

10 SACRED SIGNS FROM THE UNIVERSE

**Discover Success, Love, and Happiness
By Following Life's Hidden Guideposts!**



Alexander Wilson

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PART 2

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10 SACRED SIGNS OF THE UNIVERSE

How to Understand the Secret Language of the Universe

We know we live in a vibrational universe, a place where all things are interconnected, and all matter is vibrating on different atomic levels. All matter means everything that you see and everything that you do not see, from the physical nature of the world, to everything else that exists in it, including your thoughts, feelings and emotions.

The unseen, the non-physical is the source of all things - the universe itself, and it is all around you all the time. Take the analogy of the iceberg, the tip of which is visible from above the water but the rest of which, the dominant majority in fact, is beneath the surface, not visible to us.

So, in this vibrating universe you are interconnected to everything else that exists, including the unseen. Often people go about their lives feeling disconnected, lonely and separate from others, yet this is but an illusion. The fact is you are connected to everything that exists. That means there is no such thing as separation and the entire rest of the Universe is communicating with you all the time, in every single moment!

We have seen how the Universe communicates through different avenues such as repeating numbers, messages in dreams, animals, songs, words and symbols.

In this second part of the Sacred Signs of the Universe, we are going to offer you an in-depth look at ten more sacred signs from the Universe as well as guiding you to a deeper understanding of why the Universe sends us signs and how to really understand the synchronistic happenings that unfold as a reflection of your beliefs and perspective in life.

Living in sync with the Universe

If you want to learn how to live the absolute best version of your life, moving in beautiful rhythm with the Universe, you need to look beyond seeing the Universe as some magical unknown thing that is separate from you, doling out signs to those who deserve it and withholding abundance from others.

You have to really, totally and completely internalise that you are part of the Universe, a child of the Universe if you like, and both it and you are full of all possibilities and pure potentiality. When you understand that, you will feel limitless in life and be able to create anything you want.

You Create Your Own Reality

Whatever you experience in life is a reflection of what you choose to see and where you choose to place your attention - a manifestation of your own thoughts, emotions and therefore vibration.

The sacred signs that the Universe communicates with are always there for you as guidance, it's a question of whether or not you are letting them in and whether or not you are attuned to know how to recognise them.

The Universe is more likely to send you positive, encouraging signs, symbols and synchronicities when you are vibrating positive, high energy. You will likely receive some of the signs we discuss here as nudges of encouragement, showing you that you are on the right track. If you receive signs that feel more negative, you can take them as a little push to check in with your energy, your alignment and re awaken to where you are headed in life.

All signs will be better received if you are working on creating a calm sense of presence in your mind. When your energy is scattered and you are rushing around trying to juggle too much at once, you are far less likely to be able to understand how the universe is speaking to you.

How to Interpret Signs:

The Universe communicates with us in a variety of ways as we have already seen in the Seven Sacred Signs report. Sometimes it is through something quite tangible like a book falling off the shelf, a specific animal in our paths or seeing repeated angel numbers. **Sometimes, the Universe speaks to us through a deeper knowing that we all carry within.**

Whether the Universe is communicating in an obvious way or through something more abstract - the more connected we are to ourselves the easier it will be for us to translate and understand what we are receiving by way of communication from the greater Universe.



To really hear, see and interpret signs from the Universe, you need to create a balance between surrendering and having faith. **You must surrender your desires and your need to control the outcome and then cultivate genuine faith in the Universe to deliver.**

Learn to pay more attention to yourself. When you remember that you are one with the Universe, you will find it easy to see how messages and meaning flow between you in a constant, magical stream.



∞ SIGN 1 ∞

INTUITIVE INSIGHTS DURING MEDITATION

Meditation is really a gift available to every single one of us at no cost, all you have to do is learn how to quiet your mind. When you do so you connect to yourself, the real, authentic light within that is the true you.

