

Wish hard and synchro-destiny may do the rest

By Ruth Ostrow

FOR years, my husband and I dreamed about moving to Byron Bay. It was something that gnawed away at us, consumed us, but we just couldn't make the big leap.

Our ties to careers, property and family made the idea of uprooting very difficult. More inhibiting was the fact we'd have to be flying up every weekend for months to find the ideal home to rent. With no time to spare, it just seemed too hard.

Then one day my editor asked me to fly to Byron for the weekend to write an article. And I decided to do something provocative -- to toss a Universal coin. Believing it is possible to manifest outcomes, I said to my husband: "Let's put out to Existence exactly what sort of a home we want.

"If it's there this exact weekend, then let's take it as an omen and just pack our bags and move. If not, let's drop this endless drama, I'll enrol in that course I want to do, and we'll get on with our lives in Sydney."

My husband liked the idea and we made our wish list. The house had to be on a farm in the hinterlands but close to town, it had to be \$x a week, to have four bedrooms including an outhouse for family and guests, to have a pool or dam, be partially furnished so we could rent our place out until we could make a final commitment, and had to be available for one year with renewable options.

On arriving in Byron I rang all the real estate agents for kilometres around. They laughed in my face. "There's nothing available for rental at all, let alone a list like that," they said. "You have to be looking for months to find anything remotely resembling this, particularly on a farm."

Undeterred, I sat cross-legged and put my vision of the home splendid out again. "Let it happen," I said to the trees, the moon and the surrounding energies. The name of an agent I had met years before popped into my head. I hadn't even bothered ringing because she only handled short-term, holiday letting by the sea. But her face stayed in my mind so I picked up the phone.

"How coincidental you've called. We have one long-term place becoming available this week. It's on a farm in the hinterlands, \$x a week, has four bedrooms including an outhouse, has a swimming pool, is partially furnished and has a one-year lease, with options."

Within an hour I was at the property, which was absolutely perfect. Within two hours, my husband on the end of my phone, I was signing the lease. Destiny had given us her answer.

We moved into the house a few weeks later.

"The world is a holographic universe. Push against it and you'll be amazed at what you can manifest," one saying goes. Another of my favourite adages is: "Thought creates. Energy goes where you put your attention."

I am convinced that if you're brave enough to put your mind into creating something, there are forces at work, mystical, magical and powerful, that somehow come along to guide and help you on your way.

Doctor, international speaker and author of the revolutionary book Quantum Healing, Deepak Chopra, talks about a form of serendipity where destiny and will converge to create unusual circumstances that open doors.

At a lecture of his I attended a few years ago, he told a story of his thwarted attempts to see a particular person he needed in order to advance an important project. After a "conspiracy of improbabilities" he ended up bumping into this very person on a street corner in another part of the world -- which turned out to be perfect timing.

"I've coined a word called 'synchro-destiny', which is the understanding of meaningful coincidences and how they shapes our lives," he told the gathering in Sydney before talking of how we can create our own reality.

For instance, a friend of mine wanted to teach reiki healing in the US. With little money and no contacts there, it seemed unlikely. But rather than come from limited thinking or negativity, she put her wish out there.

The next week there was a car accident near her house. My friend stopped to help, giving the female passenger reiki. The passenger came from the US and, as fate would have it, has arranged a series of workshops for my friend in the US.

The story keeps going, with my friend hearing from long lost friends -- now living in the US - wanting to study with her, and is such an unbelievable tale of synchro-destiny as to put a smile on Chopra's face.

The way I look at it is this. The only thing that limits us is fear. It's good to be bold and to ask for what you want. You don't always get it. There are mysteries we don't understand, often to do with timing. But it's worth a try. My family certainly prospered from putting in our wish list to that great, big Santa in the sky.

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