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SynchroDestiny

Deepak Chopra

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ABOUT THE BOOK

Dr Deepak Chopra, the bestselling pioneer in mind/body medicine, shows how coincidences are messages about the miraculous potential of each moment. He reveals how, through understanding the forces that shape coincidences, you can learn to live at a deeper level and access the flow of synchronicity that lies at the heart of existence. You can start to transform your life through full-contact living, in which all things will be within your reach.

Discover:

- That there's no such thing as a meaningless coincidence
- The seven principles of synchrodestiny
- Practical techniques for applying those principles

The seeds of a perfect destiny lie within you. This remarkable book will show you how to release their potential and live a life more wondrous than dreams.

ABOUT THE AUTHOR

Deepak Chopra, MD, has established a distinguished career as a writer, lecturer and physician. He is the bestselling author of many books, including *Ageless Body, Timeless Mind*, *How To Know God* and *The Book of Secrets*, and is the founder of the Chopra Center for Well Being in Carlsbad, California.

ALSO BY DEEPAK CHOPRA

Creating Health

Return of the Rishi

Quantum Healing

Perfect Health

Unconditional Life

Ageless Body, Timeless Mind

Journey into Healing

Creating Affluence

Perfect Weight

Restful Sleep

The Seven Spiritual Laws of Success

The Return of Merlin

Boundless Energy

Perfect Digestion

The Way of the Wizard

Overcoming Addictions

Raid on the Inarticulate

The Path to Love

The Seven Spiritual Laws for Parents

The Love Poems of Rumi
(edited by Deepak Chopra, translated
by Deepak Chopra and Fereydoun Kia)

Healing the Heart

Everyday Immortality

The Lords of the Light

On the Shores of Eternity

How to Know God

The Soul in Love

The Chopra Center Herbal Handbook
(with coauthor David Simon)

Grow Younger, Live Longer
(with coauthor David Simon)

The Deeper Wound

The Chopra Center Cookbook
(coauthored by David Simon and Leanne Backer)

The Angel Is Near

The Daughters of Joy

Golf for Enlightenment

Soulmate

The Book of Secrets

Fire in the Heart

The Seven Spiritual Laws of Yoga
(with coauthor David Simon)

Magical Beginnings, Enchanted Lives

Praise for Deepak Chopra

'I absolutely agree with Dr. Chopra's view that "if we want to change the world, we have to begin by changing ourselves." This is the same message that I have always been conveying.'

- The Dalai Lama

'Undoubtedly one of the most lucid and inspired philosophers of our time.'

- Mikhail Gorbachev

'Deepak continues to lead us even deeper into the mysteries and joys of true spirituality.'

- James Redfield, author of *The Celestine Prophecy* and *The Secret of Shambhala*

'Deepak Chopra has introduced literally millions of people to the spiritual path, and for this we should all be profoundly grateful.'

- Ken Wilber, author of *Integral Psychology*

'We have in our midst a spiritual genius.'

- Marianne Williamson, author of *Return to Love* and *Enchanted Love*

'The rock star of the new spirituality.'

- *Guardian*

'The poet-prophet of alternative medicine.'

- *Time*

'In a coup of conventional wisdom, alternative insight and mind/body medicine, Chopra has created yet another bible for his eager disciples.'

- *Metro*

SynchroDestiny

Harnessing the Infinite Power of
Coincidence to Create Miracles

Deepak Chopra



RIDER

LONDON • SYDNEY • AUCKLAND • JOHANNESBURG

*To Rita, Mallika, Gotham,
Candice, Sumanth, and Tara:*

*you orchestrate the synchronistic
dance of my universe*

I, the fiery light of divine wisdom,

I ignite the beauty of the plains,

I sparkle the waters.

I burn the sun and the moon and the stars,

With wisdom I order all rightly.

I adorn the earth.

I am the breeze that nurtures all things green.

I am the rain coming from the dew

That causes the grasses to laugh

With the joy of life.

I call forth tears, the aroma of holy work.

I am the yearning for good.

—HILDEGARD OF BINGEN
(1098-1179)

INTRODUCTION

MIRACLES HAPPEN EVERY day. Not just in remote country villages or at holy sites halfway across the globe, but here, in our own lives. They bubble up from their hidden source, surround us with opportunities, and disappear. They are the shooting stars of everyday life. When we see shooting stars, their rarity makes them seem magical, but in fact, they streak across the sky all the time. We just don't notice them during the day, dazzled as we are by sunlight, and at night they emerge only if we happen to look up at the right place in a clear, dark sky.

