



*21 Signs from  
Loved Ones in  
the Afterlife*

*Proof of Love After Death*

**JENNIFER ANGELEE**



# Praise for *21 Signs from Loved Ones in the Afterlife*

---



“Jennifer Angelee is a marvelous and insightful author. She shares her afterlife experiences with gentle compassion and clarity. Reading *21 Signs from Loved Ones in the Afterlife* is like taking a bath in the warm, soothing waters of LOVE. Each of the 21 signs is clearly presented and easily understood. Multiple examples showcase the believability of the afterlife while allowing the reader to bask in the surety of life everlasting. I highly recommend this compelling story of life after death.”

~ **Rebecca Austill-Clausen**,  
award-winning author of *Change Maker:  
How My Brother’s Death Woke Up My Life*

“If you’ve ever been curious about after-death communication, *21 Signs from Loved Ones in the Afterlife* is the perfect companion guide. Jennifer shares openly, from the heart and through personal experience, that we can recognize our connection with those in the afterlife through their phenomenal, yet loving signs.”

~ **Cara Hope Clark**,  
author of *Widow’s Moon: A Memoir of Healing,  
Hope, and Self-Discovery through Grief and Loss*.

“*21 Signs from Loved Ones in the Afterlife* is an inspiring and comforting read that helps the reader understand there are many ways in which our loved ones attempt to reach and reassure us that they are safe, happy, and well. Our loved ones are creative and persistent in their ways of communicating with us. As Ms. Angelee explains in her many examples how they do it, she also guides us to understand our role in receiving those messages. A well-written summary of hope that the message is not goodbye forever. It is ’bye for now, ’til we meet again.”

~ **Sheena Smith**,  
author of *All Kids Can Thrive:  
A Holistic Education Resource for a Successful  
and Conscious Classroom*



*21 Signs from  
Loved Ones in  
the Afterlife*



*Proof of Love After Death*

**JENNIFER ANGELEE**

Copyright © 2021 by Jennifer Angelee

All rights reserved. This book and any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the author except for the use of brief quotations in a book review or scholarly journal.

The author has tried to recreate events, locales, and conversations from memory. In order to maintain anonymity in some instances, the author has changed the names of individuals and places. The author may have also changed some identifying characteristics and details such as physical properties, occupations, and places of residence.

The information in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, please consult your physician.

ISBN: 978-1-7774760-4-5



To learn more about healing through Afterlife Communication,  
or to work one on one with Jennifer,  
[visit jenniferangelee.com](http://jenniferangelee.com)

Other books by Jennifer Angelee:

*Stairway to Heaven: Simple Steps to Connect, Communicate,  
and Find Comfort with Loved Ones in the Afterlife*

*Beloved, I Can Show You Heaven: A True Story of Life After Death  
Communication Between Soulmates*

*Miracles of Love, Faith and Hope*

Children's books by Jennifer Angelee:

*I Can Show You Heaven*

*Angel Bumps*



*This book is dedicated to my beloved husband Joe and son Joseph in heaven, and all loved ones who have transitioned to the afterlife before us. We are forever grateful for your unending love.*

*Thank you also to the incredible souls in the non-physical who have the courage to prove to us with your amazing signs that love exists after death. Your creative ways give faith and hope to the existence of love after death.*



*“Death is simply a shedding of the physical body like the butterfly shedding its cocoon. It is a transition to a higher state of consciousness where you continue to understand, to laugh, and to be able to grow.”*

**~ Elisabeth Kübler-Ross**



# Contents



---

All Signs Say, “I Love You” . . . . .	1
My Experience Is Proof of Love After Death . . . . .	1
After-Death Communication . . . . .	2
Streit-Horn Researched ADCs . . . . .	2
My Proof of Love After Death Had Many Signs . . . . .	3
Pre-birth Signs from Heaven and Unborn Souls . . . . .	4
The Young Bring Forth Signs . . . . .	5
Signs Are Meant to Comfort and Protect Us . . . . .	6
Believe in the Signs . . . . .	7
Loved Ones in the Afterlife Want to Be Your Rainbow . . . . .	8
21 Signs from Loved Ones in the Afterlife . . . . .	9
1. Sleep Visitations . . . . .	9
2. Seeing Their Presence . . . . .	10
3. Sensing Their Presence . . . . .	11
4. Feeling Their Touch . . . . .	12
5. Hearing Their Voice . . . . .	12
6. Electrical Activity . . . . .	12
7. Phone Calls . . . . .	13

