

COMMON SENTIENCE



SIGNS

*Sacred Encounters with Pathways,
Turning Points and Divine Guideposts*

SIMRAN

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PART ONE

Understanding Signs

You are the world and the world is you.

— KRISHNAMURTI

JOURNEY OF THE SOUL



A unique and beautiful story is unfolding all around you—and you might not know it.

You happened upon *Signs* because this book called to you. This was a “sign.” You might have also been encountering other moments that seem implausible.

Signs that appear to you might be puzzling if they seem linked to things you have pondered, dreamed, or wished for. They could be related to challenges you are facing, and praying about. It is possible that you are questioning reality, or even your sanity. You may ask if others experience similar things—or you might stay quiet, feeling timid about what is happening in your world.

Within these pages is an opportunity to discover the guidance provided by signs. This book not only introduces you to various expressions of these sacred encounters, but also offers profound individual experiences that can expand your awareness, connection, and understanding of a world within your world.

Signs provides information, training, and confirmation for engaging a deeper experience with the situations you are encountering. You will learn

that signs are not only present, but an ongoing and available resource for anyone who is ready to converse with the universe. Let these pages become a source of comfort, insight, and inspiration for embracing life in a more intimate and adventurous manner.

To recognize that signs are appearing for you, it is important to know why they exist, where they began, their purpose, and how they appear. It is also necessary to strengthen your ability to receive and discern what your signs are saying to you.

In this book, you'll find stories from others who have encountered their own signs. Their vignettes of experience illustrate sacred encounters that brought forth turning points which led them down their unique paths. Signs are Divine guideposts that lead to soul expansion and personal dharma.

Your signs do the same, if you are willing to see beyond the surface of life and your mind's skepticism. Your ever-deepening inquiry of signs will enfold you in delight, innocence, and a cascade of remembering. These are experienced when you see individual signs, and later as you connect the dots that weave across spans of time.

Finally, as you make your way through this text, I will provide my own string of experiences as an example of how signs connect to create an ongoing dialogue. This will help you understand how to better intuit signs, their broader meanings, and the integration process that I use. My method has opened me to the experience of signs showering upon my life.

Throughout the text, you might notice certain things are repeated. The purpose of this is two-fold. First, it serves as an illustration for how signs continually tap you on the shoulder. Repetition is a key characteristic of signs. Signs repeat to re-“mind” you, so that your perception and perspectives expand. Second, you have been conditioned to perceive the world in a logical and practical way. Signs are, by nature, neither logical nor practical. They are mystical, magical, and playful.

You are embarking on an intimate spiritual journey. After reading this book, you will never look at life in the same way. Trust your intuition as you follow in the direction life has pointed. When you hear the universe speak to you, your inner and outer dialogue reflects the new texture of experience. In time, signs will feel like words. Linking these words will create full sentences. With time and experience, the sentences become full paragraphs. They become conversations with the universe.

Life is not only connected, but also interconnected and reflective. It is a web that mirrors you. Life guides you. It speaks to you, about you. Pause for a moment and reflect upon how a flower, insect, animal, or person might have appeared to you as a sign. You are every part of the world, and it is speaking back to you about you. You are the universe, and the universe is you.

Create an intimate relationship with every sacred encounter, and let that intimacy expand your experience. Receiving signs can increase your awareness and expression of authenticity, personal power, and purpose. These messages, intended just for you, might reveal major life pivots, new roads, and empowering choices. Let your signs become pointers, your pointers become insight, your insight become integration, and let that integration move you toward inspired action.

Have a sacred encounter. Experience a turning point. Embark upon a purposeful pathway. Embrace your unique messages as Divine guideposts. In doing so, you will be led through the most marvelous and mystical experiences of your soul. This is the perfect moment to become present to your sacred encounters and open to your unique conversation with the universe. A beautiful human saga, filled with signs, is available for you. It encapsulates the journey of the soul in a most beautiful way.

But first, you may wonder why signs exist, and what happened that brought them forward. Let's begin...

