

# On Reflection



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## Reflecting on ourselves...

You're encouraged to reflect on the images and explore the emotions provoked by writing a short response, designed to be told, aloud, in the space of just one minute. Some people tell true stories about real people and events; others speak of imagined times and places. You can enhance the images with your own creative flair.

Ever had a vivid dream about certain events, and then later they happen? Or suddenly remembered a long-lost friend, and then being surprised to see them?

Swiss psychologist Carl Jung saw meaningful experiences as more than coincidence. He called it 'synchronicity' - meaningful coincidences you might've experienced, when two (or more) things happen, suggesting an underlying pattern or dynamic. At times it's so astonishing it suggests a paranormal cause.

Many people find synchronicity - the art and beauty of meaningful coincidences - useful for exploring, recognising, appreciating, and inspiring our creative urges and lives.

Try using around 180 words for each image - that's about the number of words that can be comfortably read aloud in one minute - it's the same number of words in this introduction. Enjoy.

## About these pages...

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