

THE 9 KEYS OF SYNCHRONICITY

open the doors to possibilities that are
all around you, hidden in plain view

behind every synchronicity
is a miracle waiting to happen

Philip Merry Ph.D.

The 9 Keys of Synchronicity: Open the doors to possibilities that are all around you,
hidden in plain view

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ISBN: 978-1-922854-21-6 (Paperback)



A catalogue record for this book is available from the National Library of Australia

Editors: Kristy Martin

Cover Design: Ocean Reeve Publishing

Design and Typeset: Ocean Reeve Publishing

Published by Philip Merry PhD and Ocean Reeve Publishing
www.oceanreevepublishing.com

The logo for Ocean Reeve Publishing, with "Ocean" in a blue script font, "REEVE" in a blue serif font, and "PUBLISHING" in a black serif font below it.

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Reviews

The brilliance of *The 9 Keys of Synchronicity* lies not only in its being written with so much ease and remarkable clarity, but that it will cause you to look into your own life's mirror and to realize the vast potentials that are incredibly within your grasp. For me, reading this intellectually alive volume was a delight. It helped me realize that so many of the most growth promoting and lifealtering happenings in my career were indeed synchronicities. As I reflected on these, I realized that this book - *The 9 Keys of Synchronicity* - is one I have been longing for, and without quite realizing it, wanting for a very long time. With this seminal book Philip Merry has provided each one of us a gift, a guide, and a new confidence.

—**David Coopperider:** Fairmount Minerals Chair and Professor of Social Entrepreneurship at the Weatherhead School of Management at Case Western Reserve University, and Faculty Director at the Center for Business as an Agent of World Benefit at Case

Ever hear that still small voice inside you? Ever feel like there are meaningful coincidences in your life that somehow seem to help you? Ever have an experience where you seemed to be “guided” by something outside of yourself? Welcome to the world of synchronicity! In this beautiful book, Philip Merry expertly and gently interweaves compelling personal stories with useful models, research, and practical

tips to help you understand and enhance your capacity for noticing, opening, and appreciating synchronicity in your life. This is a fun, engaging, and meaningful book!

—**Ryan M. Niemiec, Psy.D.**, Bestselling author of *The Power of Character Strengths* and *Character Strengths Interventions*; Education Director of the renown VIA Institute on Character; Co-Founder and President of the Spirituality/Meaning Division of the International Positive Psychology Association

Philip Merry has been a close colleague of mine for a few decades and has developed the Belbin team profiling business in Singapore and the region. It was Carl Jung the father of psychology who dubbed amazing coincidences as synchronicities, and Philip has always succeeded in turning coincidences into advantageous synchronicities. In *The 9 Keys of Synchronicity*, he combines Ph.D. field research, cutting edge scientific ideas and authentic stories, which make synchronicity abundantly clear and worthwhile to anyone who reads it, enabling them to thrive by taking advantage of life's divine coincidences.

—**Dr Meredith Belbin** Creator Belbin Team Profiling System, Global Teams Thought Leader, Best-Selling author of Multiple Books on Teams

In a time where our make-able world seeks to collapse, *The 9 Keys of Synchronicity* comes so timely. Philip's brilliant book doesn't only give a solid overview of the main synchronicity thinkers and their theories but also 9 keys towards practical applications. A must read in these revolutionary times.

—**Dr Fons Trompenaars** World Thought Leader on Culture & Leadership, Author *Riding the Waves of Culture*

The 9 Keys of Synchronicity is eminently reasonable, comprehensive, and well written. I think it will appeal to the general public who are inspired by the sense of awe that accompanies synchronicities. And many readers will also resonate with the guidelines on how to “cause” synchronicities (which is an interesting paradox all by itself).
—**Dean Radin PhD**, Chief Scientist, Institute of Noetic Sciences, and author, *Entangled Minds*, *The Conscious Universe*, *Real Magic* and other books

In this marvellously crafted letter to humanity, Dr Philip Merry presents a heart-inspired, spiritually seeking guide for noticing and using synchronicity in daily life. His broad range of lived experiences from London taxi driver, to family therapist, to world-wide leadership consultant coupled with his probing and curious intellect, make *The 9 Keys of Synchronicity* a superbly practical guide to the meaningful mysteries hiding in plain sight.

—**Dr Bernard Beitman** is the author of *Meaningful Coincidences: How and why synchronicity and serendipity happen*, founding director of The Coincidence Project and former chair of the Department of Psychiatry at the University of Missouri

Wow! What a fascinating and absorbing read. The logical rationale behind *The 9 Keys of Synchronicity* will give any reader many light bulb moments which will help them understand events in their past and embolden them to better process events as they unfold in the future. The book helped me understand more clearly my own experiences of synchronicity: a reconnection with the love of my life after 30 years, a chance meeting that started my fulfilling UN career and a missed train that

subsequently crashed. Based on Dr Merry's Ph.D. research the narrative around *The 9 Keys of Synchronicity* is well argued and reasoned and has opened my eyes to a new way of thinking as I move forward in life. By linking his research to a series of meaningful synchronistic events in his own life, Dr Merry prompts you to reflect on your own experiences. Understanding *The 9 Keys of Synchronicity* will enable you to have a more positive attitude to life and to adopt a mindset of "what great things will come my way today?"