8. Other People—Introductions, and Synchronicities . . . . .	15
9. Feathers and Coins . . . . .	16
10. Songs and Music . . . . .	16
11. Birds, Animals, Insects, and Pets . . . . .	18
12. Moving Objects . . . . .	19
13. Orbs and Apparitions . . . . .	20
14. Smelling Unexplained Odors or Your Loved One’s Very Scent . . . . .	20
15. Rainbows, Clouds, and Pink-and-Lavender Skies . . . . .	20
16. Numbers . . . . .	21
17. License Plates . . . . .	21
18. Energetic Hugs and Touches . . . . .	22
19. Twilight and Out-of-Body Experiences . . . . .	22
20. Thoughts . . . . .	22
21. Meditation . . . . .	23
Know You Are Loved . . . . .	25
Afterthoughts on Afterlife Signs . . . . .	26
Books by Jennifer Angelee . . . . .	28
Author Services . . . . .	28
Review Request . . . . .	28
About the Author . . . . .	29

# *All Signs Say, "I Love You"*

---



Signs can be as gentle as a feather, or as strong as a gust of wind. All signs say, "I love you. I am here with you."

The proof of love after death has weaved its way into my life like a beautiful and colorful tapestry. Because I have loved so deeply, so intensely, and so freely, the depth of my grief has matched the depth of my love. However, my loved ones in heaven have never let me go too long or too far without their incredible signs that have been testament and proof of love after death.

As a young adult, I began to recognize the signs from loved ones in the afterlife. In my twenties, with the loss of my stillborn son, I experienced signs from the afterlife that formed my understanding and beliefs. Then in 2015, sixteen years later, when my husband took his own life, he returned to me in astonishing ways to profess his undying love and give me countless signs from the afterlife.

One need not be a psychic or medium to receive and recognize these signs from loved ones in the afterlife. To observe and appreciate them requires no special spiritual gifts or talent. All it takes is an open heart and a whole lot of love, and a belief in the survival of the soul after death.

## **My Experience Is Proof of Love After Death**

The death of a close loved one is often a brutal reality for the living loved one left behind. I know this because I lost my second son, Joseph, in January 1999, when I was seven months pregnant with him, and I lost my husband, Joe, in May 2015, when he was only forty-four years old.

I was only forty-two at the time. Joe had been my best friend, lover, and soulmate. We met in my last year of high school when I was only eighteen. We had been married for almost nineteen years and were raising our three amazing children together when he died tragically by suicide.

Like everyone who experiences the death of someone close, I grieved painfully. But, even with all the darkness, my clouds had a silver lining. It was that I knew my loved ones hadn't really left me. Spiritually they were still with me, and they gave me many confirmations of this.

## **After-Death Communication**

After-Death Communication (ADC) is a mysterious subject, often portrayed as supernatural and even fictional in mainstream media. The first time I heard of an ADC was when I was only five years old.

At the young age of five, I had no experience with death. When I heard of my grandpa's death, I didn't really understand the finality it brought. My awareness of this began one morning when I woke up to hear my sisters crying in my room. They were fifteen, seventeen, and eighteen at the time, so naturally I was very, very worried. It definitely wasn't normal for me to see them all crying at the same time.

"What's wrong?" I begged them to tell me. I remember my oldest sister coming to grips with her tears. She implored me at last, "Okay, if I tell you, you have to promise me not to cry!"

"Okay," I agreed willingly, hoping I could keep my promise, "I just want to know."

"Grandpa died."

"Oh," I said, and I kept my promise. I didn't cry. I wasn't sad, but I learned in that moment that death is something that makes other people sad. In my innocence, I didn't understand what death was, and I wondered where Grandpa was in the afterlife. I wondered what had happened to him.

Then sometime later, I heard my mom say that my grandma (her mom) had seen Grandpa. Though he died of cancer in the hospital, the night after he died, my grandmother saw him standing in the doorway, watching TV, and smoking a cigarette, the way he always did. My mother commented to me that maybe her mother was seeing things, but I believed Grandma and I was intrigued. My grandma was a very stable and serious woman. I thought she was incredibly brave.

## **Streit-Horn Researched ADCs**

In her 2011 doctoral dissertation, "A Systematic Review of Research on After-Death Communication," Dr. Jenny Streit-Horn, PhD, defines after-death communication (ADC) as a "spontaneous phenomenon in which a person has a feeling or sense of direct contact with the deceased person." It's more common than one might think.