This deep presence of mind enables a kind of unlocking of great wisdom and opens a channel of receiving from the Universe. Meditation is one of the easiest ways to develop your communication skills with Spirit and receive all kinds of guidance and support through the quieting of your thoughts and the creation of a still presence of mind. As you meditate, eventually dropping into a deep state of calm, you will notice this allows your inner self to speak to you much more clearly. You could ask the Universe if there is a message for you as you meditate and see what thoughts or feelings come flooding through. You will recognise their validity as true signs by the way they make you feel. If they resonate with you, you will feel uplifted and confident. Make sure that you have reached a deep state before asking, you do not want to be muddled by your own conflicting analytical mind. These answers are coming from a different place deep within your own spirit.

Try to carve out time for meditation and make it a sacred act. It will undoubtedly help boost your ability to receive messages from the Universe.

👉 [Go Here to Receive Your FREE Personal Copy of the 5 Minute Meditation To Reveal Signs & Messages From The Universe!](#) 👉

In this personal story, Mike was due to take a work trip to Brazil, but he was worried about going away on the dates scheduled for several personal and family related reasons. He didn't know what to do as he had little power to change the work schedule. He just felt in his heart that it wasn't the right time to be away. He was considering bringing it up but felt anxious about how it would affect the way he was seen at work by his bosses as he was new at the job. During a meditation session he asked for guidance on the matter. After a deep meditation Mike clearly heard the words in his mind, "something will change." He knew then that he was being guided to bide his time. After the weekend, a co-worker sent him an email saying that due to unforeseeable circumstances they were postponing the trip until later in the year. Mike learned that by tapping into his intuition, he could feel what he was supposed to do in any given situation.



∞ SIGN 2 ∞

GUT FEELINGS

Have you ever just known that something was true or right for you? That feeling you get where you feel 100% sure that you should do something or the feeling that something just isn't right are both clear signs from the Universe. The more you are living connected to your inner self, the more likely it is that you will be able to understand and trust your own gut feelings.

You may hear a message or read something that resonates with you on a deep level, and you just know it feels right and true without needing

to analyse exactly why. Maybe you have a desire that won't go away no matter how hard you try to ignore it. You may even sense a deep inner voice guiding you wisely and calmly towards certain things. This is because we are all interconnected and your deep inner self recognises truth that is the Universal Truth. When you feel like that you must pay attention and follow where that feeling leads. It can be a wonderful thing to start trusting in your own wisdom to know whether something is right for you.

A good tip to start strengthening your own deep knowing and gut feelings is to take time every day to listen to what your inner voice is saying. Ask yourself what your soul is telling you? What does it want you to do today? The more you listen, the louder and clearer the answers will be.

Learn to know when something makes you feel excited, lighting you up and when something makes you feel scared or anxious. You have access to the entire Universe through your inner guidance system, alerting you to pay attention to all things.

In this historical example, Henry Ford of Ford Cars, trusted his gut feeling when, in 1914 he decided to double his employees' wages based on his own instinct. The car industry was not doing well, and he was facing a fall in demand. Even so, he decided to increase wages against other barons of industry's best advice, the act was sensational at the time. Within a year turnover dropped and productivity doubled plus demand for Ford cars boomed as employees could also afford to buy them now.

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."—Albert Einstein



∞ SIGN 3 ∞

RANDOM THOUGHT/ PSYCHIC PERCEPTION

The Universe communicates through those random thoughts that pop into your head seemingly from nowhere. Pay attention to these and try to instinctively feel what these may mean for you in your life. It might

be something as simple as thinking of a certain friend or family member out of the blue and then calling them only to learn that they really need your love and support at the moment. It may be the sudden solution to a problem, an inspiration to go somewhere or a random idea that occurs to you. Take all these thoughts seriously and learn to develop your talent for tuning into them.

Some people are born with a stronger prevalence towards the intuitive or psychic talents of clairvoyance (clear seeing), clairsentience (clear feeling), Clair cognizance (clear thinking) or clairaudience (clear hearing). All these gifts are about receiving guidance from the universe through different means to greater understand a situation or experience. You do not need to be a professional to learn how to develop these ways of perceiving, we all have access to the same divine source. What you must do is learn to trust yourself and your thoughts, discerning which are coming from somewhere deeply soulful and not from your analytical mind. Random thoughts are the universe's way of confirming the conversation you are always having with it, a way to reflect how much you are allowing in to your life through your high vibration.



