

SIGNS FROM LOVED ONES

Simple Ways Loved Ones May Remind Us They're Near

You don't have to prove the moment. If it brings you love or comfort, let yourself receive it.

Healing Hearts Medium

After someone we love passes, there can be moments that suddenly make us feel close to them again. A song. A dream. A familiar scent. A little reminder that appears at exactly the right time.

A Note From Theresa

As a medium, one of the things I have learned over the years is that our loved ones don't always communicate with us in big, dramatic ways.

Sometimes it's a song. A smell. A dream. A dime on the ground. A feather that appears in an unexpected place. Or simply a moment when you suddenly feel someone you love very close to you.

I believe our loved ones continue to find ways to remind us that love does not end when the physical body does.

But I also don't believe we need to spend our lives searching for signs.

A sign should feel like a gift, not a test.

You don't need to analyze every bird, number, song, or coincidence. Some things will simply be ordinary moments - and that's okay. But every once in a while, something may happen that is so personal, so perfectly timed, or so connected to the person you love that your heart recognizes it before your mind has time to question it.

When that happens, you don't have to prove it to anyone.

Pause. Feel it. Smile. Cry if you need to. Say thank you.

And let yourself receive the love.

With love,

Theresa

Healing Hearts Medium

1. What Can a Sign Feel Like?

A sign often feels personal. It may be something small or very specific that immediately makes you think of the person you miss.

- A song that reminds you of them.
- Their name appearing unexpectedly.
- A vivid dream.
- A familiar scent, object, phrase, or symbol.

From My Experience

During a group event, a woman sitting in the front row kept standing out to me. I felt drawn to her and said, “Your brother is telling me you have a tattoo for him. Is it his face?”

She told me yes. Then she stood up, pulled up the back of her pant leg, and there it was — **a tattoo of her brother's face.**

It was one of those moments where the information was so specific that it immediately meant something to her.

Sometimes it's the smallest, most personal detail that makes a moment stand out.

2. Songs & Music

Music can bring memories back very quickly. A particular song may show up at a moment when you are thinking about or missing someone.

From My Experience

I once had a mother and her two grown daughters come to my office for a reading. Their mother and grandmother came through and began showing me **music symbols**.

They immediately understood the connection. She had been a **music teacher**, and one of them even had a music-symbol tattoo connected to her.

I also felt that she was bringing up a particular song. They confirmed that **on their way to my office that very day, they had heard that song and felt it was from her**.

Sometimes a song finds us at exactly the moment we need it.

3. Dreams of Loved Ones

Dreams after a loss can feel very real. Some may simply hold memories and emotions. Others can feel especially clear, peaceful, or meaningful.

From My Experience

Several months after my granddaughter **Adalie** passed — she was stillborn at seven months — I had an experience with her that began in my dreams.

Adalie woke me in the dream and kept telling me that **she was going to have a baby brother and that he was going to be okay.**

She showed me moments we would share with him as he grew — Easter egg hunts, beach days, and other family experiences. She showed me that she would still be there with us, just in a different way.

And she was right. I did go on to have a grandson, and he was born healthy.

That experience inspired my first children's story, *Adalie the Angel Becomes a Sister*. For me, the dream brought hope, comfort, and a reminder that love can continue in a different way.

4. Familiar Scents, Sounds & Little Reminders

A familiar scent can bring someone to mind instantly. Sometimes people notice these scents unexpectedly, when there is no obvious source.

From My Experience

Scents are something I have experienced many times, both personally and during readings.

My dad was a smoker, and since he passed, **my siblings and I have experienced the smell of cigarettes** at different times. When it happens unexpectedly, it immediately makes us think of him.

During readings I have also smelled **marinara sauce connected to Italian grandmothers, fresh-baked cookies — especially vanilla — and even the unmistakable smell of fish**, which was later connected to a loved one who had worked on a boat.

Sometimes a smell can bring back a person and a memory in an instant.

