

Synchronicity ... and your mission in life

For people who are working to determine some sense of their purpose in life, there are many valuable ways in which each of us can see with greater clarity the true talents and skills we possess. There are many exercises to help us see exactly how those personal resources can be used creatively to make a positive contribution in the world today. Seeing our talents and being guided in how to actually use them purposefully, synchronicity has a big role to play.

To see how synchronicity contributes to the process of discovering your purpose it is important to go beyond the notion that synchronicity is just a set of coincidences. Admittedly, that is a good starting point when we try to explain the term to someone unfamiliar with the idea. As Dr. Carl Jung, the very one who coined the term, has tried to point out, something is truly “synchronistic” only if the outer world set of coincidences matches something “archetypal” from the inner world. The power of synchronicity comes from the way that we are reminded or reconnected to a deep soul pattern within us.

Synchronicity is life-changing when those external coincidences match something deep within the soul that is stirring. Dr. Jung gave us lots of examples of such soul patterns and many of them are familiar to us (and are archetypal): a wisdom figure, the inner child, the shadow and the opposite gender-self (ie. anima for a man and animus for a woman). The most significant forms of synchronicity are those which call attention to how those universal patterns are playing out in our lives. The synchronistic signs are wake up calls, inviting us to make those deep soul patterns more conscious.

How does the archetypal act as a foundation for synchronicity? It serves to coalesce or configure inner and outer events in such a way that meaning dawns in our consciousness. This is beautifully illustrated with the archetypal of one’s own purpose and mission. In working with people to finding their own mission in life, key talents come sharply into focus most often, in a synchronistic way which calls attention to how important those skills and aptitudes really are. As a hypothetical example within a day or two you experience:

- an unexpected reminder of some past accomplishment in which particular talents were clearly demonstrated; or
- a dream fragment that literally or symbolically announces that same talent; or
- a book or movie reference that once again puts the spotlight on that identical soul strength.

Synchronicity is probably our greatest ally to coming to recognize exactly what our key talents are and how they fit together into a meaningful life’s work that creatively serves the world around us.

Excerpts from an article by Mark Thurston, Ph.D., a psychologist, educator and author of 19 books about personal spirituality, including [Synchronicity As Spiritual Guidance](#) and [The Essential Edgar](#).

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