



It is time to ascend from ego to wego.

Creating Serendipity

The Advantage of Synchronicity

Once you apply this information, pass it on to others who are challenged with change.

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INVESTIGATE THROUGH INQUIRY... RECONNECT WITH LIFE.

Serendipity: The faculty of making fortunate discoveries by accident.

Can we learn how to create serendipitous moments? How about a moment of pure joy?

A precise instrument for the creation of desired outcomes is an enigma at best. However, one of the distinguishing characteristics of successful people is the attitude toward serendipity.

Fortunate things happen because concerted effort has been generated toward a goal that is certainly intended to be enriching and fulfilling. Think of a time when something ‘magically’ appeared or happened as you were working toward a fulfilling goal. Remember the feeling?

As we achieve personal and professional goals there is a sense of accomplishment, fueled by the discovery that we were indeed successful with our plan. Sometimes we realize that the achievement also contained an element that we found hard to understand. Although there was an undeniable ‘presence’ at certain times during the process, especially at peak performance moments, the incorporation of that feeling is often lost in translation for the next action plan. Those involved in self-development recognize there is much more to reality than what meets the eye, yet ‘the work’ of gaining clarity and movement toward self-actualization is still challenging.

In the pursuit of a perfect plan, life offers many distractions and diversions in the course of daily living. Usually one desires the smoother path as they traverse the bumpy terrain. How one actualizes this path is one of the challenges in the discovery process. Gaining awareness of serendipity in the moment of discovery brings a sense of euphoria, of connectedness to a greater reality that has suddenly made itself available for view. It gives us pause for gratitude. So simple yet so humbling as we realize that it is something way beyond our understanding... or is it?

What most of us look for is a pattern of repeatable feelings, thoughts, and actions that again are often non-specific toward outcome, yet seem to coalesce in these serendipitous moments of connectivity. Creators, leaders in many realms, acknowledge that opportunity presents itself in these moments. Carpe Diem (Latin – seize day)! Enjoy the moment... NOW! Here there is a sense of ONENESS, a moment of true love manifested in your feelings. There is no push and no pull, simply a flow that is undeniable. In daily life serendipity is often precipitated by a genuine

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personal communication and/or collaboration toward a common purpose without regard for personal gain.

It is important to realize that accessing or experiencing a serendipitous moment occurs as a result of conditioning oneself to anticipate such, like an internal knowing that is part of the subconscious foundation of beliefs, ethics, morals, and values. This awareness becomes part of the matrix of the mental processes we continually engage in our waking hours. We often think and act so fast that we are unconscious of the moment and the inner process that we engage; totally oblivious of our role in its [moment] creation. How can we increase awareness of our role and change the results?

We can use self-discovery tools to help in our achievement of these desired outcomes. There is a need for some caution here as the tendency to become emotionally attached to certain outcomes is great. One might perceive a paradox here, challenging the mind to rise above these temptations while remaining free of attachments to outcome. Indeed, creative operations are often filled with apparent paradoxes. A moment of self-reflection can resolve concern and free the mind.

Okay, so let's begin the process of programming with purpose. We often find ourselves in situations where we begin to ask, "What am I doing here?" or "What is my purpose in this moment?" Even though the questions are very relevant, listening for the answer becomes very difficult. We have usually allowed ourselves to be distracted by secondary goals, diversions from the directions we intended our life (job, relationship, project, spiritual path) to take previously. Our lives become unsettled and are missing 'something.' Does this sound familiar in some way?

The keys for ascending toward a more fulfilling life are supposed to be in the words and/or writings of those who have gone before us – masters of the various realms, be it material or spiritual. All of these masters share that it matters how and what you think and feel. Admonitions and recommendations for the prudent path, the best course to take, all begin with inner reflection of the outer circumstances and how we respond to them. Simple, but **how** do we do it?

