

SIGNS FROM LOVED ONES WHILE GRIEVING

Finding Comfort, Connection & Meaning

A sign should bring comfort - not become another thing you are worried you are doing wrong.

Healing Hearts Medium
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Grief, Healing & Continuing Bonds • Resource #02

The First Dime From Adalie

The day my granddaughter **Adalie** was stillborn, my daughter was seven months pregnant.

I had been at the hospital for hours, and at some point I needed to excuse myself. I was grieving too, and I needed somewhere I could be alone - somewhere I could cry, yell at the Universe, or do whatever I needed to do without worrying about being strong for anyone else.

So I went downstairs and sat in my car.

As I closed the door, a small **pink flower from the cherry tree above me floated down into the car.**

It landed near the pocket of the driver's-side door. When I looked down at that beautiful little pink flower, I saw something beside it.

A dime.

That immediately caught my attention because I had just had my car detailed the day before. It had been vacuumed and thoroughly cleaned, and this was a large, open door pocket. I couldn't understand how I could have missed a dime sitting there.

But somehow that little pink flower had directed my eyes right to it.

And in that moment, I just knew:

"Hey, Nana. I'm okay. And I'm with you right now."

That was the beginning.

Over the next several years, dimes became one of the strongest signs I associated with Adalie. I have found **more than 500 of them.**

During those first couple of years, I sometimes found one every day - occasionally two - and often in the strangest places.

It wasn't only me finding them. Friends would call me and tell me about a dime they had found in an unusual place and say, "I think this one's for you." My husband would come home from a run, toss me a dime, and say the same thing.

I've found them in grass, dirt, mud, and places where I would never normally be looking for a coin.

Sometimes I feel what I can only describe as an **energetic pull** before I even see one.

One evening, my husband and I were taking a walk after dinner when I suddenly told him, "I feel like there's a dime nearby."

He asked me what I meant. I told him it felt almost like a magnet pulling me toward something.

We rounded the corner. About ten feet ahead of us, sitting directly in the middle of the sidewalk, was a dime.

My husband laughed and said that if he didn't know better, he would have thought I'd planted it - but I'd been beside him the entire time.

Those moments have brought laughter into something that began with tremendous grief.

The signs haven't taken my grief away. They have helped me feel connected to Adalie while I've learned how to live with losing her.

1. What Is a Sign?

People use the word **sign** to describe an experience, object, coincidence, dream, sensation, or moment that feels personally connected to someone they love who has died.

For me, dimes became part of my language with Adalie. Your experience may be completely different.

A sign is often meaningful because of the **personal connection** you feel to it - not because everyone agrees on a universal meaning.

2. Signs Can Be Simple

- A song that appears at exactly the moment you were thinking about them.
- A familiar scent with no obvious source.
- A vivid dream that feels different from an ordinary dream.
- A coin, feather, flower, animal, number, or object that has personal meaning.
- A phrase or memory that arrives unexpectedly.
- A meaningful coincidence that makes you stop and feel connected.
- Something another person notices that immediately reminds them of your loved one.

You do not have to turn every coincidence into a sign. Sometimes a dime is simply a dime. The question is often: **What did this moment mean to me?**

3. You Are Allowed to Ask

In my experience, Spirit is not bothered by us asking for a sign. I believe our loved ones want to support us in our healing.

You can ask simply: *"If you are able, please send me something I will recognize."*

Then go about your life. You do not have to spend the day searching.

Ask - and then give yourself permission to release the expectation.

4. What If I Am Not Getting Signs?

This is especially important to me: **please do not measure your loved one's connection to you by the number of signs you receive.**

You may not find 500 dimes. You may notice one meaningful song. You may have a vivid dream. You may experience something months later. Or you may not experience anything you personally recognize as a sign.

Grief itself can make it difficult to notice anything beyond getting through the day. Some people also do not want to look for signs because it feels too painful.

That is okay.

