



Key #2

Get Honest With Yourself

“The root cause of the whole misery of life is lack of awareness.” – Patanjali

Aligning with synchronicity requires radical truth telling. This doesn't mean you need to go and shout your truth from the rooftops, or to even tell your closest allies. This is really about getting radically honest with yourself.

Are you sweeping things under the carpet? Are you ignoring serious pain points in your life, hoping they will resolve on their own? Is there a part of your life you are chronically unhappy about?

Getting radically honest is more difficult than it even sounds. It's about admitting to yourself things which you know will require change. When you are able to get clear that something is not right or is amiss in your life, magic can happen very quickly – sometimes instantly. The truth of your situation becomes a glaring reality once it's acknowledged. At such times, it may get so bad that you will *have to* make a change. If you don't, by some other hand of fate, it will change for you.

In order to avoid massive course corrections, such as your house burning down or contracting a debilitating disease, it's ideal that you learn to course-correct on your own, and by your own free will. This isn't always easy or possible but it's good to keep in mind. This can be the hardest choice you make. It might require you to leave a toxic relationship, to step away from an unhealthy workplace, or – as in my case – to move to a healthier environment or find another resourceful solution.

The good news is that the truth really does set you free. It may sting at first; it may cause you a lot of sleepless nights; it may disturb something that has become settled – but ultimately it will liberate you.

A wise man in India once told me, “Tell the truth intelligently.” Those words were medicine for me on my journey of radical truth telling. I wasn't always the most intelligent truth-teller. I'd been told I could be blunt and harsh with my desire to share my truth. Over the years, I have learned to tell the truth more intelligently and to seek grace in my desire to live an authentic life.

When you are closed, fixed, and shut down in denial, you block the flow that is destined for you and wanting to express through you; you block synchronicity and the flow of healthy nutrients to your seed. Such blocks can often feel like a pressure-filled hosepipe that is kinked. Eventually, the pipe will burst, and, all too often, you will find that happening in drastic ways, like disease, accidents, or heartbreak.

With truth, on the other hand, comes new opportunities and new choices. When you are honest with yourself, and those around you, you open the path to healing and transformation. Only then do radical, new, and potent fields of possibility present themselves. Only then do you get to see what you are made of and explore your true potential. Only then does the star seed awaken to take root, grow, and eventually flower.

Many people are afraid of what will happen if they get too honest – like when bad habits take hold, the mind freaks out, or your relationships need to adjust. This is all cause for fear to build up in our systems, and fear blocks the flow of synchronicity and your ability to read the signs.

Self-denial is tricky; it hides in the subconscious mind. But the more you practice honesty, the easier it becomes to spot the clever little games you play with yourself. You know, the ones that keep you stuck and playing the victim. The more you practice radical honesty with yourself, the sooner your life transforms into beauty, is filled with your ideals, and unfolds along the path of your divine destiny.

Being honest with yourself isn't always easy, but it's vital.

Identify Where You Are Stuck

Why do you hold on to what is familiar? Are you afraid of what might be if you let go? I know I am not the only one who does this, as I see it happening all around me. We often live in denial, grasping toward the familiar, failing to embrace what is imminent, and not seeing the promise of what lies ahead if we simply let go and allow things to change. When things are meant for us they come back again and again. We don't need to grasp or cling.

Change is inevitable. You can try to hold tight and ensure some sense of security and consistency, but it won't make things stay the same. Change is a natural part of life's unfolding; it is programmed into our biology. In an ideal world, you would accept change and welcome your new life. The trick is how to move through change gracefully, how to allow it to bring in fresh air, new ideas, new ways of being.

I see this dynamic most often in relationships. People are so afraid of losing what they perceive as security and comfort, regardless of how unhappy they may be together. We simply do not like to navigate change when it arises. It's uncomfortable and awkward and it just plain sucks. But there is an inherent problem in not accepting or allowing things or people to change. When you become rigid and fixed, complacent and stubborn, you are saying "No" to your own evolution. You are saying "No" to the flourishing of your own soul.

To be carried in the river of synchronicity, you have to be willing to change. You have to face your fears in the mirror and smoke out the little demons that play tricks in your mind. Any part of you that is unwilling to change, any part of you that is grasping and holding – that is what you will need to look at. That is what you need to address. I promise you that it is not as scary as it sounds. It's worth it, because, as I am sure you have yourself heard, whatever we resist will persist.

Take a moment to get honest with yourself right now. Grab your journal and write down answers to the following questions:

- What are you afraid of?

- What part of your life is stuck or not flowing?
- What are you willing or unwilling to let go of? Be specific.