Answers to powerful questions guide our decision-making process, offering precursive points of order in our roadmap development. The result of the challenge for change removes liabilities, limitations and excuses. We need a process that asks the right questions so that our roadmap

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includes the riches we truly desire and deserve, emotionally fulfilling evidence of a new living awareness. These questions draw out our deepest desires and personal passions to assist creating serendipity in life. Everyone has a dream within them... Be The Dream. Are you ready for more?

Intention has everything to do with this process. What does that mean? Intention is an intellectual and emotional action. When we 'intend' something it is both a thought and feeling. The future and the 'now' moment exists as one. There is a sense of timelessness in that moment. In that moment, time does not exist. It is here that we 'dream' of the outcome that we 'intend' to have. We often forget that we are able to dream as adults, let alone BE THE DREAM. There are many tools available that can assist us to learn to dream again, to create those moments of serendipity, to...BE THE DREAM! The most important of these is to convert the dream to an action plan. Goals are dreams with deadlines, your timeline to success.

Thanks for visiting the [Transformational Life Coaching](http://www.TransformationalLifeCoaching.com) website. Come back again, or better yet, let's talk about what you want to do and I'll help you get started as a free consult. You'll be glad you did.

Please e-mail Zen your responses and results with this material. It is the nuts and bolts of change. CoachZen@BeTheDream-LifeCoach.com If you have questions, call 1-480-319-9164 or reach Zen on Skype @ zendor8.

Sometimes it took days, sometimes months, and even years for these things to appear – always a result of a serendipitous moment, becoming aware and acting in concert with it. It is my joy to be able to put it in such a form that others can use to help their lives rise above their situations.

Namasté, Zen Benefiel



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PROGRAMMING YOUR MIND FOR SERENDIPITY

The following is a series of questions designed to help one focus on matters that matter. Personal results will vary, but the process provides a framework for transformation. One can use the answers to design a personal growth or relationship path, change an employment track, or launch a project beyond procrastination and past resistance. The best results can be achieved through working with a transformational life coach. *Use a separate sheet of paper or word processing document to expand on these results. Journaling about your answers offers a huge advantage.*

Hint: Look at yourself in the mirror, focusing on your eyes. Adjust your distance so that you can comfortably look into your eyes and practice eye-to-eye gazing. Move slowly back and forth from one eye to the other and notice the awareness, feelings, and thoughts that appear. Take note and return often while working with this process. The eyes are the gateway to the soul - use them.

1. What do you value in life? (distinguish between ‘inner’ and ‘outer’ perspectives)

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

2. How do you currently act on or express these values? (Ethics are values expressed in action.)

What feelings to you hold inside and how do they show up in your daily experience?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

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3. Now that you have identified specific scenarios you can begin to change them. Aligning one's outer activity with internal values is a key factor in creating a fulfilling life. What would you like to change in your behavior that expresses these values to better match actions with values? (i.e., Inner: compassion – Outer: offering help without judgment)

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

4. Whether you believe it yet or not, **you** have all the answers within you now in order to change past patterns and transform your life. Self-honesty and self-reflection lead the way to recognizing the need for change and adopting new patterns of living. What do you know you need to do to affect these changes internally? What do you think changes externally?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

There are certain things that one looks for when seeking guidance, going further into self-awareness, or discovering those deeper unconscious patterns that have been learned without the aid of a coach or mentor. This is what happens in life and love and we don't always realize that there is help available. Even when help is available we prefer to go it alone in most cases, hence this offer and its timely appearance in your life now.

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Ascending through personal tragedies or traumatic experiences is what generally leads a person toward becoming a compassionate and understanding leader. The lower road we sometimes take is to allow these experiences to infect our emotional and mental health, greatly inhibiting our capacity for faith and trust. Faith is tough for some; trust even harder for those who've been betrayed or who carry feelings of animosity.