“According to 35 research studies between 1894 and 2006, involving over 50,000 people from around the world,” Streit-Horn reported that

- one third of the people reported having experienced ADCs sometime in their lives
- both bereaved and non-bereaved people have ADCs, but it is more common in the bereaved closer to the months after a loved one’s death
- people of all ages, incomes, ethnicities, education levels, religions, and physical conditions have ADCs
- these people are mentally healthy. There is no evidence of psychological disorder or mental illness
- words to describe an ADC include *pleasant, positive, elating, mystical, serene, helpful, comforting, healing, spiritual, and a good experience*
- ADCs are reassurances that the deceased person continues to exist in a state of well-being and that the love between the living and the deceased continues.

### **My Proof of Love After Death Had Many Signs**

My experiences with these signs from loved ones in the afterlife have been my irrefutable proof of love after death. Recognizing the signs that you receive from loved ones in the afterlife will affirm for you not only the survival of your loved one’s soul but that they continue to love you and be with you in spiritual form.

From the moment of my husband’s death by suicide, he was connecting and communicating with me and our son from the afterlife. Before I knew he had died, my husband’s energy literally weighed down my legs, while at the same time he prompted our living son to rush home from school. It is clear in retrospect, from the way the events of this tragedy unfolded, that my husband didn’t expect or intend to die, but still, he divinely intervened in his non-physical form. When the police officer pronounced the news of my husband’s death, I could see my husband kneeling by the coffee table, beyond the officer, while I sat on the living room sofa. Before I could even accept the reality of his death, an incredible story of loving afterlife communication began.

I describe the afterlife communication between me and my husband, Joe, in my memoir, ***Beloved, I Can Show You Heaven: A True Story of Life After Death Communication Between Soulmates***.

Afterlife communication can range from a pre-death experiences to the coming of souls to earth. In my first memoir, ***Miracles of Love, Faith, and Hope***, I describe a journey of communication, meaning, and miracles my son Joseph’s short but significant life had on my older son’s exceedingly rare genetic condition, as well as the heavenly signs about the coming of my two

healthy daughters. Signs from spirit can also be synchronicities and miracles that happen in life. I have been very blessed to have such clear communication from these souls so dear to me.

### **Pre-birth Signs from Heaven and Unborn Souls**

Amazingly, signs from spirit are not just from souls we have lost in the physical. Signs can also come from those souls waiting to be born. The afterlife is described as the place we go when we die. But heaven is truly the place where loving souls are when they are not in the physical body.

Pre-birth dreams and visions are other phenomena that some expecting mothers or family members close to the unborn experience. When the soul of the unborn child visits, it is often through visions or dreams to the family that they will be part of on this earthly plane.

I had dreams and premonitions with the coming of all four of my children, including the powerful signs from my son Joseph who died in my womb. With my firstborn, I had a strong knowing I would have a son and saw him as an adult in a dream vision.

Afterlife communication is limitless and mysterious in scope. When I was pregnant with my second son, Joseph, I sensed that his soul was watching me. One morning when I was approximately four months pregnant, I had a sad dream in which he came to me at about the age of thirteen and said goodbye. In the dream I was lying in a hospital bed. He approached me, having shoulder-length, sandy brown hair, and I asked him if he was my older son who was only twelve months old at the time. He didn't respond to my question, but embraced me, and said, "I love you, Mom," and walked out the door of the hospital room. I woke up with tears in my eyes, worried for the lives of both my older son and my unborn son.

Over two months later, I saw a shadow of my unborn baby on the wall while I was having a candlelit bath one dark evening just after Christmas. I had been trying to convince my doctor that something was wrong with my pregnancy and when I had an ultrasound over a week later, I was unfortunately correct—my baby was very sick.

I was immediately sent to the Toronto Hospital for prenatal care that Friday afternoon. On Sunday evening, fetal surgery was performed in hopes to save my baby's life.

I found myself lying in a hospital bed awake but frozen from the waist down from an epidural, while the obstetricians performed fetal surgery on his fluid-filled lungs. I surrendered to God when at first the surgeon was unsuccessful at inserting a catheter in my baby's lungs, and said, "God, I don't know if it is your will that my baby lives. I don't know what is right. I lovingly surrender this decision over to you for what is best for my baby."

Just as I said that, the Eric Clapton CD that was on played the song, "Tears in Heaven." As my wrists were strapped to the table and my body tilted backward, stinging tears poured down my

temples into my hair. The anesthetist came to me in great concern as my blood pressure dramatically jumped. I believe it was then that my baby's soul left his body for the last time.

Shortly after the surgery they couldn't find my baby's heartbeat with the fetal monitor. I urged the nurse to get the ultrasound machine in the room because my skin was so sore from the monitors running on it for hours and hours. I also knew the truth that my baby boy had died.

That night I knew that I needed time to bring another life into this world. I asked Joe for one request. I asked him for four more years to have another child. He immediately responded, "Whatever you wish, my love."