5. Animals, Feathers, Coins & Other Symbols

Signs can become deeply personal. An object or symbol does not have to mean the same thing to everyone.

From My Experience

The day we lost my granddaughter Adalie, I found a **dime in the hospital parking lot**. I immediately felt that it was from her. And the dimes didn't stop. Over the past five years, **I have found more than 500 dimes**. Now both of my daughters find them too.

My sister lost her 35-year-old son a few years ago. I told her, "He's sending you white feathers." After that, she began finding white feathers in the strangest places.

One day she was out in the middle of the bay. A group of white birds flew overhead, and **one single white feather floated down and landed right in her lap**.

A sign doesn't have to mean something to everyone. Sometimes it only needs to mean something to you.

6. Lights & Electrical Experiences

Some people notice flickering lights or other unusual electrical experiences around meaningful moments. Electrical things can also have ordinary explanations, so it is always okay to check those first.

From My Experience

During a reading with a mother who had lost her 17-year-old son, he showed me that **he had been a drummer**. He also told me that he liked to mess with the lights in the bathroom.

His mother confirmed that he was, in fact, a drummer. Then she told me something incredible: **the night before our reading, the bathroom lights had started flickering in a rhythm, almost like someone was drumming**.

For her, the timing and the specific connection to her son made the experience incredibly meaningful.

Sometimes it isn't just what happens that gets our attention — it's the personal details surrounding it.

7. When a Memory Arrives at Just the Right Time

Sometimes a phrase, memory, or reminder appears at exactly the moment we need it.

From My Experience

Not too long after my grandma passed, I was standing in a store when suddenly **I felt this strong wave of her energy.** It hit me so strongly that I immediately turned around.

Right behind me was a pillow with the words: “**Bloom where you are planted.**”

That was something my grandma always said.

I had been missing her deeply, and in that moment something shifted. Instead of feeling only the pain of missing her, **I felt connected to her.**

Sometimes a familiar phrase can find us at exactly the moment our heart needs it.

8. What If I'm Not Getting Any Signs?

This is something I want people to understand: **not noticing signs does not mean you were less loved.** It does not mean you are doing anything wrong.

Try not to compare your experience with someone else's. Connection can look different for every person.

- Don't pressure yourself to see something.
- Talk about your loved one and remember the life you shared.
- Look at photographs or listen to meaningful music when it feels comforting.
- Let connection be simple.

9. Don't Chase the Sign

Through my own experiences, I have learned that meaningful moments are often most powerful when they happen naturally.

You don't have to search every number, bird, feather, song, or coincidence for a message.

- Stay open, but stay grounded.
- Let meaningful moments come to you.
- Enjoy them without feeling like you have to recreate them.
- Use practical judgment for important life decisions.

Let the sign be a gift, not a test.

10. How I Encourage People to Receive a Sign

When something meaningful happens, you don't need to immediately analyze it. This is the simple approach I encourage:

- **PAUSE:** Notice what happened.
- **FEEL:** Notice what you felt in that moment.
- **REMEMBER:** Let the memory or connection come naturally.
- **RECEIVE:** If it brings comfort, allow yourself to enjoy it.
- **RELEASE:** You don't have to prove exactly what it was.

You don't have to prove the moment. If it brings you love or comfort, let yourself receive it.

My Signs & Memories Journal

Use this page whenever something happens that reminds you of someone you love.

What happened?

Who did it remind me of?

What memory came to mind?

How did the moment make me feel?

Do I want to give this moment a meaning, or simply enjoy it?

A Final Thought

There is no right way to experience connection after loss. You may notice songs, dreams, symbols, memories, scents, or moments that feel impossible to ignore. Or your connection may simply live in the love and memories you carry every day.

You do not have to convince anyone else that a moment was meaningful. And you do not have to convince yourself either. If it brings comfort, let that be enough.

Love doesn't disappear just because someone is no longer physically here.

Healing Hearts Medium