

Strategic Synchronicity-

Creating what you want rather than fighting against what you've got!

Strategic synchronicity is a term coined by Stacey Hall and Jan Brogniez , two corporate consultants and trainers who take great delight in debunking the antiquated notion that "business is war" and winning market share means "beating" your competition.

Their idea of attraction runs parallel to the laws of the universe that contain our creative abilities and in essence is the same as Daniel Baden's "Fifth mode of prayer", and the space that an energy healer would hold for their patient.

Start with a blank page of paper and at the top put something like - The qualities, attributes and characteristics of my ideal..... relationship, job, partner, life, holiday, or any scenario, place or thing that you wish to bring into your life.

Then list down the qualities, attributes and characteristics as they come to mind, one under the other. This can be an evolving list, and quite often you will think of something randomly during the day and jot it down. The shower and the loo seem to be great places for these inspirations to pop in. It does not matter how long the list is, but you may get a sense when it is rather complete and go through and bring similar ideas into one statement if they have been repeated.

Any time after you start your list, you should sit down and take around 10 to 15 minutes each day to work on putting out to the universe exactly what you want to create.

To do this, simply sit in a quiet place where you feel good and won't be disturbed and start with the first entry on your list. If for example that entry says that you want someone to be reliable , then imagine how it **feels** to be with someone who is reliable, someone who brings that quality into your presence (perhaps a memory of the past or even better, a time when you were reliable) **really feel that feeling**, this is the operative part, and then hand it over to the universe with the statement, **"I am open to more this, and I am open to engaging the processes and changes that will bring this to me."**

You then move on to the next thing on your list, and imagine how it feels when you have an experience that or imagine the quality or characteristic that you have inside and hand it over etc. You don't have to spend a long time on each one, rather get to the core of the feeling, allow that to be fully present and then hand it over. It's like being very specific to the universe saying "You see *this!* I'm happy to have more of *this* in my life!"

When you get to the end of your list spend some time in gratefulness, in advance, for what you will receive. You have already received the experience of the feelings of what it is that you desire, and that in itself is a gift. But it doesn't hurt to thank the universe in advance for what you will receive in the future; it sort of leaves a positive vacuum for the universe to fill.

And that's it. Simple eh!And certainly a lot better than the negative thoughts of doom and fear that we often have. Remember to be regular and disciplined with your practice until what it is that you want to create has come into your life. Also remember to be exceedingly grateful when the pieces start to turn up. Awareness is the key quality here. (You might like to ask for awareness as well!)

All the best,
Terry.