CHILD'S PLAY

We are born of the cosmos. Every human being arrives wide-eyed with wonder, draped in innocence yet rich with other-worldly wisdom. We can observe this within an infant's eyes. The magnificence of God is palpable in a newborn baby.

Infants are sponges, taking in the world at warp speed. They grow and change with every sight, smell, sound, taste, and touch. Not realizing that the child came to remind them of the truth they have forgotten, caregivers teach and model behavior based upon their own beliefs and fears about life. Unaware that the child came as a sign for the parent, the child is unknowingly exposed to beliefs and polarities held by them. This will undoubtedly create wounding in the child that echoes that of the parent.

An echo is a rhythmic ping that repeats until awareness returns for awakening. The echo is the rippling of a sign. This is how contrast, distortion, duality, and dissonance become infused into each of our lives. Children absorb information on many levels—cognitively, energetically, emotionally, physically, and intuitively—and then begin creating experiences that replicate what was modeled, repressed, and carried.

In time, the child's imagination and playfulness—as well as their dreams—conform to their environment and to the size and shape of the caregiver's perceptions as they establish their own identity. In adolescence and early adulthood, the child's identity also begins to reflect all the ancestry that came before.

Children quickly learn the importance of playing by others' spoken and unspoken rules. They begin to absorb the constructs of education, religion, and media. This ongoing conditioning solidifies their beliefs including their thoughts around success and destiny. Eventually, the original innocence is forgotten.

Early childhood predispositions bring about a living framework that shapes, limits, confines, and constricts what was once limitless, boundless, and free. This draws us farther out into the external. Yet it is also what sets in motion the string of signs that begin appearing when ready to receive them. Through the outer world, we begin finding our way back from forgetting.

Forgetting is unavoidable, since conditioning begins in infancy. The once-wide-open heart is now guarded. A deep connection to sacred gives way to a multiplicity of masks, patterns, and behaviors.

Where there was once oneness of mind, heart, and spirit, now a feeling of separation develops and the being experiences duality and discord.

Awareness of essence moves into sublayers of the body, mind, and heart. Source is projected out into the universe. The natural creative capacity is perceived as distant and inaccessible.

Survival becomes the priority. The shadow self forms. It is the hidden twin of the 'child self'. This is the part of you that eventually creates the obstacles and challenges, urging you to remember and reclaim your essence. The shadow creates moments of discord for your greater good, although it may not feel that way. These moments of contrast can be viewed as unorthodox signs. They bubble up so that you begin asking questions and seeking answers.

Your early life determines which of the six core human wounds develop: repression, denial, shame, rejection, guilt, and separation. In a roundabout way, your core wounds will eventually return you to mysticism, magic, and miracles. Signs begin appearing as a means of pointing toward what you are destined to remember, if you are open, available, and receptive.

This storyline is the same for each of us. No matter what your family of origin was, a version of this process occurred. Even if you are awake and aware, you are passing belief systems and ways of seeing the world onto those in your care. Every human being is part of the human condition; each one must take the journey of the soul.

THE YELLOW BRICK ROAD

Life is temporal and mire-filled but also magical. Within the constructs built from childhood, the golden thread of essence weaves its way upward, entwining your daily experiences with life's sacred mystery.

What occurred throughout your younger years flips to a new mission: awakening. The inner child and your essence, in partnership, construct a way back to your true self. Just as Dorothy did in the *Wizard of Oz*, you will encounter people, places and things that will uproot your fears, create turnarounds, and deepen your faith as you travel this yellow brick road. Your return home becomes an adventure involving your own, intimate relationships with courage, mind mastery, and opening your heart.

Even the mundane will hold hidden treasures and special keys to awareness, transformation, and alchemy. The hero's journey that then unfolds is an exciting opportunity for discovery and recovery.

Your greatest challenge will be your "self," encumbered by identity, wounding, and doubt. You will search for the ability to reconnect human experience to mystical nature. However, during this time, you are likely to perceive more questions than answers. You won't yet realize that the answers *are* the questions. Your search will not only lead you forward, but also allow you to access the signs that have long surrounded you.

