

An Extract from

SYNCHROLAB

Labyrinths as Synchronistic Support in Everyday Life

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Introduction

Do you believe that some seemingly accidental events can hold a hidden meaning? Do you think that every conscious being is connected to the Universe in which it lives in a way science has yet to discover? Do you feel that there is an intelligence which controls, or at least influences, events in your lives?

If your responses are negative, *Synchrolab*¹ techniques are unlikely to leave a deep impression on you. You will put them in the fun category or, even worse, in a field of superstition. Unfortunately, if that is so, at this moment I can do little to change your mind. Read the first few pages, where I will outline the basic theory of synchronicity and try to answer the question of how it is possible that seemingly trivial things like ‘a deck of labyrinth cards’ can serve as a source of valuable information about life.

If, on the other hand, your responses to the above questions are affirmative, then I am certain that in this simple book, together with labyrinth cards that accompany it (or simple Synchrolab free software available on www.blisspease.com), you will find a valuable addition to your research of synchronicity and assistance in deepening your communication with nature’s intelligence.

Keep in mind that this book is not intended for theorising, but exclusively and solely for practice. The application of this practice is very simple and therefore it can fool those who consider it as something unreliable. Quite the contrary, what we have here is a very powerful tool that will assist you in bringing to life your hidden intuitive and cognitive abilities. Even though they seemingly resemble numerous ‘card-predicting’ or divination methods, Synchrolab Techniques presume the understanding of synchronicity processes in a simple and direct way. Therefore, any mystification is meaningless and harmful.

To put it simple, Synchrolab Techniques can give you answers to life’s questions, especially when you are making certain decisions and you are in need of a good

¹ “*Synchrolab*” is a newly coined word created by combining the words *synchronicity* and *labyrinth*. As such, it points to its content - the synchronistic usage of the labyrinths. Still, if you wish, you can extend it to all synchronicity generators and find in it a synchro-laboratory, a place where one can explore synchronicity.

advice.

I am absolutely aware that appearance of labyrinth cards could remind a lot of people of street fortune-tellers and suspicious manipulators who astonish superstitious and naive people. I cannot make up for mistakes that have been made and are still made in the name of that. I cannot pour understanding into the minds of those who do not understand and do not even want to. I cannot eliminate inevitable abuse by those who wish to hear prophecies about their own future or to find out something they are better off not knowing. I cannot do any of that, but still it does not stop me from directly speaking about the values of synchronicity and its practical application.

I know there are a lot of those who cannot wait to attack Synchronolab Techniques. I am also aware that there will be those who will embrace them uncritically, just like they embrace everything else that sounds mystical and mysterious. I am not interested in any of those two groups of people. I am interested in those who will approach Synchronolab Techniques steadily and with an open mind, but with enough understanding and knowledge. I am interested in those with developed distinctive abilities (yogis would say '*viveka*') which will allow them to use *Synchronolab* in the right way: as an additional technique in making decisions on their own or to advise others.

To them I intend this small, but very concise and practical book, as well as the entire 'Synchronolab project'.

The best way to determine whether you belong to this group and whether you are a potential user of Synchronolab Techniques is to be certain of the following:

1. Do you understand what synchronicity is and how it works?
2. Do you understand the difference between 'fortune telling' and giving advice while making a decision?
3. Do you have enough knowledge and information on meanings and usage of labyrinths?
4. Have you learnt to use simple Synchronolab Techniques based on synchronicity?

The second question is extremely important and it extends to philosophical discussions on free will versus determination. If what you are looking for is information about your future, whether it is because of your naive curiosity or your belief that determinism is a part of the design of the Universe, then please give up Synchronalab Techniques! They are strongly based on trust in the strength of our own decisions and the process of creating our own future.

In a practical sense, the understanding of the difference between a senseless ‘fortune-telling’ and a possible synchronistic advice will turn into well-formed questions. This book will cover this right before explaining specific details of Synchronalab Techniques.