For help getting clear about where you are blocked, unhappy, or fearful, download my worksheet, "How Balanced is Your Life?" It will guide you through a simple exercise to identify where you are not satisfied, by looking at eight areas of your life: love, health, spirituality, life purpose, finances, leisure, friends, and family. This is a great tool to use anytime you feel confused, stuck, stressed out, or bored with your life.

As I've said before, even by just identifying where in your life you are stuck or fearful, magical things may begin to happen. You will enter into the flow of synchronicity. When you become honest about something in your life needing to change, golden doorways will open. This always surprises people. I can't count the number of calls I routinely receive from my clients and friends, sharing with me synchronistic events with a sense of awe and wonder. It is exciting when things seem to magically align in life, but it is not eerie or unexplainable. It often happens when we simply begin to get honest with ourselves about where we are stuck and open to the flow.

Understand the Law of Rhythm

By now, I imagine you've heard of The Law of Attraction. This law states that you literally create your reality through the way your thoughts, feelings, words, and actions send signals as vibrations out into your environment. Whatever you put out in the world comes back to you. People often use this principle to attract more of what they want in life. It is a powerful law to understand, because it's about how to create your life consciously.

There are other Universal Laws that we are governed by. Another is The Law of Rhythm. This law states that everything moves and vibrates in a rhythm or frequency. These rhythms establish the seasons, cycles, stages of development, and patterns in your life. When you attune to synchronicity and the path of least resistance, you begin to flow with the cycles of life toward your divine destiny, and magical doorways and opportunities become a daily occurrence. Life begins to flower and unfold in a beautiful new direction.

As you come to experience and understand how the universe organizes itself, synchronistic moments will become your breadcrumbs of hope and your confirmation that you are on your path.

For a list of the Universal Laws that govern our lives, you can download one here: KnowTheSelf.com/workbook.

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After my house fire, it was clear to me that Spirit was rearranging my life for the better, as an answer to my prayers. Moment to moment, I felt as if I was surfing a tsunami wave of synchronicity as things magically aligned. Even though I didn't have any insurance, and I had only \$1000 in the bank, and had just lost everything I

owned, I knew without a single doubt that I was being guided to a higher order of cosmic orchestration.

Everything I needed after the fire was gifted to me. A huge pile of clothes, all in my size, came to me, and multiple people started recovery funds in my name. I was welcomed with open arms everywhere I landed. This was a feeling I had always longed for, and though it came by drastic measure, it also taught me important experiential lessons. For a stubborn, self-sufficient person who has a hard time asking for help, it was truly humbling and awe-inspiring to learn how to receive from others.

Prior to the fire, my pattern had been to only trust in my own ability to fill my needs. I carried a lot of grief in my heart from the lack of support I felt much of my life. I was unable to see what I actually had around me. I tend to put my mission in life ahead of my needs for trust and deep connection, so I believe I was somehow holding the support that was trying to find me, at bay. Unconsciously, I hoped that by focusing on my mission in service to others that my own needs would magically be met without having to voice them, but it wasn't happening, and I needed to be absolutely shocked and in a desperate need in order to ask and receive the support I had always longed for. Ugh a bit dramatic, but now I know to ask for help sooner.

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A few weeks after the fire, as the shock started wearing off, I got a call from my dear friend Allison who sensed I needed a helping hand. She invited me to her beautiful property high up on the ridge near Point Reyes, just north of San Francisco. Her phone call was a godsend! What I needed more than anything was to get out of the city and relax in nature, but I had been too shell-shocked to take any action.

On the drive to Allison's house, I had my first cry since the fire. Once it started, I couldn't turn it off. My two-hour drive was filled with tears, and I even pulled over to call my mom and cried to her for an hour, but still the tears wouldn't turn off. When I arrived at Allison's house I tried to keep my composure, but it wasn't possible. We sat down in the kitchen and she patiently listened to my frustration and sadness. I was exhausted from having looked at so many apartments and rooms for rent, and finding nothing suitable. I felt homeless and broken. Allison was clearly uncomfortable seeing me cry, and meanwhile, her husband had gotten up and began pacing around behind me somewhere. In all the 16 years I'd known Allison, that was probably the only time she'd seen me that emotional.

Thank god for good friends!

Allison listened patiently for a few minutes before she realized this was absurd behavior for me. She really didn't miss a beat. "Hey, come on. This isn't like you. You don't use Craigslist to find homes! Surely, your next home will come from your personal network. What are you looking for? What do you want?"

Her words felt like magic to my ears. "What do I want?" I sat up and looked her right in the eyes. "I want a cabin in the woods so I can write my book." Ahh, just saying that out loud made me instantly stop crying. At that exact moment, her husband suddenly appears from wherever he had been waiting out the storm of my emotions and says, to my great surprise and delight, "I have a cabin in the woods. No one is living there. You can stay there for a while."

