



JAN DESAI'S

COMPASS ROSE

A Weekly Roadmap to an Authentic Life

Get Your Bearings and Stay on Course to the Life of Your Dreams

IN THIS ISSUE

- Infinite strands of potential
- How the universe communicates
- Jung and the scarab
- What synchronicity signifies to every one of us

The Whispering Voice

Do you often witness synchronicity in your life? In this week's Compass Rose, we explore the essence of synchronicity and what it can mean on your journey to authenticity!

"In all chaos there is a cosmos, in all disorder, a secret order."
-Carl Jung

In last week's *Compass Rose*, we talked about how life [isn't a black and white proposition](#). Instead of being defined by the "either/or" ends of a given spectrum, we all dwell in a state of constant *"inbetweenness"*. This is the sweet spot, a place of *delicious humanity*, where life is diverse, different, and divergent. It is in these differences - strengths as well as weaknesses - that we begin to identify and fully embrace a tapestry of complete uniqueness, a *warp and weft of possibility* that joins us together and connects us to the rest of creation. It is in this remembrance that we claim *our greatest strength and limitless potential*.

Don't doubt the **existence** of these infinite strands of potential. All you have to is look with open eyes, and you will see it *shining through everything*.

For a perfect example of this cosmic potential, go outside on a clear night, well away from city lights. **Look up**. On the right night, there are so many stars that it can make you feel vertiginous, like you're about *to fall upwards, into the sky*. It is so grand, so immense, that it seems impossible to take it all in. You can only stand there and gape.



Then, just when you begin to feel comfortable with the grandeur, it hits you that you are only looking at an *extremely small portion of our galaxy* - a galaxy of a billion stars lost in a universe of a billion galaxies, each with a billion stars of their own. You remember that *there are more stars in the universe than grains of sand on all the beaches of the word* and that feeling of vertigo returns.

When I look at the night sky, I clearly see the fingerprint of **something greater**, something that both *defies* clear understanding and *unifies* everything into one interrelated and interconnected whole. It's a voice that whispers beneath and below the noise and din of the everyday. To that voice, light and darkness are not absolutes, they are the same and equally

necessary. To that voice, success is simply another version of failure, and vice versa, *both a part of the same grand process and progression.*

Success is simply another version of failure, and vice versa.

I am reminded of an *ultimate truth*: that my greatest **successes** were born during times of my greatest **losses**. My deepest **self-love** was born when I was **rejected** by another as my first marriage failed. The deepest acceptance **of my path** was born during my tiny daughter's health crisis. My **commitment to authenticity** was born as I **struggled to reject** the various roles and masks I had worn all my life in an attempt to gain acceptance and approval.

And as I sit with my tea in my lap, I wonder if the universe were delivering a progress report on my journey toward authenticity, *how would I be doing?* Am I compassionate? Am I patient? How am I doing with generosity, kindness, and empathy? Am I trusting, surrendering to the flow of life, and accepting each moment I am given fully? And most importantly, *am I BEING love?*

It may seem like the answers to these

questions are perhaps more subjective than objective. That on any given day, based on *my mood, circumstances, or the amount of sleep I've gotten*, I may rise and embrace the potential of each while during times of stress, I may feel as though I'm failing miserably.

However, there is a way to gain a greater awareness...a way to self-evaluate your progress. This is one of these powerful "A-HA" moments, the truth of which will set you free when you finally have it. *The universe is constantly communicating with you, indicating your state of alignment or inner harmony, connection, and frequency through the rate at which synchronicity is appearing in your life.*



Synchronicity is a concept that has been weighed down by a lot of baggage and misconception over the years. In

order to truly understand what synchronicity is, we have to go back to the person who first articulated the concept - Carl Jung.



Dr. Carl Jung

Carl Jung was a psychiatrist who initially collaborated with Sigmund Freud in the development of psychoanalysis. However, Jung felt that Freud's theories were unnecessarily limiting, negative, and inflexible. Even though he was a practicing clinician, he believed that *in order to understand the human condition, you must be willing to explore all aspects of human nature*. As a result, over the course of his life he became something of a polymath, investigating and involving himself in subatomic physics, Eastern and Western philosophy, parapsychology, astrology, alchemy, sociology, literature, and the

arts.

It was out of this *mélange* of interests that Jung was able to develop and articulate several important concepts that **straddle the border** between science and spirituality. Among these was the concept of *synchronicity*. Because of this duality, the best way to understand synchronicity is by looking at **Jung's own best example** of true synchronicity in action.

