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Review Article

Traditional Synchronicity – Syndrome is not Illness

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ABSTRACT

"Newton was not the first of the age of reason. He was the last of the magicians, the last of the Babylonians and Sumerians, the last great mind that looked out on the visible and intellectual world with the same eyes as those who began to build our intellectual inheritance rather less than 10000 years ago." - John Maynard Keyes, Address to the Royal Society Club (1942), as quoted in A Dictionary of Scientific Quotations (1977) by Alan L. MacKay, p.140

The Age of Reason [Enlightenment] began in the late 17th-18th centuries as a direct, rational extension of the Scientific Revolution [roughly 1543–1687]. It started when methods like empirical observation and deductive reasoning, pioneered by eminent philosophers and people of science like Francis Bacon, Galileo, and Isaac Newton, were applied to society, politics, and religion, challenging traditional authority.

At the core of this intellectual shift was the application of the **cause-and-effect chain** [or causal reasoning] to everything from physics to social structures, asserting that the universe operates according to natural laws rather than arbitrary miracles.

However, the brain's cause-and-effect reasoning often fails. Synchronicity is a concept introduced by Swiss psychologist Carl Jung that challenges the linear view of cause-and-effect [causality]. Synchronicity is a phenomenon in which people interpret two separate but seemingly unrelated experiences as being meaningfully intertwined.

Generalizations are deductions about the nature of things, derived from examples and instances. That is an inductive step, and the process steps back from reality into a model of reality. Science attempts to coerce the relationships among various experiences into this model of reality. Synchronicity may lie in the liminal space between psychiatry and spirituality where joy can be found as coming from knowing, feeling, or doing that which matters most.

People need to trust other kinds of knowledge, not only that of science, to stay in touch with reality. Poetry might matter more than physics, intuitions more than theories.

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The terms *Rishi* [seer] and *Kavi* [poet/wise seer] are frequently used interchangeably in the Rig Veda. A Rishi is not just a poet of imagination, but a seer who has a direct vision or intuition of Truth [*satya*] and translates it into *mantras.*

Mantras are considered "instruments of the mind," using sound, vibration, and focused repetition to foster a deep state of meditation and positive energy. This paper is an preliminary exploration of Synchronicity that may begin bordering on syndrome rather than illness.

KEYWORDS

• Synchronicity • Syndrome • Illness • Mantras • Seer • Poet • Science • Spirituality

INTRODUCTION

The Language of Mathematics cleverly conceals the "Seemingly Irrational" in science. This lingua franca of science often acts as a bridge between the chaotic, messy reality of nature and the human desire for orderly, rational understanding, cleverly concealing incommensurable or infinite complexities within elegant symbols and formulas. Mathematics defines irrational numbers, limits, and approximations to allow scientists to turn the "uncountable" and infinite into actionable predictions. In this process, the following axioms of science that are foundational and unprovable assumptions necessary for the scientific method to function.

- From nothing, nothing can come. Something cannot be caused by or proceed from nothing.
- Something real cannot be dissolved into nothing. Dissolution is merely a change of form.
- Cause must contain the Effect and the Effect must be the reproduction of the Cause. The Cause may be real or relative.

Through this process of idealization and precise definition the immediate connection with reality is lost. It is a model of reality that gets established. A mathematical model of reality can make a complex, seemingly disorderly phenomenon appear orderly and predictable, masking the inherent limitations of the model to capture the total, often non-rational nature of the system.

Carl Jung defined synchronicity[4] as the simultaneous occurrence of an internal state [dream, thought, emotion] and an external event that correspond significantly, with no plausible causal connection. Synchronicity removes the fantasy, magic, and superstition which surround and are provoked by unpredictable, startling, and impressive events that, like these, appear to be connected.

Mainstream science often views synchronicity as pseudoscience, attributing these experiences to cognitive biases, specifically apophenia (the tendency to find meaning in random data) or confirmation bias. Statisticians argue that highly improbable coincidences are expected to occur, according to the Law of Very Large Numbers, and do not require a mystical explanation. Some researchers suggest that synchronicity is a "psychological projection" - a meaning created by the brain to deal with uncertainty, rather than a structure in the external world.

Meditations on First Philosophy or the Meditations, is a philosophical treatise by René Descartes first published in Latin in 1641. It is a foundational text of modern Western philosophy, aiming to establish secure foundations for knowledge by dismantling all uncertain beliefs.

Rene Descartes had two main aims in the Meditations:

- To provide a sound basis for scientific method. He aimed to show that the real source of scientific knowledge lay in the mind and not in the senses.
- To show how science and religion could be compatible. Science is completely true of body, extended matter; religious truths deal with the soul or mind.