Although we think of them as extraordinary, miracles also streak across our consciousness every day. We can choose to notice or ignore them, unaware that our destinies may hang in the balance. Tune in to the presence of miracles, and in an instant, life can be transformed into a dazzling experience, more wondrous and exciting than we could even imagine. Ignore it, and an opportunity is gone forever. The question is, Would you recognize a miracle if you saw one? If you recognized it, what would you do? And if you could somehow orchestrate your own miracles, which miracles would you choose?

Beyond your physical self, beyond your thoughts and emotions, there lies a realm within you that is pure potential; from this place anything and everything is possible. Even miracles. Especially miracles. This part of you is interwoven with everything else that exists, and with everything yet to come. I have dedicated my life to exploring and teaching ways to tap into this infinite field of possibilities so that we can redirect and improve our lives

materially, emotionally, physically, and spiritually. In previous books I focused on specific outcomes. For example, I've written extensively about attaining perfect health, finding the path to love, and discovering how to know God. This book was written with a broader goal—to guide you to a way of seeing the profound truth that lies behind the illusion of everyday life, and by doing so to discover your true destiny—and how to shape it. This is the path to fulfillment, and eventually to enlightenment.

For more than a decade I have been fascinated by the idea that coincidence is involved in guiding and shaping our lives. We have all experienced events that might be considered amazing or uncanny. Perhaps you were cleaning out a closet and found a gift from someone you hadn't spoken with in years; then an hour later, out of the blue, that person rings you on the phone. You might have read a newspaper article about an experimental skin cancer treatment, and for no apparent reason you decided to save that particular newspaper. A month later, a relative calls to say that he just received a diagnosis of skin cancer—and that information in the article you saved influences his choices and ends up saving his life. Or perhaps your car breaks down on the side of a deserted road, and just when you had resigned yourself to being stranded for hours, the very first vehicle that comes along is a tow truck.

Can such moments be ascribed to mere coincidence? Of course they can, but on closer examination they can also prove to be glimpses of the miraculous. Each time we have an experience like these, we can choose to dismiss it as a random occurrence in a chaotic world, or we can recognize it for the potentially life-altering event it may prove to be. I do not believe in meaningless coincidences. I believe every coincidence is a message, a clue about a particular facet of our lives that requires our attention.

Have you ever listened to that calm, quiet “little voice” deep inside you? Did you ever get a “gut feeling” about

something or someone? That little voice and that gut feeling are forms of communication that usually turn out to be well worth heeding. Coincidences are also a kind of message. By paying attention to life's coincidences, you can learn to hear their messages more clearly. And by understanding the forces that shape coincidences, you can come to influence those forces and create your own set of meaningful coincidences, take advantage of the opportunities they present, and experience life as a constantly unfolding miracle that inspires awe in every moment.

Most of us go through life a little afraid, a little nervous, a little excited. We are like children playing hide and seek, wanting to be found, yet hoping we won't be, biting our nails with anticipation. We worry when opportunity approaches a little too closely, and hide deeper in the shadows when fear overcomes us. This is no way to go through life. People who understand the true nature of reality, those whom some traditions call enlightened, lose all sense of fear or concern. All worry disappears. Once you understand the way life really works—the flow of energy, information, and intelligence that directs every moment—then you begin to see the amazing potential in that moment. Mundane things just don't bother you anymore. You become lighthearted and full of joy. You also begin to encounter more and more coincidences in your life.

When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities. This is when the magic begins. This is a state I call *synchrodestiny*, in which it becomes possible to achieve the spontaneous fulfillment of our every desire. Synchrodestiny requires gaining access to a place deep within yourself, while at the same time awakening to the intricate dance of coincidences out in the physical world. It requires understanding the profound nature of things, recognizing the wellspring of intelligence that endlessly creates our universe, and yet having the

intention to pursue specific opportunities for change as they appear.

Before we explore this theme in greater depth, let's try a small experiment. Close your eyes and think about what you've been doing over the past twenty-four hours. Then move backward through your memory from where you are right now to where you were exactly one day ago. In your mind's eye, conjure up as much detail as you can about the things you did, the thoughts that passed through your mind, and the feelings that affected your heart.

As you do this, pick one theme or subject from the past twenty-four hours and focus on that particular thought. It doesn't have to be anything especially important or spectacular—just something that you remember dealing with during the day. If you went to the bank, you might choose money or finances. If you had a doctor's appointment, you could choose health. If you played golf or tennis, you could focus on athletics. Consider this theme for a few seconds.