The third question refers to your knowledge about labyrinths. The first part of this book offers information about the meanings of the labyrinths. You cannot use Synchronalab Techniques without this information. Therefore, to be able to approach the interpretation of the results you received using Synchronalab Techniques and labyrinth cards, there is no other way but to learn all there is about the labyrinths.

To deepen your knowledge of the labyrinths, look for a separate book called *“Labyrinths and Their Secrets”*.

Regarding the last, fourth, question dealing with your readiness to use Synchronalab Techniques, the second part of the book will answer that. I will describe several basic techniques that are easy to learn. I will explain how to synchronistically spread the cards and describe the meanings of specific positions. I will also give a few examples to explain the interpretation of received answers. Nonetheless, bear in mind that every skill improves with time and that only experience and practice make the master. Therefore, I recommend to each candidate who will seriously use Synchronalab Techniques to attend the Synchronalab workshop which is full of practical examples of interpretations. Considering those specific examples, you will be able to see and ‘feel’ how to connect different meanings of labyrinth cards with their positions and at the same time with regard to the asked question.

The Synchronalab Techniques are truly simple and practical. To a skilled user they can really facilitate the approach to information that is often hidden in a mist of intuition and presentiment. It does take some effort and time to break the pattern of a lack of understanding, as well as to master basic information

about the labyrinths, which is necessary for interpretation. Still, once all this is behind us, a brilliant path to a new synchronistic adventure opens before us – Synchronolab is expecting you!

Secrets of Synchronicity

...For it represents a tiny flaw in the fabric of all that we have hitherto taken for reality. Synchronicities give us a glimpse beyond our conventional notions of time and causality into the immense patterns of nature, the underlying dance which connects all things and the mirror which is suspended between inner and outer universes. With synchronicity as our starting point, it becomes possible to begin the construction of a bridge that spans the worlds of mind and matter, physics and psyche.

F. David Peat

Carl Gustav Jung, controversial, yet recognized psychoanalyst, coined the term. In his point of view synchronicity was a *meaningful coincidence*, something that happens beyond us, but when we let it pass through our consciousness and subconsciousness it possesses a certain meaning. For Jung, synchronicity was at first a dream of a butterfly told by his patient and a butterfly that flew to his window at the same moment she was describing her dream. Later, exploring the usage of synchronicity that existed in the world long before his time, Jung realised that possible roots of synchronicity go much deeper. It is even possible that they go beyond frames of psychological and mythological archetypes and reach into the very weave of the universe.

David Peat, whose quote I used, is just one of the physicists who tried to merge the unmergable: exact science and elusive psychology, and even mystique.² Today there is nothing unusual about that. After the appearance of books such as “*What the Bleep Do We (K)now?!?*”³, it was clear to everyone that physics had plowed deeply into a field that was until recently considered to be an exclusive monopoly of spiritual knowledge. The interconnectedness of the universe, the inexistence of space and time, uncaused coincidence, vagueness

² *Synchronicity: The Bridge between Matter and Mind*, by F. Davida Peat, Bantam Books, N.Y., 1987

³ “*What the Bleep Do We (K)now!? - Discovering the Endless Possibilities of Your Everyday Reality*” by William Arntz, Betsy Chasse and Mark Vicente

in cognition of energy and position, free will in chaos theory, presentiment of intelligence underlying the laws of nature... are just some of scandalous ideas, at least when exact sciences are concerned, in which today's physics is engaged. Synchronicity is almost a child's play in comparison to future findings and cognitions that are on their way and not from the mouth of spiritual teachers and mystics, but from the data collected in physical laboratories!

Synchronicity or synchronousness is in a way competing with causality. An old scientific paradigm says that things and phenomena are related by their causes. The new one, which takes synchronousness into account, now claims that cause, whether visible or invisible, does not need to exist. Just as energy, information can be transferred by concurrency of occurrence. Similarity points to connection, while meaning, even though it requires a conscious being to be understood, points to intelligence that manages and acts.

