

Secrets to Living in Synchronicity

By Dena Marie

Lately I have been asked, "How do you get so many synchronicities?"

I had to ask myself the same question and this is what I came up with for an answer: I feel there are four steps that lead to flow.

1. Be true to you.

When I finally found "me" and knew what I wanted for myself, life's frustration and confusion suddenly dissipated. The universe is always loving and supporting us, if only we could do the same for ourselves.

A good example would be asking the waitress for a salad but you hate veggies... and you only asked because your husband says you have gained some weight, so you have a salad to please him. Inside, you want a toasted cheese sandwich with tomato soup because it makes you feel warm inside. Your grandmother made it

for you when you didn't feel well on a cold and rainy day. You look outside and think to your self "I really need to be nurtured today."

Instead of following your heart, you give yourself away. You get the salad, eat it and when asked what you want to do today you say "it doesn't matter." Inside your head you say "I just want to go home curl up in bed and read a good book."

Instead you end up at the mall with your husband shopping for a big screen TV. Then you go home and spend hours sitting around mesmerized by fast food commercials, and in a month, end up going up a size.

2. Ask for what you want.

Synchronicity comes when you know what you want. Your intention was to nurture yourself. Let's redo that last scenario:

You order what you want and after eating it you feel so good that you go home

find a good book and read it on a blustery day. As you read the book you get an "ah-ha" moment. You remember that your grandmother used to love gardening and she always seemed so fit. The next day you buy a book on gardening, and decide to plant one of your own.

Months go by and you find yourself outside enjoying your newfound passion all summer long. Fall comes and not only have you lost weight and feel healthier, but you also love eating your own veggies because they taste better.

3. Take notice.

Books that open to the right page, songs that truly speak to you and people who talk about subjects that mirror what you were just thinking are all very meaningful. These phenomena usually come in threes.

4. Act when the light is green.

Don't second guess your gut feelings or intuitions. When the synchronicities occur in threes and you hear the small still voice that says, "Do it," use your power chakra and make a move in the right direction.

Patience is also a virtue, so remember that when you feel like you want something but your inner voice is silent, and there are no

quirky coincidences, wait it out. Spend some time with yourself and ask, "What do I want for me?"

After you place your order with the universe, sit back and relax, and know that you have been heard. Would you ever follow a waitress into the kitchen to make sure your food was being prepared?

Go about your business but be conscious and take notice. Wait for the coincidences to start speaking to you again. When you get the "three strikes you're in," act without hesitation.

Here is one of my examples:

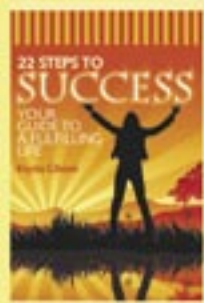
I really disliked my job and it was breaking my back and spirit. I asked the universe to help me find a job that I loved and that would help other people. At the time, I was dating a man who said I would be a great hypnotherapist, but I had no clue what that entailed. I said, "If I get a synchronicity I will look into it."

The next day I received a newsletter from my favorite bookstore, and in the event section it said there was a meeting for hypnotherapists for \$5, everyone welcome. I thought for a second and said, "It is only \$5, why not?"

I went alone, and when I walked in, I recognized the first person I saw, a woman with whom I had taught aerobics years ago. She had become a hypnotherapist since then and immediately introduced me to the man that would be my teacher for the next year. The irony of this synchronicity is that six years later she officiated our wedding.

All of these events and coincidences were stepping stones leading me in the direction I wanted to go. I allowed the universe lead the way and then acted on the information I was given.

Dena Marie is the author of, "Our Energy Matters," and the owner of Lift Your Spirits in Snohomish. Using crystal readings, reiki, and object imagery she aids her clients in reopening blocked chakras for maximum flow and health. Visit www.dena-marie.com, or call (425) 350-5448.



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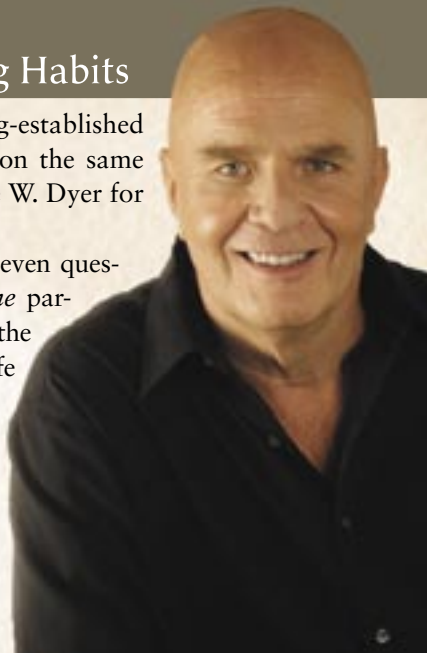
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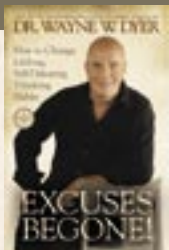
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