—**Dr Jacqui Badcock:** Former Deputy Special Representative of the UN Secretary General in Iraq

I have known Philip for over 30 years and was at the "house of his dreams" mentioned in the preface. He will take you on a journey of discovery, clarifying the science of synchronicity and helping you discover possibilities that are all around you. If you have had coincidences happen in your life and want to understand how to have them happen more often, *The 9 Keys of Synchronicity* must be on the top of your read list.

—**Stephen Kreml:** President Kreml Communications International

Dr Philip Merry has written a masterful guide to understanding synchronicity. His book is a powerful reminder that we are not alone in the world, that our everyday experiences matter, and we can rely on our internal guidance system for support. *The 9 Keys of Synchronicity* is a must-read for those who seek the research, tools, and steps to experiencing synchronicity in everyday life."

—**Jesse Harless:** Author, Facilitator and CEO of Entrepreneurs in Recovery

Through experience and thorough research, Dr Merry's *The 9 Keys of Synchronicity* explains how to recognize and participate in the interconnected Unified Field and move from theory to actionable practices. The 9 Keys unlock the doors to the quantum gates of human potential using cutting edge science and applied intuition. Dr Merry introduces us to a new world that waits to be cocreated as we partner with and are supported by the power of quantum energy; making real the notion that Together We Can Change The World!

—**Bill Malady, HeartMath Resilience Trainer**

Written with heart and head, Dr Philip Merry's *The 9 Keys of Synchronicity* shares authentic stories, a cutting edge and a powerful model of what facilitates synchronicity (those magical moments when answers to life's issues seem to come from out of the blue). As a fellow Doctor, I admire the rigor of research on which this book is based on, but what makes this book even more special is the human touch and the warm stories that Dr Philip shares. I am inspired and you would be as well when you read this book.

—**Dr Jerome Joseph, CSP**, Best-Selling Author and Global Brand Thought Leader

While I've noticed and wondered about synchronistic help that seemed to come from nowhere in my life, in *The 9 Keys of Synchronicity* Philip has not only noticed it but did a deep PhD dive into how it works, and how we can more consciously employ synchronicity in our day to day lives. Philip's engaging book kept me eagerly looking forward to each new page which shares these secrets in a heartfelt way. It's a pleasure to read and like a good mystery it reads like a compelling story.

—**Marilyn McLeod** Thought Leader/Coach at Thought Leader Tools

Philip Merry's *The 9 Keys of Synchronicity* is based on indepth Ph.D. field research in the practical use of synchronicity in organisations and in life as a whole. Philip links his research to everyday stories of synchronicity and thus produces an engaging book which documents ways to make better decisions as a result of noticing the synchronicities that are all around you. This highly readable guide to synchronicity and what facilitates it, will transform the way you do business and live your life.

—**Sky Nelson-Isaacs**, Physicist and Author of *Living in Flow*

I have experienced synchronicities in different stages of my life and have always had the feeling that I was 'guided' by something bigger than what I can see. Phil Merry's book based on his Ph.D. research makes sense out of these vague feelings and experiences, and helps us tap into the vast potential that synchronicity can offer. The book is useful in both our personal and business lives and will be beneficial for anyone who needs to create a vision, take risks, and make decisions in a complex and unpredictable world, where learning to unfold the power of synchronicity seems essential. *The 9 Keys of Synchronicity* is both an enlightening as well as an enjoyable read!

—**Ritsu Nacken**

Philip Merry unravels the mystery of synchronicity and makes it easy and accessible to all people. Based on his Ph.D. *Synchronicity and Leadership*, Philip's book *The 9 Keys of Synchronicity* provides an understanding of the mystery and science of synchronicity through his own research, through stories and through an examination of key thought leaders in the field. Use this engaging book to ignite your own magic.

—**Yana Fry**: Spiritual Teacher, Timeless Teachings Podcast Host, Golden Door Truth Writer Poetess Award 2021

In *The 9 Keys of Synchronicity*, Philip Merry captures the magic of this phenomenon. Through vividly told stories, he illustrates how all of us can tap into this powerful source for guidance, answers, confirmation, and just about anything else we need. Opening the door to synchronicity begins with the first key: *Be curious about out of the blue events*.

