

**“Signs from your spirit guides-Elaborate or simple, but they are always around you.”**  
Here are some of the common ways that spirit guides try to talk to us.

When a person dies, I choose to believe that **a deceased person can come back to Earth without taking a physical form.** They do this for a lot of reasons but the basic idea behind most of these ideas is that they are attempting to **pass along a message.** As they have not taken a physical form they cannot communicate through direct means.

#### **YOU HAVE VIVID DREAMS OR VISIONS DURING MEDITATION.**

Spirits are best known for trying to reach us through dreams and meditation. This is when our minds are quiet, and we are more open to the possibilities. They will create scenarios or characters that grab at our attention. When you are dreaming especially, you are aligned with other realms, so it is easier for spirits to speak to you. Before you meditate or sleep is the best time to ask for guidance with sincerity and deliberation.

#### **YOUR SENSES ARE SHARPER AND MORE ENHANCED.**

Spirits have to communicate through indirect means so they will sharpen your senses so you may notice more. You'll see them on the edge of your vision or smell a flower that reminds you of someone deceased. Often, at first, you won't know what you are seeing, but be open to the experience.

#### **ELECTRONICS RANDOMLY ACT UP.**

We've all seen this in movies, but that doesn't make it untrue. Electronics turning on and off, volumes going out of wack or televisions sets get static and change channels. These phenomena will continue until you directly address the situation. **YOU KNOW THINGS YOU CAN'T EXPLAIN.**

Ever got the feeling you knew something that you had no memory of learning? This could be a spirit telepathically popping information to you. You will need this information so stay open to its existence or you will shut it out.

Also, **spirits can lead our intuitions.** So, listen to your gut as it may lead you to unknown places. Have faith in your spirit guides.

#### **YOU GET FREQUENT AND RANDOM CHILLS.**

If ever you are talking about the deceased, or a situation involving the dead, and you get a chilling sensation, that could be a clear indication of spirits. While this isn't always the most pleasant of sensations remember they are on a different wavelength now.

So, don't be afraid when this happens, the spirits are trying to guide you.

#### **YOU FEEL LIKE YOU'RE BEING GUIDED.**

Something is pulling you in a direction, and your intuition can't make sense of it. At the same time, your gut isn't fighting the sensation, the whole thing is off-putting because it is unfamiliar. This is one or more of your spirits trying to take you to a place you need to be or reveal something that is hidden from you.