

Synchronicity related to Vibrations

“Synchronicity is an ever present reality for those who have eyes to see”.

Carl Gustav Jung

The term I’m going to talk in this work is Synchronicity and it was first described by Carl Jung in the 1920s.

Carl Gustav Jung was a Swiss psychiatrist and founder of the school of analytical psychology.

“The conceptual relationship of minds, defined as the relationship between ideas, is intricately structured in its own logical way and gives rise to relationships that are not causal in nature. These relationships can manifest themselves as simultaneous occurrences that are meaningfully related.”

In philosophy, synchronicity is the experience of two or more events that are causally unrelated, yet are experienced as occurring together in a meaningful manner. In other words, if unrelated incidents happen to me and I start seeing things in a different way and feel more connected to who I am because of these experiences, then I have just experienced the beautiful world of synchrony.

Unlike most modern psychologists, Jung did not believe that experiments using natural science were the only means to gain an understanding of the human psyche. He saw as empirical evidence the world of dream, myth, and traditions as the promising road to a deeper understanding and to a deeper meaning.

Every human being is both physical, emotional, mental and spiritual. What, for many of us, means that three quarters of who we are is invisible but still that clearly affects us constantly. The material body is our ‘shell’ for the material world we are living in, it is a transmitter and a receiver of information and exists in our 5 sense reality, which truly only exists in a very small frequency range. Our material body is also connected to our energy body through our energy system. Synchrony will help us to release our true self and to tune into our whole being, the visible and the invisible parts. When one can find synchrony between all his being, one will live a full and happy peaceful life.

We will find endless energy through our ‘energy body’ (emotional, mental and spiritual) and will find enthusiasm and vitality in our material body (physical). The understanding of our observer conscience will give us a better awareness of our existence (physical) and with clarity of thought (emotional and mental) we’ll be able to understand and act upon the guidance of our soul (spirit).

Energy is the key. Our soul is always working to create new experiences for us. Our manifest desires appear within our reality when our vibration is a match to the energy of our soul.

Also in music energy is more important than frequencies, timbers or music on their own, is the intention behind everything.

If you pay attention to how you move through life, you will understand how synchronicity works. The higher and clearer your vibration and intention (energy), the faster you manifest synchronicities.

We do have the power to manifest our reality, and many people who are exploring this subject, are coming up with some very profound truths to themselves.

The universe will always deliver what we ask for. Synchrony happens all the time in our lives, and it comes and goes undetected if we are not tuned into it.

Vibration involve movement, including, emotional expression, thought movement, in fact, movement of the entire psychic apparatus.

The movement of the objects is palpable and often visible. If one touches the soundboard of a violine while it is being played, one can feel the sounds quivering against one's finger tip. In a organ loft, when the organ plays loud, one absorbs the sounds with the whole body. If one nears an extremely large drum one will hear the sounds through one's abdomen, which vibrates in sympathy, as much as one's ears. The very whole world trembles, the very air resounds, the galaxy is in constant movement.

We could again refer to Jung's vision where he saw eternal movement although not in time. The implication is that movement is eternal and essential to the psyche proper and may be translated by the brain as "frequencies" over space and time. These speculations offer an explanation for synchronicity. Music is also in its essence movement. Its origins also lie in bodily movements: to sing is to move one's larynx, to drum is to move one's arms, to play the cello is to move one's finger along the stem and a bow across the string and in return music is an incitement to movement. Since by definition sound is actualized in the unfolding of time, its relations with itself are constantly changing (even if it remains the same, for continuing is inevitably also changing, since it implies change of duration) and these changes are integrated, at several levels, into the 'thickness' of time. Even in its most imaterial aspect_ sound totally isolated from its source_ music is perceived as movement being realized in space.

In synchronistic experiences, not only does the psyche proper move, but so does matter, to the point that matter and psyche act like two sides of the same coin or, more simply, psyche can be understood as having a material dimension. Synchronicity is self-directed and purposeful teleology (the purpose it serves rather than the cause), and always comes with a message, the understanding of which meaningfully carries one into the future.

Thoughts have energy and frequency attached to them. Thoughts exist first in the mind, then manifest in our physical reality whether we realize they do or not.

Music is vibration, it's wave movements (whose amplitude is relatively large when compared to the scale of human body) combined with harmonies, music intervals, rhythm and flow, but mainly is vibration. When we have a thought, it creates a

vibration in our brain; we also create other vibrations with emotions and feelings which are just moments to our own observer consciousness. When we speak, and even more when we sing, we hear ourselves from inside. But in fact we are doing more than hearing, we are feeling ourselves. We feel our larynx vibrating, the entire head, the thorax, the abdomen.. Our reality is based on a small frequency range, where everything is a vibration.

Most of what we see and what we hear is only possible because of vibrations, frequencies and waves. We see the world around because of light waves and we hear the world around because of sound waves.

In quantum mechanics we realize there is a field of primal vibrational waves, that we live in and which surrounds everything. We are all connected, everything is connected to itself and we are all connected to the universe. This applies to everything, humans, animals, our environment, everything. Things wiggle. They vibrate. They do 'the back and forth'. They shake. They oscillate. They are a motion of matter at the atomic level.

All and inseparable part of nature, all and inseparable part of the Universe.

To be connected we truly need to understand that what is good for me, is good for you too.

Since some say synchronicity is a 'psychic ability' this means that we can intuit, for example, when a certain person is going to contact us; they are sending out a signal with a frequency. If we are good friends with the person, we probably share similar frequencies and we are going to sense that.

Much like a radio receives and emits a frequency, our minds emit and receive frequency waves. While radio frequencies might fade after a few miles, there is no limit on how far a frequency of a thought can reach.

The subconscious mind is constantly working to send the conscious mind signals, is our connection to the non-physical realm of our individual existence. When the signals are received by the conscious mind, we are able to perceive these signals in real-time.

"Synchronicity happens when you align with the flow of the universe, rather than insisting the universe flow your way".

Synchronized movements (exercise that I'll propose on my presentation)

Common exercise within improvisation of action/reaction/dialogue, where one person moves, then the other moves in response, then the first moves in response, etc. This exercise is a development of this exercise, where the reactions are more and more immediate until there is the feeling that the processes are unfolding simultaneously, rather than in chain reaction. There is a constant awareness of the other and a constant relation process. As we synchronize with our partner, we act in the moment of awareness, not stopping first to re-stabilize, but channeling what we are already doing into the new thing.

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August 2016.

Intensive Summer Course 'Sound Healing and Therapy', at Globe Institute.