—**Trish MacGregor** Author of *The Shift: Reports from the Mystical Underground*

Not only does Phil masterfully lay out the 9 keys to discovering synchronicity in our own lives, he challenges us to listen to the cues, so we can better serve others and be a conduit to the synchronist flow of good in the universe. *The 9 Keys of Synchronicity* is a thoughtful, inspiring call to action!

—**Scott Friedman** CEO & Founder at Together, We Can Change The World

The 9 Keys of Synchronicity provides a powerful framework to turn synchronicity from an odd experience to a daily occurrence. The 9 Keys are illustrated through various lenses, the personal, the scientific, the empirical (research participants), which makes it an enriching and practical read. Synchronicities are demystified and the reader is encouraged to follow the road map - do the exercises, reflect on personal experience, and realise we've all had synchronicities in our personal lives. I felt uplifted after reading this book which is the fantastic fruit of many years of hard work. I encourage you also to read it, apply *The 9 Keys of Synchronicity* and achieve massive results not through pushing, but through pulling of the right people at the right time.

—**Maria Kossova**: Director of MK Motivation

The 9 Keys of Synchronicity is an Intimate invitation to reunite with the miracle of life. Dr Merry has gifted us all with a desperately needed guide to discovering the magic in every moment. His book is a masterpiece.

—**Jon Berghoff:** CEO XCHANGE

The 9 Keys of Synchronicity is a bridge that integrates logic and rationality with the unseen the unsaid and the unspoken. Dr Philip Merry's book inspires an engineer like me because it allows me to integrate my Asian values with western scientific methodology. This much needed, easy to read handbook validates humanity, wonderment, joy and how to join the dots to make amazing discoveries. Above all it outlines how to move from synchronicity theory to synchronicity application in our everyday practical issues.

—**Alvin Lee Ngian Loong:** Castles Can Fly, Castle Beach: Social Entrepreneur, Inventor, Experiential Education System Creator: CCF

The most influential authors are those who are the living embodiment of that which they write about; Dr Philip Merry is one such author. Not only has he conducted Ph.D. research into synchronicity, but has integrated the concepts, methodologies and ideas in his new book into his approach to life. With the publishing of *The 9 Keys of Synchronicity* now the whole world has access to these ground breaking ideas. I have been honoured to know Dr Merry personally for many years and If the changes in my life as a result of his advice are anything to go by, then I suggest that whoever commits themselves to following the teachings and principles in *The 9 Keys of Synchronicity* with an open mind and a receptive heart, will reap the benefits of synchronicity and their life can indeed be transformed.

—**Angelo Tirhas** CEO of Olykos group Pte Ltd

I have known Dr. Philip Merry since April 2013, when I attended his Belbin Team Roles Certification. I must say that Philip speaks from his heart, and this book does just that. While Philip has written this book based on his Ph.D. research, the stories in the book are heartfelt. It will resonate with anyone who has experienced “out of the blue events.” Philip takes you on a journey to explore how you can sharpen your intuitive abilities and “connect the dots”. Whether or not you are a believer, *The 9 Keys of Synchronicity* is a fascinating read that provides insights on how coincidences happen and how you can make them happen more often!

—**C.J. Ng** Executive Director Directions Management Consulting Pte Ltd

The 9 Keys of Synchronicity is a bold and refreshing guide as to how we might respond to striking events that come out of the blue, drawing on their potential to help us make connections, provide solutions and to pursue an optimal life path. Dr Merry’s argument for the usefulness of synchronicity as a most helpful life guide is all the more convincing given his decades of well-connected leadership training experience and research scholarship. The book is as entertaining as it is informative, based on many compelling stories from his own and others’ experience.

—**Chris Mackey**, Author of *The Positive Psychology of Synchronicity*

Since I was a child, i have observed how life grants me things I want - my parent's home in Kerala, my husband, my PhD, my lifestyle and my current job which is an unusual transition from PhD in life sciences to coaching, speaking and professional development training. Initially I took these happenings to be answers to prayer, although I was curious about a realm/energy not fully comprehensible by humans. Today I identify and appreciate these phenomena as Synchronicity. I am grateful to Philip's wonderful new book *The 9 Keys of Synchronicity* which gives insight into the dynamics of this meaningful concept. As a scientist I especially appreciate Philip's examination of the emerging science of synchronicity and for the insight and structure he has given to this new model of an age-old phenomenon. If you want a new understanding of how and why these divine coincidences have happened in your life and how to attract more, this is the book you have been waiting for.

—**Dr Lakshmi Ramachandran**

Science Leadership Coach, and Productive Life Explorer

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Dedication

To My Darling Normala

Queen Of All My Tomorrows

About the Author

Philip Merry PhD is a global team and leadership consultant and is trusted advisor and partner with many well-known global organisations. Owner and founder of Singapore's Philip Merry Consulting Group Pte Ltd, Philip has over forty years experience of conducting learning events in sixty-three countries.



