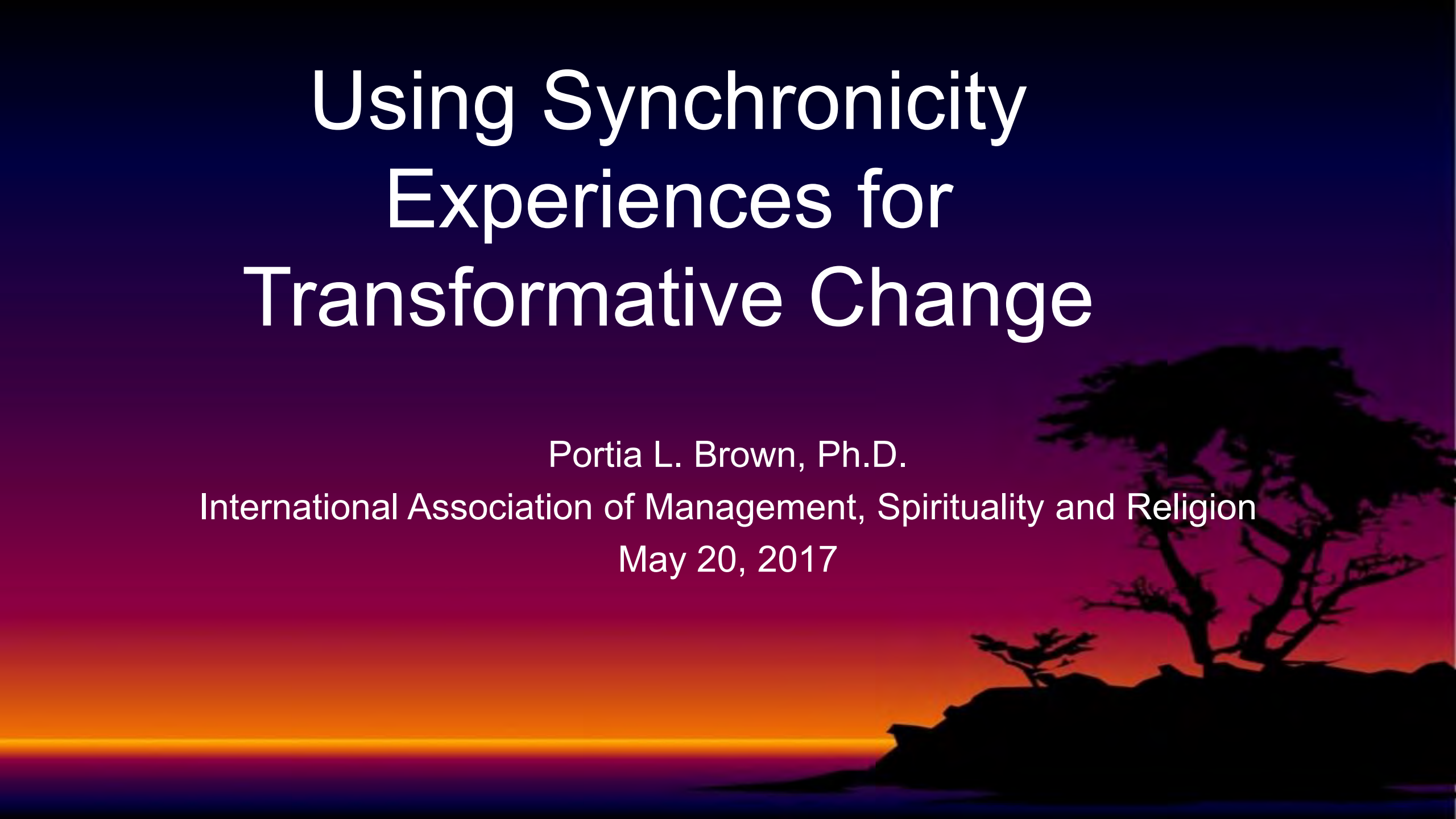


# Using Synchronicity Experiences for Transformative Change

Portia L. Brown, Ph.D.

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# Path for the Session

- Present
  - Defining
  - Patterns, Purposes & Categories
  - Research themes
  - Components of a synchronicity moment
- Q & A
- Experiential exercise
- Framing the experience in telling



# Defining Synchronicity

- An acausally connected coincidence that has meaning to you.
  - It is an invitation to live fearlessly in a world of possibilities. There are no limits on how things can occur.
- What it is sometimes compared to, but distinct from:
  - Serendipity: accidentally finding things not sought. (World Book Dictionary)
  - Fatalism: suggests submitting to the inevitable; not participating.
  - Predestination: an ordained fate with one way to an end.