The journey of a lifetime begins within a darkened tunnel of age-old questions. "Why am I here? Is this all there is? What is my purpose?" When you venture into this tunnel, your vision expands so that you notice signs, symbols, and synchronicities. At the same time, you will recognize the smallness of the self and will begin the process of releasing everything you've taken on through conditioning.

"It is always darkest before dawn." This is true for the journey as a human. Within the darkness of confusion, psychosis, and "dark nights of the soul," your shadows rear up. These squatters have been waiting for the right time

to plant their discordant experiences. Their mission is to uproot everything false about your life. Your world going topsy-turvy may not feel good, but it does open you to a new world.

Letting go of what you have become requires releasing what you know. Most of us don't do this willingly. For that reason, the universe conspires to bring forth a multitude of signs that reveal internal and external direction, areas calling for change, and sparks of Divine presence. Unfolding events may seem climactic, and at times chaotic, but they are also cosmic. Your life will orchestrate a series of events, meetings, and signs that support you in letting go so you can experience something greater. Life helps you embark upon a walk of infinite mastery. You need only follow the signs. They are your "Yellow Brick Road" home.

THE JOURNEY AS YOU

We experience the world in a multitude of ways. Our senses help us translate theoretical learning into integrated awareness. Human beings also have shape-shifting qualities. The journey you take *as you* is a sensory and extra-sensory experience. Your YES becomes vitally important for experiencing the mystical.

Your body is the bridge between where you are and where your soul intends for you to go. The senses connect to and receive mystical experience in ways that the conscious mind cannot, through intuitive knowing.

Although the five senses play a significant role in perception, the "journey as you" expands beyond your body. As you begin the return home to your true self, you will uncover the subtler realms of your senses once again, and signs will use the senses to get your attention.

You also possess extra-sensory perception, known as the sixth sense, which allows you to see and know things beyond intellectual understanding.

This Divine intelligence helps you interpret the world in a metaphysical manner. In strengthening your sixth sense, you open to the field of knowing. This sense accesses the mystical aspects of life that sit within the ordinary and humdrum. You are then able to see the inner workings of the world, and understand life in a brand new way. This innate, intuitive quality will allow you to recognize more signs.

SACRED ENCOUNTERS

Life is filled with the mystical... the magical... and the magnificent. Trust your eyes, your ears, and your sensations. The universe is talking to you. Signs are sacred encounters. They are pings. They exist as in-the-moment miracles. Signs are available to everyone, and each type guides us in a specific way. Pathways open when required. Turning points are necessary. Signs are everywhere.

DIVINE GUIDEPOSTS

The signs sprinkled along your path might be Divine guideposts. They are synchronistic moments where something of meaning appears to guide you. These glimpses open the eyes and ears to the Divine in life. Divine guideposts are flashes that come to produce insight, confirmation, and connection. They appear when needed and can occur randomly, daily, and throughout the day.

Divine guideposts comfort the heart, ease the mind, and can settle a restless spirit, relieving your anxiety. These signs will leave you speechless and filled with gratitude. Divine guideposts also show up to remind us of things that we have forgotten. They bring about “Aha!” moments to promote healing and closure.

END OF PART ONE EXCERPT



PART TWO

*Sacred Encounters with Pathways,
Turning Points, and Divine Guideposts*

THE PENNY

perched on the edge of the cement front porch in stunned silence, clutching the penny, my tears falling onto my clenched hand. Had my father's luck become mine now?

I'm not certain how long I sat there staring at the 1888 Indian Head penny, but when the stony iciness of the cement seeped into my bones, I came back to my surroundings. I gazed out over the lawn of my childhood home and my eyes came to rest on my father's old garage. The weathered boards looked worn and weary now, so different from the beautiful structure it had been when first constructed, all those years ago.

