

## 10 Ways Spirit Tries to Connect

1. Have you ever felt inexplicable tingling sensations/goosebumps or cold/warm pockets of air on your body (arms, shoulders, legs, etc.) when the room isn't cold or hot?
2. Has your digital clock ever displayed unique numerical series repeatedly (11:11; 12:12; 1:11, etc.)?
3. Have you ever just "felt" an energy or presence but can't figure it out?
4. Has your dog ever barked incessantly at something (at waist level) in the house, but you don't see anything?
5. Have you ever heard your name or heard a sound and turned to look, but no one was there?
6. Have you ever seen a flash of light out of the corner of your eye and turned to see what it was, but no one was there?
7. Have the lights (or one lamp) in your home flickered on and off in an unusual way or better even been turned on and off (it's not just faulty wiring)?
8. Have you received a call on your cellphone from a number with all 0's (or it shows your loved ones' phone number) and no one was on the line (electronics; spirit loves that)? Perhaps the phone often rings, but only rings once.
9. Has an item in any room moved by itself without explanation (don't use the excuse of the house settling)?
10. Has a book ever fallen off a shelf without explanation (whether live or before you got home)?