“You do not need to leave your room.  
Remain sitting at your table and listen.  
Do not even listen; simply wait.  
Do not even wait. Be quiet, still and solitary.  
The world will freely offer itself to you to be unmasked.  
It has no choice.  
It will roll in ecstasy at your feet.

Franz Kafka, German writer

# Synchronicity Patterns

- **Single/Simple:** there is an internal sensing, and in a short period of time an external event occurs. The connection ends.
- **Cluster:** there is an internal sensing and a number of events occur in close proximity that are related to that internal sensing.
- **Serial:** looking back over a long period of time there are a number of events that have occurred that can be linked to your current status.

# Synchronicity Purposes

- Warning



- Comfort



- Guidance



- Confronting



# Synchronicity Categories

Type	Timing Between Internal Sensing and External Event Occurring	Physical Proximity Between The Internal And External Events
Category 1	Within hours or days appearing to be a coincidence.	Experienced in close physical proximity.
Category 2	Simultaneous internal and external events occur.	Not in close physical proximity.
Category 3	A future occurrence.	Not in close physical proximity.

# Themes From The Stories

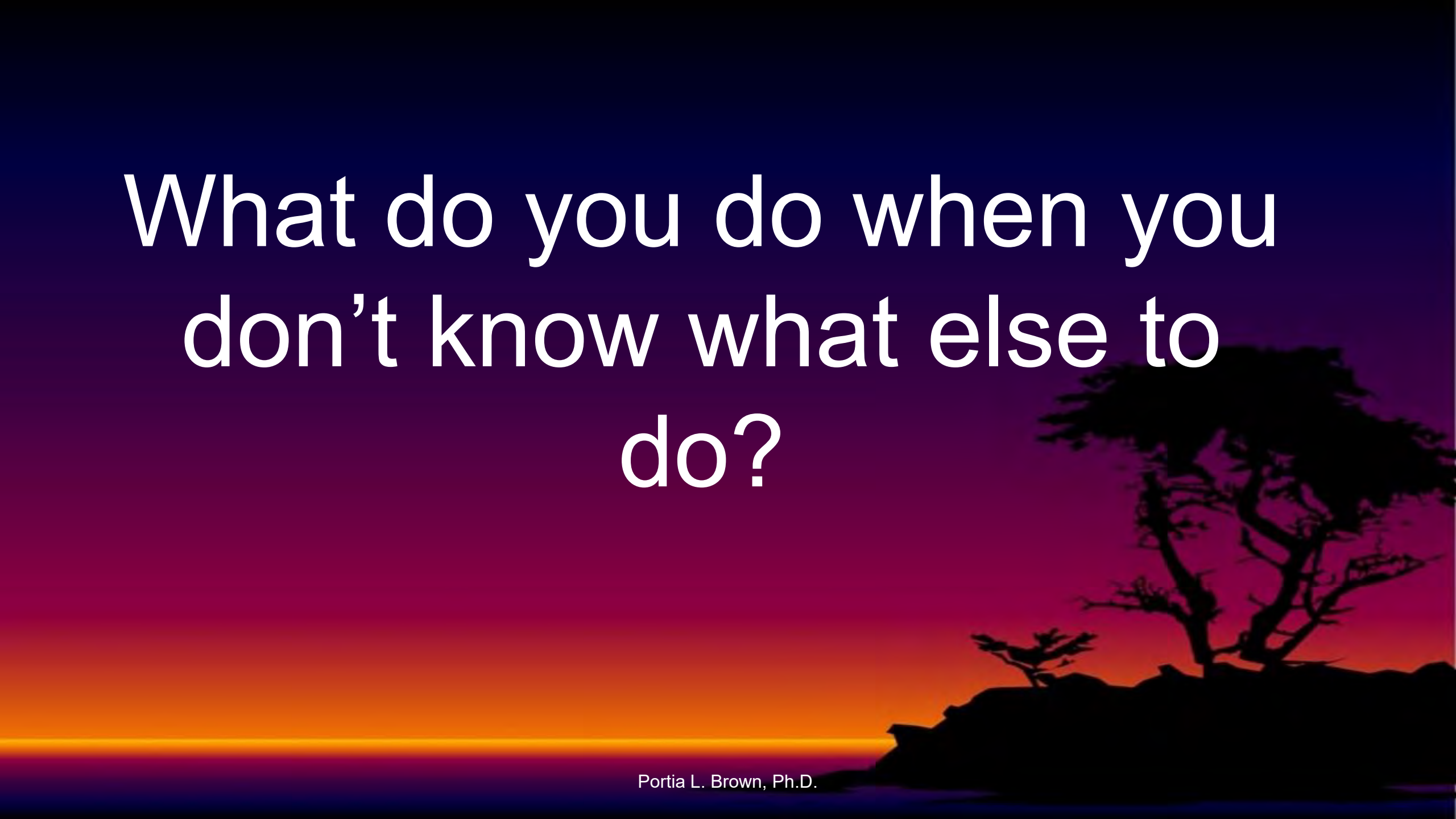
- Experiences are God-centered or of a higher power.
- You must decide to be open, obedient and in agreement.\*
- Time span element in comprehending transformative experiences.
- Letting go of “self”; your spirit can be broken in the process.
- Challenge of labeling/naming the experience.\*
- After heeding, there is peace, things flow.\*
- Transformation follows submission; now look for and depend on it.
- See links to career path\*
- This is another way of knowing.\*
- It’s about your relationship with God; not about church.