∞ SIGN 4 ∞

SYMPTOMS IN YOUR PHYSICAL BODY/ HEALTH ISSUES

If you consider that you are connected to all that is then it should come as no real surprise that the Universe communicates to you through your physical body in the form of pain, illnesses, symptoms and ailments.

Experience, emotions and trauma can become locked in the body and emerge as headaches, muscle aches and other symptoms. Our bodies are just another reflection of our inner thoughts and beliefs and in many cases, lack of self-love and self-acceptance. Think how powerful we really are in our ability to cure ourselves of minor ailments simply by connecting within and analysing what is really being communicated to us through a specific illness or condition.

Physical problems are often ways in which the Universe is showing you it's time to make some changes either to your lifestyle or to address an emotional or mental problem that you are facing.

Next time you experience something like a headache, stomach ache or muscle pain, stop and ask yourself in what ways you could love yourself more? Is there something going on in your life that you know deep down is not right? Are there things you are afraid to address? When we create peace, calm and harmony in our mind we will then see it reflected in our lives and bodies.

Learn to access your inner guidance. All this requires you to do is get honest about how certain things make you feel and teach yourself to understand what those feelings translate to in your body. Can you make connections between your symptoms and things that are happening in your life? Don't let fear rule your decisions. Choose to see where the illness or ailment is a gift to you, enabling you to change something about your life for the better.

In this personal story, Mandy was in a relationship that she was finding very challenging and difficult to remove herself from. Caught between wanting to stay and knowing she should leave, she developed extreme stomach aches that would occur at random once or twice a week. The pain was excruciating and responded to nothing but lying down in agony and waiting for time to pass, clutching a hot water bottle. She went to numerous doctors and specialists who found nothing wrong but told her it was probably stress related and seemed like she had an ulcer, although tests confirmed this not to be the case. As soon as she made those long overdue changes in her life, which were big and dramatic changes, the stomach aches vanished never to return. In this way you

can see how she was literally unable to stomach her current situation. The fear and lack of self-esteem she suffered in that relationship was literally eating away at her in the form of stomach aches.

“The answers within me come to my awareness with ease.”—Louise Hay



∞ SIGN 5 ∞

OTHER PEOPLE

The universe likes to communicate with us through other people, using them to transmit a message across to us. This could be by meeting someone who happens to have the answer to something you have been wondering about, perhaps someone who tells you something or offers you an opportunity at the perfect moment. It could even be someone who walks towards you with a word emblazoned on their t-shirt or a on a bag that speaks exactly to you in that moment! It could also be something that you overhear in conversation or on the radio or

television. Sometimes it's the fact that everyone around you is doing what you would like to be doing or what you feel you should be doing. For example, you've been wondering about starting up a new creative hobby but haven't taken the plunge. Let's say your co-workers tell you about a new painting class they've signed up for, then your sister tells you she's enrolled on a cookery course, you go for coffee with your best friend and they tell you they've started a new dance class. These are all ways that the Universe is using to transmit the message you need to hear! Follow your heart and find your bliss in some creative pursuit!

Remember that not everything is a sign, but you will know when it is a sign if you have been looking for an answer or a nudge in a certain direction and something happens that speaks directly to that problem of yours. When something happens to resonate like that you just know! When that happens, follow the sign.

For example, if you are thinking about quitting your job and following a more creative path and suddenly everyone around you seems to be talking about making big changes too, you could take it as affirmation that you should follow your heart. The more you need to hear the encouragement, the more obvious the universe will be with its communication! If you are procrastinating about making a change, don't worry, the universe will knock itself out trying to get the message across to you until you cannot ignore your calling.