Now, think back five years. Concentrate on today's date, and then work back, year by year, until you reach the same date five years ago. See if you can recall more or less where you were and what you were doing at that time. Try to picture your life at that moment as clearly as you can.

Once you've created a clear mental image of your life as it was five years ago, introduce the theme or subject that you chose to focus on from the past twenty-four hours—finances, health, religion, whatever it was. Now, track your involvement with that subject over the past five years and right up to the present. Try to remember as many incidents as you can in that particular area of your life. If you've chosen health as your topic, for example, you might remember any illnesses you've had, how they might have led you from one doctor to another, how you may have decided to stop smoking and how that may have affected

various areas of your life, or the diet you chose, or any of a thousand other possibilities. Go ahead and begin this exercise now.

As you were thinking about your chosen subject, how it evolved in your life and how it affects the way you live now, I'm certain you discovered many "coincidences." So much of life depends on chance meetings, twists of fate, or pathways that suddenly branch out in a new direction. And it is likely that your one topic very quickly connected with many other areas of your life, even if the subject seemed totally insignificant at first. By tracing your personal history in this way you can gain enormous insight into the role that coincidence has played in your life. You can see how, if even one tiny detail had turned out differently, you might have ended up somewhere else, with different people, engaged in different work, moving on an entirely different life trajectory.

Even when you think you have your life all mapped out, things happen that shape your destiny in ways you might never even have imagined. The coincidences or little miracles that happen every day of your life are hints that the universe has much bigger plans for you than you ever dreamed of for yourself. My life, which to others seems to be so well defined, is a perpetual surprise to me. And my past, too, is filled with remarkable coincidences that led me to become who I am today.

My father served in the Indian army as personal physician of Lord Mountbatten, the last Governor-General of the British Empire in India. While performing his duties my father spent a great deal of time with Lady Mountbatten, and they became friends. Through this friendship my father was encouraged to apply for a scholarship to become a Fellow of the Royal College of Physicians, which took him away to England when I was about six years old. Soon after, my mother also left India to join my father for a while, and my younger brother and I were left in the care of our grandparents.

One day, my father sent a telegram from England saying that he had finally passed all his examinations. This was a momentous day for everyone. My grandfather, so proud of his accomplished son, took us out to celebrate. There had never been such an exciting day as this in our young lives! He took us to the movies, and a carnival, and a family restaurant. He bought us toys and sweets. The whole day was a glorious whirlwind of happiness. But later that night, my brother and I were awakened by the sound of wailing. Although we did not learn this immediately, my grandfather had died, and the sound that had woken us was the anguished cry of women in mourning. His body was taken away and cremated, and his ashes were scattered over the Ganges.

This affected my brother and me profoundly. I lay awake nights wondering where my grandfather was, and whether his soul had survived in some way after his death. My brother had a different reaction—his skin started peeling, as though from a bad sunburn. There was no physical reason for this, so we consulted several doctors. One wise physician recognized that the recent traumatic events in our lives may have left my brother feeling vulnerable and exposed, and that peeling skin was an outward sign of his vulnerability. He predicted that the peeling would stop when my parents returned to India. And, indeed, when they returned, it disappeared.

Looking back I can see that these early events were the seeds of my life's work—my search to understand the nature of the soul, and my studies of the mind-body connection in health. My chosen profession was one long series of coincidences that begins anywhere I choose to look, in this case with my father befriending Lady Mountbatten.

Other seemingly random events influenced me further. When I was in school, my best friend was a young fellow called Oppo. He was very skillful with words. In English

class, whenever we had to write an essay, he always got the highest marks. He was also great fun to spend time with. Whatever Oppo did, I wanted to do, too. When Oppo decided he wanted to pursue writing as a career, I made the same choice.

My father's dream for me, however, was that I should become a physician. When we sat down to discuss it I told him, "No. I don't want to be a doctor. I have no interest in medicine. I want to be a great writer one day. I want to write books." Not long after, on my fourteenth birthday, my father gave me some great literature to read, including *Of Human Bondage* by W. Somerset Maugham, *Arrowsmith* by Sinclair Lewis, and *Magnificent Obsession* by Lloyd C. Douglas. Although he didn't mention it at the time, all these books are about doctors. And they made such a deep impression that they sparked in me a desire to become one myself.

