

Exercises:

Messages or Signs from Loved Ones

Ask for a sign from a loved one to come to you in a form of nature. You can be specific and ask for a heart shaped rock, a butterfly, a feather or leave it up to them.

After you ask for a sign through nature, let it go from your mind. Don't look everywhere for it because you will most likely miss it or repel the message.

Be patient as you wait for your sign, it might take a few days to a few weeks for spirit to send you their message and sign depending on what it is.

For a quick response, try this:

Sit under a tree on a still day. Ask a loved one in spirit or the tree itself to respond through the wind or the whisper of the leaves when they tremble.