



## ***Synchronicity Activation***

**The *TriSync Impact*: The Head, the Heart & the Hand. We activate this through the Awareness, the Awakening, and the Action of Synchronicities—these are the “3As”**

*Synchronicity is all around us. When we open our minds to those messages, signals, and signs, a directional pathway soon becomes clear.*

Tom Myers, Ph.D.

### **What is Synchronicity?**

Swiss Psychologist Carl G. Jung constructed the word “Synchronicity” from two Greek roots: *Synch* (a coming together) and *chronos* (time)—literally, a “falling together in time.”

In life, we’ve experienced unique circumstances and meaningful coincidences that have brought us to our current place in time.

### **The Psychology**

Jung attributes these meaningful coincidences in our lives as, “Synchronicity,” where:

1. Events are “acausally” connected. Not cannot be derived through a ‘cause and effect’ approach. Events, meetings, and resources come “out of the blue and unprompted”
2. When your inner psyche—conscious and subconscious thoughts—are realized in the external and physical world
3. Synchronicities may be communicated to us in the form of dreams, signs, and/or symbols, such as rainbows, heart-shaped stones, song lyrics, etc.
4. Synchronicities can have deep personal emotional impact and have a numinous (mythical/spiritual) quality about them. They are personally meaning and can be “life changing” or come at a pivotal time in life, like a career change, a move, or change in a relationship

### **The Physical Science**

Quantum Mechanics/Physics Theories: Used as guideposts to explain Synchronicity in the physical world. Humans are made of complex matter and waves of energy who have more influence on our external world than we think. We are part of a unified whole, or Oneness, and are intimately linked or “entangled.”

1. **Wave/Particle Duality:** matter & particles can behave like waves and vice versa, they can be localized or everywhere at the same time.
2. **Heisenberg Uncertainty Principle:** states that we cannot know both the position and speed of a particle, such as a photon or electron, with perfect accuracy; the more we dial-in the particle’s position, the less we know about its speed and vice versa.
3. **Quantum Entanglement:** a counterintuitive phenomenon that explains how two subatomic particles can be intimately linked to each other even if separated by billions of light-years of space. Despite a separation, a change induced in one will affect the other. Einstein called it, “spooky action at a distance.”



### **Activate Your Synchronicity Superpower!**

- **Be aware** of Synchronicity events occurring in connecting patterns, oftentimes in a series of “Threes.” Awareness (Head), Awakened (Heart/Gut), and Action (Hand)
- **Quiet listening:** Cut-out the “noise” through mindful meditation, prayer, or a walk in the woods
- **Bottom-up awareness** or Divergent thinking: allow events and messages to come to you during the day. Don’t always try to control everything
- **Listen to your heart (intuition)** and look for the signals. When actions in life feel easy or you feel you’re “in Flow.” You get “Green Light” messages to continue forward on this path. Also, listen and notice Red Lights too...those can tell you you’re on the wrong path!
- **Belonging:** Be a member of a community. This can be in any form, but we are all connected. Personal connections provide opportunities for more Synchronicity experiences with a collective consciousness

### **Synchronicity Awareness Divers**

#### **Your Past**

1. Remember a time when you experienced Synchronicity events or experiences in your personal life. Are there any that especially stand out for you? Tell your story. Who or what was involved and how did they contribute to this/these event(s)?
2. Was there anything in particular or special about this/these event(s) or circumstances that helped you to connect the events to your current and future actions? What were the outcomes you experienced? Were there benefits?

#### **Your Present**

3. Can you recall a couple of times or a time when you have been able to identify meaningful signs or signals (Synchronicity), and how did you recognize them? From your understanding of Synchronicity, what are a few ways you might enhance your ability to use these meaningful signs or symbols (Synchronicity) going forward? How might you leverage these opportunities for a more fulfilling and purposeful life?

#### **Your Future**

4. Imagine it’s one year from now. How could your greater awareness and practice of Synchronicity applications (3As) have played-out to help create your most meaningful, rewarding, and fulfilling life?

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