

IS THAT A SIGN?

A Simple Guide to Signs & Synchronicities

You don't have to chase signs. Simply notice what gets your attention.

Healing Hearts Medium

Have you ever heard a song at exactly the right moment? Kept seeing the same number? Or noticed something that suddenly reminded you of someone you love?

Moments like these can make us wonder: **Was that a sign?**

A Note From Theresa

Through my years working as a medium, one of the things I've learned is that signs often show up when we aren't trying so hard to find them.

I've seen people worry that they're missing signs, ask for the same sign over and over, or wonder whether every number, feather, bird, or song means something.

I don't believe connection is supposed to feel like a test.

You don't have to chase signs.

Ask. Stay open. Then go live your life.

When something naturally catches your attention - especially when the timing or meaning feels deeply personal - pause and notice it. You don't have to immediately explain it or prove where it came from.

Sometimes the most beautiful thing you can do is simply say, "Thank you. I noticed."

With love,

Theresa

Healing Hearts Medium

1. What Is a Sign?

A sign is something that catches your attention and feels meaningful to you.

It might happen at just the right moment or remind you of a person, question, or situation in your life.

You do not have to prove where it came from. Simply notice why it felt important.

A sign can be meaningful without you having to explain it.

2. What Might Feel Like a Sign?

Signs are personal. What feels meaningful to you may mean nothing to someone else.

- Seeing the same number again and again.
- Hearing a meaningful song at the perfect moment.
- Finding a coin, feather, flower, or familiar object.
- Seeing a bird, butterfly, dragonfly, or other animal that has meaning for you.
- Having a vivid dream.
- Seeing a name, date, word, or phrase that gets your attention.
- Suddenly being reminded of someone you love.

3. Repeating Numbers

You may notice numbers like 111, 222, 333, 444, or 11:11.

There are many spiritual interpretations, but you do not need to memorize them all.

When a number catches your attention, simply pause.

- What was I just thinking about?
- How am I feeling right now?
- Is something important on my mind?

Let the number remind you to pause rather than feeling like you have to decode it.

4. Songs, Dreams & Little Reminders

Sometimes a song comes on when you were just thinking about someone. A dream may stay with you all day. Or a familiar object may bring up a special memory.

Before searching online for what it means, ask what it means *to you*.

- What was the first thing I thought of?
- What feeling did it bring up?
- Who or what did it remind me of?
- Did it bring comfort, peace, or curiosity?

5. Reminders of Loved Ones

After someone we love passes, little reminders of them can feel especially meaningful.

It may be their favorite song, a familiar scent, an animal they loved, a phrase they used to say, or something that appears when you are missing them.

Some people see these moments spiritually. Others see them as beautiful reminders. You do not have to decide exactly what they are.

If a moment brings you comfort, you are allowed to simply receive the comfort.

6. Sign or Coincidence?

Sometimes you may wonder whether something was really a sign or simply a coincidence.

You may not always know - and that's okay.

- Did it happen naturally?
- Did it immediately stand out to me?
- Does it have personal meaning?
- Did it bring comfort or clarity rather than fear?
- Can I appreciate it without needing to prove what it was?

You don't need certainty to appreciate a meaningful moment.

7. Don't Look Too Hard

Once you start noticing signs, it can be easy to look for them everywhere.

You do not need to analyze every number, bird, song, license plate, or social-media post.

If you become worried or constantly search for confirmation, take a break.

- Put the phone down.
- Go outside or do something grounding.
- Stop searching for meanings online for a while.
- Remind yourself that you do not need constant signs.
- Let meaningful moments come naturally.

You don't have to chase signs.

8. Four Easy Steps

When something catches your attention, try this.

- **1. NOTICE:** What happened?
- **2. FEEL:** How did it make me feel?
- **3. CONNECT:** What did it remind me of?
- **4. WAIT:** I don't have to decide what it means right now.

Notice first. Meaning can come later.

9. My 7-Day Sign Journal

For seven days, write down anything that naturally gets your attention. Don't search for signs. Just notice.

Day 1

What did I notice?

How did it make me feel?

Day 2

What did I notice?

How did it make me feel?

Day 3

What did I notice?

How did it make me feel?

Day 4

What did I notice?

How did it make me feel?

Day 5

What did I notice?

How did it make me feel?

Day 6

What did I notice?

How did it make me feel?

Day 7

What did I notice?

How did it make me feel?

10. Look Back at Your Week

Read through what you wrote. You are not trying to prove anything. Just notice what stands out.

Did anything repeat?

What moment felt most meaningful?

Did anything bring me comfort?

What did I notice without looking for it?

What did I learn about what feels meaningful to me?

A Final Thought

You do not have to understand every coincidence or decide whether every meaningful moment is a sign.

If something naturally catches your attention, pause. Notice how it makes you feel. Enjoy the comfort or meaning it brings, and then continue with your day.

Stay curious. Stay grounded. Let the meaningful moments find you.

Healing Hearts Medium