Using "methodic doubt," Descartes rejects sensory evidence and even mathematical truths, eventually concluding in a "thinking thing [Cogito ergo sum]" and proving the existence of God and the separation of mind and body.

The author proposes "Syndrome" as "methodic doubt" in comprehending Synchronicity. A syndrome is a collection or

set of symptoms[3] and physical findings that tend to occur together and are associated with a specific, though sometimes unknown, condition or disorder. Unlike an illness which often has a known, specific cause, a syndrome focuses on the pattern of signs. Illness is the subjective, personal experience or feelings including symptoms like pain, fatigue, and emotional distress. Unlike disease it does not refer to pathology or an objective, medical, or biological dysfunction.

Synchronicity is not merely a statistical coincidence but a "meaningful coincidence" that feels profoundly significant, often appearing at times of high emotional intensity or personal transformation. Synchronicity challenges the strict determinism of classical science, which assumes every event must have a preceding cause. It suggests that meaning can be an ordering principle equal in importance to causality.

If one can arrive at the reality or model of reality for the meaningful coincidences, synchronicity is an experienced phenomenon rather than a syndrome or an illness. The *experience* of synchronicity is recognized for its profound psychological impact, acting as a catalyst for personal growth, creativity, and a deeper sense of connection with the world.

"Professor Einstein was my guest on several occasions at dinner. . . These were very early days when Einstein was developing his first theory of relativity, [and] it was he who first started me off thinking about a possible relativity of time as well as space, and their psychic conditionality. More than thirty years later, this stimulus led to my relation with the physicist Professor W. Pauli and to my thesis of psychic synchronicity." – Carl Jung, Letter Dated **25 February 1953** to Carl Seelig In: *Carl Jung, Letters Vol. II, Princeton University Press, Princeton, New Jersey, USA, pp 108-109, 1975.*

Carl Jung collaborated with Nobel Prize-winning physicist Wolfgang Pauli, exploring how quantum mechanics, specifically entanglement [or "spooky action at a distance"], parallels this idea of instantaneous, non-local connection. Carl Jung referred to this deep level of reality as the "psychoid" realm, where the distinction between psyche and matter disappears.

The concepts of superposition and entanglement make the quantum systems completely different when compared to the rigid bodies of the classical mechanics.

Quantum superposition is the idea that particles exist in multiple states simultaneously. When a measurement is performed, it is as if the particle selects one of the states in the superposition.

Quantum entanglement is a phenomenon by which a pair of subatomic particles are allowed to exist in a shared state where they have complementary properties. Measuring the properties of one particle automatically enables knowing the properties of the other particle.

Spooky Action at a Distance

Thought experiments are used by many great thinkers. They enable the exploration of the seemingly impossible situations and predict their implications and outcomes. A thought experiment encourages speculation and logical thinking to change paradigms. They are all experiments in the mind.

It is important to note that the foundational proofs for both superposition and entanglement in quantum mechanics are due to Thought Experiments.

Quantum entanglement was first elucidated by Erwin Schrödinger in 1935. In quantum mechanics, Schrödinger's cat is a thought experiment that illustrates a paradox of quantum superposition. In this thought experiment, a hypothetical cat may be considered simultaneously both alive and dead as a result of its fate being linked to a random subatomic event that may or may not occur.

Albert Einstein famously called the quantum entanglement phenomenon **"spukhafte Fernwirkung (spooky action at a distance)"**. In 1935, Albert Einstein, Boris Podolsky and Nathan Rosen published a paper that describes a thought experiment designed to illustrate a seeming absurdity of quantum entanglement that challenged a foundational law of the universe. Physicists began working with "hidden-variable theories."

In 1964, John Stewart Bell developed the mathematical inequality - Bell Inequality. **It is a thought experiment that shows "spooky action at a distance" is real.** When joined with real experiments, it shows that **there are no hidden variables** which can explain some of the consequences of quantum mechanics.

"Bell's inequality theorem" states that "any hidden variable account of quantum mechanics must have this extraordinary character", *i.e.*, must violate a locality constraint that is motivated by relativity.

There is a computational model reported in 2022 using ghost particles and Artificial Neural Networks to reflect the thinking in the thought experiment. Ghost particles are planted to be proxies for entanglement. The Artificial Neural Network is trained to tweak with the position and behavior of the ghost particles to approximately replicate the effects of quantum entanglement. In this context, it is useful to study the neutrino - almost undetectable particles that were predicted to exist in the 1930s but not discovered for over 20 years. Physicists call the neutrinos as "ghost particles."

Predicting the properties of a quantum system is notorious due the quantum entanglement.