My father was born in the summer of 1907, in a rural area of North Carolina known for its tobacco crops. In 1916, his father died suddenly, leaving behind the nine-year-old boy and grieving widow to bear the burden of working the farm. In those days, it was not unusual for a young child to be pulled from school to plow the fields. In that fateful year, my father left the third grade, never to return to school. His contribution to the farm was vital and his young hands could not be spared, even if it meant he lost an education.

From that point forward, Dad never knew a childhood day without backbreaking work, but that's what folks did back then; they sacrificed and did whatever they had to do just to put food on the table and clothes on their bodies. He was given the luxury of one pair of shoes a year, so he often worked the tobacco fields in his bare feet. It might seem a cruel and unfair life for a child, but I assure you, his kind and generous mother loved him well. His surviving parent instilled humility, love, and gentleness in him, characteristics my father held onto his entire life.

My earliest childhood memory is of my father tossing me high into the air and catching me while I laughed and begged for more. He was a wonderful man who worked long hours at a local sawmill during the winter months and raised tobacco during the summer, never failing to provide for his family. By class standards, we were poor—but I don't remember ever feeling poor as a child. I always had enough to eat and new clothes for school. My parents relied on labor and ingenuity to make ends meet. We had a vegetable garden, chickens, and fresh eggs, and of course, a milk cow.

My life in the country was fun, free, and rewarding, with summer days spent fishing at a neighbor's pond, picking wild blackberries and muscadine grapes by the bucketful, and riding my bicycle up and down the country roads. We caught fireflies after dark and enjoyed the best that country life could offer.

My parents bought my childhood home when I was three years old. They had never owned a home before; they had worked as sharecroppers in lieu of paying rent at their previous residence. I had no memory of that earlier house, but I often heard them talk about that time in their life. They told stories about working the fields of tobacco and wheat. My favorite stories were the ones about harvest time and meeting with all the surrounding neighbors at a central location to thresh and winnow the grain.

Threshing and winnowing took several days, so each family brought food, quilts, sawbucks, and lumber, the latter for building makeshift tables

to hold the food: fried chicken, corn-on-the-cob, potato salad, cooked apples and a variety of breads and desserts. In the southern tradition, the women stood proudly by as the men and children got the first turn at the table.

Once the threshing and winnowing was complete, the bounty was hauled to a local gristmill for grinding into flour and the fresh, soft flour was evenly divided among all the families. Of course, a portion of the flour that my parents received went to their landlord as rental payment. On one occasion, the landlord asked my father if he would repair the kitchen floor in lieu of that month's rent; of course, my father eagerly accepted the offer. He spent days prying up the old floorboards. At times, he worked waist deep in the kitchen floor as he stood on the ground beneath the house to reinforce the joists. These were stories my parents often told. The tales implanted themselves in my memory because they illustrated the sacrifice and ingenuity it took to survive as poor, country folk.

My father passed away on a hot July day in 1991. Life as I knew it changed forever. The family's patriarch was gone and so was a piece of my heart. The world felt surreal. How could this sweet man be lost, and how would I survive losing him? My suffering paled in comparison to my mother's grief and hopelessness. She had spent fifty-five years with her beloved partner and didn't know how to go on without him.

I focused on Mom's well-being. She remained at my childhood home for eight additional years without the love of her life, but it soon became apparent that she needed a smaller place closer to the city and closer to me, because I had become her primary caregiver. In the spring of 2000, I found her a small apartment in a senior living facility about three miles from my house. Her new home did not have nearly enough space for all her furniture and personal belongings; we realized that an auction would be the best way to sell the remaining household items. For several weeks, I scrubbed the house, dragged the furniture around, and spruced up everything in preparation for the auction.

On the day before the auction, I drove out to the country to conduct a final walk-through, just to make certain everything was in order and ready for the next day. I lingered in the house, absorbing the familiar surroundings and saying one last good-bye to the home I had known for more than thirty years. Reluctantly, I opened the front door to leave. As I heard the click of the door latching into place, a voice called out to me—not my voice and not through my ears, but a man’s voice inside my head! It said “Find that penny! Find that penny!” over and over. The speaker sounded insistent.

