

Is it Coincidence, or a Sign from the Universe?

by Christine Hoeflich

When I began my process of developing my intuition so that I could gain access to my greater life purpose, amazing things began to happen to me with increasing frequency. Sometimes when I had a specific question I wanted answered by a "higher power," I'd get it answered when I awakened at night. I'd just know the answer. Other times the answer would come through other people, on the radio, or through other types of encounters such as "randomly" picking up a book at a library. By using my intuition (the voice of my higher self, my soul) and developing trust in it, I realized I was increasing my connection to interconnectedness. (Some people call this "the void," "All That Is," or "Source." Still others use a fancy name such as "Zero-Point Field.")

Besides these types of intuitive occurrences (where I had a question that would get answered somehow), I also experienced another type of guidance from the universe. This was when something "different" or unusual happened more than once in a rather short time period, such as about twenty-four hours. When something unusual happened to me twice or three times in a row within a 24-hour period, I was learning that *that* was a sign for me to pay attention. Sometimes I just needed to notice it without doing anything about it (the connection would become clear later), but sometimes it motivated me to take a particular action. In fact, one such example happened recently.

The evening Michael Phelps won the 100-meter butterfly by 0.01 second at the 2008 Olympic games, something one of the sportscasters said about Phelps caught my attention. The following day I happened to catch a peek of the Olympic games while doing chores around the house and heard that exact same comment again. Then two nights later I awakened in the middle of the night thinking about that sportscaster's comment. I turned the lights on and jotted down some thoughts, including the title of the new article I would write later that day: "Destiny, the Law of Attraction and Michael Phelps." Somehow I tied Michael Phelps in with the topic of spirituality.

Here is another example. About two years ago, I received an email from a friend from college who lived in New York City. She emailed one morning to let me know that she and her husband had just bought a house on the "Big Island of Hawaii--the volcano island." It seemed to me she was emphasizing the word "volcano." After I read her email I dropped my kids off at school and went on my morning hike. After my hike, I stopped by Trader Joe's for some groceries, a sample cup of coffee, and to chat with the woman who sampled Trader Joe's products. As I was pouring my coffee she said, "That's our new coffee you're trying. It's Volcano coffee." She offered a sample of something to another customer, then turned to me again, saying, "You're trying our new Volcano coffee. How do you like it?"

At that point a light bulb went off in my head. Two different people referred to "volcano" a total of three times within about two hours. I knew it was a sign for me to pay attention, but I had no idea why. I certainly couldn't do a thing about a volcano! I lived in California and the nearest volcano was about 250 miles away. So in such cases, I simply made a mental note: e.g. "something about a volcano," and went about my day.

Two days later I was driving on some kind of errand. I scanned the radio stations, searching for a good song when a news announcer reported that earlier that day, a volcano had exploded on a small island somewhere in the Pacific.

Of course I wasn't supposed to do anything about the volcano, but the idea that whenever something unusual happened twice or three times within a short period of time, the universe just might be trying to get my attention was validated. The universe was teaching me things, including things it wanted me to notice, and I was noticing and learning. Sometimes there was something for me to do, and sometimes it was just a lesson for me to learn, or a confirmation that I was

indeed getting the lesson. In any case, life is certainly more interesting and more satisfying when you use your intuition and increase your connection to interconnectedness.

Please visit my website for more info. www.christinehoeflich.com, www.whateveryonebelieved.com