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Synchronicity, Unlock Your Divine Destiny
Amelía Aeon Karris

Stranger yet, I then received a random text message from my dear friend (and fellow seer) Barry a few minutes later which read, "I have one thing to say to you, Mendocino County." While it turns out that Barry and his partner have been eyeing potential retirement properties there for years (unbeknownst to me), Barry and I had not spoken in days and the content and timing of his message was a complete shock to us all. As it so happens this cabin I had just moments earlier found out I could move into, was in fact in Mendocino County. And it continued, now rather eerily, with Barry's next message: "Don't tell me it's on 'xxx' street?" In fact, it was on that very same street!

And so, it goes with the magical doorways.

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If you want to live in synchronicity, you simply need to be honest with yourself and learn how to interpret the signs and symbols. Riding the wave of synchronicity and surfing through life feels like taking a magical carpet ride. Some people think that following synchronicity is a silly pastime or only for ungrounded people who are flitting about and poring over superstitious omens. It can look like that from the outside looking in, but for the one who is experiencing the synchronicity it is pure wonder and a connection to the unseen orchestration that governs life.

It doesn't matter what other people think. Synchronicity is a sacred connection to the divine, and yet it is also a personal experience that often very few people can share with you. It is your deepest nature animating and reflecting itself back to you. **It is magic made manifest.**

Synchronicity happens in the small conversations between your heart and the unseen hand that guides you. And it is shaped by your conversations with the natural world.

When you practice the steps outlined in this book, you will experience for yourself what it feels like to walk down your own golden brick road that leads you home.

Decode Signs and Symbols

What many people get tripped up about in following synchronicity is, what do all these hair-raising, goosebump-causing situations mean?

Sometimes synchronicity speaks through dreams. As I was writing this book, a telephone repairman named Brian came to my house and shared his story with me. Brian dreamt of an old man watching a Western movie on TV. In another room, he saw model airplanes hanging from the ceiling, relics of World War II. He woke up the next day and when he arrived at his job site and entered the customer's home he saw the same old man from his dream, watching a Western movie on TV, and in another room, he saw model airplanes from World War II hanging from the ceiling! He got a bit spooked and chalked it up to *déjà vu*.

In Brian's case, I would call his experience a dream premonition or a past-life connection. Perhaps that man and Brian had something important to discuss about

WWII. Or perhaps it was Spirit's way of letting Brian know he has a gift of premonition. He could practice to see if he can rely on it; before he goes to sleep, he can specifically ask for another premonition dream and track its accuracy.

Synchronistic messages are fun to get curious about. You can be your own private detective solving your own life's mystery.

When a synchronicity – like the one Brian experienced – appears in your life, it is time to stop, slow down, and listen with your other senses. Track and record your experiences. You will find that, over time, common themes are trying to get your attention. There will be various ways to translate the synchronistic messages you receive. Play around with them to find what makes sense to you. Not all synchronicities mean, “yes” or are good. Some people tell me because it was a synchronicity they assumed it meant it was a green light for what they were asking about. This is not always true. Synchronistic events show us how the Universe communicates with us; it is up to us to determine the meaning. The synchronicity itself is simply showing you the interconnectedness of all things but how you interpret the meaning is totally dependent on you and what you make things mean.

All of life will begin to speak with you through the natural world and through symbols – through animals, plants, the weather, the cosmos, numbers, and signposts. All that is alive (animate and inanimate) will begin to commune with your frequency. You will become in tune with the natural world when you tune into your original nature and discover your true essence. Tribal people and those who live close to the earth understand this deep connection. There is a harmony between all things.

Spirit communicates in metaphors and it is rarely ever direct, this often causes frustration but I like to see it more like an investigation. There are a great many resources online and in ancient texts which can help you decode the language of Spirit. Some example keyword resources to Google when you're trying to decode your messages might include: dream interpretation, numerology, astrology, animal totem medicine, color interpretation, sacred geometry, music theory, quantum physics, and spiritual science. Those are all great avenues for exploring; they can help give meaning to your clues. You could also try divination techniques, like using pendulums, tarot cards, I Ching, runes, numerology and oracle cards.

However, the simplest and most important way to understand and decode your synchronistic events is to figure out what you are feeling when signs happen and to tune into what the symbols mean to you. It can get really confusing and twisted up if you rely too heavily on outside sources. So be curious and allow yourself to do free association.

When you allow your mind to be in an open state, you will suddenly find you can understand things without trying to cognize them at all. The answer will just magically click into your head and you will know what these synchronistic symbols are directing you toward.

