

# 10 WAYS TO SEE SIGNS



1. Feathers



2. Dimes or Pennies



3. Numbers or Time on a Clock



4. Songs



5. License Plates and Backs of Trucks



6. A symbol that was common  
in your relationship



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8. Animals



9. Scent



10. Feelings



# 10 WAYS TO SEE SIGNS

**Have you been asking for signs?  
Wondering if you are getting them  
and just not seeing them?**

Every day your Spirit Guides and loved ones send you signs. Yes, you heard that right... every single day!

In fact, the reason most people miss the signs being offered to them is because there are so many signs. The sheer abundance makes them hard to absorb and "see." Signs come in all shapes and sizes but I have found there are some pretty common signs that are used by our "Team of Light" fairly regularly.

This short guide is meant to give you a quick "cheat sheet" to help spot the signs you are getting every day that are meant to guide you and show you that you are most definitely loved and that you are not alone.



**1. Feathers:** Possibly because they are lighter and easier for spirits to manipulate, feathers are a common sign our loved ones leave us after they've crossed over. Feathers can also be signs that your angels are close by and want you to know you are loved.



**2. Dimes or Pennies:** This can be a family tradition ("dimes from heaven") or simply a coin you just know a loved one is sending if, for example, dimes start showing up often and/or in unusual places right after a loved one passes.

If you suspect your loved one has been sending you coins as a sign they are near, feel free to ask them to send more soon so you know for sure this is your sign. (It is ok to tell your loved ones what you need.)





**3. Numbers or Time on a Clock:** Repetitive numbers on a clock is another way our Spirit Guides, Angels and loved ones communicate with us. Here are the typical "meanings" of numbers:

**Ones:** keep your sights set high, like keep your vision high.

**Twos:** don't worry, everything's working out

**33:** a master number. And it's also a sign like your, that your guides like, especially master guides are close by and helping you work through whatever you're working through

**Fours:** The angels are close by. They know you're going through a tough time.

**Fives:** Change is upon you so honor that you are in a transition.

**Sixes:** Your team of light is helping you reach for harmony

**Sevens:** Success is at hand (or very close) - celebrate!

**Eights:** Your ability to manifest what you desire is strong

**Nine:** A cycle is ending, it is complete. If this feels confusing ask yourself - Is there something I need to let go to move on?

Of course numbers can also have very personal meanings so the above list is merely a guidepost. If your loved one was a fan of a favorite sports figure, they might send you that player's jersey number. Trust what you know!



**4. Songs:** It can be a song that was just meaningful to you at some time in your life, or it can be a song that your loved ones sends you right after they cross that has words that resonate as a message from a loved one.



**5. License Plates and Backs of Trucks:** This is one of my favorites because there is so much flexibility in the messages you can find! When I was deciding to leave my banking career for coaching and had to decide to hand over a big sum of money for a coaching certification program I asked for a sign. Later that day I found myself behind a large truck with the initials of the program (also the truck company's initials) and the message "It's time to join our team!" (Yes it can really be that specific!)



**6. A symbol that was common in your relationship:** this can be anything that is a symbol of a loved one. It's usually something that only you can connect to your loved one. A few years after my mom crossed, our family moved into a new house. A few months later daisies started growing spontaneously around the yard. I knew she was telling me she was there, blessing our future.





**7. Human Messengers:** Signs aren't always objects. Our Team of Light can use our fellow humans to get messages to us. A stranger might say something that perfectly answers a question you've had in your mind or a friend delivers the answer to a challenge you've been praying on. All of these are signs from the other side of the Veil that you are heard and loved and are most definitely not alone.



**8. Animals:** When animals cross our path in an unexpected way or catch our attention they are very likely a sign!

Two ways to get the message from the animal:

1. Google the name of the animal or the insect, and then T O T E M and you'll find many sites with explanations and information.
2. Or as my friend Lynn Trotta has taught me, who is a nature-based coach and an expert at tracking animals is the more authentic way to do it would be to just look up what that animal or insects stands for and kind of read their habits, read what they're about, how they work through the world and just sort of drink in how could that be applied to, you know, where you are right now?



**9. Scent:** You might walk into a room and smell your grandfather's cologne or just barely sense the smell of roses (just like your Aunt loved) in the air. There is no way to account for that smell being present and yet - there it is. When you smell something that brings your loved ones to your mind know they had a hand in it and definitely want you to know they are close!



**10. Feelings:** Signs come in many different forms, so this guide is certainly not the extent of the signs you may get. When I work with clients who are struggling to feel connected to the other side of the veil I tell them what I'm going to tell you right now... focus on how you feel when you see, hear or smell something.

It is the feeling you get that really indicates a sign is present. It is different for each person but some common feelings are a "knowing" someone is near, goosebumps or a warm flow of energy through the body that is relaxing.

**Would you like to learn more about how to open to signs and take your Intuitive Gifts deeper?** I founded The Receiving School to help others do just this using a blend of common sense, brain science and a dash of magic ;) This is my very favorite program and I'd love to have you join us. Add your name to the waitlist here: [www.TheReceivingSchool.com](http://www.TheReceivingSchool.com) and you'll be notified as soon as we are ready to get started.