Medical science also required those four years for genetic research to be discovered. Over that time, I had dreams about a daughter that was to come. I felt these dream signs were sent as hopeful messages from our son Joseph.

Exactly four years to the night of Joseph's death at 7:07 p.m., in Room 7 on the seventh floor my older daughter was born. All these sevens were surely a sign from heaven!

Even my daughter Hope came to me in dream visions, and I knew I would be having a second daughter. She appeared to me in a vision one afternoon when I had fallen asleep with Nicholas in his hospital bed when he was in the children's hospital the summer of 2002. Although I was in my second trimester with my older daughter Faith, I somehow knew this dream was not of her.

In a split second, Hope appeared to me as a little girl, announcing her name. I opened my eyes, stunned. This little girl had a bold and congenial personality. I just knew her energy was different from the unborn daughter I was carrying.

Because of my premonitions and visions, I was certain I was going to have a second healthy daughter, despite the possible genetic risks. I carried this impression forward, and became pregnant three and a half years later, knowing that these signs were real evidence of my children's life before birth. Hope was born just a few hours after her brother Nicholas's ninth birthday on October 4, 2006 at 3:04 a.m. She weighed a very healthy ten pounds, a strong and beautiful baby girl. We could not have been more blessed with the arrival of another little soul from heaven.

### **The Young Bring Forth Signs**

We are born with a connection to the other side. That is where we come from. Young children are often very receptive to spirit messages because they don't filter the signs and messages they receive.

You may notice your young babies cooing and making eyes at the ceiling while looking right past your loving smiles and baby talk. These babies could be communicating with a grandparent or an unborn sibling in the afterlife. My older daughter who was born four years after her stillborn brother Joseph seemed to smile and coo at the ceiling often.

As soon as Hope could talk, she was communicating with souls in the afterlife. She brought messages from heaven of my grandma who had died when I was eighteen. As a small child Hope frequently referred to her grandma in heaven. One day, when she was about three, Hope and I were home alone, and I was working at my laptop on my desk. Hope seemed to be having a conversation with someone in the kitchen just outside my office door. I said, “Come here. Who are you talking to?”

She replied, “I am talking to *your* grandma. Not my grandma—yours!”

Just then a picture popped onto my laptop screen of me as a little girl about fourteen months old with my grandmother on Christmas Day, 1973. (Joe had programmed a rotation of many old family photos on my laptop.)

Hope intuitively pointed at the screen and said, “That Grandma! Not my grandma,” by which she meant not Joe’s mom.

As a preschooler, Hope was allowed to choose one toy from home to take to school. She was particularly attached to a Bob the Builder green steamroller called Roley. Each day she would return from school to the basement where the toys were kept, to return Roley to the play area. One day she ran back upstairs frightened and said to her dad that there was a boy in the basement with a blue Roley waiting to play with her. I saw a medium soon after and the medium confirmed our belief that it was Hope’s brother Joseph visiting her from heaven.

While lying in bed with me at night, she would talk about her relatives in heaven. In kindergarten, she told me she chose me to be her mom. She even stated that she chose her daddy and me so she could be tall. How interesting it is that we choose our parents to express our genetic choices! She now stands two inches taller than me and is my tallest child.

### **Signs Are Meant to Comfort and Protect Us**

Signs from our loved ones in the afterlife are often to let us know that we are protected by them in spirit. Deceased loved ones guard our souls in dreams and even sometimes from other wayward spirits.

Eventually my daughter’s visions of loved ones in the afterlife subsided as she grew, as usually happens when our minds are filtering and reasoning within our physical lives. But a lack of signs doesn’t mean that our loved ones are no longer with us. Loved ones in heaven continue to comfort and protect us even when we least expect it.

When my daughter Hope was fourteen, she experienced the occasional nightmare but far less frequently than when she was a child. One Monday night at about 3:00 a.m., I wasn't sleeping well and had the sense I needed to check on her in bed. I turned on the hall light and walked to her room at the opposite end of the upstairs hallway. I was alarmed because she was sitting straight up in bed in the dark room with her eyes wide open staring across the room at the door. She declared she had had a nightmare and then rambled on about seeing Joseph as a teddy bear. I crawled under the covers with her and asked for clarification. She told me that in her nightmare she had sprung awake with her eyes open. With her open eyes she saw a big teddy bear just inside her open door, standing just a little taller than the door handle. As her rational mind tried to make sense of this holographic vision, she said that the bear had the energy of a young boy, and when she recognized him, the bear turned and ran out her bedroom door. She was comforted by sensing that the bear was there to protect her and that it was her big brother in spirit's energy. I crawled into bed and listened and validated her own clairsentience.