With a PhD in Synchronicity and Leadership, Philip is a world leader in the application of the science of synchronicity to leadership. He has developed cutting edge team development strategies for global organisations in Asia, Europe, North and South America, and Africa, has been a leadership and team consultant with the United Nations for 17 years, and has worked in full-time team and leadership development roles with PMCG Singapore, Reuters Asia, the Sri Lankan Youth Ministry, Roffey Park Institute, VSO Maldives, and the London Borough of Brent and as a family therapist with the London Borough of Lambeth.

A leading cross-cultural team coach, Philip has accredited over 400 international team facilitators in team coaching and the Belbin Profiling system and has been a regional representative for Belbin Team Roles since 1995. A certified HeartMath, NeuroChangeSolutions, and Appreciative Inquiry facilitator, Philip is a keynote speaker, a CSP (Certified Professional Speaker), and a GSF (Global Speaking Professional)—one

of only thirty-seven people worldwide to earn this title. The organiser of Asia's first Happiness Conference, his first book, *Simply-Happy*, outlines the science of happiness and chronicles the search for Singapore's happiest people.

Philip has a PhD in Synchronicity and Leadership from Tilburg University, an MSc from Henley Business School in Business and Management Research, a BA in English and American Literature from Manchester University, a Diploma in Self-Managed Learning from East London University, a Diploma in Social Science from Middlesex University, and is certified in a variety of team and leadership profiling tools as well as being a fellow of Bristol University and Roffey Park Institute. Philip is also a certified marriage and family therapist.

Using concepts from synchronicity, neuroscience, positive psychology, team styles, cultural intelligence, appreciative inquiry, and quantum physics, Philip provides consulting and coaching services in the following:

- ❑ Synchronicity at Work and Home
- ❑ Team Coaching / Facilitation
- ❑ Accreditation in Team Coaching and Belbin Team Profiling
- ❑ Cultural Intelligence
- ❑ Appreciative Inquiry and Psychological Safety
- ❑ Global Leadership
- ❑ Spirituality at Work
- ❑ LYS, Lead-Your-Self
- ❑ HeartMath's "Resilience and Well-Being", "Dealing with Trauma"
- ❑ Dr Joe Dispenza's "Change your Mind—Create New Results"

<Find out more at www.PhilipMerry.com>.

Acknowledgements

Throughout my life ‘lucky coincidences’ have appeared out of the blue such as the exact amount of money turning up, finding specific answers to specific research questions, and housing being offered in the exact location needed. I thought this was life just taking its normal course, but 13 years ago, I noticed that these incidents were happening more frequently, and I decided to take a closer look. This was the moment that this book was born.

It is a book that heralds a new way of seeing the world, that flies in the face of three centuries of scientific certitude which says, ‘what you see is what you get’. But behind this common sense view of reality is a new science of possibility that literally tells us there is more to life than meets the eye. 13 years ago, I began a personal journey to explore whether the coincidences that regularly came my way were more than ‘just’ coincidence. This journey led to a deeper exploration of these stories of connection (both mine and others), which led to a PhD in synchronicity, which led to this book.

During this journey, I began to understand that a sense of connection to something outside myself has been present all through my life. I realised that I have lived and bathed in a field of energy that has supported, guided, and cared for me. Our connection to this field of energy—which is known variously as the quantum field, the akashic field or

the unified field—is revealed through the appearance of synchronistic events.

On this journey of exploration, it has been my good fortune to have met and been guided by special organisations and special people to whom I want to say thank you.

For over 42 years and in 63 countries, I have been privileged to conduct learning events with some of the world's leading organisations, and I want to say a big thank you, for this book would not have been possible without the stories of intuition and synchronicity shared with me by these organisations. In workshops I conducted in board rooms, in national parks, by the sea, and within view of some of the world's ancient monuments, my clients have shared with me stories of guidance and insight into problems both big and small, and it has been my privilege to work with them learning about the practical realities of making sense of synchronicity in decision-making processes both in organisations and in our personal lives. Without this sharing from my valued clients, this book would not have been possible.

I am especially grateful to all the participants in my PhD research. The sharing of their experience of synchronicity and what facilitates it is the raw data which informed my model of synchronicity, out of which grew the 9 keys model of synchronicity which developed into this book.

I am also grateful to some outstanding individuals in the field who introduced me to an alternative worldview where miracles are within our reach.

I am grateful to Professor David Cooperrider, whose guidance, feedback, and support I was fortunate to have in his role as my PhD supervisor. Some have asked me how I got

so lucky as to have this renowned global thought leader be my supervisor. One evening as I was chatting to David about my move to the Taos Institute, I asked, *'David, when I move to Taos, can I continue to still seek your help and guidance?'* After a moment of silence, David replied, *'Philip would you like me to be your PhD supervisor?'* My grateful yes was the prelude to 3 years of profound learning and insight in our supervisory sessions. David is the originator of Appreciative Inquiry (the world's most used organisational development tool) and is also that rare thought leader who combines wisdom with humility, and it was a joy to have worked so closely with him.