I moved like a zombie, stunned and not in control of my movements as I opened the door again. The voice in my head kept demanding, “Find that penny!”

I walked straight into my parents’ bedroom and turned toward a bookshelf mounted on the wall near the big bed. As though controlled by an unseen force, I reached up to the top shelf where I touched a small, plastic container, which I tossed onto the bed.

The container was stuffed full of colorful spools of thread, needles, dusty old buttons, and a thimble. I dug down to the bottom and saw a coin lying there—and at that very moment, the voice stopped. I snatched up the coin, shoved the container back into its place, and left the house again, locking the door behind me.

As I sat on the edge of the porch, turning the coin—which was nearly worn smooth—over with trembling fingers, I knew at the deepest level of my soul that my discovery had great significance. That’s what brought me to tears. I could still recall the voice that had directed me. Now I realized it had been my father’s voice! For whatever reason, he had led me to find this penny.

I gathered myself and hurried home so I could call my mother to tell her what had happened. I was still emotional from the event and my mother could tell that something important had happened as I said hello. I could barely stammer through the details, but as soon as I finished, she said, “You found daddy’s penny?” Her voice was in disbelief.

She went on to tell me a story I hadn't heard before.

My father had found the penny when he replaced that kitchen floor in the house they'd rented, decades earlier. As he stood waist deep, working on the floor joists, something shiny caught his eye on the ground below. He thought it might be a lost button that had fallen through the cracks of the floor, but when he bent down and retrieved the object, he saw that it was an 1888 Indian Head penny.

"He considered that coin a good luck piece and carried it in his pocket for decades," Mom said.

The penny looked newer then, she added, but became worn because Dad often rubbed it between his fingers. "He never went anywhere without it."

"Why didn't I know about this penny for all those years?"

"Your father was afraid one of you kids might lose it if you knew about it."

But then it was lost anyway. "One day, shortly before he died," Mom said, "he told me he had misplaced the penny. We searched for hours, but finally gave it up for lost."

Now my mother began to cry, saying, "I can't believe you found that penny! Daddy would be so happy!"

When I told her I felt it was daddy's voice that led me to the penny, she agreed.

Finding that lucky penny had relied on Divine timing. Had I not gone out to the house the evening before the auction, the talisman would have been lost forever. My father had reached out to me from the other side and led me to find something he considered a small treasure.

I still have his good luck charm today. It is more precious to me than anything else in the world—because it was a gift from my beloved father.

Pamela D. Nance

END OF PART TWO EXCERPT



PART THREE

*Deepening Your Connection
with the Cosmos*

EXPANDING YOUR RELATIONSHIP WITH LIFE'S PROMPTS



How can you become more aware of signs and the messages they are bringing? Engaging with these life prompts may not feel natural in the beginning, but it can lead you to living in a more natural way. Your practice of conversing with the universe will undoubtedly return you to places of wonder, imagination, and playfulness. Although this kind of communication initially requires conscious presence, it will not be long before you realize these signs have existed as your nature all along.

The phenomena of signs occurs so that you more intimately engage co-creation and creativity. You are the journey. There is nowhere to go. Become present and rhythmic in your partnership with life. As time goes by, try not to look up the meanings for any signs that appear. Instead, close your eyes and notice what comes to you. Look at your life and contemplate how each sign applies.

Center within yourself. Bring presence to the universe within. Signs are constellations of your experience. Activate the cosmic grid between your inner and outer universe by seeing the mirrors that life is presenting. Dialogue from that grounded, centered position. You can always connect, in

every way possible, and to everything that crosses your path. You do not have to go looking for signs—simply look for *you* in all that you see.

The following sections support opening to the signs that fill your world and describe contemplations, processes, and steps for deepening your relationship with signs. Relax into each experience. Enjoy the journey as each step expands your energy of receivership. Be patient and kind to yourself. Be loving and gentle. Even if you feel normal doubt and skepticism, try to maintain an expectant mindset.

