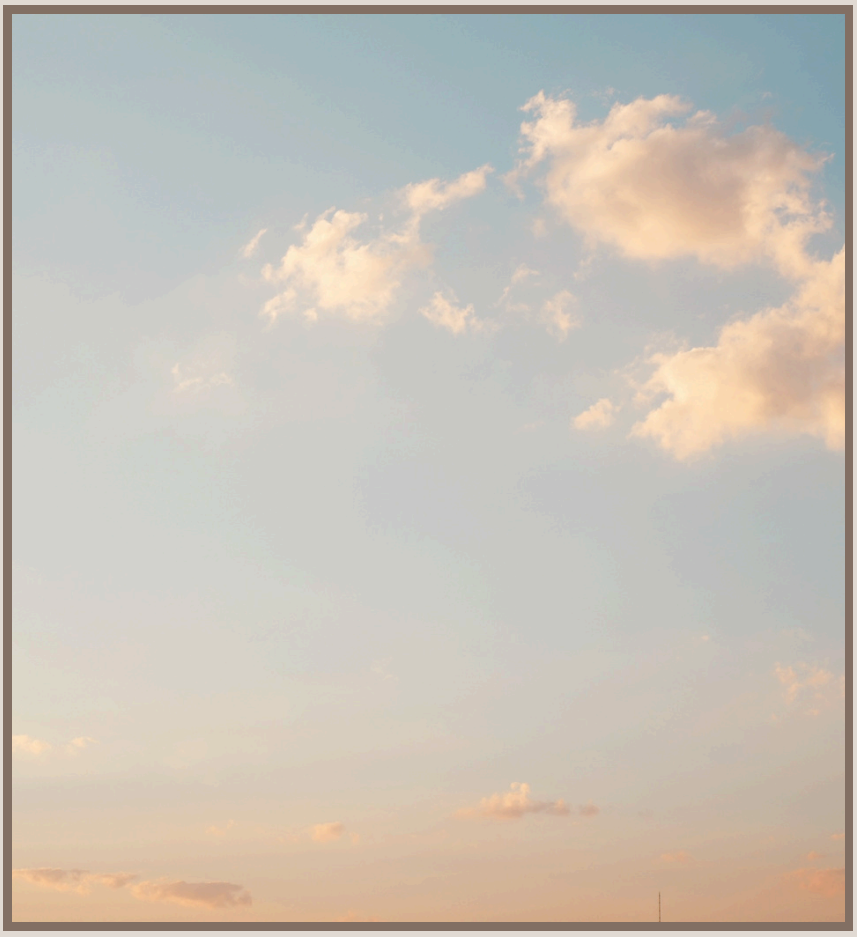
SIGNS FROM LOVED ONES IN SPIRIT



A simple guide to receiving clear, comforting signs from your loved ones, your guides and the Universe.

SIGNS FROM LOVED ONES IN SPIRIT

Hi beautiful soul!

By sharing these signs and stories, I hope to inspire you to live your day, your holidays, with an open heart and an open mind. To know that our loved ones that have passed are still with us, every step of the way, and still very much enjoy celebrating the big days!
Hugs from above.

I have heard so many stories from the passed husband that left some dirty clothes in the hamper 6 months after his passing, to the letter in the mail addressed to mom who crossed over, at a new home she never saw nor lived in.



Those are all very unique stories, but I will share with you some very common signs that loved ones in spirit can easily use to let us know they are still hugging us from above!

WHY 222 CHANGED EVERYTHING FOR ME

As many of you know, 222 is my angel number.

I was riding in an ambulance with my son, in a foreign country, searching for anything, any sign at all, that would tell me he was going to be okay. And all I could see was 222.

It might sound silly to someone who has never felt the deep comfort a sign can bring. But it grounded me right away. It let me use my logical brain and stay in the moment, so I could help him best.

Then, when my mom was hospitalized, resuscitated and in the ICU, and we didn't know if she would make it out, I saw 222 every single day, on my way to see her or in her room. Until one day, the clock in her room broke, frozen at 2:22.

So I just knew.



11 FREQUENT SIGNS

Hearts

Meaning: I love you

May they be in the form of clouds, in your morning coffee, or a rock that you stumble upon walking down the street, hearts are a big sign from above. This lady asked her passed husband for a sign, and as the barista poured the coffee, no heart appeared, she was sad. But as she went to lift the spoon up, a heart made of coffee drops was there, so clear. So special.

Feather

Meaning: I am with you

While most common ones are the pure white feathers, almost all feathers hold significance. We recently attended a wedding overseas, where the bridge's grandparents and parents where from. On the very steps of the church they were getting married at, a tiny white feather was waiting for the bride to make her entrance. I had to take a photo.

Only to get back to the hotel, and as she stepped out of the limousine, a tiny white feather was waiting again, showing her that her passed grandparents were celebrating with her.

