

# STILL CONNECTED

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A Guide and Journal to Help  
Recognize and Record Signs  
from Your Loved Ones in Spirit



LAURAVASORI.COM

# From my heart to yours



Hi, I'm Laura. In 2023, after my dad was diagnosed with cancer, I found myself entering one of the most transformational chapters of my life. In supporting him, I began to open to new things like energy healing and became certified in Reiki and The Emotion Code.

I also started becoming interested in mediumship as I knew his cancer was terminal and thought it may be a way to stay connected to him.

After his passing, I started receiving undeniable signs. They arrived through music, license plates, animals, and even a heart-shaped crack in a wine glass.

I followed the breadcrumbs and continued exploring the world of mediumship. What began as curiosity turned into something unexpected: an understanding that I am a medium and a calling to this work.

Over time, I've come to believe that receiving signs from our loved ones in Spirit is natural and accessible to everyone. You don't need to be a medium to receive signs and feel connected. You simply need to set your intention, open your heart, slow down, and begin to notice.

I created this guide to help you do just that. Inside, you'll find practical advice, gentle encouragement, and a journal space to track the signs you receive. I hope it brings comfort, clarity, and the reminder that love never ends.

You're still connected. And your loved ones are closer than you think.

**Laura Valvasori**

Multi-Passionate Well-Being Mentor  
Reiki & Emotion Code Practitioner | Medium



# EVERYTHING IN THE UNIVERSE IS ENERGY—INCLUDING US.

During our lifetime, our souls live within a physical body, but the essence of who we are is energetic and eternal. When someone we love passes, their energy doesn't disappear—it simply changes form.

Just as water becomes mist, our loved ones shift into a state where they're no longer visible, but still very much present. We remain connected to them through the invisible thread of love and the shared consciousness that flows through all things—seen and unseen.

Receiving signs from loved ones in Spirit can be one of the most healing and affirming experiences on your grief journey. These signs often arrive when we need them most—as gentle reminders that love never dies, and our bonds are never truly broken.

Love is the conduit to connecting with our loved ones. When we soften, slow down, and open—we become more receptive to signs.

# HOW SPIRIT CONNECTS WITH US

The spiritual realm communicates through energy, emotion, and subtle shifts in our awareness. Love is the bridge between worlds. It's the frequency that opens the channel between you and the one you miss.

Spirit speaks to us in many ways: through synchronicities, subtle nudges, symbols, sensations, and sometimes even in the quiet words you hear in your own mind, in your own voice.

These moments can be incredibly personal and unique—but there are also commonly accepted signs that Spirit uses to catch our attention.

For example, many people associate red cardinals with visits from loved ones. Feathers, coins, repeating numbers, or songs that suddenly play at just the right time are all ways Spirit reaches out.

But you can also request very specific signs—like a word, a phrase, or a meaningful object—and then let the request go. You may be amazed by the creative ways your loved ones respond.

Remember: they want to connect with you. They are often just as excited to send signs as you are to receive them.



A photograph of a winter scene. In the foreground, a path is partially covered in snow and ice, with a wooden fence on the left. The background is filled with bare trees against a clear blue sky. A semi-transparent white box is centered over the image, containing a quote and the author's name.

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**"If you knew who  
walked beside you at  
all times, on the path  
that you have  
chosen, you could  
never experience  
fear or doubt again."**

—  
Dr. Wayne Dyer

# HOW TO OPEN UP TO RECEIVING SIGNS



## BELIEVE IT'S POSSIBLE

Even a sliver of belief is enough to open the door to communication. If you're not sure, you can borrow my belief to start.



## SET YOUR INTENTION

Say it in your heart or out loud: "I'm open to receiving signs from you." or "Thank you for sending me a [purple elephant]."



## TUNE IN THROUGH YOUR HEART

Place a hand on your heart and bring to mind someone or something that evokes love. This emotional frequency is the energetic bridge to Spirit.



## RAISE YOUR VIBRATION

Spirit communication happens at the frequency of love and when we feel good. Grief naturally lowers our energy. Be gentle. Moments of stillness can help create a space where signs come.



## SLOW DOWN & SOFTEN YOUR AWARENESS

Signs often appear in the quiet "in-between" moments—when you're doing something mundane, or when your mind isn't racing. Be present. Pay attention.



## TRUST YOUR INSTINCTS

Not everything is a sign—but many things are. If it feels like a sign, honour that. Ask yourself what you were thinking or feeling just before it appeared. Spirit often responds to our thoughts.



## ACKNOWLEDGE AND GIVE THANKS

A simple "Thank you, I see you" is a powerful way to affirm the connection and invite more.

# WAYS SIGNS MAY SHOW UP

There are many ways that those in spirit communicate which often can reflect their personalities in life. They may choose to communicate in ways that they know will be easier for you to receive. For example, if someone loved music in life, they may communicate through songs.