5. We all need to have a support network for change. With whom can you engage, share and garner support for these discoveries?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

6. If you had no constraints, no obstacles now, how would your life change toward fulfillment?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

7. How does perceiving change in your life now impact your feelings about making the change?

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8. What are the personal triggers that impede your progress toward that change?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

9. How might you respond to the triggers with specific actions or thoughts that are 'better'?

Inner:

Outer:

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

10. How do these changes in outcome impact the perception of change now? Be specific.

Faith and trust are earned *and* learned in the process of letting go and allowing your 'higher self' (or what ever you choose to call your access point to infinite intelligence) to share the perfect lessons in the classroom of life. If this sounds too simple, then you are correct and still have a lot to learn yet. I learned it very young through some kind of internal connection that I did not quite understand and yet it was very much a part of my life, beyond the parental details.

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11. Creating a change toward a more fulfilling and rewarding life often begins with an image or vision of this new life, like painting a picture or writing a script. Take a few moments now and visualize this transformational process for yourself. What was the first thing you noticed that gave you a feeling of accomplishment, of movement toward a new feeling of success?

Describe arriving at this sense of change in detail. Note the feelings and thoughts that led to the change in sensations. These are the anchor points with a simple repeatable process to use.

Awareness of precisely how sensations and thoughts develop within the mind is one of the keys to performing at peak levels, emotionally, intellectually, and physically. ***What are the contradictory patterns to success that you are aware of presently?*** These could include self-sabotage, negative self-talk, diminishing self worth and others. Describe the patterns in as much detail as possible. Repeat this step often.

1. _____
2. _____
3. _____
4. _____

12. Replacing the above patterns with ‘new and improved’ versions of self-enhancement means that new patterns can be realistically adopted in daily life. Consider the above. What responses will offer new patterns that are easily recognizable and repeatable at any time during waking consciousness? What responses provide the best feeling?

This process is ongoing and can take you to new heights in your living awareness and experience. Notice that as you work on change in your life, new things appear and life seems to ‘flow’ better. Acknowledging these differences engages serendipitous moments, which is a result of how you perceive life and what it will bring as a result. Have fun...

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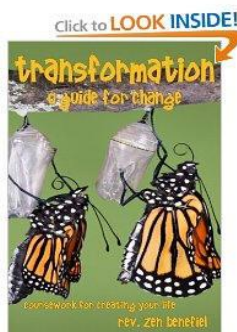
My personal path began with my adoption at 6 weeks old. Although I had an absolutely wonderful childhood, there were many questions unanswered by the gracious couple who raised me. I was born with an open window to the 'other worlds' you might have read about by now. This window created a growing separation from the people I loved and the world around me for a while. I have learned that this was all part of a process for me to understand and share eventually...NOW.

What once seemed to set me apart from others eventually drew me into the understanding of just how connected we really are to each other. Our lives are truly a set of circumstances that we collaboratively engage to learn about ourselves, others, and what 'love' means. Although some lives may not appear to be so, we are compelled to seek out and discover situations that engage love. The two most powerful expressions and reflections in life are *loving* and *being loved*. What do you feel when you love and know you are loved? Is it total faith and trust? How about 'allowing' others to be who they are without fear of reprisal or rejection?

What could possibly fill the void in a young child's heart who feels his real parents abandoned him? The feeling of unworthiness festers like an infected wound and creates so many unconscious patterns of self-destructive behaviors. If that isn't enough, then imagine being institutionalized by adoptive parents and the potential for anger and resentment to turn those wounds into impenetrable emotional walls. Where is the love? It is just another paradox in the process. Love was all around.

The love is always right inside of you just waiting to shine like the sun and warm your spirit, melting away the ice cold walls of emotional unavailability, the shields of vulnerability and wisdom found by the spiritual masters that have gone before you. Yes even in every self-help book, every success story written, every personal leap of faith – it is the love, the Limitless Oscillating Vibrational Energy, that fuels the fire within...heart-centered and cosmically conscious. This is the place more people are choosing to find in the new millennium.

Drama and trauma have been part of your life, too, or you would not be reading this now. Trauma drama is a well known symptom of small people. Know that your personal plights have been perfect for you, created just for you as fertilizer for your flower of life. If I can transcend abandonment, rejection, institutionalization and more... maybe I can lead you through difficult situations to find the peace in your heart that was meant for you from the beginning. Imagine the fun of success....



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