

## Universal Guidance Through Signs, Symbols & Synchronicities

The Universe (Source, God, Higher Power, Higher Wisdom) is in constant communication with us every single day. You may feel the truth in those words and yet also feel some days the Universe has gone "radio silent." Universal Guidance comes to us in many ways, all day long, every single day. However, you may be missing, ignoring or simply not asking for Universal guidance that is available!

Three common ways the Universe communicates with you are through signs, symbols and synchronicities. Each of these is different and can be used in different ways to assist you in living your life with more ease and grace.

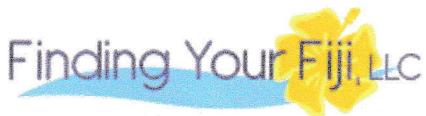
**Signs** are the most concrete way to receive guidance from the Universe. They come to you in physical form. You can see them, hear them, touch them, feel them or in some way absorb them with your physical senses (so perhaps even smell them). Signs are very specific and their meaning cannot be disputed. They are literally signposts, such as a stop sign. Some examples of signs include words that you read, memes that pop up in your social media feed or physical objects you receive.

One of the most powerful signs I received was when I was guided to move to Maui. I had been getting hints and nudges (more symbols and synchronicities) that I was meant to move to Maui and finally asked my Spiritual Team of guides for a physical sign, something that I could not misinterpret, that would give me a clear answer as to whether I was meant to move to Maui.

And I got it.

The very next day in fact! When I arrived home there was a box sitting on my front step. It was a package that had been delivered. I was part of a Secret Santa Sister exchange and had been receiving many gifts from people whom I did not know (friends of friends). To this day, I do not know who sent me this package, although it did have a MN return address on it. To be clear, no one except my BFF and my mentor knew at that point that I was even considering moving, let alone to Maui.

I opened the package and, anxious to see what the gift was, I quickly pulled out two paper gift bags that were used to cushion the gifts. I opened the gifts and then absently looked at the gift bags. I stopped and was stunned. The first gift bag I had pulled out of the package was turquoise blue and said "Maui Divers Jewelry" on it!! I had my sign and 5 months later had moved to Maui!



**Symbols** are another form of Universal guidance. They are different than signs because they need to be interpreted. They are like an intuition shorthand and they often contain a lot of information in one little “package.” We give them meaning. You can create your own shorthand using specific symbols, like feathers, animals, or rainbows for example. Often when you ask for answers to specific questions, the Universe will respond with a symbol.

Whenever I see a rainbow, for example, I take that as a sign that I’ve done a good job on something – it’s sort of my pat on the back. Another symbol, a feather, means I’m on the right path. However, I still need to pay attention to what I’m thinking about or what I’m doing when I see the feather so that I can determine what I am “on the right path” about.

Additional examples of symbols are numbers (you’ll often see them on signs or clocks or license plates), pictures that pop into your mind, or songs you hear.

There are also many universal symbols that we may give our own special meaning to, like peace signs, roses, the word love and hearts. Whenever I see a heart, I feel the Universe is letting me know I am loved and surrounded by loving beings (both here and beyond the veil). The more you pay attention to the symbols you see and assign meaning to them, the more you’ll find symbols to bring helpful guidance to you.

**Synchronicities** are connections that don’t happen in a logical order. It’s a connection that you didn’t intend and these may often surprise you, like when you run into a friend at a random location. It seems incredible, when you think about the odds, that this particular event could happen. The Universe uses synchronicities to get your attention in order to relay guidance to you.

Some examples of synchronicities are seeing/hearing things three times or feeling goose bumps when someone says something. The latter happens to me when I hear something that resonates with my soul and feels true to me. This is a confirmation I often receive when I’m doing readings for clients as well.

Remember that Universal guidance always comes from a place of love and is positive and uplifting. Observing, acknowledging and taking action on the signs, symbols and synchronicities that are present on a daily basis will help you navigate this life with more ease and grace!

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