The theory of synchronicity could be very mind exhausting. Arguments for and against could be flying all over the place. Scientists can turn their back to it, at least temporarily, until some new evidence appears that might be more acceptable for them. However, in practice, the fact is that people have not only been noticing but also *using* synchronicity since ancient times. Moreover, there remains a fact that after Jung, and recently increasing number of other authors, some of whom are from "the mainstream" and some "unconventional", there is almost not one person who has never, one way or the other, wondered about possible consequences of that fabulous coincidental meaningfulness.

Do coincidental meetings mean something more or are they really just coincidental? Does it make sense to follow coincidences or give meaning to signs and events from environment? Were our ancestors right when "predicting" fortune or misfortune from a bird's song or the colour of the Moon?

I asked you some similar questions at the very beginning, warning you that I do not intend to convince you of the affirmative answer. Unless something relevant changes in physics itself, I am convinced that the question of the functioning of synchronicity will always be solved on a personal level and not on the level of persuasion by facts. In other words, your personal EXPERIENCE is the only thing that can point to the existence and the value of a phenomenon such is synchronicity.

However, allow me to shortly describe my personal understanding of

synchronicity. Indeed, not only am I convinced of its existence and functioning, but for many years I have been using it for making decisions. I rely on it in various occasions, experience it in many forms and with time I have learnt the way to stimulate it, provoke it and in some sense to “force” it to show itself and reveal to me the information which would otherwise remain hidden.

The acceptance of synchronicity implies the acceptance of interconnectedness of the entire created world. In other words, if something is happening here and now it is synchronistically connected to the countless other events throughout the world. The universe in a grain of sand, the world at the palm of a hand – that is synchronicity. Still, besides a poet’s delight, does it have any other, practical sense?

Let us say that you wish to change your residence and travel to another town or maybe even to another country. You are not sure if that decision is a correct one. On the one hand, you want this very much. On the other, you are somewhat scared and there are a lot of practical obstacles for making this wish of yours come true. So, what will you do?

Under usual circumstances, you will make a rational decision, judging the pros and cons. You might let your heart rule or you might give in before practical things. You will ask your friends and relatives for advice or even some other people you consider wise. You will make sure you gather all available information to make your decision as thorough and complete as possible, which means more correct.

How does synchronicity fit into this? Does it imply that you initially throw away everything and rely on some shady business?

By no means! The first thing you need to accept about synchronicity is that it gives a piece of information. ONE MORE piece of information. That is all. Synchronicity, just as everything that is behind it - whatever that may be, does not take responsibility for you, does not it make decisions instead of you nor does it make you decide this or that. Also, as far as I am concerned, information received via synchronicity does not have greater value in meaning than information received in some other way. Giving particular importance to synchronicity is possible in some situations, but these are rare. Under usual circumstances that kind of action is considered to be an unnecessary mystification. Viewing synchronicity as an “instruction from the skies”, “God’s

will” or something similar that nullifies all other sources of information will usually end up in confusion and aberrations.

Therefore, if we accept synchronicity as a natural and acceptable source of information based on which WE will make the decision, we can ask ourselves where these pieces of information come from?

The interconnectedness that lies beyond everything that exists is what is responsible for information. Macrocosm and microcosm are not only managed by the same laws of nature, they are simultaneously flowing on various levels. The state of the whole universe is reflected in a grain of sand and the state of that grain of sand is shown in the universe. It sounds complicated, but it is rather simple in practise: if one can read anything out of anything (and this is one of the basic assumptions of the practical usage of synchronicity), then **the only thing you need is a system which you understand, in order to understand the system which you do not understand!**

Let us return to the matter of practise: your question about the change of residence. This is “the system you do not understand”. You do not know how this is going to work out after you do change your residence. There are a lot of factors that can make you happy but also miserable. The number of these factors is enormous and you simply cannot know how all of this is going to affect you. This is when synchronicity introduces “the system you do understand” into the game. This is your present environment, your grain of sand in which the whole universe manifests itself. If they are interconnected then the forces that are expecting you in the big universe are the same ones that are now acting in your grain of sand. If you pay attention to these forces - at this point your consciousness enters the game, together with your willingness to accept synchronicity - you will be able to obtain certain information out of them.

