

Mind reading or *mindfulness?*

There's a lot of 'spooky' stuff going on around me lately. Or, at least, I would have once deemed it spooky, writes Sarah Blinco



For the past few months I've been investigating ghosts... just kidding (although that topic does keep coming up in my circles – weird!). Mindfulness is what I've actually been exploring, not only with regards to application in everyday situations, but how it potentially plays a role in what we describe as 'coincidence'.

"How odd," my friend, Hayley, said at lunch yesterday. "I watched *An Officer and a Gentleman* for the first time on the weekend, and afterwards when I went into town, there was a huge mobile advertising campaign featuring imagery from the movie."

Ironically, I'd viewed a YouTube clip that very morning referencing this exact scenario – that is, watching an obscure film (for 2015, anyway) and having it come up in a random conversation or appear in your sphere within 24 hours.

A week later, out of the blue, a group I was with started a conversation about a terrific read on the Law of Attraction, *Ask and it is Given*, by Jerry and Esther Hicks. We reminisced on those times when you're thinking of a person you've not heard from in ages all of a sudden they call. Or when you're contemplating something 'random' and arrive at work to find everyone is talking about it.

On meeting again the next day, one of our party said unexpectedly he'd just received a text from a mate he'd not heard from in months who wanted to catch up that same afternoon. Coincidence? When he messaged his friend with a recount of our conversations, his friend replied, "Synchronicity my friend, synchronicity." That is: "...the recognition of two events that are seemingly unrelated or not likely to occur

together by chance, but are still experienced as being related in some sort of meaningful way." – The Daily Zen.

Are these examples of coincidence, or something we've attracted and drawn into our space? Supposing the latter to be true, imagine what we could do with that insight.

Should we pay more attention to coincidence? Lately, I've been working on the premise of yes! In fact, I've been testing a theory that being mindful about 'random happenings' in my world actually makes my life happier because I've stopped taking a large number of things for granted. I've taken to writing down things that I'd like to happen too, including a time frame. I read these statements (goals, vision, declarations – whatever term you're comfortable with) out loud daily.

The spooky bit? They've been coming true!

Sure, I could look at it as lucky. However, applying the concept of mindfulness to the everyday, I'm now much more in tune with these 'coincidences' than ever before. It's quite cool to really be noticing how my requests and intentions are coming to life (after appropriate action being applied, of course), often in more interesting ways than I could have dreamed.

Website, thedailyzen.org says: "Coincidence is a wonderful way of moderating and optimizing your mindfulness. The more coincidences or strangely synchronous situations you find yourself acknowledging, the more in-tune you are with your world. Over time, this awareness builds to a point where you notice incredible new connections... It's not just a random happening or an accident; it's you acknowledging the interrelatedness of things,

realizing that causation is deeper than just A to B. Every action has a reaction!"

The reason I'm sharing is because I believe that by paying genuine attention to how things are unfolding in your life, patterns and 'coincidences' can entirely alter perception for the better. We're all so busy and it's easy to play down chance encounters or even take for granted what's happening all around us. In rushing about, and/or dismissing things you have probably created or attracted (read the book!) as 'mere chance', it's easy to miss the extraordinary things (both large and small) that are in fact showing up.

I'm proposing therefore, a mindful in March movement. Perhaps you could write down your experiences too. 'Signs' might emerge as surprising patterns; ideas could manifest in your waking reality, and 'coincidentally' you may even notice things begin to flow more freely.

Spooky or not, aren't you curious to find out what could happen (or even better, positively shift) in your life if you were to consciously pay more attention, starting now? I don't need to be a mind reader to work out the answer is likely to be yes. In any case, why not try it for a month – find us on social and let us know how you go – #mindfulinmarch.

PS If you're interested in this topic, keep an eye out for Hay House Basics new release, *Mindfulness: How To Live Well By Paying Attention*, by Ed Halliwell (available on amazon.com), or simply head to YouTube and absorb a few lessons by contemporary teachers, including one of my favourite motivational speakers and writers, New Yorker Gabrielle Bernstein or Marie Forleo.