Remember that your path is your path. No one can walk it for you and no one can tell you what your synchronicity experiences mean. Some skilled spirit communicators can help you decode them, but you will still need to check in with your own inner wisdom to see if their explanations resonate with you. Do not take on other people's interpretations or fears if they don't make sense to you.

Learning to trust your intuition is the number one goal for being in the flow. This inner way of knowing – using your gut sense – will direct your path. Your mind, however, will confuse you at every turn. Your mind will get twisted up and hyper-activated when synchronicity speeds up and events become more bizarre. These are moments to get really quiet and go inwards. If you find yourself becoming paranoid or looking up every symbol you find, take a break and sit in meditation.

Your intuition and open heart are your biggest assets, and your breath is your most trusted guide. Stick to focusing on your breath and your inner knowing and I assure you it will all be figured out in due time.

Something to check when you react to an exciting synchronic event is how you feel. What is your initial response before you translate the event with your mind? Do you have a fight-or-flight impulse? Do you feel a warning? Are you smiling? Are you nervous? These are good indications that can help you notice what is alive inside of you.

This is where people often get tripped up. If you have fear in reaction to signs, it is important to sit still, pray, and face the fear inside a meditative state until you can see through it. Reacting from a place of fear will only make you suffer. The sooner you can face your fears and move through them, the swifter flow will move you toward your divine destiny.

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No one taught me how to follow synchronicity. At the age of 17, I left home to travel and learn about the world. When I looked at what was being offered in college it felt stifling and controlling. It wasn't for me. I set out to travel in foreign lands and follow signs. I felt that if there is a divine plan for my life, the signs would lead me to it. It was just a knowing I had. What I was seeking was the truth behind the madness; unconditional love, kindness, and a place where I would fit in. It was my simple prayers that led me to discover the incredible magic of synchronicity and flowing with the river of life. When I would pray in earnest and focus with all my heart, my prayers were always answered, one hundred percent of the time!

Knowing how to pray with my heart started at a very early age. When I was five years old and my sister eight, we shared a bedroom. We would pray out loud together every night before we went to bed. Those innocent prayers always started out with asking each other for forgiveness, for all the mean things we might have done to each other that day. After we forgave each other we would share what we were grateful for. Then we would ask God with all our hearts for the things we wanted most. Sometimes it was sweet, sincere things we wanted, like, "May everyone be happy." At other times, it was a selfish desire for a new doll or whatever we wanted our parents to buy for us.

One particular night, my sister prayed for a black stallion. She loved horses; she was kind of obsessed with them. She desperately wanted to have her own horse. When she prayed out loud, I would pray with her inside my head. That evening, my sister and I both imagined how amazing it would be if she had her very own horse. We both went to sleep dreaming about it. I was convinced our parents would buy her a horse, because I could see it so clearly, as if it had already happened. Before we fell asleep, I assured my sister they would get her one.

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The next morning, I woke up before she did and went downstairs to see if anyone else was awake. Whenever I was the first one to wake up I had this habit of sitting on the couch in the living room in front of the big picture window. As I sat there, patiently waiting for everyone else to wake up, I looked out front to where my sister and I played every day. We had a wide, three-foot-high retaining wall made of stone on our front porch. We loved pretending that the wall was our horse. We would practice riding there. We'd strap our jump ropes over our feet, using the plastic handles as stirrups and the rope as reins, and happily tap our feet against the stone wall to make the sound of horse hooves on pavement, saying "Giddy-up, horsey." It was a favorite game of ours.

That morning, as I sat on the living room couch staring out the window, I got the shock of my five-year-old life. Right there beside our horsey wall stood a great white horse! It was real, it was alive, and it didn't have any bridle or saddle. It looked like it had been plucked from horse heaven and placed on our front doorstep. God had manifested my sister a horse – it was the wrong color, but it was real! And I would get to ride it, too!

I ran upstairs and shook my sister awake. "The horse – it's here!" She didn't believe me, but we had a sliding glass door and balcony just off our bedroom and I flung it open so she could look underneath our window and see it with her own eyes. I will never forget the look in her eyes. It was the happiest I had ever seen her.

We began squealing with absolute delight, and an overwhelming sense of divine orchestration awoke within me. God really does answer prayers! My mom was beside herself trying to calm us down. She explained as kindly (and firmly) as she could that it was not our horse, that she had not bought it, that we could not keep it, that it was not an early Christmas present, and that we needed to let go of such ideas.