Here are a few ways that your loved one may share signs:

## A SONG AT JUST THE RIGHT TIME

The song may connect to a memory you share with your loved one, the lyrics may have a message in them or a song that you connect to your loved one may play at time when something significant happens as a form of validation that they are with you.

## REPEATING OR MEANINGFUL NUMBERS

(111, 444) birthdates, or meaningful numbers or sequences.

## LICENSE PLATES

Names, meaningful words or numbers, or inside jokes that feel too perfect to be random.

## ELECTRONICS ACTING UP

Flickering lights, alarms going off randomly, songs skipping in a way that grabs you, typing on your phone and a word autocorrecting to your loved one's name.

## FOUND OBJECTS

Out of ordinary placement or that connect to your loved one's life—feathers, coins, hearts, or something symbolic to you.

## ANIMAL MESSENGERS

Out of ordinary placement or that connect to your loved one's life—feathers, coins, hearts, or something symbolic to you.

## A SUDDEN WAVE OF EMOTION OR A MEMORY THAT DROPS IN

This often happens when doing mindless repetitive tasks like vacuuming or washing dishes and you are suddenly thinking of a random memory and wondering why that thought came in at that moment.



## **A PHRASE, A MEME, OR AN IMAGE ON SOCIAL MEDIA**

It could be an Instagram post with a message that seems to answer what was on your mind or reflects back something that reminds you of your loved one.

## **SYNCHRONICITIES**

A meaningful coincidence in meeting someone or having resources you need showing up in random ways – this is often orchestrated by your loved ones from beyond the veil.

## **A “CLEDON”**

A greek term which means receiving a spiritual message delivered through another person or source. You may overhear a conversation that answers a question you’ve had, or be listening to a podcast and the perfect message comes through that aligns with something happening in your life.

# FIVE SIMPLE WAYS TO SUPPORT THE CONNECTION

1

## CREATE QUIET MOMENTS

You don't need a full meditation practice—just five minutes of presence with a cup of tea can open your heart.

2

## GO INTO NATURE

Step outside without your phone. Let your senses guide you. Nature is one of Spirit's favourite places to speak.

3

## DRIVE IN SILENCE

The car creates a powerful space for subtle connection. Speak to your loved one aloud, then notice what arises in the stillness.

4

## WRITE OR SPEAK TO THEM

Write a letter. Speak to them out loud. They hear you. Listen for the response. You are not imagining things.

5

## CELEBRATE SIGNS AS CONVERSATIONS

Each sign is a thread in the ongoing dialogue between your soul and theirs.

# A NOTE ON GRIEF AND HEALING

In early grief, receiving signs can sometimes feel harder—and that's okay. Grief is heavy, raw, and necessary. It's a natural part of our human process.

Spirit energy is light and loving. As your heart begins to heal, even slightly, you may notice more subtle signs beginning to reach you.

Don't feel discouraged if you are not receiving signs.

There is no rush. No pressure. Just be patient and believe it will happen when it's meant to.



**Your loved ones are closer than you think.**

As soon as you think of them, they are there with you. They walk beside you. They see you. And they're always looking for ways to remind you that love never ends.

**Keep your heart open. That's where they'll meet you.**

# **SPIRIT SIGNS JOURNAL**

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# BEFORE YOU BEGIN JOURNALING

Your loved ones may be reaching out in subtle and surprising ways—and this journal is here to help you capture those moments. Recording the signs you receive helps build your trust and awareness over time.



As you write, don't worry about getting it "right." Simply describe what happened, how it made you feel, and any thoughts or memories that came up. The more you tune in, the more you'll begin to recognize the beautiful ways Spirit communicates.

You'll find a few sample entries on the next page to give you an idea of how to begin.

**Use them for inspiration  
—but always trust your  
own experiences.**

# Some examples...

Date	What Happened	What I Felt or Thought	Who I Think It Was From	Notes or Messages
April 3	Saw a red cardinal land right outside my window and stay for a long time.	I immediately thought of Mom. I'd just asked for a sign earlier in the morning.	Mom	Felt like she was reminding me she's still nearby and listening.
April 6	License plate in front of me said "4EVER DAD" right after I was talking to him out loud in the car.	Got chills. I had just said, "I miss you—are you still with me?"	My dad	It felt like a direct answer. I cried and smiled at the same time.
April 8	Random song played on shuffle with the exact lyrics I needed to hear.	I wasn't even paying attention to music until those words hit. Felt instantly seen.	My brother	The lyrics felt like a hug from him. I saved the song as a reminder.
April 9	Flickering kitchen light while I was telling a friend about a favorite memory.	Goosebumps! It had never flickered before.	Not sure who—maybe my grandm other.	Felt like someone saying "Yes, I was there too."