Global leadership consultant Joseph Jaworski introduced me to the power of synchronicity and leadership. His book *Synchronicity* (Jaworski, J., *Synchronicity: The Inner Path of Leadership*, Berrett-Koehler, 1996) is a remarkable record of a journey of self-discovery and paradigm shifts which anchored synchronicity in the day-to-day reality of organisational decision making. His book helped me understand that enfolded in the present moment was access to deeper intuitive guidance, and his second book *'Source'* (Jaworski J., *Source*, Berrett-Koehler, San Francisco, 2012) helped me unpack the origin of that deeper guidance.

In 1999, I first visited the remarkable HeartMath Institute in Boulder Creek Colorado, which conducts groundbreaking research into coherence and the power of the human heart to influence our physiology and our life. HeartMath's impact on my thinking about synchronicity and intuition was deep and profound, and I am proud to be a certified HeartMath facilitator. I am grateful for the many HeartMath friendships I have formed over the years, and in particular I am grateful to Dr Rollin McCraty, the HeartMath director

of research. I have turned to Rollin for advice on many occasions and have been proud to facilitate with him as external HeartMath faculty at Boulder Creek and in Cancun.

I am a certified by Dr Joe Dispenza as an NCS (NeuroChangeSolutions) consultant and have had the wonderful opportunity of learning directly from this dynamic thought leader. I have benefited enormously through Dr Joe's teaching on coherence, neuroscience, meditation, and the manifestation of synchronicity.

I want to take the unusual step of thanking a whole island. For two years, I was privileged to live in Sri Lanka as I helped set up the leadership institute in the Youth Ministry. I regularly travelled the length and breadth of this stunning country experiencing its history, culture, spiritual artifacts, and beautiful countryside. It was an experience which touched every part of my being and activated in me a deep reverence for the divine. I can truly say that my interest in synchronicity was greatly accelerated by my time in Serendib, the ancient name for Sri Lanka.

I want to thank four thought leaders who have been especially influential in my life as a global team consultant and on my synchronicity journey. They introduced to me the importance self-awareness, a positive worldview, and understanding of cultural differences. I have worked for over 30 years with Dr Meredith Belbin, the world leader in team profiling, and I owe him and my friends at Belbin Associates a huge debt of gratitude in helping me understand the importance and power of team style differences. Dr Fons Trompenaars and Professor Charles Hampden-Turner have lighted my path to understanding the impact of culture on

teams and how to reconcile differences; a big thankyou to them for their friendship and insights. It was a real joy that Fons was present at my PhD defense.

And finally, a thankyou to Dr Martin Seligman, the founder of positive psychology. He was a keynote speaker at Asia's first happiness conference which I organised in Singapore in 2008. I had the privilege of spending one week with him to learn the deeper importance of the mindset of positive psychology.

Although hundreds of papers and books contributed to my thinking and conclusions, I am especially indebted to the authors of the following books and papers.

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And a huge thank you to Ocean Reeve Publishing and especially to Jason Smith, who so expertly helped me navigate the process of giving life to this book.

My thanks to family and friends who have listened to my ideas and anxieties through the years while crafting these pages; your ongoing support throughout my life means so much to me.

I am grateful to my parents whose deep belief in the divine and its ability to guide and support in big and small ways had a profound impact on my world view. My dad taught me that to be a man is about being soft, sensitive, and spiritual as well as being tough. My mam taught me that to be a woman is to be a dreamer and a fighter who stands up for that which she believes in.

And lastly deep gratitude to my wife Normala, who taught me about plumbing the depths of my being in search of my true self. She never wavered in supporting me on this journey of synchronicity with the words “it is your dream—go for it—I am with you”. Without her love, this book would not have been possible.

Foreword

Foreword to The 9 Keys of Synchronicity

David L. Cooperrider

Philip Merry is a world leader in the application of the science of synchronicity to leadership. And with this book he takes us on a wonderful tour de force, an intellectual and spiritual tour of appreciating the amazing powers of synchronicity and the lifechanging and leadership-enlivening potentials of opening our hearts and minds to a deeper way of being in the world.

Make no mistake, this is a leadership development book that's well researched, filled with insight, and its brilliance lies not only in the "how" of it but its compelling (for me irresistible) invitation. Written with so much ease and remarkable clarity, one realizes the truth of it: this is a book that will invite and cause you to look into your own life's mirror and to realize the vast potentials that are incredibly within your grasp.

Indeed, we are in an exciting period of time and science, as Philip Merry traces it all, where synchronicity and other phenomena which were previously seen as fringe are now being understood scientifically vis-à-vis discoveries in

quantum physics, neuroscience, the positive psychology of human flourishing, studies of collective consciousness and living systems—all pointing to our fundamental connectedness not separateness.

