

Synchronicity Guide

“Synchronicity therefore means the simultaneous occurrence of a certain psychic state with one or more external events which appear as meaningful parallels to the momentary subjective state—and, in certain cases, vice versa.”

Carl Jung, *Synchronicity: an Acausal Connecting Principle*, CW8, par 850

Understanding Synchronicity

Synchronicity is a type of event where something happening in the outer world is meaningfully connected to a content of the inner world.

Specifically, the connection between the two phenomena cannot be explained causally, as neither one is causing the other. Rather, the relation they share is made of a common meaning that one has yet to fully uncover.

Extracting the meaning of a synchronicity requires knowing its three constitutive elements:

1. What psychic content was the synchronistic event responding to? Was it a dream, a symbol, a thought, or an emotional state?
2. Did the event in the outer world feel like an approval or a disapproval? Was it supportive or disruptive to the experience of ego-consciousness?
3. What common symbol is shared between the objective event and the subjective psychic process? What is its symbolic meaning?

When a psychological content is coming to the threshold of consciousness and the ego is ready for an increase in self-knowledge, synchronistic phenomena will occur (and possibly intensify) until the insight is grasped by the ego.

In summary, synchronicity is the modality in which both psyche and matter, the subjective and the objective, participate in the co-creation of meaningful symbolic experiences necessary for the development of consciousness.

“The normal interpretation [of synchronicity], so far as this is possible at all, is based on the philosophic premise of the sympathy of all things, or something of that kind.” Carl Jung, *Letters Vol. 2*, p. 409



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