

# Living Now

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THE MESSAGE THAT LIES WITHIN THE  
GIFT OF SYNCHRONICITY

CAROL PARTRIDGE

*Sacred Feng Shui Design*



The concept of synchronicity was described by Carl Jung as two or more unrelated yet meaningful events. However the real beauty lies in the message behind those events.

Let's look at a fairly common synchronistic moment ... you get a phone call from someone you have been thinking about. Which one of you sent out the first thought or feeling that was picked up by someone else? Which one of you picked up the information intuitively? Which one of you followed their instincts and made the call? So we have a sender, receiver and initiator involved in synchronistic events.

It doesn't matter who is who, or which comes first – the real gift of synchronicity lies in the understanding that when a thought or feeling goes out in the Universe, it is picked up by someone, somewhere, somehow. Someone is listening; you are never alone! So the next time synchronistic moments come your way, take a moment to recognise and appreciate the beautiful message that lies within.

