

Synchronicity by Lisa Noland-Shalosky

I love to read, although I'm slow at it, I love to read. And in the 90's I had read a book that had come back into my awareness and I had been thinking about picking it back up and reading again.

Now, I'm writing about what we call synchronicity, or what others may say is a chance encounter or event. And over a period of let's say three weeks or so, this book kept appearing in different ways. Clients talking about it...a friend mentioning it...just randomly looking at my bookshelf and it being the one book that stood out to me on the shelf. Like being hit over the head with a brick...I got the message and finally picked up the book and read it.

Oh...my...gosh...to read this book from the perspective of the world view that I have now has made a huge impact on my life. Seriously, even though it is written from a fictional perspective, I totally resonated with the philosophy of the book. You, yourself, may have read this book when it first came out. It's *The Celestine Prophecy* by James Redfield.

The character reunites with an old friend and learns of a mysterious manuscript that has been written and talks of these nine insights to a conscious awakening on the planet. As he is met with one coincidence after another, he is pulled to travel to Peru to discover more about the insights. On the plane he meets someone interested in them as well, and as you can imagine it is just one synchronistic event after another as he is traveling through Peru, he encounters one dangerous situation after another. Although, with each experience he is gaining more and more insight as to his own spiritual awakening, and how he views the world around him.

So much of this book can be compared to our own lives if we just pay attention. How many times have you heard the same advice over and over, from different sources and ignored it. Or saw the same sequence of numbers only to blow it off. Or overheard the same words in a conversation, only to think, "that was weird", and do nothing with the message. We all do.

Even though I am a Psychic Medium and do this work professionally, doesn't mean that I can't use a brick or two to hit my head to get me to see something for more than what it may seem on the surface. There are messages in every experience we have. Synchronistic events that will align for us, if we will only choose to pay attention.

It can be as simple as talking to yourself in the grocery store, and to look up and see a word on a package that is the answer to what you were just asking. I state this because it has actually happened to me!

What this book brought out in me again is to be acutely aware of my surroundings and to allow those synchronistic events to be clear in my life. Yes, I will still question when they happen, that's the humanness in us. But, I am more aware now than I have ever been to what is happening around me and in me. When I begin to

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think of something or someone...I'm aware enough now to ask myself, "Why did that thought or that person just enter my mind?" And then follow the path of thought around that experience. Perhaps it was nothing more than just a thought, but then again, perhaps it was more than that. I allow myself that space to explore the depths of each experience to it's fullest.

As is taught in the book, each thought is important and is not to be discarded. It's all about paying attention, being present in your experience, and understanding that everything happens for a reason. The reason, of course, may not be clear at first, but if you allow yourself to follow the flow of the experience, it will become more and more clear and the journey unfolds.

I encourage you to follow the path of thoughts as they arise. Have a pen and paper handy to write fleeting thoughts down so your subconscious minds understands that you feel it is important to bring more information forward. Allow the beauty of life to unfold around you, even if it seemingly feels like it is falling apart...don't panic...trust the process and follow it through. Simply say to yourself, "Well this is interesting, I look forward to seeing where this takes me!" and stay in the flow, not fear, but the flow of unfolding into something greater.

Once you begin to practice, awareness simply becomes you. Everything around you seems to take on a different energy. You become more inquisitive about your surroundings and life. You actually engage more. Ask more questions and allow the flow of thought to guide you versus rule you. It's such a beautiful way to live life.

If you don't believe me, try it! I suggest reading, or re-reading this book, to bring these insights back into your awareness and then let the magic happen. It's amazing how freeing this experience can be when you allow the energy of the universe to guide you versus trying to always guide the process. You stop trying to force things to happen and just allow them to happen. Often times in a more fluid way than if you are in the way of it. It's been life changing for me and I believe it to be that way for you too if you allow it.

Allow the synchronicities of life to guide you and trust the process of life. You'll be glad you did!