11:11

∞ SIGN 6 ∞

SYNCHRONICITIES

Synchronicities are perhaps one of the most exciting and powerful ways that the Universe talks to us. A synchronicity is really when some kind of connection happens that is so incredible it is way beyond being considered as a coincidence. Synchronicities really confirm the interconnectedness of everything and prove that something much more profound and bigger than you can imagine is going on behind the scenes of everyday life. The Universe is orchestrating people, places and experiences to converge at exactly the right

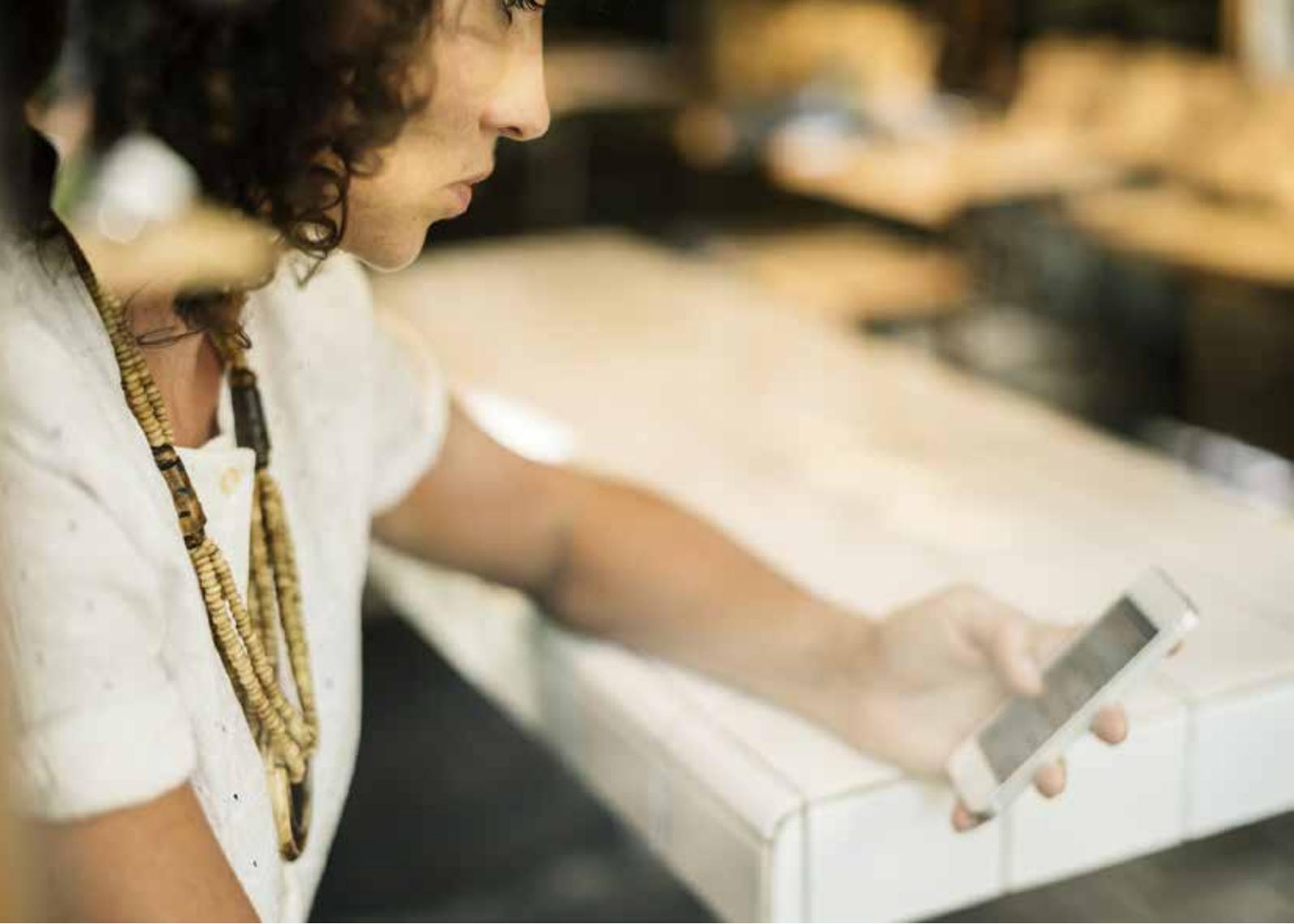
moment to show us we are on the right track and to give us positive encouragement.

Synchronicities are also evidence of manifestations being on their way, in that way what we are calling synchronicity is really the law of attraction working its magic as the Universe reflects back to you your alignment. The Universe may start by showing you small examples of synchronicities like when you think of a friend you haven't thought about for some time and they send you a message the next day. Or perhaps you are thinking of going on a city break to Rome and for the next week people keep talking about Rome or you meet someone who has just been there and can offer the perfect advice on where to stay. These are all little signs that the Universe is nodding at you, smiling in encouragement.