Awareness of using synchronicity is certainly important, even though synchronicity can occur unexpectedly. Opening your mind to new information helps you to more easily perceive events around you. Alignment, or synchrony between macrocosm and microcosm, is in progress all the time whether you see it or not. However, if you do not see it and you would like to, then you need to start looking!

In what way does synchronicity occur in your environment? Negative events, such as possible danger, problems, discontent or similar, which happen on a

broader scale, are reflected in smaller negative events on a narrower scale, close to you. Support, auspicious developments and general level of alignment that exist on a broader scale, will in your environment be manifested in their seed form, as equally positive events, but on a considerably smaller scale. Your consciousness, especially a state in which you ask a question and then consciously expect an answer, will allow you to see those events. If you are skilled, it will also allow you to interpret them correctly.

In other words, synchronicity allows us to see initial movements inside any part of the universe, regardless of space and time, as if they were on a palm of our hand or, even better, on a computer screen. In principle, all information, on anything, is available to us here and now, inside that tiny part of our environment that is available to our senses.

There are techniques that help us to initiate, perceive and interpret synchronicity. We could compare them with Internet search engines. You need to type in a certain concept (this is your question or the focus of your attention) in order to get a certain response (these are events which happen around you).

However, the results can be confusing just as with Google and other similar search engines. The amount of data we receive this way could deceive us and result in uncertainty. This means that the data system we received this way is as large and unknown as the system with which we started. In other words, we did not explain the unknown by the known but received another unknown and this is the reason why it is possible to declare this whole process meaningless.

In the process of using synchronicity (by the way, we are talking about the interpretation of coincidences, omens and signs), the system of the unknown is decreasing due to the application of various techniques. The recurrence of similar responses provides certainty, but if such recurrence does not exist then there is also no clear interpretation.

Even though the techniques of attracting and interpreting synchronicity can be learned and practised, it is possible to get confused by “responses” we receive. If we leave it at observing our surrounding and the events that occur within, we will not be able to interpret them clearly.

This is why people, since the ancient times, have been using strictly limited “systems of the known” so to be able to easily explain the unknown within them.

These are the so-called *synchronicity generators*.

Synchrolab Techniques that you are going to learn belong to this group of methods that systematically and meaningfully limit the system of the known allowing us to perceive and correctly interpret what we do not know but wish to come to know.

The Advantage of Labyrinths

Let us get back to the explanation of the practical application of synchronicity once more. We have already said that the universe is, according to the principle of synchronicity, endlessly interweaved within its interconnectedness and that every piece of information is available in any place. We want to find out something about a part of the universe that is unknown to us through another part that we are familiar with.

Observation of our own limited surrounding can offer us information about events or probability of an event in any other place or time. But even this system – our known surrounding – may be too large and too comprehensive to give us clear answers.

Synchronicity generators are actually known systems whose usage allows us clear and relatively simple interpretation of answers. Each synchronicity generator is initiated by an accidental event and offers a limited set of answers. It is much simpler to manage these answers than to manage a raw living surrounding, as narrow as it may be.

The ancient throwing of bones, beans or other objects represented the initiation of synchronicity generators. By no means can we influence the way these objects land and therefore the event is “accidental”. On the other hand, following the synchronicity principle, this event is connected to the part of the universe towards which the attention is directed.

The interpretation of the position of the thrown objects is subject to certain rules. Crossed bones have different meaning than parallel ones. The direction in which they fall down also has a meaning. These meanings are arbitrary or subjective to agreement. According to the principle of synchronicity, it is irrelevant what kind of set of rules you define. The only thing that is important is that you pre-establish them and by doing so limit the system to the smallest possible number of meaningful possibilities. This way you facilitate your interpretation.

I am certain many people have at least once in their life made decisions

based on throwing a coin or observing coincidental events. Let us say you are observing a street and you say to yourself: “If a woman in the yellow dress crosses the street, then... If she stays on the same side, then...” Feel free to replace the dots with anything you like.

