

Synchronicity

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Synchronicity, also known as "meaningful coincidences," is a concept coined by Carl Jung, the founder of analytical psychology. This is evidenced by simultaneous or proximal events which are not causally related but have striking similarities or connections. A classic example is Jung's experience with a patient who was pessimistic about the benefits of psychotherapy. One night, the patient dreamt that a golden scarab was being given to her. The next day, as she was recounting her dream to Jung, a golden scarab hit against the window. Jung caught the insect and aptly said "here is your golden scarab". The patient was so amazed that she became more optimistic regarding her treatment. As synchronicities are viewed as messages from the universe, the scarab was interpreted as a symbol of healing which could be attained through therapy.

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