Flower

Meaning: There is still so much joy

"I am okay, and I want you to keep enjoying life, like we would have together". Flowers come in all forms, baby's breath, white daisy, big sunflowers! Spirit love using them to add joy into our days.

11 FREQUENT SIGNS

Dimes

Meaning: Let me help you

While our loved ones may drop dimes here and there as little winks, they will often use dimes during a time where we need to make a decision. A friend of mine was looking to rent an apartment, and asked her grandmother in spirit for a sign. Needless to say, when she walked into the apartment that had a fireplace with dimes, she rented! And spent lovely years there.

Deer

Meaning: A nice hello! With a spiritual twist

A deer is a lovely sign that says hello from the other side, and that usually carries a spiritual meaning to it, such as "you are on the right path", "spiritual awakening", or "keep communicating with me, I will keep responding". It's a big and bold one that sometimes comes in nature, and other times in prints, like a card.

White candle

Meaning: Wisdom and help through grief

When our loved ones light white candles around us, or ensure we are surrounded by white candles (at a restaurant, a spa, when we think of them) it is a sign of their support in our grieving journey - either grieving them, or someone-something else. They offer their wisdom and support through these changing times.

11 FREQUENT SIGNS
BIRDS

Hawk

Meaning: I recognize all that you have done since I left

Similar to the deer, the hawk is a very majestic bird that comes to us in bold bright ways to recognizes the growth that we have accomplished since their passing. There will be a recognition of the grief, the supporting of the family, the legal complexities, etc. Hawks, and deers, are two signs that aren't afraid to come very close to us in nature.

Blue jay

Meaning: I am enjoying my time here

This is my passed grandfather's favorite! The blue jay is everywhere when I visit my grandmother, the long love of his life. Birds are often used for souls that crossed over to travel to us and come let us know that they are enjoying themselves, they are at peace, and we are still in their thoughts and heart.

Cardinal

Meaning: You know what you need to do

This is a good one for me. For a week, I was getting cardinals visits, in front of my car, at the window, etc. until one morning, they finally had enough, and the cardinal came twice to the window, a minute apart, tapping on the window. I realized it might be a sign from above, and so I asked my passed grandmother in a meditation, to which she was relieved I finally understood! "you have a decision to make, you know in your heart which is the right decision, I will support you in ensuring you are successful in it."

11 FREQUENT SIGNS
WORDS

Written words

Meaning: What the words say!

This is a fun one!! Not as frequent as the music one, but nonetheless, very appreciated. It often comes in the form of a recipe that was signed "with love, mom xx" or a love letter written decades ago that all of the sudden falls off the cracks of the sofa. I hear stories of written letters, and I think they are to be cherished!

Songs

Meaning: What the words say!!

You turn on the radio, and whatever song is supposed to be on, is not the one playing. Or you walk into a store, thinking of your partner that has departed, only to hear the very special lyrics of a love song they used to listen to. Music is a vibration very well known to the spirit world, as angelic music is very omnipresent there (or so I am told!). It is a fun, and somewhat easy, way for them to communicate. I remember my kids had this musical toy, that I turned off, and during a dream about my grandmother, it started singing in the middle of the night. It never sang before!! I had to remove batteries for it to stop (and not wake up my babies).

Always trust the meaning that feels most true in your own heart.

HUGS FROM ABOVE

WHAT IF YOUR SIGN ISN'T LISTENED?

That is amazing! You have probably developed a very unique sign with your passed loved one. I have heard so many unique ones, from horse, to peacocks, to whispers in the ears. Nothing is off limit, and it truly is a very intimate language between you and them. I always tell my husband, when I pass, I will send him lemons.

I invite you to open your heart to receiving a sign, you can ask (out loud or in your head) and be open to receiving it. I have short videos on the topic on my instagram channel.

You can also do a meditation, and see if anything comes through. My passed grandmother loves a good meditation, while my uncle never shows up in meditation.



"If there ever comes a day where we can't be together, keep me in your heart, I will stay there forever."
-winnie the pooh

YOU'RE NOT IMAGINING IT

YOU'RE LEARNING A NEW LANGUAGE, THE LANGUAGE OF SIGNS

The more you ask, notice and give thanks, the more fluent you become.
And signs are only the beginning.
Your intuition is speaking to you all the time, too.

READY TO GO DEEPER?

11 Days to Develop Your Intuition, in less than two minutes a day.

A gentle daily practice to help you trust what you feel, sense and know.

WITH LOVE & GRATITUDE
JOELLE X

YOUR TURN...

CHOOSE YOUR SIGN

Print this page or fill it in on your screen. Keep it somewhere you'll see it.

WHO I'M CONNECTING WITH

MY SPECIFIC SIGN

MY TIMEFRAME

MY INTENTION (WHY I'M ASKING

THE DAY MY SIGN ARRIVED

WHERE I WAS, AND HOW IT FELT