



Intuitive Listening

"What is it which is bought dearly, offered for nothing, and then most often refused? – Experience, old people's experience."

~Isak Dinesen, 1934

Hello! Recently, many have contacted me in order to connect with loved ones that have passed, particularly parents. Instinct tells us to look to the wisdom of our parents and grandparents. Now, we wished we listened closer instead of tuning out the repeated stories about how they lived, what they did for entertainment, for food, for family.

This entry is about intuitive listening and signals we get from our loved ones from the other side. When you are aware, it is amazing how much they communicate! Be aware of the wonderful forces lined up on the other side to help us. Be open, be positive and be creative.

My grandmother's birthday was this week. She has been on the other side for fourteen years. I miss her physical body, but talk with her often. I woke up the morning of her birthday with the smell of roses, her favorite scent. Pink was her favorite color. Everywhere I turned, I noticed pink.

You don't have to "hear" the other side you just need to listen.

Many of you would like answers to your questions, and not to put myself out of business, but I would like to help you help yourself. It is all about listening and noticing

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the clues and providing those on the other side with the energy to communicate. Also, sometimes it is OK to ask for a billboard rather than just a sign!

Billboards are everywhere, we pay attention to some of them, others we ignore. Have you ever thought of why some of them garner our attention more than others? At Notre Dame I taught color theory. One of my more popular subjects was the subliminal use of color in advertising. Fascinating stuff! And I promise you will never look at an ad the same way again. Why? Because you become in tune to the subliminal, the hidden messages behind the image, phrase or color.

Your loved ones are in constant communication with you, but it is not very often that we quiet ourselves in order to listen, to pick up on the subliminal. Sometimes, even I can get tired of trying to make something out of the subtle nature of guidance (the feathers) and I then ask for the elephant! I don't want the elephant to land on my head, but to at least show itself so I know there is not any miscommunication. And of course we have all heard about the elephant in the room! So they have sent something obvious and we overlook it anyway because it is NOT what we were looking for!!! (Guidance comes in all forms.)

There are miraculous forms of communication, such as the manifestation of an object or the appearance of an angel or guide. There are also subtle forms, such as colors, scents, feathers, and yes, signs. Literally signs! How many of you out there have asked for guidance, or asked your guides for an answer only to notice a sign, a license plate or billboard immediately after you asked, and the answer is "imbedded" within it? Did anyone see Bruce Almighty when he is driving down the road talking with God and he misses all the signs? He is so focused on himself. I loved that part, as it is so human.

Many ask how they can communicate with their loved ones. Your loved ones come through in many ways and my job is to help you understand the listening process.

Dreams about loved ones are VISITS from loved ones. Before you go to sleep ask for them to visit, ask for a dream. The key to remembering your dream is to not jump out of bed immediately, relax and play it again in your mind. That will help you remember. Also writing it down can help you remember more.

A guided meditation is great! Imagine walking into the loved one's favorite setting, favorite room and they are there, just talk with them, they are there!

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My favorite connection is to imagine a deceased loved one is sitting in the seat next to you while you are driving. Carry on a conversation with them, imagine what they would say, and imagine what you would answer. This works! What you imagine you create, imagination is the strongest portal to communication with the other side.

Many who have watched Sylvia Brown have heard people ask about signs or signals. Some loved ones will leave coins, feathers, a light may flicker or even turn on or off, doorbells, chimes and more. A friend of mine even had a smoke alarm go off, which was annoying! And the loved one that had passed really did get his attention. Butterflies or even certain birds are also a sign that your loved ones are around and happy. Feathers are a wonderful sign; many of you who have Native American guides may find feathers letting you know you are protected and loved. My son, Connor has a guide named "Yellow Feather" and has found several yellow feathers out on his hikes!

Try this, pose a question; it doesn't matter if it is posed silently or out loud, something you would like advice about. Ask your guides or loved ones to provide guidance or an answer. Then pay attention to the FIRST thing you see after posing that question. Usually it is anything from an e-mail title, to a license plate, to an ad, or even something posted on your fridge that you have ignored forever! It may even be someone walking into the room and saying something that gets your attention. It may be more subtle like a bird or butterfly. Just try this and let me know! It may even be something repeated more than once. This week I saw a certain utility truck with connections to Indiana on four different occasions, including this morning when he pulled into the shop where I was getting my oil changed! I was debating on leaving a day early and could not make up my mind, as my two youngest would miss an extra day of school! We are leaving a day early. It is subtle yet profound. God and guidance ARE in the details.

I have a personal example of guidance where an object appeared. I was in my bed the morning I was going to ask for a divorce and I asked for a "sign" because I was splitting up the family. It was not a decision to be taken back or taken lightly. I waited. Nothing. I got up to make the bed and in the middle of the bed was a little angel sequin. I knew it was the right decision. Of course, being me, I said, "can I have another sign just to be sure?" I went downstairs and my work phone rang, I answered it and my husband became angry and knocked over a chair because I answered. That was my second sign, I said "thank you" to my guides, took a breath and proceeded to speak my truth.

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The next major decision I made was “divorcing” the clinic I co-founded in 2004. I left in April 2008 in order to start my private practice, and live my truth. I asked for a sign. I went out to my car and right by the car door was the SAME sequin angel, I now have two! Needless to say, I did NOT ask for a second sign.

The day I decided to turn my garage into an office, I wasn't sure if I should put my time and money in that direction. Will my practice take off or should I work for someone again? Ugh, what a decision... I was sweeping and in the garage was, yes, another angel, only bigger and brass, so I would not miss the sign. I keep these by my bed and cherish the guidance I receive, and bless myself for listening. Take this time to look at the subtle clues in your life, and while you notice don't forget to say hello to the other side!