Synchronicities don't have to be small things they can be as huge and life changing as you desire. Often when small synchronicities start piling up in your life, it's a sign that bigger things are on the way. Listen to the Universe and be open to receiving. You could start by listing all the little synchronicities that occur in your life in a journal, by keeping track of these messages you are effectively saying to the universe that you are ready to receive more and that your lines of communication are open.

In this real-life example written about in her book *What if This is Heaven?* Anita Moorjani discusses a strange coincidence that happened to her in Pune, India, an enormous crowded city of over 5 million people where she was visiting her mother. She was drawn to walk into a tiny dress shop on a narrow street full of people selling things and alive with activity, a place she wouldn't normally be in. The shop was barely visible but her eyes were drawn to the skirt hanging outside and so she went in, feeling compelled. She got chatting to the woman who worked in the shop and the woman asked her where she was from, as her accent was different to the locals. Anita said she had grown up in Hong Kong, and the woman exclaimed how strange, so has the author of this book I am reading, Anita Moorjani. Anita's jaw dropped, but that's me! She said. The woman couldn't believe it, she had been obsessively reading her

book for the last few weeks, telling everyone about it. The strangest thing was the book was not even available yet in India, her cousin in the UK had sent it to her as a gift. This is a wonderful and life affirming example of synchronicity. The woman had been praying to meet Anita, it was almost as though she had willed her into her shop, in the middle of that busy mega metropolis. www.anitamoorjani.com



∞ SIGN 7 ∞

TECHNOLOGICAL MALFUNCTIONS AND SETBACKS/ DELAYS

You know that frustrating feeling when your Internet goes out or you lose cell phone coverage? Maybe your email just won't send, your movie keeps buffering and your car won't start. As irritating and disruptive as these technological issues can be, they may also be the

Universe communicating an important message to you. Consider these moments as a chance to bring yourself back into the present moment and reassess your actions. The universe may be telling you to slow down and re-think what you are doing. If you were in the middle of sending a message, perhaps you need to re-word it. Sometimes the universe sends us problems as blessings in disguise. Perhaps your car has something minor wrong with it as a way of bringing your attention to a bigger problem that could be prevented by becoming aware of it now.

Often, we spend too much time on the Internet, even those of us who need it for work (so pretty much all of us!) could afford to take more breaks and get outside for some quick exercise. See these apparent obstacles as the Universe's way of telling you to change your routine, take a break from the screen and maybe realise that you don't need to be as connected all the time as you think you do. The seemingly disruptive issues could in fact be the path to better health and higher productivity or even provide exactly what you need by forcing you to disconnect for a while. Consider it a sign to take more regular breaks from technology and connect more to your own heart energy. When you make a change to come at all your interactions from the heart instead of the head, your life will move with greater ease and flow and you will be practicing vibrating with high, positive loving energy - something the Universe loves because that is what the universe is made of.

Similarly, the Universe communicates to us through delays and setbacks when travelling either on public transport or on the road in our own vehicles. Consider that traffic obstacles might be the Universe's way of telling you need to rethink your current path, especially if you are wondering whether you are doing the right thing. Alternatively, it may just be that you need to check in with your energy output. Remember that the world you experience is a reflection of your beliefs and vibrations. When things are going well for you, you tend to get more green lights and parking spaces. When you are feeling frustrated you are more likely to get stuck in traffic, have minor accidents and see roadblocks. Slow down and tune in - sometimes the Universe's message may not be entirely apparent straightaway as in the example below.

In this example, both gut instinct and setbacks prove to be a sign from the Universe. Natasha was running late for an important date. She was rushing and frantic and as she pulled out of her street in her car, she became filled with a nagging sense that she had left the oven on at home. She stopped the car, irritated. Had she left something burning or not? She thought she probably had not but could not take the chance and so she turned back to check, now even more anxious than before. At home, she discovered everything was fine and all she had done was waste more time by turning back. She set off again and only gone about 5 minutes down the motorway when she came across a horrible pile up, a really bad accident involving at least 10 cars. The police and ambulance were there and re-directing traffic. She realised, as shivers ran up her spine, that had she not turned back to check on her house, she would have certainly been among these cars, many of which had no choice but to crash in an attempt to avoid the pile-up on the curve of the motorway. Now she drove off, knowing that she would still be late but that being late was much better than having been involved in a serious accident. The event made her always remember to slow down and ground herself before getting in her car.