Indic Traditions

Synchronicity bridges psychology and spirituality when interpreted as "holy surprises" or divine guidance. Religions and spiritual frameworks view synchronicity as evidence of a purposeful universe or the "language of God" interacting with human life.

Jungian theory suggests that synchronicity bridges the gap between science [material reality] and religion [psychic/spiritual reality]. It implies a deeper, interconnected "divine matrix" rather than isolated, random events. Synchronicity is sometimes associated the interconnectedness of all phenomena, where every part of the universe mirrors every other part.

Meditations are based on the free – will. David Hume called the problem of free will "the most contentious questioned metaphysics, the most contentious science".

The Indic scriptures assure that, Prakrti is the ultimate Cause of the world. Vikrti is the Effect. Please find below the four possible groups.

- Avikrti [Not an effect]
- Prakrti - Vikriti [Cause - Effect]
- Vikrti [Effect Only]
- Na-Prakrti & Na-Vikrti [No Cause ; No Effect]

The form and shape imply space. The crux is the dimensionality of the space in the cartesian co-ordinate system. Form and shape can also be described as either organic or geometric. They can also be thought of as positive or negative.

"Drg-Drsya-Viveka" is an Indic scripture believed to have been scripted by Jagadguru Adi Shankaracharya. There are some good commentaries on this work. "Drg" means "seer", "Drsya" means "the seen", and "Viveka" means discrimination and understanding by a discerning mind. "The Seen" cannot be fully separated from the "Seer" in any form of expression. In other words, there is a considerable aspect of "the seen" that is tacit with the seer.

In the process, "Vishwaasabhooyishtam Pramaanyam" means "The belief is the authority"[13]. Vishwaas in Sanskrit means belief or faith. Bhooyistha in Sanskrit means abundance, copious and numerous.

The Vedic hymns [mantras] were composed in various meters [*Chhandas*] to be chanted effectively and memorized, which is a hallmark of poetic craft. The Vedic seers did not see themselves as authors but as channels for revealed truth. However, they applied their creative skills to make these truths aesthetic and melodic. The seers are often called *kavih kavitwa divi rupam asajat*—poets who create/fashion beautiful forms in heaven. Beyond being poets, these Rishis were also considered sage-seers, thinkers, priests, and sometimes social architects who conveyed profound spiritual experiences through hymns [mantras].

The ancient seers identified all the primordial vibrations or mantras that make up the cosmos and these were eventually recorded in the Indic scriptures. Mantra is a sacred utterance, sound of divinity, or a syllable, word, phonemes, or group of words believed to have special effects on human being and the surrounds when the inherent divinity is preserved. Mantra may or may not be syntactic or have literal meaning. The innate spiritual prowess of mantra is experiences when it is audible, visible, or present in thought. Every Mantra is a sequence of Matrikas. Matrika is a divine mother form.

The Liminal Space

Synchronicity finds a definition in the liminal space between psychiatry and spirituality. The "Liminal Space" is in between the known and the unknown. It is a transitional space of an

accentuated experience resulting from crossing the threshold of what is known.

Psychologists call "liminal space," a place where boundaries dissolve a little and one is on the threshold to move across the limits of what one is and what one is to be. It represents ambiguity, of marginal and transitional state. It manifests as several mystic effects including faith healing.

Liminality is also said to be destructive and chaotic. Hence, the Indic scriptures warrant a strict adherence to certain practices. Only experience can justify / provide any rationale for certain practices.

In the Indic scriptures, Sound is not just the vibration created by some mechanical disturbance on an object by another object. It is defined as "that which indicates the presence of a speaker".

It conveys the idea of an object. The exact word used in this connection is "artha-ashraya" or "the shelter of the meaning".

There are four stages of sound within the "Liminal Space". They are:

1. The dissolution of sound (called pradhwamsabhava)
2. The state of silence, (referred to as atyantabhava)
3. The state of dynamism (anyonyabhava)
4. The emergence of a new syllable or sound (pragabhava).

Liminal space is where the magic happens. Liminal spaces require that we be willing to live with the ambiguity of not knowing what's next. That's an incredibly uncomfortable, anxiety-provoking place for many. Synchronicity invariably provides the arrows pointing the way to the next step. There are intentionality and simultaneity coming together at a meeting point to create synchronicity. Synchronicities happen and cannot be made to happen. They may come from Spirit, Source, Soul, Guides, Nature, God, Universe or the likes.

Synchronous events occur because, unknowingly one is eternally in communion with the people around through the inner sheaths of our consciousness.[1] Sometimes those hidden perceptions[2] float to the surface, making one respond in some striking fortuitous manner which the plodding and reasoning mind would not have otherwise exhibited.