CONSCIOUS FEELING

From the time you were a child, your feelings have been pushed down and repressed. Out of the need for self-protection, you learned to mask the self. This resulted in you ignoring and denying feelings when they rose. Sometimes, you might have partially felt things. Other times, you did not let yourself feel anything at all.

As we age through the stages of adolescence, young adulthood, and adulthood the little child remains stuffed down. Feelings sit within the cells. Emotions that are repressed remain and become the marinade flavoring each oncoming experience and encounter. The inner child still feels frightened, frozen, and in fear of punishment. However, it is the child within that possesses the ability to access and understand signs, synchronicity, and play. To fully awaken all of this, begin feeling, instead of denying, escaping, and suppressing.

The best way to begin feeling is to breathe. Your breath will bring greater presence to the body. You will notice where emotion and pain sit. In becoming aware, discern where your breath needs to be focused.

I find it is best to close my eyes when emotion rises. This way, the ego cannot use the eyes for distraction. Center within your body and simply feel

the feelings. Locate where they are. If feelings and sensations begin moving to various parts of the body, follow them with your breath. This is a good practice for complex, dense emotions and for the lightest of them. It is also greatly supportive when dealing with anxiety, pain, or depression.

When you encounter a sign, or a trigger, allow for space and time to be with yourself. It is best to do this in the moment, before feelings and sensations fade into unconsciousness. Later, revisit the scenarios and review anything that held pain, remorse, regret, anger, or disillusionment. See what you have not been willing to see. Be with the images that were too strong to hold in the past.

Signs can bring you out of numbness. The universe desires you to feel, because without feeling; life stagnates. There can be no creation and little joy, creativity, and ease, because dense emotions weigh down higher frequency, lighter ones. Your sacred temple needs to be cleansed. Your goal is neutrality. To achieve this state, you must be cleared of emotional debris. Residual energies from trauma, pain and fear must be dissolved and absorbed back into the light of self.

Contemplate the following questions when encountering low-range, dense emotions that create discomfort, dis-ease, and pain. It can be beneficial to also ask these questions when experiencing high-frequency feelings of comfort, ease, and happiness. This enables you to break through all your conditioned ceilings.

1. What do I not want to face or feel?
2. What can I open to feeling more of?
3. Where is this feeling taking me?
4. What do I need to remember?
5. What truth has been forgotten?
6. Why is my soul bringing this up?
7. What is the next best, most loving step?

CONSCIOUS ASKING

Your presence of signs and symbols begins with asking. The ask might be unconscious. Unconscious asking comes through the energy being expressed, blocked areas of thought, and suppressed emotion. These disintegrated parts create signs that reflect obstacles and challenges you will be required to move through. They produce signs that bring awareness to non-integrated portions of self.

Asking also can be conscious and intentional. In these moments, you are calling yourself forward as much as you are calling forth signs from the universe. In consciously asking, focus your mind and heart upon open-heartedly holding inquiry. Then, patiently wait. Let life lead you forward.

Know your question. Ask the universe to reveal guidance. Hold a space of expectancy and gratitude for being heard. If you want specific proof, ask for that to be shown to you. Let go of any attachment. Remain open, conscious, curious, and aware. Trust, and have fun.

Signs can also reflect misalignment, indicating where you are not congruent in thought, feeling, and action. This is why conscious inner work and self-awareness are so important. Life is much gentler once you get to know yourself. Living in a constant state of default is tumultuous and will bear signs reflecting chaos. Experience integrates new ways of being, thinking, feeling, and behaving.

Affirmations are a great technique, but if your feelings and actions are not aligned, they are of little use and your manifestations will be haphazard. Outward positivity that carries an undercurrent of negativity might seem to create positive situations. However, the chance of self-sabotage and mishap increases because of the underlying negativity.

All signs present opportunities to heal, grow, and align. As you continue your areas of personal growth, higher expressions of manifestation will occur. As you gain greater mastery, you will be called to higher and higher degrees

of alignment. As you overcome one level of challenge, you will be presented with more to transcend. It is dependent upon the mission of your soul in this lifetime. Whatever occurs, signs will appear for you.

