves "lucky" tend to have them happen a lot.

In a small research experiment, there were two groups – one group of people who considered themselves lucky and another of persons that felt they never had any luck. Each group was given the same edition of a newspaper and asked to tell the researcher how many photos were inside. The unlucky group spent about two minutes on the task and then gave their answer. The "lucky" group took only seconds to tell the researcher that there were exactly 43 photos. Why? Because in big letters written on the inside of the second page was: "Stop counting – there are 43 photos in this newspaper."

The lesson – people who believe in synchronicities and consider themselves "lucky" see what's there, rather than just see what they're looking for.

It seems lucky people (I have to stop using that term because I don't believe in "luck" but do believe in synchronicities and using energy to make things happen) work hard to add variety to their lives. Seems a simple thing to do but we tend to be creatures of habit.

Many of the people that believe in synchronicity take steps to make changes routinely. It all sounds so simple. You may decide to take a different way home from work and notice a store that you never knew was there that sells something that you need or gives you a chance to meet someone who gives you valued

information. You may decide that the next time that you are amongst a group of people to speak to persons wearing something blue. It'll force you to make new acquaintances and probably lead to many new things.

Does this work? Imagine working in an apple orchard where you have to collect a basket of apples each day. At first, it seems as easy task but after awhile it becomes harder and harder to find apples in the places that you have already visited. If you visit new parts of the orchard, you'll find it easy to obtain the needed apples.

So, right now, make a note of one change that you can make right away. And then at some key point each day, remind yourself to do something different. It's not difficult to do. A good start is to sit and actually make a list of some things that you can change.

Seeing the messages

Imagine being on the *other side* for a moment. Perhaps you're a "guardian angel" trying to help out this human that you've been attached to since their birth. And you try to give them messages all the time to help them out. I bet that the angel is bald! They must be from pulling their hair out in frustration at this human not seeing all the messages that they're given.

Some of us are lucky in that we can actually talk to our angels and guides. For most, we have to communicate indirectly. Here's how.

Say you have to decide whether or not to buy ketchup or mayonnaise (it's just an example okay – stay with me on this!). You only have enough money for one. So, you sit for a minute, ground yourself, relax and put the question out to your guides and the Universe (eg. you say it in your mind, see it in a written sentence, place it in a bubble and see it flying off into the wild blue yonder).

So, your guide gets your message and here's what they do to help.

You take a break and watch a bit of tv and the channel that comes on is talking about a man named Doug Heinz. You go outside and a big red truck drives by. Children are walking home from school and one straggler yells out: "Hey wait for me, I'm trying to catch-up!" Then you get into the car and listen to the song: "Lady in red." Then you drive to the store and buy some mayonnaise.

Think that your angel is bald?

The Universe is really trying to help. Your task is to learn the language, put aside any doubt and watch and listen. You'll be amazed.

Getting what you want

Sure, you can use this technique to help you buy condiments, but most of us have some really important life problems. We also have life needs. You know – a BMW or a dishwasher or a new coat – anything. It's okay to have nice things. Really, it is. Stop feeling guilty about wanting nice things – the Universe wants you to have them.

Here's how.

Meditate. Yeah, if you really want that true connection and have things happen and be able to get those massages of yours out there, you need to meditate. Sure, you'll always be able to work with your guides and the universe at the *condiment* level, but don't you want more than that?

Imagine being able to get all the things that you want in life. Well, meditating enables you to have a clearer channel to the other side. It's like cleaning the ducts or running vinegar through the coffee machine to clean the grunge out. You get a nice clear pathway.

I'll give you an example of how it works. We needed a photocopier. It didn't have to be fancy. So, I meditated and just put it out there. It took a bit of time but every so often, I'd put it out there again. And yes, I watched for the messages, like seeing the Office Depot add for small copiers or seeing the word copy pop up in strange places and on and on.

The other day, smack dab in the middle of our Axiatonal Alignment class my neighbour knocks on the door and wants to borrow something. Not a problem. I wait for a break in the class, find what he wants and go next door to give it to him. He thanks me and then, when I'm almost back in the house, runs out and yells after me: "Hey Bob, would you like to have a photocopier." Yep – knocked me for a loop. Turns out his wife was able to get one of the older photocopiers at her place of business for nothing. It's been regularly maintained and it's in perfect condition. I then asked it was a problem getting toner. He said no, that he had a few boxes of it.

Stuff works! Give it a shot.