


# The Path of Synchronicity: Align Yourself With Your Life's Flow

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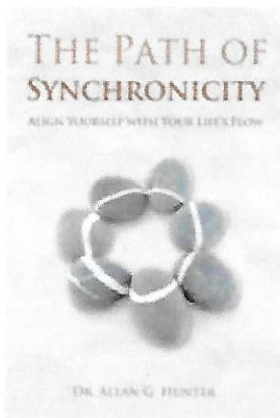
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The Path of Synchronicity: Align Yourself with Your Life's Flow - *Allan G. Hunter*

According to Allan G. Hunter, synchronicity is a two-way street. Filling in the holes from Byrne's *The Secret*, Hunter shows how to create synchronicity.

Dr. Allan G. Hunter's book *The Path of Synchronicity: Align Yourself with Your Life's Flow* is a life-altering read, as the author explores wisdom that is often overlooked.

## Force vs. Flow

One of the most important lessons Hunter teaches with this book involves the difference between force and flow, also known as the head and the heart. Many believe that they can force luck upon themselves when, in reality, it only limits their perspective and spiritual growth.

Forcing luck means ignoring emotions, intuition and wisdom. Intelligence alone does not qualify as synchronicity, for the head and heart are not in balance. Being in the flow means being open to possibilities through creativity.

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This idea goes beyond using the right side of the brain and asks us to open the heart, enabling a feeling of having the universe work through us. The subconscious speaks freely without limiting aspects of oneself.

For instance, when speaking through our physical voice, we become strained and are forced to say what others want to hear. When speaking through our subconscious, however, we let the power of truth be heard, and Hunter says that it's this that sends us down an authentic path.

## Synchronicity and the Chakra System

Hunter provides a poignant example of how the head and heart synchronize. He introduces the chakra system, the line of vibrating energy points along the spine. The frequency of these points can malfunction and one common result is suppression.

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When suppression occurs, Hunter believes that we tend to use the chakras as defense mechanisms. The common phrase "Keep your guard up" points in the direction of the Heart Chakra. This fourth chakra is one that is most often blocked due to fear of getting hurt. An open heart is one that knows how to overcome pain, opening itself to the idea of unconditional love.

With open energy and an open mind, we grow from negative tendencies. Hunter describes the Heart Chakra as the halfway point where one chooses whether or not to continue upward, accepting flow, or to revert to old patterns of behavior.

At the last energy point, known as the Crown Chakra, emotions, intuition and wisdom are acquired from the previous open chakras. The head and heart are one.

## Courage and the Shadow Self

The ability to be in the flow takes an enormous amount of courage. Courage is the most challenging quality because it forces the ego to steer away from asking what one wants to what one needs from the universe. Courage assists one in the process of meeting all aspects of the self, including what psychologist Carl Jung coined as the "Shadow Self."

Hunter offers a variety of self-transforming exercises. One defining exercise deals with encountering one's demons, symbolizing the shadow self. After completing the exercise, one finds that courage is met through fear, created by the mind.

The two characteristics no longer run parallel but intersect, attributing to the path of synchronicity. We recognize and accept the dark sides of being human. *The Path of Synchronicity: Align Yourself with Your Life's Flow* spells out the areas that one needs to explore in order to achieve full potential.

Lessons can be read by anyone, anywhere, but having the courage to act on each lesson is the factor that determines success. Hunter provides the reader the building blocks for courage when opening the door to self-discovery.

## Sources:

- Hunter, Allan G. *The Path of Synchronicity: Align Yourself with Your Life's Flow*. Scotland: Findhorn Press, 2011.