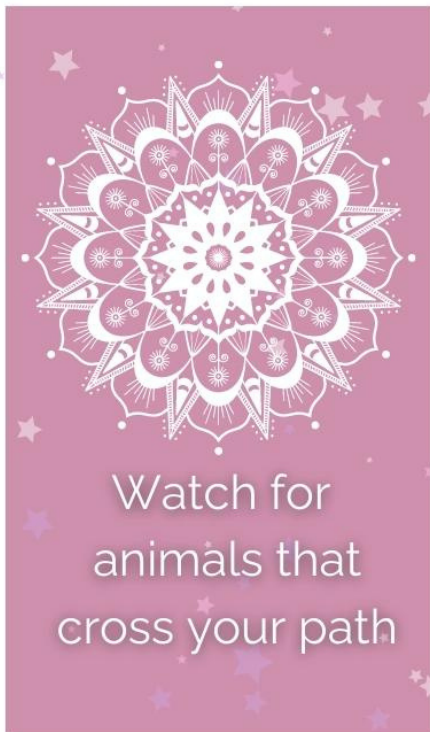
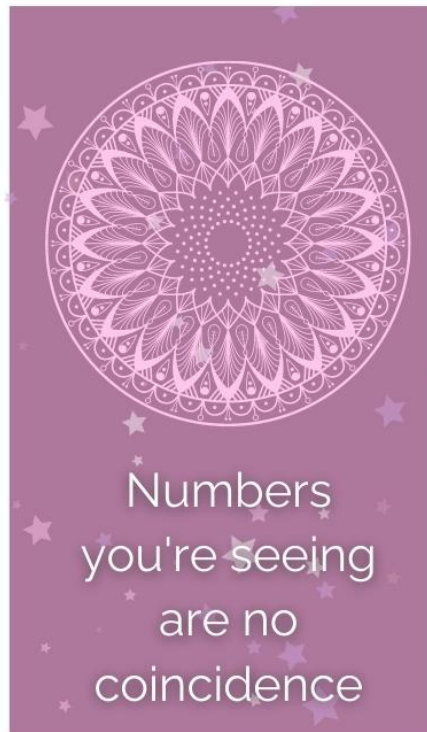




Pay attention to
music
throughout your
day



Watch for
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cross your path



Numbers
you're seeing
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Find signs
in flowers &
Nature

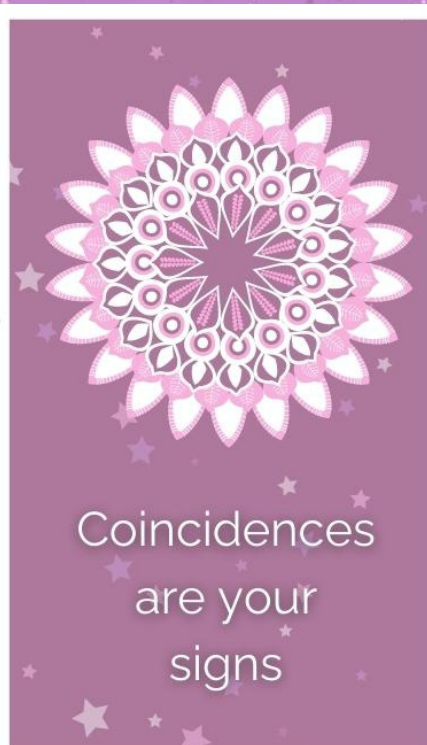
Spirit Signs Card Meanings Booklet



Moving your
body will help
you get signs
easier



Channel
through
automatic
writing



Coincidences
are your
signs



HEATHER
hd
DANIELLE
on
gh

Pay attention to music throughout your day:

Songs you keep hearing, music that is playing when you walk into the store, and other musical tunes are ways Spirit is trying to get your attention. Take note of the lyrics or the artist of the song.

Watch for animals that cross your path:

Spirit is sending you animals, look up the symbolism for the animals you are seeing to get your message!

Numbers you're seeing are no coincidence:

Spirit is talking with you through messages. Talk back to the numbers, ask who they are from. And pay attention to any b-days or other special numbers you're seeing.

Find Signs in flowers and nature:

Outside is where you need to be, it's where you are going to feel the most connected. You may find odd feathers, coins, or experience coincidences that are Spirit.



You may have a mental block:

You may not be seeing the signs from Spirit because you are fearful, are in grief or depressed. To help you get your signs, raise your vibration through play, dance, or something really fun! And TRUST in your higher power. .

In silence is where you'll get messages:

Meditation, walking, and driving in the car with no music may help you communicate with Spirit. This will help you tame your thoughts so you can hear the voice of Source.

Pay attention to Physical impressions:

You're able to feel things strongly that others cannot. You may notice anxiety when you meet someone, or butterflies in your stomach. Don't discount these. Tune in, write, or record the feelings so you can see why Spirit is sending them to you.

Creating new experiences is key:

Give opportunities for Spirit to give you signs by going out with friends, taking trips, going for walks, etc. .



Moving your body will help get spirit signs easier:

Moving your body will decrease static energy, will increase your mental awareness, and make your vessel (your body) more open to receiving spiritual guidance.

Channel through automatic writing :

Grab your pen and journal. Spirit is able to communicate with you through writing. Allow yourself to be free when you write and don't think about what is coming to you.

Coincidence are your signs:

There's no such things as coincidences. Pay attention to synchronicities, it's Spirit's way of communicating with you.

Pay attention to your thoughts:

Spirit is downloading messages to you via telepathically. Pay attention to ideas, and odd thoughts that come up They're not your imagination, it's Spirit!

