

A FREE GIFT FROM

Psychic Medium Jeff Ginter



FIVE SIGNS YOUR LOVED ONES ARE TRYING TO CONTACT YOU

*A gentle guide to recognizing moments of
comfort, connection, and continuing love*

LOVE NEVER DIES

The people we love may leave the physical world, but the bond we share with them can continue in meaningful and unexpected ways.

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A Message from Jeff

Have you ever heard a familiar song at exactly the right moment, caught the scent of a loved one's perfume when no one was nearby, or had a dream that felt more real than an ordinary dream?

Experiences like these are surprisingly common. They can bring comfort, hope, and the quiet feeling that someone we love is still near. As a psychic medium, I believe Spirit often communicates through simple, personal moments that gently catch our attention.

This booklet describes five signs people frequently associate with contact from a departed loved one. No single experience is proof by itself, and not every coincidence must carry a spiritual meaning. The most helpful approach is to remain open, grounded, and curious.

A helpful question

Instead of asking, "Can I prove this was a sign?" try asking, "What did this moment awaken in my heart, and did it carry the character of the person I love?"

The clearest signs often feel personal, timely, loving, and familiar. They do not frighten, control, or pressure you. They simply remind you that the bond of love continues.

— Jeff Ginter

1

Dreams That Feel Like Visits

Most dreams fade quickly. A visitation-type dream may feel unusually vivid, peaceful, and coherent. Your loved one may look healthy, speak clearly, embrace you, or simply allow you to know that they are all right.

You may awaken with a lasting sense of calm, remember small details for years, or feel that the experience was different from ordinary dreaming. Sometimes very little is said; the comfort itself seems to be the message.

What to notice

- Unusual clarity or vividness
- A loving, peaceful atmosphere
- A simple message or meaningful embrace
- Details that remain with you after waking

Try this: Keep a notebook beside your bed. Before sleeping, quietly invite a loving dream—but release expectations. On waking, record feelings, words, colors, places, and symbols before they disappear.

2

Familiar Songs, Words, and Repeated Symbols

A meaningful song may play when you are thinking about your loved one. Their favorite phrase may appear in a book, on a sign, or in conversation. You may repeatedly notice a symbol strongly connected with them—a particular bird, flower, coin, number, vehicle, or place.

The symbol matters less than the personal association. A robin might mean nothing to one person and everything to another because it recalls a private joke, a garden, or a treasured memory.

Look for the pattern

A coincidence becomes more meaningful when it is personal, arrives at an emotionally important moment, repeats in an unusual way, or answers a question you have been holding.

Try this: Ask yourself, “Why did this catch my attention?” Then write down the event without forcing an interpretation. Patterns are easier to recognize over time.

3

A Sudden Familiar Scent or Sensation

People sometimes notice a loved one's perfume, aftershave, tobacco, favorite food, flowers, or another unmistakable scent—with no obvious source. Others report a brief warmth, cool breeze, tingling, gentle touch, or the sense that someone has entered the room.

First check ordinary explanations: an open window, nearby products, heating vents, memory triggers, or changes in the environment. Being spiritually open and practically grounded can exist together.

How it may feel

The experience is often brief and recognizable. Rather than causing fear, it may bring reassurance, affection, or a sudden memory of the person.

Try this: Pause. Breathe slowly. Silently say your loved one's name and notice what memory or feeling rises. Offer a simple thank-you, then continue with your day.

4

Perfectly Timed Coincidences

You may ask for guidance and soon encounter a meaningful answer. A misplaced photograph appears when you need encouragement. A stranger says the exact words your loved one used. A light flickers during a family story, or a clock stops at a significant time.

Many events have normal explanations. What gives a coincidence emotional meaning is often its timing, personal relevance, and the way several details come together.

Three questions for discernment

1. Is it personally connected to my loved one?
2. Did it arrive at a meaningful time?
3. Does it leave me feeling loved, peaceful, or gently encouraged?

Try this: Notice without chasing. Genuine comfort rarely requires you to decode every event or remain constantly alert. Let meaningful moments come naturally.

5

A Quiet Sense of Presence or Inner Knowing

Sometimes the sign is not something you see or hear. It is a calm awareness that your loved one is near—a sudden wave of comfort, a memory that arrives fully formed, or a gentle inner knowing that does not feel forced.

Grief itself can bring powerful memories and sensations. That does not make the comfort less valuable. You do not have to label an experience with certainty in order to receive the love within it.

A grounded sign

Healthy spiritual experiences support your well-being and freedom. Be cautious of anything that feels threatening, commanding, obsessive, or disruptive. If an experience causes distress or affects daily life, speak with a qualified healthcare professional.

Try this: Place a hand over your heart, take three slow breaths, and remember one quality you loved about the person. Ask, “How can I carry that love forward today?”

A Simple Practice for Connection

You do not need to force a sign. This short practice creates a quiet space for remembrance, love, and receptivity.

1. Settle Sit comfortably, silence distractions, and take three slow breaths.

2. Remember Bring your loved one to mind. Recall their face, laugh, or a moment when you felt deeply loved.

3. Invite Silently say: “If it is for my highest good, please draw close in a way I can recognize with peace.”

4. Listen Rest quietly for two or three minutes. Notice without straining: a feeling, memory, image, word, or simply stillness.

5. Release Offer thanks and return to your day. Do not judge the experience or demand a result.

Remember

The purpose is not to escape grief or prove anything. It is to make room for love, memory, prayer, and the possibility of meaningful connection.

About Jeff Ginter

Jeff Ginter is a psychic medium and trance healer with more than 20 years of experience offering one-to-one readings. After a 28-year career in law enforcement, Jeff continued his spiritual studies, including training at the Arthur Findlay College in England.

His work is professional, grounded, and centered on healing. Through private readings, group demonstrations, mentoring, and spiritual events, Jeff helps people explore intuition, receive meaningful evidence, and remember a simple truth: love never dies.

A reading may offer

- Evidence and memories connected with loved ones
- Messages of love, healing, and encouragement
- A safe space for questions and reflection
- Guidance delivered with compassion and respect

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