

Chironicity

Looking back on my life there is no doubt in my mind that I have been guided. The events, circumstances and people across my life path have come together in a coherence that reveals the unmistakable connection of all things. It doesn't matter what I call it, it's one of those things, like gravity, it exists whether I believe it or not.

Dr. Carl Jung first described the correlation of inner experience and outer events with the word, 'synchronicity.' What I've learned through the years is that the more I pay attention to these events, the more obvious they are in my life. To this day, I am still thrilled when I notice one of these synchronicities, and I have come to realize that they are, in fact, happening all of the time.

Let me share just one profound example of how synchronicity has shown up in my life. As a young DC, I loved listening to Dr. Wayne Dyer's audio tapes. I recall one set of tapes in the '80's that was all about connection, and the premise that there are no coincidences in our lives -- that all things have meaning and purpose. I loved listening to his anecdotal stories and was enthralled with the notion that my inner experience could be 'carried' by the outer world and mirrored by personal events in my life. I recall being in a heightened state of awareness for weeks during and after listening to Dr. Wayne's message. I sent tapes to many good friends with whom I was eager to share and discuss the information.

A couple of weeks later my family and I took a vacation to Maui. While walking on Kaanapali beach with my two year old son, Jordy, we were engrossed in singing the children's song, 'Row, row, row your boat gently down the stream...life is but a dream' (Dr. Dyer often used this song as a metaphor for the connectedness of all things). With my head down, swinging hand in hand with my little boy, I was startled when my shoulder collided with someone else. I looked up surprised, and found myself staring into the eyes of Dr. Wayne Dyer. "I was just thinking about you," I said. He responded, "There are no coincidences." He invited me to his condo, gave me some autographed books, and sent me off in total awe and appreciation of my new awareness.

This was the first of many experiences that helped me make a shift toward the awareness that my inner world guides and shapes my outer life. If I pay close attention to my thoughts, feelings and language, I will see the changes and results I most desire.

Suggestions for noticing synchronicities: Take a moment every day to reflect upon the connection of all things. **After all, this is the cornerstone premise of chiropractic!** All that you think and do attracts all that you see and have in your life. There are no coincidences. Thoughts ARE things. Practice looking for these connections or synchronicities in your life and in your practice. Check in with your intention with each patient, with each adjustment, and see for yourself if your days don't get filled with more synchronicities. It's amazing how things show up in our lives when we need them most.

Write to me with your own stories about synchronicity. I look forward to hearing from you.

Here's to the best spring of our lives,

Dr. Herby Bell

FOR HOLISTIC PRACTICE AND LIFESTYLE

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