



# Asking, Receiving & Understanding Signs from The Universe

## INTRODUCTION

*Signs, signs, everywhere there's signs blocking' up the scenery, breakin' my mind*

*Do this, don't do that, can't you read the sign ~ 5 Man Electric Band*

**They are! Everywhere around you and they are aiding you in hearing, understanding messages from the universe, and making courageous choices based on that innate inner wisdom.**

Unlike, the lyrics, they are there to SUPPORT your mind and make it more clear. Listening to the signs of the Universe is about listening to your innate wisdom about your life and your choices. Your Soul knows the truth and these signs are there to support you.

**Instead of listening to what others are telling you to do. Instead of listening to your mind telling you.** Instead of listening and being guided by emotions that do not always serve you, signs are there to help you slow down and listen to nature, spirit, and the universe support you in hearing and understanding the BEST choices for you

**To Use Signs in your life, it is best to use this three tiered approach:**

1. Ask for Signs
2. Be Open to Receiving Them
3. Understand them from your own inner wisdom



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## 1. Asking For Signs

### **ASK ~ Always Seek Knowledge**

As in anything in life, understanding the signs of the universe is a skill and can be developed. Begin to cultivate looking for signs from the universe. Start with easy questions to develop an innate understanding of what various signs mean to you. Once you do this for awhile, you can move onto asking those discerning questions that you want answers to that will guide your life forward.

### **Ask Discerning Questions.**

Deep soulful journaling, meditation and Being still with oneself and hearing the deep question cultivates this for us. The clearer our questions become and the answers are seen and heard. It is then confirmation (or as I like to say confidence) signs will become more vivid to us.

## 2. Be Open To Receiving Signs

### **Stand and BE at Attention.**

To do this, you must slow down. To see the signs, you must pay attention. Signs from the universe are missed when we are running around on auto-pilot. We must be able to BE in the moment and BE keenly aware of our surroundings. Uplevel the antenna on our senses. What are you smelling, seeing, hearing, feeling? Doing this is vital to seeing the signs of the Universe. They are always available to you, but if you are in a hurry-up-and-go state, they are overlooked.



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## 3. Understanding Signs From The Universe

**Cultivate A Dictionary of Meanings for yourself.**

**Signs given each of us are deeply personal.** Understanding their meanings, therefore, are extremely personal. Each of us will interpret signs differently. The best example of this is using skunks. So very many see these creatures as stinky and smelling up the works. Others resonate with their ability to put their noses up in the air and go about their own business. These are two very different meanings.

**We can begin to cultivate meanings of various signs by paying more attention to our surroundings.** Ask a question. Look at the scenery and see something. Ask: If this were a sign what would it mean? For example: What does that billboard mean? It's images? It's words? What is the deeper meaning to these?

**Paying more attention in life** as you are growing to use the signs in your life as a roadmap of life IS a fun game of curiosity that hones the skills necessary to understand and follow the signs in life.

**Signs have personal meanings.** It is best to start from within us. You can then start searching elsewhere for deeper understanding. If, we want to have more information, ask for ideas about the meanings, compare, contrast these with the meanings we have for ourselves and add (or detract) concepts as necessary.



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## Understanding Signs From The Universe (ct.)

### Special Circumstances:

Focus on recurring signs. These will happen. Pay attention to these ~ particularly if they come in three's and allow time for introspection to discover what they mean.

Of special note, is the Universe often has a sense of humor! The funnier the sign, the more powerful it just might be. People call these the cosmic 2x4's ~ often coming after ignoring signs that are all around!

As we step into the art of ASKing, this internal dictionary will come into play for support.

### **KISS the signs...**

As you begin the practice of developing the skill to understand the signs from the Universe, many people want to complicate the process. Don't! Kiss it ~ Keep It Simple Sister!

### **JOURNAL**

Cultivate an understanding of the signs of life by reflecting upon them after they are seen. As this skill of ASKing and seeing is develops, the power of the pen will help magnify their messages.



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## Understanding Signs From The Universe (ct.)

**Find the Signs. Follow the Signs.** Cultivating and Following these six tips will allow understanding the Signs in Your Life for greater clarity

The Universe wants to support us. It wants us to succeed. It gives us signs all the time. It wants us to understand it and follow it for our highest good! To do this, we must get out of our own way. Allow the sign to come through and have trust and faith that it is true and authentic and there to support.

**Understanding the signs of the Universe is one of the best ways to know we are on the right path or if a shift in direction is necessary.** Seeing them and understanding them is the best way to have the truest confidence and courage to follow them passionately and without reserve.

**The universe is always here to help us, so let it! This life doesn't have to be complicated and full of drama.**

Begin to Understand the Signs to allow them to be guideposts on this magical journey for greater peace-of-mind, joy, love and passionate living.