A lack of recognizable signs does not mean you loved less, are less spiritual, or are doing grief incorrectly.

5. When a Sign Becomes Your Personal Language

Sometimes a particular sign repeats enough that it begins to feel like part of the relationship.

For me, that became dimes.

If something repeats, consider keeping a simple record:

Date	What happened?	What was I thinking or feeling?

Over time, patterns may become meaningful to you. You do not need to prove those patterns to anyone else.

6. Don't Force the Meaning

When you are grieving, it can be tempting to search everywhere for reassurance.

If you notice something meaningful, pause before building an entire story around it.

- What actually happened?
- Why did it catch my attention?
- Does it have a personal connection to my loved one?
- Did it bring comfort, fear, pressure, or anxiety?
- Can I let the experience be meaningful without needing absolute certainty?

Comfort and curiosity can exist without certainty.

7. Signs Should Not Frighten You

For me, signs are about love, support, and connection. If interpreting something as a sign is making you frightened, obsessed, or unable to make everyday decisions without looking for spiritual confirmation, pause.

Ground yourself. Talk with someone you trust. Return to ordinary routines and practical decision-making.

Spiritual practices can support grief, but they should not take away your sense of safety or your ability to live your life.

8. Ask for Something Personal

If asking for a sign feels comforting, you might choose something meaningful rather than trying to control exactly how or when it appears.

- A flower connected to a memory.

- A particular song.
- An animal you associate with your loved one.
- A word, nickname, or phrase.
- A meaningful number or object.
- Or simply: "Send me something I will recognize."

Try not to create a deadline. Grief does not need another test.

9. Signs From Other People

One of the sweetest parts of my dime experiences has been other people finding them and thinking of Adalie and me.

Sometimes continuing bonds become communal. Friends and family remember the person too. They may share dreams, memories, photographs, songs, or little moments that bring your loved one back into the conversation.

Allowing people to say their name and share memories can be a beautiful form of connection.

10. When Signs Bring Tears

A meaningful sign may make you smile one day and completely undo you the next.

Both reactions are normal.

Comfort and sadness can arrive together because the sign may remind you of both the connection you feel and the physical presence you miss.

You do not have to turn every sign into a happy moment. Let yourself feel what you feel.

11. Your Signs & Connection Journal

Is there an object, song, animal, number, scent, or symbol I associate with my loved one?

Have I experienced a moment that felt especially meaningful to me?

What was happening just before I noticed it?

How did I feel afterward?

Do I notice any repeating patterns?

Is looking for signs comforting to me right now, or do I need a break?

12. A Gentle Practice

If you would like to invite a sense of connection, try this without pressure:

- Sit somewhere you feel safe and comfortable.
- Take three slow breaths.
- Think of your loved one.
- Say their name if that feels good.
- Ask for support or a sign in whatever words feel natural to you.
- Then release it. Go live your day.
- If something meaningful happens, receive it. If nothing happens, let that be okay too.

A Final Thought From Theresa

That first dime appeared on one of the hardest days of my life.

For me, it felt like Adalie saying, **“Hey, Nana. I'm okay. And I'm with you right now.”**

The hundreds of dimes that followed did not erase what happened. They did not stop me from grieving.

They became little moments of connection woven into my grief journey.

I believe Spirit loves to support us, and I am completely comfortable asking for signs when I need them.

But your signs do not have to look like mine. And if you are not seeing them right now, please be gentle with yourself.

From my own spiritual perspective, our loved ones are not separate from us. They are next to us, walking this journey with us.

Sometimes, for me, that reminder comes in the form of a dime.

**With love,
Theresa
Healing Hearts Medium**

Continue Exploring

The Grief, Healing & Continuing Bonds section of the Healing Hearts Medium Resource Library includes resources designed to support remembrance, connection, and living with grief.

Take what brings comfort. Leave what doesn't. Your grief journey belongs to you.

This guide is for educational and personal-reflection purposes and is not a substitute for professional mental-health or grief care.