The next day we discussed with amazement and joy the clever way that her brother Joseph in heaven brought her comfort from her frightening dream. Truly, Hope couldn't make this stuff up and I had witnessed with my own eyes the surprise on her face as she woke from her nightmare.

## **Believe in the Signs**

If you have lost loved ones dear to you also, perhaps you have received one sign or many. You see, loved ones in spirit still love you, they want you to know how very much alive they are, and they want to communicate with you. And you? You *can* communicate with them.

In my book, ***Stairway to Heaven: Simple Steps to Connect, Communicate, and Find Comfort with Loved Ones in the Afterlife***, I share a bounty of spiritual information on how to build relationships and understanding with your loved ones in spirit.

But most importantly, to fully appreciate and receive the signs from loved ones in heaven, there are three very important things you must have:

1. **Belief in an afterlife.** Spirit has a hard time getting through to skeptics. I get it—you've been let down in life with your loss. But knowing that your loved one still exists on some non-physical level is also a comfort to most who are grieving. Spirit will eventually get through to atheists and non-believers, and sometimes they will do it in the most pronounced way, like appearing as their physical self.
2. **An open heart to receive.** What good would it do to give a gift to someone who refuses to open it? The gift will stay wrapped in the box, never being used for the purpose the giver intends. That may sound odd, but have you ever received a gift you didn't open or use? As an elementary school teacher, I've probably received dozens of well-intentioned

gifts that I didn't open. The gifts were all good, but somehow I decided to shelve them, rather than enjoy them. Sure, yeah, maybe I can only use so many Christmas mugs or eat so much chocolate, but the amazing thing about spirit is that the signs they give are the gifts your soul really needs. Your loved ones in heaven know you so intimately that they have important intentions behind many of the signs they give you.

3. **An open mind to the possibilities.** Receiving signs requires an open mind as well as an open heart. The signs usually don't come as you might ever expect. There is a certain amount of surrender and a certain amount of insight you should be willing to consider. Chances are it's not just a sign. It's a very important message! The message might be to comfort you, to guide you in a decision in your life, or to help you understand about your relationship with your deceased loved one.

Be open to the possibilities because they are endless and unlimited, often unthinkable to us, and immensely creative on behalf of the loved one in the afterlife.

### **Loved Ones in the Afterlife Want to Be Your Rainbow**

Maya Angelou has a famous quote, "Try to be the rainbow in someone else's cloud." This is what it's like for those in the afterlife. They know that you are in the clouds about their death, but they do indeed want to be your rainbow.

There are a few reasons why loved ones in spirit want to give you signs. One of the first things they want you to know is that they are alive; that is, their soul is alive and they still have a consciousness that includes a full awareness of you. Second, they want you to know *they love you*. Third, they want to have fun with you. And fourth, and often most importantly, they are guiding you. This guidance may be in helping you to heal your grief, helping you in life decisions, and even protecting you and keeping you safe from harm.

As you are reading this book and after reading it, you may have a few aha moments when you recall an exciting sign from a loved one in spirit. Or, you may be much more aware and much more attuned to the signs that your loved one(s) in spirit gives you. I recommend you keep a journal specifically for the signs from loved ones in the afterlife. After recording your signs, you can write why you think your loved one in spirit is sending you that message. The answer may not be revealed right away. You might also keep a journal specifically for dreams if you have a lot of them.

# 21 Signs from Loved Ones in the Afterlife

---



## 1. Sleep Visitations

Sleep or dream visitations are the most common signs from loved ones in the afterlife. This is because during the sleep state we are the most receptive to spiritual experiences. While sleeping, our logical minds are much less active, allowing our subconscious to take over. It is easiest for deceased loved ones to meet you this way, because it is in dreams that we are open and not filtering our visions. We are also much less likely to be afraid, anxious, and apprehensive, which we might be in a waking state.

There is a difference between *dreaming about* our loved one and *having a* sleep visitation in which the loved one is fully present. Grief dreams often include a longing to be with the deceased but do not include the deceased. We may be searching for the deceased or miss them greatly. We may feel very sad and empty.

Having a sleep or dream visitation is an incredible validation of love from the afterlife. Although we are sleeping, these dreams are not illusory. Sleep visitations feel real and most often feel incredibly good.

An indication that you have had a true sleep visitation with a loved one in the non-physical and not “just a dream” is when you wake up, you have a certain feeling and conviction that your deceased loved one and everything else in the dream was real. The person in the non-physical can feel so real that you may even have felt their physical body in your sleep.

