

## **Your Personal Coach**

Kathleen Brehony, Ph.D.

**Dear Kathleen,**

**Quite often I think of a person and then, out of the blue, she'll call. Yesterday, I began to think about an old friend I haven't seen in years and when I checked my mailbox, there was a card from her. Am I nuts?**

**-- Psychic or Psycho at the Beach?**

Dear One or the Other,

No, my dear, you are not nuts. You are experiencing a phenomenon that has been called "synchronicity" – meaningful coincidences – or precognition. You can think of this as the ability to anticipate future events that you have no control over. This kind of foreknowledge is not as uncommon as you might think. Though traditional science has disparaged these kinds of "psychic" events, the truth is that *déjà vu* -- the feeling that you have been in exactly the same situation before -- and precognitive dreams and visions, are reported by lots of people in every culture and throughout history. In recent years, modern science has become increasingly interested in transpersonal and psychic events.

On the Internet, check out [www.ions.org](http://www.ions.org) and [www.parapsychologydegrees.com](http://www.parapsychologydegrees.com) to name just a few empirical and well respected organizations that are interested in the farthest reaches of human consciousness, challenging the limits we believe about the human mind, and acknowledging why you can guess what's in your mailbox.

Don't worry about your ability to foresee future events. In fact, it's too bad that you're not channeling lottery numbers instead of phone calls and greeting cards!

Precognition has fascinated human beings for centuries. Even Yoda – the wise old man of the Star Wars movies – reminded us that precognition is a central part of "the Force." "Through the force, things you will see. Other places, the future, the past...old friends long gone," he told Luke Skywalker.

We tend to think that the only reality is that which we can take in through our five senses. But, in fact, one doesn't have to be a frequent caller to Miss Cleo's 900-number or a psychic friend of Dionne Warwick's to recognize that there is more to our reality than meets the eye (or the ear, nose, tongue, or skin).

Just think about this: Snakes can see in infrared many things that our senses cannot take in. What we think of the range of visible light is nothing to a rattler. My dog, Dorothy can hear things that I cannot. Dorothy may pay attention to the UPS truck coming down my street miles before I notice it, but even her superior hearing (at least to my ears) is nothing compared with bats which routinely hear in ultrasound. It matters to bats to be able to sense the high-pitched sounds of insects in trouble if they want a nice dinner. We humans could care less about this hearing beyond our range. We don't need this super-hearing to make a reservation, and so instead, we just make sure they heard our "Table for two, please!" as we head to a great restaurant for sushi.

It's likely that our five senses work very well for most situations in human life and so we don't develop other abilities – our "sixth sense" and beyond – simply because

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12/12/02

there's no need to use these. But sometimes, we can connect with our greater abilities to understand and take in the wonder of the universe.

There's a line from Hamlet that I've always loved. In this scene, Hamlet says to his friend, "There are more things in heaven and earth, Horatio, that are dreamt of in your philosophy." What an interesting idea it might be to expand our philosophy about life.

The kinds of precognitive experiences that you describe add wonder and joy to life. Isn't it amazing that we can't really explain everything and yet experience things beyond our ken? Let yourself enjoy these surprising synchronicities. May the force be with you!

Send your personal coaching questions to [kathleen@fullpotentialliving.com](mailto:kathleen@fullpotentialliving.com) or call 473-4004. Kathleen is a personal and executive coach, clinical psychologist, and writer. (©2002 Kathleen Brehony. All Rights Reserved.) [www.fullpotentialliving.com](http://www.fullpotentialliving.com)