Jung had a patient, a brilliant and educated young woman who used her intellect and rationality *to defeat* all of his attempts to treat her. He realized that the only way he could help her was to find something that could *break through her armor of logic* and open her to the *possibilities* that existed beyond her formidable defenses. One summer afternoon, Jung was in his office, seated near a window, listening to this patient who was once again logically resisting treatment. She was describing a dream she had the night before where a stranger had given her a *jeweled brooch in the shape of a scarab beetle*.



As he listened, Jung heard something thump against the window. Turning, he saw a large insect trying to get into the room. Opening the window, Jung caught the insect as it flew in. Looking in his hand, he saw that it was a scarab beetle. Turning back to his patient, he opened his hand and said, *"Here is your scarab."*

At that moment, her resistance to treatment fell away.

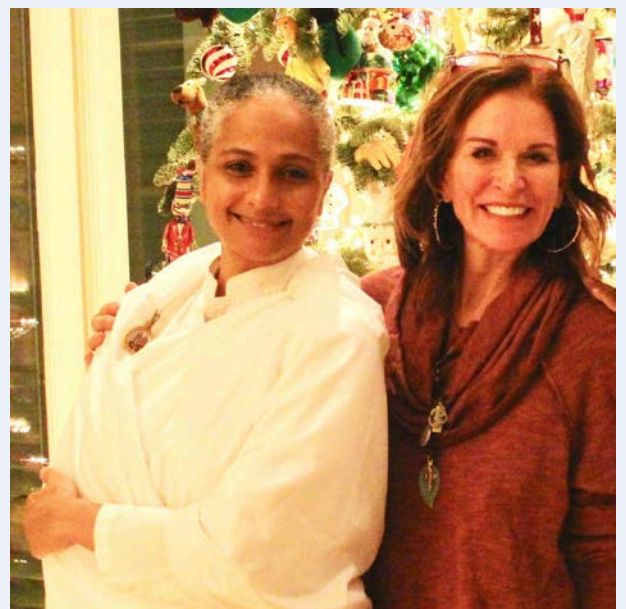
At that moment, her resistance to treatment fell away. For Jung, synchronous events like this were *not merely coincidence*; they were **evidence** that our existence is not made up of random events. Instead, the things that occur around us are an expression of a deeper order. Synchronicity is **evidence** of a progression, a need to shift our consciousness from the self - from the ego - to this greater whole. In a very real sense, **synchronicity is a sign that we are on the right path**, moving in the right direction, becoming the individuals that we are meant to be.

Last week I was invited to return to Sr. Jenna's popular blog-talk radio show, ["America's Meditating Radio"](#) with over one million listeners in 90 countries. I was honored for the opportunity to

continue our deeply personal conversation about how to live your most authentic life.

As I sat quietly on the telephone during the ten-minute pre-show, I felt myself physically expand into the energy of the moment and I called on my higher self to be present and lead the conversation. I sat up straighter as I listened to Sr. Jenna introduce me. *My heart began to swell*. She was speaking of interviewing an individual with whom she had great respect. Someone who was in alignment with their higher purpose, one who was *making a mark on the world*. I was blown away by the platitudes and thought *"wow, she really thinks highly of me!"*

And then Sr. Jenna said, *"I am honored to welcome on to our show Dr. Patch Adams."* Dr. Patch Adams? Oh my god! It was in that moment that I realized I had somehow

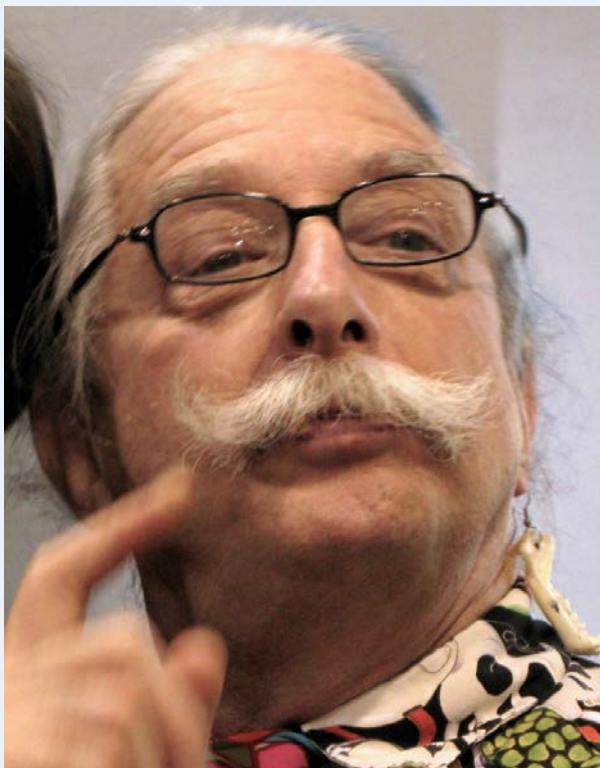


Sister Jenna and I

screwed up my interview time. I slammed the phone down as I felt my cheeks burn red with embarrassment.