We've all had them. Whatever you call it, the basic dynamic of synchronicity will be readily recognized. Something you needed comes to you—a person, an answer, an opportunity, a resource, life-changing doorway--without you causing it to be delivered. It's the kind of thing we've all experienced where you find yourself saying ... "what are the odds" or ... "this is so out of the blue" ... or ... "how could this have happened?" Indeed, these events are not paranormal for one simple reason: their pervasiveness in everyday life. What's not normal or beyond our normal understanding is the proposition, threaded throughout this book, that we can live our lives in ways that nurture extraordinary synchronicities, the kinds that elevate our own and others wellbeing, promote the good life, help us realize our higher purposes, and expand our career and life potentials for becoming a better person and a better leader.

First coined by Carl Jung, synchronicity is the experience of attracting out of the blue events or people that provide answers to life's questions and open doorways to a full life. It involves fortunate coincidences that are meaningfully powerful but are not causally connected. The non-causal element is crucial. That's where so much mystery lies.

For me, reading this intellectually alive volume was a delight. It helped me realize that so many of the most growth promoting and life-altering happenings in my

career were indeed synchronicities. As I reflected on these, I realized that this book—*The 9 Keys of Synchronicity*—is one I have been longing for, and without quite realizing it, wanting for a very long time. This book involves a treasure trove constellation of original scholarship (a study of the lives of executives and leaders across every continent), an interdisciplinary synthesis of science, and a priceless set of practices and principles that emerge from the poetic voice of Philip Merry. The function of the poetic, argued Aristotle, is to open the world to new possibilities.

In that spirit I invite you to read Philip Merry's book with high expectations. Expect that you will want to experiment with the ideas that will flood your mind. Expect to find yourself wanting to tap into more of your intuitive capacities. Expect to consider that maybe there is a benign energy that envelopes and conspires to do us good. Expect to look at life with the gift of new eyes. Expect more answers to your most meaningful questions. Expect that you will get better at connecting the dots and that beyond our capacities of logic we also, in so many complex moments, need to listen to the feeling in our heart. And expect that synchronicity will happen more and more when your goal or vision is linked to creating positive outcomes for others and our world.

With this seminal book Philip Merry has provided each one of us a gift, a guide, and a new confidence. As the author concludes,

Behind every synchronicity is a miracle waiting to happen.

February 27, 2022

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Preface

Throughout my life, I have been fortunate to experience strange events and coincidences which provided answers to issues and questions that I faced. For example:

- ❑ I manifested partnership with two global thought leaders who were instrumental in helping me grow my business.
- ❑ I was guided to the house of my dreams within six hours.
- ❑ I asked to meet a famous country singer, and he contacted me within forty-eight hours.
- ❑ A sum of \$15,000 was given to me within ten minutes of asking for it.

As I marvelled at these 'out of the blue' events, I wondered what caused my life to be touched by these coincidences that brought answers and meaning. When solving life issues, logic seemed to take me only so far, but these out of the blue events complemented logic and took me further. The phrase 'out of the blue' points to an unexpected thunderbolt of lightning from a clear blue sky which comes with no explanation, just as answers to important questions come with no explanation.

As my interest in these coincidences increased, I discovered that I was not alone. On investigation, I found that colleagues and friends also experienced the same phenomenon.

I found that these out of the blue events were called 'synchronicity', a term introduced and developed by psychotherapist Carl Jung. It came from Greek, meaning 'joined together in time', indicating events that come our way and meet a need at a specific moment in time.¹

I became so fascinated that I decided to do PhD research into the topic, a decision that would significantly change the trajectory of my life and would lead to the writing of this book. My PhD journey led me to explore a variety of fields, including philosophy, religion, spirituality, sociology, psychology, classical physics, and quantum physics. It also led me on a worldwide journey with visits to Ethiopia, South Africa, Sri Lanka, Indonesia, Italy, Toronto, Iraq, Berlin, Gold Coast, San Francisco, Philadelphia, Chicago, San Diego, and I was even asked to give a talk on synchronicity at Lourdes in France, the Catholic Church's most famous place of miracles and healing. Throughout my journey, I was privileged to meet many thought leaders in the area of synchronicity who I will introduce to you in the following pages.

The outcome of my research were potential explanations of what facilitates synchronicity and it was my desire to share this research that led me to write this book. There will be other books to follow linking synchronicity to leadership, career, religion, and relationships, but this first book introduces you to the essence of synchronicity.

The 9 Keys of Synchronicity emerged from a variety of sources. Data was drawn from my PhD synchronicity field research, from thought leaders and from my own extensive experience of the phenomenon over a period of fifty

years. The 9 Keys of synchronicity are based both on the scientific grounded theory analysis of my PhD participant stories, as well as stories that happened to me and others. Grounded theory methodology is a way of analysing and taking the essence from my original field research which comprised interviews with 27 global executives from 17 countries. I asked them the following questions about their synchronicity experiences:

1. What facilitates synchronicity?
2. What is the process by which synchronicity happens?
3. What are the benefits and results of synchronicity?
4. What is the meaning of synchronicity?