# Components of a Synchronicity Moment

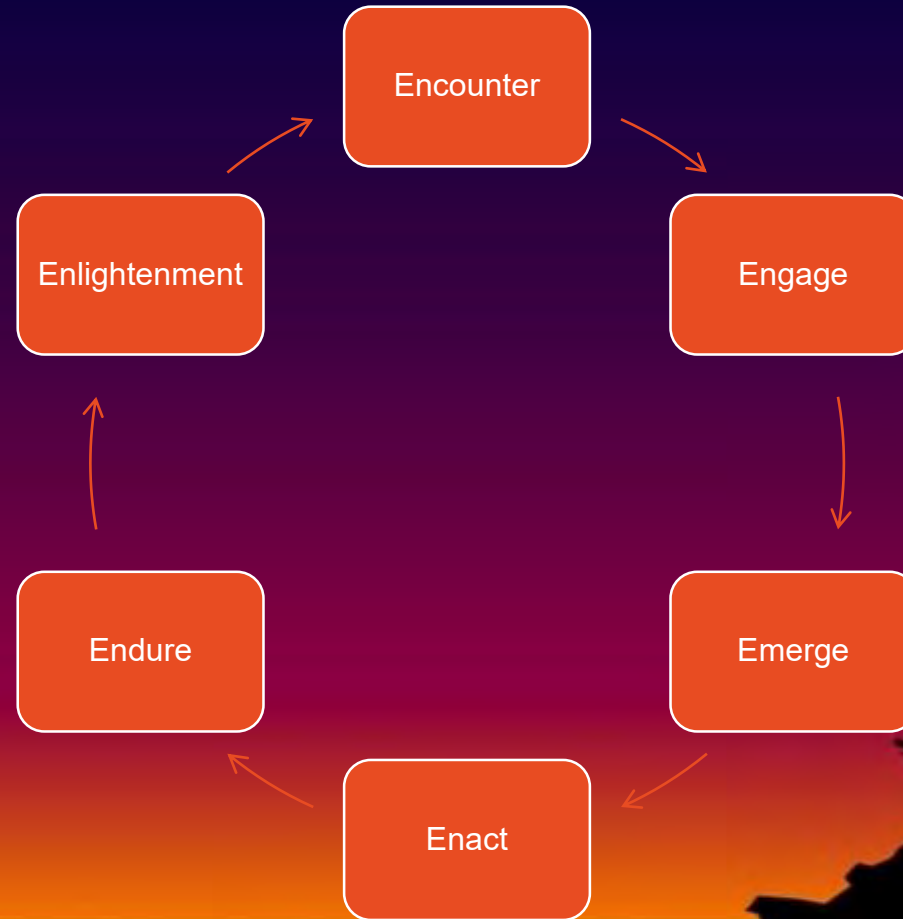
Thanks to Stella Eugene Humphries

- The event(s) come unexpectedly.
- The event(s) is usually small & inconspicuous to an observer.
- It catches the attention of the individual, and is considered “unusual”.
- It/its immediate consequence creates a “custom tailored” feeling.
- You have a clear choice for action; there is a directive here.
- If you choose not to act, you are conscious of your choice.
- The event always leads to other significant events unfolding.
- Choosing to not follow signals bring negative consequences.
- Some signals repeat until you “self-correct”.
- Acted upon, the signals had significant life changing implications.

The background of the slide features a vibrant sunset with a gradient from orange at the bottom to dark purple at the top. On the right side, there is a dark silhouette of a tree with a rounded canopy, set against the colorful sky.

What do you do when you  
don't know what else to  
do?

# E Process ©



# Exercise

- Are you sensing things in your environment or on the horizon for your organization or for your role?
- Is there something that has “come to you”, calls out to you, or keeps coming to your awareness and wants your attention?
- Be still and silent. Give it room to emerge. Listen to what is coming.
- Do not put parameters or conditions on it. Listen and hear.