Do not be fooled by the appearance of those who struggle. You have no idea what their level of awareness is, nor are you privy to their frequency or vibration. It is best to focus on yourself. Do not judge anyone's journey. You do not know their soul, their life intention, or what they must heal for their bloodlines.

Experience the journey of growing and changing into an empowered, compassionate witness. You are a process within a process. In the moment of asking, you are freeze-framing time so that a series of signs can begin appearing. Be present to what you intend and ask for. Then, be open to however that unfolds. You have no control. You never did. If something appears that you do not like, remember, you are being cleared of blocks that no longer serve you.

CONSCIOUS LISTENING

All answers, creation, and manifestation stem from your interior. Turn inward, and tune in. Notice how your thoughts and feelings reflect outwardly. Moments of quiet encourage self-realization. Signs are another aspect of self to be realized. This reframe prepares your mind for greater access to intuition.

A clear, conscious decision to pay attention and be present is your next step. This is a commitment. It is an act of continual self-love. It means being aware when signs present themselves. It requires listening on every level and from every dimension.

Immediately after receiving a sign, pay attention to everything that happens. What you experience will intersect with intuition and create understanding. Listen to what the sign says in the first moment. Listen for

what you were thinking in the moment prior to the sign appearing. Finally, cultivate deep acceptance that everything—every thing—in your experience is offering a message in some way. Remain in the inquiry. Everything in your experience is language and you are in a continuous conversation.

Listening is both a physical and intuitive tool. Direct revelation is a higher kind of listening. This is another way of engaging your inner senses. When deep communion is present, higher listening can enter. When there is no separation between you and what is in front of you, a small voice will speak through the silence. Listening must be whole-bodied, encompassing sight, sound, sensation, and intuition.

Signs will appear so that you take notice and say, “Okay, this is interesting! Did that really just happen?” Your attention will be drawn to certain things. In a moment, you will look up, turn around, or bump into something. Your eyes will land on something. You will hear something in a very present way. The moment will bring about a sensation, pause, or a feeling of complete presence.

Remember, you are not to search out signs. They appear when needed. Your inner guidance will bring you to them. This is a process that requires relaxation and ease rather than tension and force. When something in your external environment catches your attention, you have accessed a kind of listening. Listening can be experienced through physical sensations as well, such as muscle tension, spontaneous body reactions, tastes, or smells. You may hear your inner voice or see images in your mind’s eye. The items themselves may speak to you.

As you think about life from these different perspectives, your perception will expand. Listen deeply, attentively, and patiently. Observe what comes through the ordinary world that suddenly feels extraordinary. Begin attuning to the mystical energy of self, life, and the universe through the current of sound. Pay attention to the nuances of experience. Release expectations

so you receive what is meant to come through. Let listening become an experience of moment-by-moment presence.

CONSCIOUS INTEGRATION

In every relationship, there is an exchange. You receive something and you give something. When the universal concept of giving-and-receiving is performed with gratitude and conscious awareness, an ordinary exchange is elevated to a higher level of reciprocity. The principle of reciprocity is especially important when working with signs. You are engaging in a sacred partnership. Each time you receive a sign from the universe, the universe receives more of you.

As you receive from the universe, contemplate your greater purpose. Give life the best of you. This means becoming the most aligned energy vortex that you can be. Although you seek to receive signs that guide your steps, do not forget that you are also a sign for others to do their work. Your actions might guide their steps or give them a chance to peer into the mirror that you present.

Your consciousness expands when you bring what is unknown into the space of being known. Your next step is conscious integration, which means consciously living. Walk your talk. Do your work. Choice is a great power. Choosing consciously brings forth superpowers.

Life is always supporting you. Spirit is always guiding you. Most importantly, your soul continually places breadcrumbs upon your path. Signs break past worldly illusions to answer many of your questions and allow for heart-based living. These consistent and constant connections increasingly enhance inner joy and fulfillment.

So don't take life so seriously; lighten up! The universe is playing with you. It is having a conversation in, as, and through you. You are part of a universal tapestry, a sacred story of all time. You are not alone, and never have been.