I then combined the findings from these questions with my own extensive experience of synchronicity, and that of people (both living and deceased) who had experienced synchronicity, to provide the raw material for this book.

Introduction: 

The Magic of Synchronicity

It was a hot sticky afternoon in November 1995 in Singapore, and I was assessing my company's monthly finances and realised that I needed \$15,000 to balance the books that month.

How am I going to find \$15,000? I wondered.

It was 3.50 pm.

At 4 pm, I received a phone call from my Dutch colleague, Dr Fons Trompenaars, who said that he needed a speaker in Beijing the following week. I checked my diary and found



The author and Dr Fons Trompenaars

I was free. There was a pause, and then Fons said, *'Philip, you will also be pleased because it is a good fee: \$15,000.'*

I needed \$15,000 and within ten minutes it had appeared.

What is going on here? I thought. *This is not the way things normally happen. If I needed \$15,000, then I would set a plan to generate that amount of money, and then put that plan into action.* But here was a wish that was granted within ten minutes for exactly the amount of money that I had said I needed. What part of me could command events just by wishing for them or stating them? This seemed to have nothing to do with normal day-to-day business planning. How is it that I could wish for funds and ten minutes later the precise amount of money was delivered to me? If I had any influence in this, then this was a part of 'me' that I did not know.

1. I did not plan for it.
2. I did not take any action.
3. I didn't manipulate anybody to give it to me.
4. It was delivered to me.
5. I did nothing but pick up the phone and say yes.

I was given exactly what I asked for. I stated my need and it materialised within ten minutes. Various questions come to mind.

1. Was this a 'one-off', or could it happen again?
2. What did this mean for my approach to my business?
3. What were the implications for my life in general?
4. Could there be another reality that somehow intervenes in my life when needed?

These questions were the heart of my PhD research, and it is the answers to these questions which are also at the heart of this book.

When solving issues, using logic was the normal way to do so, but these out of the blue events seemed to involve more than logic. Not only did these unusual coincidences happen to me, I found out that they also happened to colleagues and friends; and on further investigation, I also found out that they happened to famous people, both living and deceased. People like Anthony Hopkins, Winston Churchill, and Viktor Frankl.

Anthony Hopkins

Actor Anthony Hopkins needed a copy of a book that was being made into a movie he was to appear in, *The Girl From Petrovka* by George Fiefer. The book was out of print and so you can imagine Hopkins' surprise when he sat down at a London underground train station and saw the very book next to him on the bench. Years later, as Hopkins was filming the movie, the author George Fiefer visited the set and mentioned that he had lost his only copy of the book which contained copious notes of the plot and the characters and potential film direction. On hearing this, Hopkins pulled the found copy out of his coat and asked, 'Is this the one?' It was Fiefer's copy that he had lost all those years ago. Not only had Hopkins found the book at a time when he needed to read it, but the author's notes in this copy had significantly helped him to prepare for the role.²

Winston Churchill

As a junior member of his high school class, Winston Churchill had to take an exam to give him higher academic rankings. He didn't know much about the exam, but what he did know was that he would be asked to draw a map of a specific country. The identity of the country was not known prior to the exam. On the night before the exam, Churchill wrote down all the names of the countries in the world and put them in a hat and the first country he drew was New Zealand. He then spent the night memorising every portion of the map. The following day, the first exam question was: 'Please draw a map of New Zealand'. Clearly Churchill was able to draw the map accurately and received high marks, enabling him to move forward in his education and career.³

Viktor Frankl

A powerful example of the power of coincidental guidance was described by author Viktor Frankl, who at the time was living in Nazi Germany and deliberating on whether to leave Vienna for America. Frankl had a young pregnant wife but was also concerned for his parents who did not have visas to leave for America with him. He was not sure what to do and went to his local cathedral to pray for guidance. When Frankl arrived home, the first thing he came across was a marble slab that his father had rescued from the synagogue. On the slab were the words from the Ten Commandments: 'Honour thy father and mother'. He took this

to be a sign of what he should do, and so rather than move to America and safety, he decided to stay in Vienna.