∞ SIGN 8 ∞

SIGNS IN NATURE

Animals are one of the sacred signs of the Universe as we have previously seen but there are numerous other ways that Universe uses within the natural world to send us signs, messages winks and nudges. This could be in the form of flowers, trees, rocks, crystals, feathers or colours as well as weather patterns, sunsets, rainbows and clouds.

The best way to be alert to these signs is to pay attention to what you were thinking about right before seeing either a usual rock formation, a leaf, shell or pebble in your path in the form of a heart or perhaps a

wonderful rainbow or reflection. Become extra aware of what you are drawn to, what keeps repeating in your experience and most importantly how it makes you feel.

Rainbows can mean several different things. They can be a good omen, appearing before you as a sign that you should be confident everything is working out for you. They can also signify protection, if you are in a situation where you feel uncomfortable or scared, seeing a rainbow is a sign for you to relax knowing that everything will be alright. Rainbows can also indicate that you are headed in the right direction, sometimes literally, appearing on journeys as a symbol that you are travelling to the right destination and that all will work out well. They are undoubtedly a sign from spirit that you are connected.

Feathers - It is often said that seeing a feather signifies that an angel is nearby, watching over you. Pay attention to white feathers in particular, or feathers that seem to float down and land right in your lap. These are signs from the Universe that you are being supported, guided and protected at all times in the pursuit of your dreams.

Shooting Stars are associated with good luck, new beginnings and positivity. They can represent a chance to make a wish for something you really have been desiring, a chance to make it come true.

Many people see rainbows around the passing of a friend, family member or beloved pet. If this happens to you, take it as a sign from them that all is well and that they wish you happiness and peace.

In this personal example, Suzanne Heyn discusses how she when she was wanting to quit her toxic job in the corporate world, she started seeing rainbows everywhere, living in the desert this was not a common phenomenon. She took it as a sign that she was on the right track in deciding to change course. <http://suzanneheyn.com/how-to-follow-signs-from-the-universe-and-live-your-destiny/>



∞ SIGN 9 ∞

EVERYTHING SEEMS TO BE GOING WRONG

Now, this might seem like a strange way for the Universe to communicate but seriously, when things in your life seem to be falling apart it is very often a total wake-up call to make some long overdue changes. Sometimes you have to hit rock bottom before you can truly live in your

light - being the authentic person you were born to be and following a life of true alignment. There are countless stories of spiritual "guru" authors, speakers and visionaries who only realised their true calling after some serious soul searching in the virtual gutter of life. If your house starts crumbling, pipes are bursting, someone dies, your partners wants a divorce or you've lost your savings, whatever calamities are being thrown at you also represent a chance to awaken and re-evaluate your life to start fresh.

In her book *Light is the New Black*, author Rebecca Campbell discusses how she had to experience her home literally crumbling at the foundations coupled with a flood from the water mains before she could surrender to change. Her personal despair and confusion were reflected in her surroundings, all of which built to a climax where she just let go and let the Universe guide her to what she was supposed to do. After breaking down in that situation and surrendering, she heard clearly what to do next, took action and the pieces of her life began to immediately make sense again. www.rebeccacampbell.me



∞ SIGN 10 ∞

OBJECTS

Remember the sign of books falling off shelves in the first 7 Sacred Signs from the Universe? Well the Universe will sometimes send you signs through other objects in a similar way, such as when you come across certain items in unusual places, or perhaps when you find something you thought was lost or when an object appears that acts as a kind of trigger for you, supporting an idea you have been mulling over or jogging a memory.

Perhaps you find a photograph of a friend you haven't talked to in years as a prompt to reconnect. Or maybe you have been thinking about children a lot and are wondering whether to start a family and you come across a random discarded toy when you are out taking a walk. It could be anything at all that speaks to you, you are really the only one who can know what the Universe is communicating at that time.