Becoming a physician seemed to me to be an ideal way to begin to explore spirituality. I thought that by unraveling the mysteries of the human body, perhaps I could someday get down to the level of the soul. If I had not met Oppo, I might never have developed my love of literature and writing. And if my father had acted differently, fighting me about my decision to be a writer instead of encouraging me with literature about physicians, I might have become a journalist. But these seemingly unrelated events and this web of relationships—from Lady Mountbatten, to my father, to my grandfather and my brother, to Oppo—were synchronized with one another. It was as though a conspiracy of coincidences shaped my personal history and led me to the life I enjoy so thoroughly today.

Each of us is immersed in a network of coincidences that inspire us and help direct our lives. At this very moment, my destiny has led me to write this book, to commune with you through the words on this page. Just the fact that you are reading these words now—that you walked into the library or bookshop, found this book, chose to open the cover, and

are investing time and energy to learn about synchronodestiny —is one of those potentially life-altering coincidences. What circumstances brought you to this book? How did you choose this book over the thousands of others? What changes did you think you might like to make in your life as you read through the opening paragraphs?

Seeing the web of coincidence in our lives, however, is just the first stage in understanding and living synchronodestiny. The next stage is to develop an awareness of coincidences while they are happening. It is easy to see them in hindsight, but if you catch coincidences at the moment they occur, you are better positioned to take advantage of the opportunities they may be presenting. Also, awareness translates into energy. The more attention you give to coincidences, the more likely they are to appear, which means you begin to gain greater and greater access to the messages being sent to you about the path and direction of your life.

The final stage of living synchronodestiny occurs when you become fully aware of the interrelatedness of all things, how each affects the next, how they all are “in sync” with one another. “In sync” is a colloquial way of saying “in synchrony,” which means operating in unison, as one. Picture a school of fish swimming in one direction, and then in a flash, all the fish change direction. There is no leader giving directions. The fish don’t think, “The fish in front of me turned left, so I should turn left.” It all happens simultaneously. This synchrony is choreographed by a great, pervasive intelligence that lies at the heart of nature, and is manifest in each of us through what we call the soul.

When we learn to live from the level of the soul, many things happen. We become aware of the exquisite patterns and synchronous rhythms that govern all life. We understand the lifetimes of memory and experience that have molded us into the people we are today. Fearfulness and anxiety fall away as we stand in wonder observing the

world as it unfolds. We notice the web of coincidence that surrounds us, and we realize that there is meaning in even the smallest events. We discover that by applying attention and intention to these coincidences, we can create specific outcomes in our lives. We connect with everyone and everything in the universe, and recognize the spirit that unites us all. We unveil the wondrousness that is hidden deep inside us and revel in our newfound glory. We consciously shape our destinies into the limitlessly creative expressions they were meant to be, and by doing so we live out our most profound dreams, moving closer to enlightenment.

This is the miracle of synchrodestiny.

The pages ahead are divided in two sections. The first explores the working dynamics of coincidence, synchronicity, and synchrodestiny; it answers the question "How does this work?" The second section covers the seven principles of synchrodestiny, along with day-by-day plans for using what you learn; it answers the question "What does this mean for me?"

Those of you who are strongly goal oriented or have read all my past books may be tempted to skip right to the lessons, but there are nuances to the discussion here, along with additional information and focused observations, that you'll want to understand before proceeding. Also, please note that over the past ten years the concept of synchrodestiny has evolved, and it continues to do so. You may have attended a synchrodestiny course or listened to tapes in the past, but regard this volume as both *Synchrodestiny I*, an introduction to the subject, and *Synchrodestiny II*, a more advanced and clearer understanding of this phenomenon, both as a theory and as an experience.

For those of you reading this fresh, with no past experience of my work, I encourage you not to lose

momentum. I have tried hard to make this book my most accessible to date, and I hope I have succeeded. However, we do grapple with some profound questions, and at times you may feel as though you'll never "get it" all. You will. Try not to get stuck in any one paragraph, or page. Each chapter builds upon the last, and readers usually find that later chapters clarify points that may have been less obvious at first encounter. We have two goals here; one is to understand how synchrodestiny works; the other is to learn specific techniques for harnessing its power to our everyday lives.

This book will not change your life overnight, but if you are willing to devote a little time every day, you will find that miracles are not only possible, they are abundant. Miracles can happen every day, every hour, every minute of your life. At this moment, the seeds of a perfect destiny lie dormant within you. Release their potential and live a life more wondrous than any dream. Let me show you how.