END OF PART THREE EXCERPT

MEET OUR FEATURED AUTHOR



SIMRAN is a globally recognized speaker and catalyst for love, compassion, and humanity. As an “Example” for a New World Experience of Aliveness, she advocates for the visionary and mystical embodied within each person. SIMRAN steers individuals toward the embrace of their darkest depths, to uncover their brilliance of light for the purposes of attaining true wholeness, personal power, and peace.

SIMRAN is a #1 rated, archived and syndicated host of *Voice America's 11:11 Talk Radio*; host of *11:11 InnerViews TV*; and publisher of the Nautilus Award-winning *11:11 Magazine*. SIMRAN is the author of the *Self-Realization Trilogy* consisting of (1) *LIVING: The 7 Blessings of Human Experience*, (2) *BEING: The 7 Illusions That Derail Personal Power, Purpose and Peace*, and (3) *KNOWING: The 7 Human Expressions of Grace*; in addition to her first trilogy of self-awareness consisting of (1) IPPY and IPA Gold Award-winning *Conversations With The Universe*; (2) *Your Journey to Enlightenment*; and

(3) IPPY Gold Award-winning *Your Journey to Love*. SIMRAN creates art, books, and online courses to bridge humanity's experience and expression. Along with being a TEDx speaker, SIMRAN is the creator of the *One-Woman Show*, *The Rebel Road... Connecting the Dots from What Was to What Is*.

SIMRAN has appeared on GAIAM TV, One Word Puja Network, CCN, and The New Thought Channel. Her *11:11 Talk Radio* show appears on Voice America Network and DreamVisions7Radio Network along with other syndications. She has appeared as keynote speaker at The World Congress, the United Nations, universities, spiritual centers and hundreds of venues across North America. Along with having been featured on the covers of *Science of Mind Magazine*, *Jolie Magazine*, and *The Owl Magazine*, SIMRAN is also a recipient of the "UnZipper of Reality" Award.

SIMRAN has two sons and resides in Charleston, South Carolina. Find out more at iamsimran.com or 1111mag.com

Simran shows how our broadened perspectives can find the subtle signs the Universe is conveying and translate that information into life-empowering opportunities. This book is a great read!

—**Eldon Taylor, PhD, FAPA**, NY Times bestselling author of *Choices and Illusions*

Simran creates a deeper understanding of our dialogue with the Universe while discovering how to believe and reach new levels of awareness.

—**Amy Zerner & Monte Farber**, authors of *The Creativity Oracle* and *The Enchanted Tarot*



See the Ordinary as Extraordinary

Take an intimate spiritual journey and uncover the cosmic guidance available to you. Sacred soul activist Simran invites you to discover how life is interconnected and reflective, full of experiences that mirror, guide, and speak to you—*about you*. Understand how signs are your conversation with the universe, and these symbols appear to give direction, build trust, and deepen your understanding regarding life circumstances.

Follow the pathways, turning points, and Divine guideposts Simran and our sacred storytellers share in their mystical experiences, including those of:

- a woman who was reassured on the day of a national tragedy
- a mom who sent signs to her grieving daughter to let happiness back in
- a stranger's dog who showed a woman that those she loves will be with her forever
- a woman whose pain was softened by the signs of love received from trees
- a sign from God that anchored a woman's commitment to heal and serve
- a daughter whose sign from her father became a treasured object

Stay in the inquiry and develop your intuition through contemplations, practices, and journaling exercises. Receive this opportunity to be present to what is around you and learn how to decipher the signs revealing themselves to you. With thoughtful self-reflection, rediscover your innate connection, inner authority, and Divine creative capacity.

SIGNS is calling to you. Are you ready to look at life in a new way?



SIMRAN is a love catalyst, rebel humanitarian, author, and sacred soul activist. She is the #1 rated host of 11:11 Talk Radio and publisher of Nautilus award-winning 11:11 Magazine. **SIMRAN** creates art, online courses, books, and media to bridge humanity's experience and expression.



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