He was subsequently arrested by the Germans and transferred with his family to the concentration camp in Auschwitz. While he was interred, Frankl helped many people, and his experiences at the camp became the basis of his book *Man's Search for Meaning*, which over the years has helped untold thousands of people find their way in life. His parents, wife, and unborn child were tragically murdered in Auschwitz, but as heart breaking as this was, he felt that he had made the right choice to stay. His choice was based on seeing the phrase 'Honour thy father and mother' and so he was with them in the tragic last period of their lives. It also helped him stay true to what he believed was his life's purpose: to help others through their trials, which he had been able to do in Auschwitz. Without the choice to stay, he would never have developed the transformative ideas which he later shared with the world and which inspire generation after generation.⁴

This book is a record of unusual events that have happened to me and to others which point towards the mystery that is synchronicity. I was driven to write by a need to understand the events in my own life and also by investigating the topic to be of service to others by sharing the topic. The sub-title of this book is 'Open the doors to possibilities that are all around you, hidden in plain view', indicating that there are possibilities all around us that we often

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miss. *The 9 Keys of Synchronicity* can help you notice and explore those possibilities and bring insight, and understanding to questions faced on the journey of life.

This book also contains some of the lessons that I have learnt on my journey of exploring the topic of synchronicity, a journey that helped me to review my life and realise that synchronicity has played a part in major events on that journey. It is a journey which speaks to the notion that we are not alone, that somehow there is a force in the world which has our back, wants us to succeed and wants us to become all that we are capable of becoming. Sometimes I found that synchronicity reveals a sense of direction, enabling us to move forward with confidence, and sometimes it protects us by stopping us from taking a particular route that we were going to take. I have tried to map out a holistic model of how synchronicity first occurs, through to ideas about how to facilitate its appearance and to integrate it into your life.

Part One introduces my personal journey. It outlines the ways in which my upbringing conditioned me to notice synchronicity, describes my PhD journey, and then clarifies terminology and definitions.

Part Two describes the nine keys of synchronicity: three keys focus on the appearance of synchronicity (Chapters 4, 5, and 6); three keys on integrating synchronicity into your life (Chapters 7, 8, and 9) and three mindset keys (Chapters 10, 11, and 12).

It is also important to recognise that the science of synchronicity is not exact, and it is a topic about which there are strong opinions both for and against. In Chapter 14, I

attempt to discuss various changes in thinking about synchronicity and the rise of new sciences that point to the possibility of a link between quantum physics and synchronicity. Some call this link ‘unproven pseudoscience’, and some say it points to a possible explanation of the phenomenon of synchronicity. I share a new definition of synchronicity in this section.

In Chapter 15, I explore the promise of synchronicity. As we begin to fully understand this concept and its potential link to quantum entanglement and the quantum field,

it suggests that we live in an age which is beginning to contemplate the power that synchronicity could bring both to our personal lives and to the world as a whole. To this end, I outline a variety of possibilities for us as we look at the promise of synchronicity, including a new research tool called Synchronistic Inquiry. I finish the chapter with a summary of the nine keys and how they can help you live an abundant life.

The work would not be complete without listing those who I believe are making space for synchronicity in the world and I have included an appendix listing the key people that I believe are making significant progress in opening up synchronicity to the world.

Throughout the book, I outline various exercises and meditations that will help deepen your understanding of synchronicity.

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We live in an age which is beginning to contemplate the power that synchronicity could bring both to our personal lives and to the world as a whole.

Living a life of synchronicity is about those moments when we are actively wanting something to happen and also about those times when coincidence seems to happen out of the blue. This journey of synchronicity has delivered fortuitous events that have had a profound impact on my life, and just as mysteriously there were times when synchronicity disappeared from view.

The reality is that strange out of the blue stories do happen, and it is these stories that keep alive this phenomenon, guiding and cajoling us along the highway of life and helping us make various decisions about the direction to take on that highway. It speaks to a truth that may be difficult for more traditional scientists and scholars to accept, but ordinary people have always known: that we are merged with a force that gives answers to life's issues and questions. It is my belief that rather than belonging to the twilight world of pseudoscience, it is a topic that speaks of an entanglement between people or events that goes beyond logical explanation.

Earlier, when I told my story of the \$15,000, I shared that I needed to find an answer to the question of whether there was a part of me that enabled these fortuitous events to happen. My journey of synchronicity and my research suggests that humans can connect with a field where answers to life's issues, both present and future, are already enfolded. This book is about helping to form a more permanent and stronger connection to that field by integrating brain and heart, logic and intuition and thereby enabling us to access synchronicity.

The journey of this book has been a journey of ups and downs, of both great insight and at times deep frustration. A journey where synchronicity came to my aid many times, bringing me people, ideas, and events that were exactly what I needed. I discovered that there is a strange phenomenon called the 'synchronicity of synchronicities', meaning that the more I looked for synchronicity, the more it seemed to show itself.

So join me as I share my journey and findings and maybe you too will gain insight into your own synchronicities and what they're trying to say to you. Maybe you will find meaning and magic that could transform your life. Maybe you will find doors of possibility all around you, hidden in plain view. For on my journey, I have found that behind every synchronicity is a miracle waiting to happen.

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**Maybe you will find meaning
and magic that could transform
your life.**