

Synchronicity

With one breath, with one flow
You will know
Synchronicity
A sleep trance, a dream dance,
A shared romance,
Synchronicity
A connecting principle,
Linked to the invisible
Almost imperceptible
Something inexpressible.
Science insusceptible
Logic so inflexible
Causally connectible
Yet nothing is invincible
If we share this nightmare
Then we can dream
Spiritus mundi
If you act, as you think,
The missing link,
Synchronicity
We know you, they know me
Extrasensory
Synchronicity
A star fall, a phone call,
It joins all,
Synchronicity
It's so deep, it's so wide
Your inside
Synchronicity
Effect without a cause
Sub-atomic laws, scientific pause
Synchronicity...

(Words by Sting - lead singer of the contemporary rock group - The Police)

Meditation and Therapy

Awareness from Within

It's so deep, it's so wide
Your inside
Synchronicity
Effect without cause

Realizing happiness is sometimes the most difficult of tasks. We search frantically for solutions when we don't even know what the problem is. We look for formulas and techniques, cures and salvation, that will bring us happiness without developing the awareness necessary to experience what happiness really means. The paradox that so many people live with is one of having the good life in front of us and not being able to experience it. Contemporary society seems to have developed an unspoken attitude that happiness and the good life are beyond us somehow. A great deal of time and energy is spent in the 'pursuit of happiness' when, in fact, happiness is within us.

There is a pervasive feeling of lacking something in our humanness that is certainly magnified in our concern with nuclear annihilation. That pervasive feeling of lacking something is intensified when we expend energy trying to grasp on to the fleeting happiness of the moment. To regain that elusive momentary happiness we seek out others, once again pursuing happiness that seems beyond us.

Therapy is one way people seek to **regain** that elusive happiness. They look to a source 'outside themselves' to reunite them with their own happiness. The simple truth that is often overlooked is that the

source of security, contentment, happiness and freedom lies within each of us.

Meditation is a way to experience that source within us. Meditation is a way of awakening the happiness within us and influencing all aspects of our life, helping us experience the world differently than we have. Meditation is an art that can teach us how to stay centered, focused and aware.

When we are able to stay centered, focused and aware we are most alive and closest to the source and meaning of our humanness. When we can be open to the immediate experience, receptive to what it can teach us and vulnerable to the power to change our being we are truly aware. It is in the moment, when we are sure of nothing that there is the greatest possibility of understanding. Whenever we attend to that moment and become aware of it we are meditating.

This immediate experience is nothing foreign to us. We have all felt it at some time or another. Events of a profound emotional nature such as the death of a loved one or the birth of a child can produce it. Sometimes sexual love, great beauty, pain or an event on a world scale can produce it. Drugs such as LSD and mescaline can give a taste of such an experience, as well as therapy, through approaches such as encounter group experiences and gestalt practices that seek to release the tight grip on emotion.

Meditation can influence the therapeutic relationship by its ability to help us focus on the moment. Practicing meditation teaches us how to stay centered in the moment, focusing on the client

and being aware of the energy flow within ourselves. The capacity for us, as therapists, to focus totally on the client and to accept him/her as they are in that moment creates a feeling of openness and acceptance that develops into a connection with the rest of the world. It is through our own experience of meditation that we can benefit the client. We, as therapists, can provide an environment of acceptance and awareness for the client to explore and make sense of their world. We can provide such an environment only if we aren't expecting the client to fulfill any preconceived expectations for our own means.

A way of avoiding placing expectations upon the client is by developing "an unconditional friendliness towards our self". This is called Maitri in Buddhist tradition, meaning a way of accepting ourselves without conditions and allowing us to be human. It seems a prerequisite to experience accepting ourselves without condition if we are to encourage the client to experience an unconditional acceptance for their self.

One of the basic tasks of therapy is to expand the client's sense of who they are by integrating the parts of self that are alienated (Jung called this integration "making friends with the shadow"). Doing this kind of work in therapy can help the client develop personal stability, self-respect, and an expanded sense of what they believe they can do. Helping the client to do that is possible only if we, as therapists, have struggled with integrating the alienated parts of ourselves also.