A few phone calls later we learned that the horse belonged to the stables down the road and had somehow escaped. When the rightful owner came to collect their mysteriously freed horse, my sister fell on the ground in a pool of tears. I sat dumbfounded on the couch in absolute awe, amazement, and wonder. For me, even though it wasn't going to be our horse, I'd received all the assurance I needed to know that when I truly wanted something from deep in my heart it would be provided. It took me another 20 years to realize that manifesting selfish desires brings pain and suffering; I still had some growing up to do.

If you have never experienced an answer to a prayer, or experienced synchronistic, miraculous events, you are simply not seeking deeply enough. I learned this great lesson by buying a one-way ticket to a foreign country where I knew absolutely no one, I didn't speak the language, I had only 100 dollars to my name, and I somehow survived for six months.

If you allow yourself to be guided, without a destination in mind but with a longing in your heart, your prayers will open doors. When you strip off the security you have clung to you begin to realize there is something much grander holding you in place. When you learn to lean into that knowing, you will find that magic is all around you. I promise.

Find the Rhythm of Your Soul

When you are in the flow of synchronicity you needn't worry – you are being guided – and you get to relax. Your pushing and striving get to step aside and you get to settle into your heart. By connecting deeply to yourself and to your own internal rhythm you will be able to tune in to the rhythm of your soul.

We each have a unique rhythm. When you find the rhythm of your soul, your path will be illuminated. It is imperative to stabilize yourself to your own rhythm. No one can do this for you. It does not come from the outside.

By tuning every day to your inner rhythm, you will find your life opening up in extraordinary ways. You might find that you came here to do something that truly frightens you or pushes you beyond what you thought was possible for yourself. This is normally the first realization that you are actually tuning in to your divine destiny.

Here's something to try. Get quiet within yourself. Close your eyes. Can you hear the rhythm of the airways? That question might sound strange at first, but see if you can pick up a tune, if only for a moment. Allow your voice to carry that tune. This isn't a song you have heard before; it will be a new song, fresh every time. There is no need to try and grab it, or remember it – however beautiful it may sound. It is simply for living in the present moment and using it to help you attune to the rhythm of your life.

Try to do this while you are driving or walking on a trail alone. Look to the heavens and see if you can hear a tune. There's no need to force it or push toward it. It simply comes when you relax into it. Soften your mind. Start making a small sound, a hum. Allow your mouth to take new shapes while allowing your throat to open. You may hear the voice of angels. You may hear a lullaby. You may hear your ancestors' voices. You may hear the Earth, or nature spirits. Allow yourself to commune with the rhythm of nature in this way.

By tuning your vocal chords to flow, to the vibration of the airways, you give voice to the field of possibility. If you aren't hearing anything, begin to tone with vowel sounds: ah–ee–oh–uhm–ahm–aum. These sounds can get you going and open the channels of frequency that live inside you. This is not a performance. This is not for anyone else to experience. This song is only for you.

Once the vibration begins to move through you, it will awaken in you a sleeping memory of sweetness.

If you don't like your voice, or feel that you sing off-key, don't worry. The more you practice, the more you will find your own rhythm, your own harmony. The sounds you make will start to harmonize with your inner frequency.

You can sing in your head to yourself if you are at work or around people you don't want listening. Just keep a tune alive inside yourself and you will find your flow, your own personal rhythm. If you are a musician or want to take this feeling to the next level, begin hosting or going to jam sessions. Improvisational music allows you to find tunes from the airwaves and vocalize them. It is really fun to play them out on a percussion instrument with others.

When you are able to find a rhythm, it helps you find the pace at which the river of life is carrying you. Some days, the river will be calm and slow; some days it will be faster. If you are an improvisational musician, you know this feeling of tuning in to a natural rhythm really well. But even if you have never picked up an

instrument, you can attune to this flow with your voice or with simple percussion sounds for example by tapping your foot, clapping your hands, or playing drum sounds on a table with your hands and fingers.

You might find it easier to dance to the airwaves. Close your eyes and allow yourself to sway side to side, allow yourself to flow and you just might find yourself doing improvisational dance, or some type of body-based stretching to an invisible sound.

This can feel totally weird at first, so I highly suggest doing it when you are alone and only when you feel safe in your place of comfort. If singing out loud or moving your body in tune with this internal rhythm does not feel comfortable to you, you can always practice all of this inside your imagination. That can also have a wonderful effect.

Play with tuning in to your own personal frequency and see what happens. All it takes to play with the rhythm of your soul is a willing heart, a smile, and knowing that there is no way to fail. Give it a try. When you do this often, or before meditation, it will deepen your connection to flow. Your senses will expand and the vibration will clear your channels. It will bring you joy, sweetness, and relief. Give it a try. Email me and let me know how it works for you: info@KnowTheSelf.com.