Loved ones in heaven don't want to alarm you, but they do want to visit you and let you know they are still with you. They also want you to know they are safe and well.

You will find that dreams evolve from the time of the physical death and your early grief to later times. In the beginning, particularly if a death was sudden or unexpected, you will feel a longing to be with your loved one and be searching for them in your dreams. This is you missing them. You may wonder why you can't find them.

Loved ones in heaven are aware of you. But as much as we would like to have a comforting dream of them every night, we do go through the mourning process and our dreams are part of that process.

I remember asking a medium soon after Joe's death why he wasn't coming to me in my dreams. The medium's answer was that "It would make it that much harder and you would miss him more when you awake."

As time passes and you come into alignment with the physical loss, you may find that meeting on the astral plane in dreams is a new part of your relationship with loved ones in heaven.

Dreams can also carry prophecy. I remember a dream I had weeks after losing my stillborn son. I remember that in the dream I was holding his tiny, white, laced box that was his actual casket in my parents' kitchen. The box became unsteady in my arms, and it opened. The next thing I knew, I was holding my precious and perfect newborn son Joseph alive in my arms. The only flaw was a strawberry mark on his eyelid. When I awoke, I noted the strawberry mark.

When my older daughter was born on January 10, exactly four years to the day of Joseph's crossing back to heaven, she had the same strawberry mark on her eyelid. I asked the nurse and doctor about it. They both told me it was of no concern and reassured me that it would disappear on its own. It soon did, but I think it stayed just long enough for me to appreciate and be grateful for this beautiful sign from my baby boy in heaven.

## **2. Seeing Their Presence**

Seeing the presence of a loved one following their death is probably the most clear and profound sign from deceased loved ones. Those who see the deceased loved one are not always "believers." Some may be skeptics, even atheists who have no belief in the afterlife.

I remember reading Elisa Medhus's book, *My Son and the Afterlife*. She describes an incident in which her son Erik appears to her father, an atheist who did not believe in the afterlife at the time. Erik appeared as a young boy; he snuggled in his grandfather's lap. "My father felt, without a doubt, that Erik's presence was real" (p. 14, Elisa Medhus, *My Son and the Afterlife*).

Please don't be disappointed if your loved one doesn't appear to you in a wakened vision. They are sensitive to you and will give you signs that *you* are comfortable with. If you're already

sensing their presence through other signs, they don't need to expend the energy to lower their vibration to "prove" anything to you. It takes a lot of energy for them to appear in physical form. Your loved ones in heaven love you still, and in their loving awareness they try to do what is for your highest good.

Often seeing the vision of a deceased loved one in the physical can be a life-altering and belief-changing experience that leads the bereaved down a new path of spiritual awakening. In Rebecca Austill-Clausen's memoir, *Change Maker: How My Brother's Death Woke Up My Life*, she describes how she became a spiritually awakened person after her brother David appeared to her in a divine vision only two months after his death.

It's also common that a vision of the deceased appears as you are waking from sleep because your brain at that time is producing alpha waves, the most psychic, relaxed waking brain waves.

If you experience or have experienced a vision of a loved one in the physical, do not dismiss it. Cherish it and reflect on what this may have been telling you in the moment. Hopefully it brought you reassurance and comfort, and proof of your loved one in the afterlife.

### **3. Sensing Their Presence**

The way we sense our loved one in heaven's presence is often described as "just a feeling" you get. You may feel the essence of their energy. You may sense them also by getting chills up your legs or spine, or tingles on your scalp. If the loved one you lost was your partner or spouse, you may sense them lying in bed next to you within the acute time after their departure in the physical.

In ***Beloved, I Can Show You Heaven***, I recount how my husband often came to me at bedtime to lie with me. A medium told me, "He spoons with you." While I was lying still in bed only days after Joe's death, I even felt the covers move as though someone else had adjusted them quickly.

Often pets like dogs and cats can sense the presence of a deceased loved one, and you may become aware of their presence because of the unusual behavior of a pet.

My small and adorable Shih-Poo dog, Buster, used to be very aware of the visits of my son, Joseph. Buster was so scared at times that he would jump out of his dog bed while I was having morning coffee on the sofa. Then he would want to cuddle up beside me on the sofa.

One morning, Buster was acting particularly nervously toward Joseph's teasing, and so I wanted confirmation from Joseph of his presence. I said to him telepathically, "Joseph, if that is you, make Buster get off the couch." Buster quickly and nervously jumped off the couch as if someone had literally pushed his rear.