Perceptual Disorders[7]

The Human Brain is a wonderful pattern detection engine fine-tuned over millions of evolutions not for perfect accuracy but for survival. Human Brain is contended with a quick and psychologically comforting narrative good enough to arrive at a conclusion even if its validity is momentary. The ancient Egyptians postulated that the goddess Nut swallows the Sun to usher in the sunset and the night. Storytelling is the most original explainer that has an intention and purpose to make sense of the complex or the frightening world. This is the human brain's natural and default mode of functioning to face – off the unknown. However mythical the arguments may be, they provide a simple and memorable answers that immediately reduce the levels of anxiety associated with the chaotic and impersonal universe. Gods emerge as agencies identifiable with the explanation. A possibility of bargaining instils further hope. Myths persist and some of them span across many generations of people.

On the other hand, Science emphasises accuracy and reliable predictions within the ambit of the chosen model. The model can be improved with feedback and the more generic the model the better is the scientific view of the world that is chaotic and frightening. The imagined model of reality at the start gets refined with the feedback and is indeed powerful enough to explore the unknown and the unseen.

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."

—Albert Einstein

The naturalness of the human brain in creating some explanation or other gets tempered in the quest of a scientific truth. Therefore, there is a degree of inevitability in the way the human brain races to a survival or comfort-based explanation does not match with a scientific reality until there is a felt need to perform the match.

Perceptual disorders and synchronicity are linked through the brain's mechanism for

interpreting, organizing, and finding meaning in sensory data. At the outset, Synchronicity is a normal psychological function of recognizing patterns and connections. At the same time, its excessive or distorted perception can prima facie be a syndrome associated with cognitive disorders, such as schizophrenia, or altered states of consciousness.

When the ability to detect patterns becomes disordered, individuals may see patterns that are not there [Type 1 error] or interpret meaningless coincidences as deeply personal or connected to a "hidden" reality. This perceived meaning is characteristic of delusions in schizophrenia.

At a biological level, "neural synchrony" that fires the neurons in the healthy bands of the Electroencephalogram [EEG]. "Neural Synchrony" is essential for cognitive functions like perception, selective attention, and working memory. Studies indicate that disorders like schizophrenia, autism, and Alzheimer's involve a dysfunction in neural synchrony. The disruption of neural synchronization is associated with impaired perceptual organization, leading to hallucinations, cognitive disorganization, and visual disturbances that make abnormal perception of reality obvious.

Table 1: Certain Disorders[9] and Synchronicity

Feature of the Brain	Description	Relation to Synchronicity
Normal Function	Pattern recognition, meaningful coincidences.	Psychological sense[10] of connection [adaptive]. It is seldom similar to connecting the Dots / Data Points either based on evidence or imagination.
Perceptual Distortion	Seeing patterns that are not there [overinterpretation].	Delusional misinterpretation of coincidences resulting in wild conclusions and anxieties
Neural Mechanism[11]	Beta [13–30 Hz] and gamma [>30 Hz] bands are high-frequency EEG rhythms	Disordered neural coupling causes fragmented perception found in EEG. Beta indicates alert, active thinking and motor control, while gamma relates to high-level information processing, perception, and binding. Together, they often represent top-down (beta) and bottom-up (gamma) processing.
Associated Disorders	Schizophrenia, Autism, Alzheimer's.	"Disconnection" leads to "meaning" overload resulting in a delirium resulting in a mixture of depression and worry together with an acute anxiety about the logical validation of conclusions

Indic traditions make the direct experiencing of synchronicity an adaptive psychological process, helping individuals find meaning in life.

1. Medical Observations of the Paranormal

Paranormal experiences[12] during cardiac arrest and resuscitation encompass a diverse spectrum of phenomena. Visual and perceptual phenomena are the most reported category. Survivors in the post – operative Intensive Care Unit [ICU] report vivid visual imagery from an elevated standpoint. Panoramic life reviews, accelerated thought and recollections of their life experiences that appear strongly connected and more realistic than earlier. Auditory impressions of conversations from some distant past or lands in not uncommon, Out – of – Body Experiences [OBE]s are the most striking. These experiences are during those moments of clinical unresponsiveness. A scientific theory to generically explain these reports is elusive as consciousness is an unexpected science to come. There is a good statistical sample recorded about these reported paranormal phenomena. The quest for enlightenment from entanglement is challenging and lacks clear methods of reasoning. The scientific methods viable in the process are highly constrained due the unavoidable "cause and effect-based reasoning chains". Therefore, scientific models based on well – known experiments in physics produce limited results replete with wide gaps in associated explanations.

Biomedical sciences interpret consciousness as an emergent product of neural behaviour and life as a complex arrangement of biochemical processes. Nanotechnology gave the much needed refinement to this interpretation but with limited progress.