**TIP:**

**Start a folder on your phone to capture all your spirit signs.**





# Start recording your own signs

Date	What Happened	What I Felt or Thought	Who I Think It Was From	Notes or Messages





## **LAURA VALVASORI**

Multi-Passionate Well-Being Mentor  
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Laura is a well-being mentor, medium, Reiki and Emotion Code practitioner, alcohol-free living guide and the author of *Good to Grow*.

With a grounded approach to spirituality and a deep belief in personal transformation, Laura helps others reconnect—with themselves, their purpose, and their loved ones in Spirit.

Whether through mentoring, energy healing, or mediumship, her work is guided by one core truth: we are all more supported, connected, and more powerful than we realize.

## WHAT CLIENTS ARE SAYING ABOUT LAURA

# TESTIMONIALS



### **MEDIUMSHIP CLIENT**

I was so happy my Mom came through. There were so many things Laura communicated that were bang on. Some were confirmations and some were true knowing for me. It's pure magic what Laura was able to communicate today.



### **REIKI CLIENT**

I had an incredible Reiki experience with Laura. From the moment it began, I felt a deep sense of relaxation wash over me. Laura has such a calming presence, and I could truly feel the energy working through me.



### **EMOTION CODE CLIENT**

I was blown away by the simplicity of the methodical process she used to identify and clear the emotional causes of the pain in my elbow. I am so grateful to Laura for opening my mind to this simple and effective practice!



### **MEDIUMSHIP CLIENT**

I wanted to say just how much the reading meant to me, especially this week. Granny was my person, and I was hers. The moment you started I felt her around me, as I do, but stronger than usual. This is such a huge gift for me.



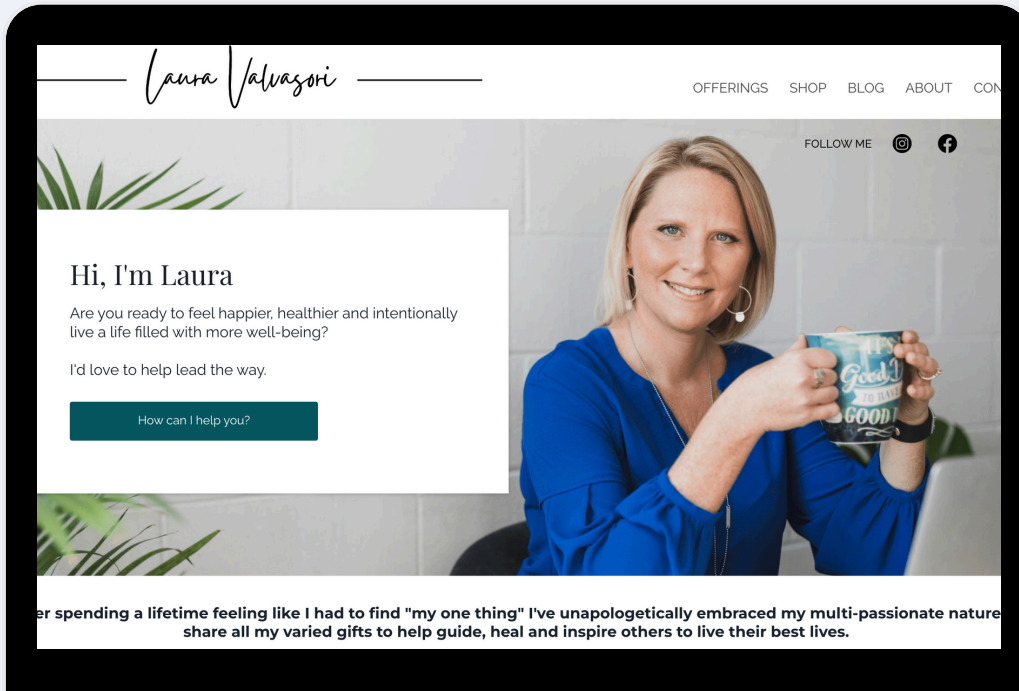
### **STILL ME, BUT ALCOHOL-FREE GRADUATE**

This course was such an eye-opener for me and had so many benefits...improved sleep, I'm calmer, I've decreased my anxiety and mind chatter and have reduced inflammation (joint pain). It was the best gift I've ever given to myself!



### **GOOD TO GROW READER**

It's like having your own cheering squad, best friend, and sage advisor, all in one place.



## CURIOUS TO LEARN MORE?

If this guide resonated with you, there's so much more I'd love to share. Whether you're looking for guidance, healing, or just a safe place to explore your spiritual curiosity, I'm here to support you.

### Visit my website to:

- Learn more about how we can work together
- Explore blog posts about my journey into mediumship, healing, and personal growth
- Join the waitlist for mediumship readings

[WWW.LAURAVALVASORI.COM](http://WWW.LAURAVALVASORI.COM)