I began to gently giggle, as I thought, *"Jan – you should have had a stronger clue that something was up with the generous introduction she was giving."*

I hadn't thought about Patch Adams in almost **twenty years**, since watching the movie in the late 90's and marveling at the doctor – at the man – who believed the best way to treat children with cancer was through love and laughter. I remembered that this was a man, wearing a clown nose, who was so strongly entrenched in his own uniqueness that he was **breaking hard-and-fast rules** in order to travel his own **journey** toward authenticity.



Dr. Patch Adams

And so, with that thought in mind, I chalked the experience up to the universe reminding me not to concentrate so much on **how I'm introduced**, as opposed to **celebrating the opportunity to spread my message**. Later that evening, I was tucked into bed with my iPad watching an old episode of the Fox medical drama, *"House M.D."* Less than ten minutes into the show, Hugh Laurie who plays Dr. Gregory House launched into a diagnosis with references to **Dr. Patch Adams**. *Patch Adams again?* Twice in less than twelve hours? After 20 years of not hearing that name?

Now that, my dear tribe, is a **stellar** example of synchronicity! I held my breath in wonder as I felt the strong sensations of energy tingling up and down my body. The universe was communicating with me. The voice below the noise and din was whispering. The interpretation was, of course, up to me, but this I will bet my life on. . .

We are meant to be happy. *Inner peace is our birthright*. **Life is inherently good**. It is our collective purpose to grow and evolve into our own individuality and our own authenticity. *Synchronicity is a reminder that we are all on an upward path, one that we were meant to climb*. It is a cairn by the wayside of that path, showing the way. It is proof of the existence of the tapestry of possibility that joins us together and connects us to the rest of creation.

The greater our commitment to traveling this path to authenticity, the sweeter life becomes. **NOT EASIER. *Sweeter.***

The closer we get to your own interrelated and interconnected whole, the greater our capacity to roll with life's detours: *the conflicts, challenges, and unforeseen changes of direction.* When we are truly ourselves, we know that when these challenges arrive, the sweetness will always override the bitterness. When conflict happens, we understand that it's not an all-encompassing flood. Instead, it's a 30-minute mid-afternoon cloud burst.

Just as rain nourishes a garden and promotes growth, so, too, do the storms of life. You already contain everything you need to become the person you were born to be.

Just as rain nourishes a garden and promotes growth, so, too, do the storms of life. They quicken the growth of our becoming. Remember my brothers and sisters, you are a part of a divine blueprint. You already contain everything you need to become the person you were born to be.

You are in the midst of the infinite strands of potential that make up the cosmos and connect us, one to the other. And the messages that are piercing your reality to confirm this truth *need only your commitment to quiet attention and subtle awareness.*

All you have to do is open your eyes and look up.

Until next week,

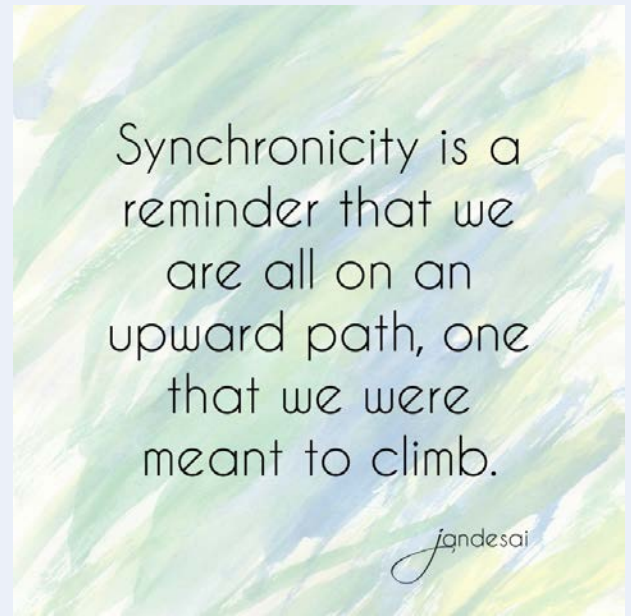


ANNOUNCEMENTS & INSPIRATION

Click for info:



Hurry – time is running out!



Don't forget – every Monday there's a new Monday Mindful Minute from Jan, direct to your inbox! Sign up [HERE](#)!