#### **4. Feeling Their Touch**

You may actually feel a deceased loved one's physical touch, such as your hair being caressed or their reassuring hand on your shoulder. You may also feel tingles, warmth, and wonderful energy in your body, down your spine, your leg, or one half of your body. You may also feel their touch during sleep visitations.

#### **5. Hearing Their Voice**

Hearing a deceased loved one's voice can be with either audible sound or in the mind. Hearing a voice in the physical is rare, and though it is more likely to happen closer to the physical death, it should not be dismissed as a hallucination. It takes more energy for the deceased to communicate with their physical voice than in your mind.

Once, only days after my husband's death, I heard his voice when I was lying in my youngest child's bed. I was thinking about him while she slept beside me and I was asking to hear from him. I know he heard me asking in my mind, because suddenly there was a sound that came from the middle of her room, from the foot of the bed. It sounded as though he was struggling to vocalize. It actually was a very creepy sound, but through a medium he later confirmed and apologized for the "creepy part" and said he was trying to use his voice to talk to me.

#### **6. Electrical Activity**

Lights may flicker, tools and toys may turn on by themselves, appliances may not act as expected. Electricity is an easy medium for the deceased to communicate through. For this reason, I believe it is one of the most common signs, but it may go unnoticed or be dismissed as peculiar electrical activity rather than as afterlife communication.

My first experience with this was with my son, Joseph, in January 1999, just days after his still-birth, and the first day I returned home from the hospital. We had a dryer as new as the home we were living in. The dryer began to turn on by itself when it was empty and set to the off position. I kept adjusting the knob to the off position and opening the dryer door to stop it because it wouldn't work. My dad, a retired electrician, and my husband, a handyman, couldn't figure out why this was happening or how to stop it.

I began to feel it was my baby son, Joseph, though I had never experienced anything like this before. After honest attempts from my dad and my husband, we discussed calling for repairs through the warranty. I said out loud, hoping Joseph would stop initiating this problem, "It's too bad one year is over and this dryer is not under warranty anymore. We don't have much money in the budget for this unexpected repair. I hope it stops." From that moment on, the dryer never again turned on by itself.

Years later, in about 2010, we were living in a different home. We had a large family room next to the kitchen and a long hallway led from the kitchen at the back of the house to the front foyer. My older daughter was at school and my younger daughter was in another room. The pink remote-controlled Barbie Corvette began to turn on and move by itself on the rug of the family room. Immediately, I sensed Joseph and was a little nervous of the strong sense of energy coming from the toy car. It repeated, moving in spurts across the rug. Although I was trying to carry on with what I was doing, I froze and stared at the car. Bravely, I picked up the car and placed it on the kitchen floor, so it had a long stretch of hallway and hardwood floor to run on. I asked Joseph nervously, “If this is you, Joseph, make the car go.” Off it went for several feet!

Weeks after my husband crossed over, my son and I were cleaning out Joe’s workshop, getting ready to sell an abundance of tools. Joe had three circular saws and my dad had urged me to keep one for my son. As I brought up the discussion to put them for sale on Kijiji, the lightbulb on the ceiling in the cellar went out and left us in darkness. Worried that I now had to deal with an electrical issue, my son and I quickly changed the lightbulb, but the power refused to work.

I hoped we didn’t have an electrical wiring problem, as it seemed, and so we put the first lightbulb back in, knowing that the lightbulb wasn’t the problem. Both of us already sensed that Joe was making a point, trying to change my mind about selling the saws. I said, “Okay, Joe, I promise I won’t sell the saws, and if this is what you want, please turn the light back on.”

When I flicked the switch on, the power returned. My son and I were certain it was Joe because the communication was direct and timely. Both of us were already aware and open, and I was specific in my asking and received the answer I was wondering about. Through this, I also received validation that Joe was guiding us in our day-to-day activities, with his intentions.

## **7. Phone Calls**

Of course, when a loved one dies, we miss their phone calls, which may have been a regular occurrence. You might be lucky enough to experience this most awesome form of communication and proof of love from the other side. When a deceased loved one calls you, they usually will not speak.

I have also heard of occasions when a living loved one hears the voice of the deceased loved one. This is incredibly special!

I have had calls from both my son and my husband from heaven. The call shows only patterns of zeros on the receiver: 000-000-0000. After my husband’s physical death, he would call with the zeros on the thirteenth of the month for several consecutive months after his death—Joe died on the thirteenth of May.

If you get these amazing phone calls, pay attention to the time and date and the number they are calling from. During my experiences, I would listen to silence for moments and feel his energy before hearing a click. Zero represents God or heaven. If you're not seeing zeros, the number might be of some significance to you before you consider it to be a sign.