This natural impulse – which scientists for a long time used to call a magically-primitive mind – lies in the essence of so-called *arbitrary synchronicity generators*. Literally, you can invent your own system to decrease the number of possible answers, initiate some accidental event (throw coins, sticks, stones, watch waves, clouds or lines in the sand after the storm, anything like that) and interpret it according to the established rules.

Does it work?

Of course! Synchronicity always works!

However, when speaking of arbitrary synchronicity generators, there is a lot of – arbitrariness! First of all, if you keep changing the rules all the time, your communication with nature’s intelligence is unreliable. Even if you do not change them, there is a possibility that your interpretations lack that profundity of life which is necessary for synchronicity to fully express itself. In other words, you might have overdone it with decreasing a known system and making it too simple. Let us say there are only two possibilities in your system (e.g. one or the other side of a coin). This is by far not enough for any comprehensive interpretation, even though it can be enough for a yes or no answer.

This raises the question of where a limit is in the process of the reduction of the system. At what point is the synchronicity generator system small enough to be comprehensible, and large enough to allow synchronicity to fully express itself.

Wise people from ancient civilisations gave a lot of thought to this and the result of their efforts and continual practice are so-called *symbolic synchronicity generators*. Namely, if you take specific life symbols, which carry certain meanings, as the points of support for your known system, then you will achieve two things: you will simplify the system and simultaneously make it lively enough to embrace all or at least most of life situations.

This is how, in ancient China, the *I Ching* came into being – the symbolic

synchronicity generator based on 64 hexagrams. Each hexagram has its own meaning and is composed of two trigrams which also nicely and meaningfully fit into the system. Obtained hexagrams (by random choice, either by throwing a coin or accidental separation of special sticks) have their own meaning, which is connected with the question during the interpretation process.

One more example of a symbolic synchronicity generator is nowadays a very popular system of tarot cards. Each card has its own symbolism. A random choice of cards and their spread is connected with the question or general situation and that is how interpretation arises. Runes and other systems that use synchronicity are similar.

Interpretation is not exact and it greatly depends on the skill and intuition of the interpreter. In that sense, working with symbols is very stimulating. The more the person exposes himself/herself to symbols and the more he or she thinks about them, the more they become a part of his or her mind-body system. The person becomes closer to them and interpretations become more accurate and comprehensive.

In other words, it is not irrelevant what symbols you work with when using a symbolic synchronicity generator! This is not in the sense of principle effectiveness – because any system can offer complete synchronistic answer if used in adequate conditions, even those arbitrary ones – but in the sense of reliability. If you work with a good symbolic system, it will by itself create a necessary state of consciousness in the person who interprets it. That is especially the case with a person who has a certain experience, which would mean she or he has spent certain amount of time working with those symbols.

The abstractness of hexagrams of the *I Ching* is stimulating for intellectual interpretation, emotional neutrality and a condition resembling the Zen separation from everyday life. Deeply archetypal symbols of tarot will initiate unconscious processes in the interpreter and often bring to the surface the same conflict of darkness and light that tarot cards speak of, dragging the person who uses it into their own universe.

The same applies to all other symbols, from angels to runes –synchronicity will work whatever they may be like, but the effect on the person who often uses them should not be ignored.

In this sense, what is the advantage of using labyrinths as symbols within a synchronicity generator such as Synchronolab Techniques?

Labyrinth symbols are very powerful and effective. They are connected to the fundamental laws of nature that embrace the entire life. Their fundamental “philosophy” implies that every symbol is principally positive. They are always supportive. Possible negative meanings are always perceived in terms of removing obstacles and not in terms of natural maleficence. Every law of nature, which is represented by a specific labyrinth, is principally benign and represents some sort of a life teacher or a lesson.