In this story, Jeremy had recently found himself yearning to revisit playing the piano, which was something he had enjoyed a lot as a child, yet he had not touched the instrument in over 20 years. Classes were not currently a viable option and money was tight for him. Then a friend of his who was clearing out his house in preparation for a move, asked Jeremy to give him a hand at the garage sale he was planning. Jeremy went around to his friend's house, the day of the sale and helped him set up boxes and bags of goods. At the end of the day Jeremy offered to take the left-over unwanted things to the dump in his truck. Arriving at the dump, he could not believe it when he saw a keyboard, discarded among chairs and old tv's. It actually looked as though it was in great condition. He took it home, gave it a clean and plugged it in to discover it was perfect, there appeared to be no real reason for anyone throwing it out other than not wanting it. It was the perfect timing and the right way for him to revisit his old love of music.

You have received a sign - What next?

Taking action after you receive a sign is an important part of the process. The Universe rejoices when we act upon signs to co create our own reality. Often when you take one step forward to meet your dreams, your dreams speed up, taking ten more steps towards you!

Signs and symbols are there to make us recognise our own power. We have the ability to change our perspectives, make new decisions and embrace new attitudes. We are not often taught that the power is within us and we have the ability to heal ourselves and guide our own lives.

It's also important not to jump at everything that might be a sign and act upon it. You shouldn't move to Mexico just because some Mariachi music came on the radio! You have to work the process of tuning into the language of the Universe correctly.

Remember to surrender your desires, questions and personal investment in how the answers will come. Learn to differentiate between what you want to hear and what is truly being shown to you.

The more you work at connecting to your inner self through meditation and self-reflection, the more you will be in touch with your intuition and able to hear loud and clear what the Universe is telling you with its messages and understand them correctly. In order to hear the answers, you must slow down. This is not about choirs of angels with harps appearing! This is about opening your awareness to the answers that are all around you.

Simple Steps:

- » Surrender your desire/ question to the Universe.
- » Set an intention to receive guidance from the Universe
- » Be open to the truth of what you may need to hear, not what you are attached to as the outcome
- » Know that you will receive the answer in due course.
- » Release expectations and have faith.
- » Act on the signs you receive.

Most of all have fun as you learn to navigate your way through your constant flow with the Universe. Open your spirit to the divine communication all around you, ready to help you move into living the best version of your life.

How Can you Reconnect to Your Soul Wisdom?

Learning how to understand the language of the Universe is about remembering the wisdom your soul already possesses. We are all born connected, we just let life get in the way and forget how to receive the guidance that is all around us.



YOUR NEXT STEPS

Would you like to boost your receptivity to sacred signs and really work on reclaiming your spiritual connection to the Universe?

[Spirit Whispering 21-Day Master Course](#) offers you the chance to do just that. On this three-week course you will go on a transformative journey that will guide you back to your true self, the authentic you that is at one with the Universe. You will be given the tools to learn an empowering ritual called "Spirit Whispering," an effective and divine way to call in messages and signs unique to you.

Think of the course as a calm, wise helping hand, here to guide you with love. It's not about studying books or striving for results; it's about clearing whatever emotional obstacles you have placed in your own path to receiving the universal guidance meant for you.

With regular, specifically tailored meditations and rituals, you will learn how to open your heart and mind to the divine signs, symbols and synchronicities all around you. The course is divided into three separate weeks, each one dedicated in a different way to furthering your ability to turn your dreams into reality, discover your true life's purpose and connect you to the financial, health and relationship abundance that is rightly yours.

The course easily fits into your daily life, no matter how busy you are. Each day consists of short, 3-5-minute rituals that are designed to help you call forth the magical signs and synchronicities meant for you. It is a wonderful way to practice self-care as you work on developing your intuition and eradicate self-doubt, moving into the most fabulous version of yourself.

Remember, the Universe is a beautiful place that loves you unconditionally and always has your back. With this course you can truly transform your life and emerge as the confident, purposeful and self-assured individual you were born as, ready to create the life of your dreams.

“ Take me to the “spirit whispering” signs from the universe 21-day master course! ”

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