Labyrinth symbols are abstract – they do not have support in images or scenes of everyday life. This is an advantage because every image, which brings a meaning, might be interpreted within a social or psychological pattern, thus disabling the freedom and depth of intuitive explanations. Therefore, labyrinths act on a much deeper level than a semantic one or even a subconscious one, and therefore are out of scope of indoctrination that arises from attributing psychological meanings to specific images and scenes from life.

The revival of knowledge about labyrinths is recent. The system of nine so-called *celestial* labyrinths is symbolically connected with an equally old astrological system called *vyotish* (astrology is certainly one of the oldest ways of using synchronicity to connect the unknown – human life – with the known or to say measurable – the map of the sky at the moment of birth). After many years of studying labyrinths and their paths, I described the explanations of the symbolism of various labyrinths (the book *Labyrinths and Their Secrets*). Some of the celestial labyrinths were preserved in their form (the labyrinth of power and the labyrinth of love), but their symbolism was lost, while the other seven were forgotten even in their form.

The nine celestial labyrinths thus represent an excellent symbolic system, which is unusually stimulating for the one who uses it and therefore perfect for creating a symbolic synchronicity generator.

The Synchronolab Techniques are a novelty. I do not know if anyone has ever used labyrinths and their symbols in such a way. Their rules are the result of creative insight based on a long-term use of a much older synchronicity system called *prashna*, which is also a part of *vyotish*.

During the years of working with synchronicity, I have developed a few new methods based on similar principals. One of them is a collective method of asking questions and receiving answers in a web network called *Synchro.Zone* (www.synchro.zone). The *Synchro.Zone* is an efficient and fun system which has been successfully operating on the Internet for years.

Unlike the *Synchro.Zone* that represents a live web of intelligence composed of people and their thoughts, *Synchrolab Techniques* represent a combination of revived labyrinth symbols and practical principles for the interpretation of every synchronicity generator. Thus, this is a new and innovative system that uses fundamental laws of nature – in terms of symbolism and in terms of synchronicity and its interpretation.

With this concise explanation of principals that are behind every synchronicity generator and with an explanation of the reason for using labyrinths, I am going to finish this introductory part of the book. What follows, in the first part of this book, are detailed explanations of labyrinths and their meanings, followed by practical details of *Synchrolab Techniques*, in the second part.

The Value of Synchronolab Techniques

Working with labyrinth cards, i.e. Synchronolab Techniques will affect deep levels of your spirit. They will very soon bring you in contact with so-called “pure shapes”. Labyrinths are an expression of cosmic patterns whose visual part is present in the material world and available to our senses. However, there are also those other ones, invisible dimensions of labyrinths that guide our spirit along the paths that are unreachable by logical understanding. Intuition is a skill that can be developed and Synchronolab Techniques affect it directly.

Frequent use of labyrinth cards, their observation, penetration into various meanings and interpretations will animate your hidden abilities. Gradually, your intuition will strengthen and then, through labyrinth cards, you will become increasingly capable of “seeing” the real answers at the right time.

Opening up of the paths that lead towards deeper spiritual levels is a result of working with cosmic patterns and using synchronicity as the main expression of nature’s intelligence. We cannot connect with it at the levels that are “later” in the process of occurrence. For instance, you cannot understand the inner mechanism of a creation of a cherry blossom if you only engage yourself with the blossom. You need to understand the whole tree, its roots, the way in which it draws the energy and intelligence from the Sun and soil; the way it transfers them and even the deep biological mechanism that enables the existence and life of the tree.

Due to the very same reasons, it is impossible to understand life only by means of deduction, logic, making conclusions and knowing the facts. Obviously, the world is perceived as beautiful, magical and indescribable. Also, for those who really can see, there are relations that can for now only be described by the term *synchronicity*. All this represents life and it is all a part of the world. If we do not understand that part of it, we can never hope to understand the entirety.

These are the reasons why working with synchronicity, and especially with synchronicity generators as strong and symbolically powerful as are the labyrinths and Synchronolab Techniques, is an extremely useful tool of our

personal development.

I honestly hope that you will frequently use Synchronalab and enjoy its depth, playfulness, beauty, and great practicality!