Sometimes the signs and synchronicities that come from other people are the result of your loved one in heaven's desire to let you know that they are watching out for you. This may be in the form of unusual and unexpected phone calls from other people on their behalf.

At the time of writing this book five and a half years after my husband died, I had an unexpected call on my new iPhone when I was parking my SUV. My new phone was not yet synced to my vehicle but I had parked just in time to answer my phone from my jacket pocket.

"Hello?"

The man on the line seemed surprised, and said, "Oh, I'm sorry. I must have dialed the wrong number."

Somehow, I calmly felt that he was supposed to be calling me and so I said, "Well wait a minute ... who are you looking for?"

"John," he said.

"John who?" I said.

He said my maiden surname with "John," and I knew he was looking for my brother John who is much older than me.

Cautious, to protect my brother's identity, I asked this gentle caller in a helpful voice, "Who is this?"

"It's Peter."

"Pete, it's Jenny," I declared. Pete had been a good childhood friend of my brother John. I hadn't seen him in at least twenty-five years; the last time was when I was in university. I heard my brother John had lost touch with him and only reconnected a couple of years before.

"That's really weird. I was looking for John. I broke my phone last week and I was going by memory. I should have written it down. I have to rearrange plans with John again, to teach Joshua to drive the heavy equipment at my place in the country."

It was strange that my intuition guided me somehow to help this unfamiliar voice on the phone. I found my brother's number on my phone and passed it along to the caller. My brother's number didn't seem to resemble mine, and I said, "Hold on, how did you get my number from his?"

Peter recited my ten-digit-cellphone number perfectly by heart. He told me that is what he had heard in his head. He told me he had chills and I told him that it was very strange that he heard my number instead of John's. I said, "I think I know who is behind this."

"Joe?" he said, without hesitation. I hadn't even known that Peter knew of my husband's untimely death five and half years before.

He said, "Wow, I'll have to tell John this."

"He'll be completely freaked out. He doesn't believe in this stuff," I said protectively.

Peter declared, "Well, he's going to have to believe it because it's coming from me! Joe is definitely with you!"

I was in awe and amazement of what had happened. This was definitely a spiritual intervention!

The next morning when I awoke, I was thinking of this unusual occurrence when Peter texted me: "Hi Jenny, it's Pete. That was very interesting alright, lol. If that's not a clear sign that your husband wants you guys to know he is looking over you, then I'll be struck by lightning today. I'm sure he has given many signs. God Bless."

I replied, "Thank you very much! Isn't it amazing? I've always known he's there but how he came through this time through you is so striking!"

In reply, "Angels are among us. Yes, absolutely incredible. I will never forget."

## **8. Other People—Introductions, and Synchronicities**

Although the physical loss of a loved one is painful, the love continues within your heart and outside of you.

After loss, it may seem like the Law of Attraction is on overdrive. You may notice that you receive positive serendipitous synchronicities and encounters with strangers or old acquaintances. You may find new people come into your life and become special friends.

Some people may only come into your life to serve a specific purpose. This could be to help you cope with some of the loneliness, or to help you get where you need to be to serve *your* purpose in life. Please know that our loved ones in the afterlife will not send in people who are not good for you. Particularly if you've lost a partner or spouse, you can be left raw and vulnerable for would-be suitors, looking for an opportunity with you. They may be well intentioned but go with your gut. If it doesn't feel good to you, trust your instincts. Pay attention to your inner being and ask yourself, "Does this make me feel right?" If it doesn't, release it without fear or worry. Always know that when you are releasing something that does not serve you, you are making room in your life and in your energy for something or someone better.

I learned a Tao saying recently: “When your cup is full, stop pouring.” In loss, it’s so easy to become overwhelmed, especially if we lost someone physically that we depended on to help us. It’s important to do what you can and surrender the rest to the universe. Your loved ones want to help you with this. I call it “outsourcing to the universe.”

Joe left me with a lot of material possessions. I was able to sell many things on a website called Kijiji: tools, man cave furniture, and even some big-wheel bikes he had built. I must have sold a couple of hundred things on there over the years, not including selling things at three garage sales in the early days. Sometimes items would sit for sale for months on that website, until I would see it lurking in the garage, and say, “Joe, I would really like to clear out this \_\_\_\_\_ right now.” I would let it go, and be amazed how the perfect, eager buyer would contact me soon after, unexpectedly.

Mediums and people who are psychically intuitive can bring you incredible signs and symbols that are proof of love that your loved one in the afterlife is still aware of you and your life.

## **9. Feathers and Coins**

Feathers and coins are wonderful signs from heaven. Feathers are symbols that your loved one in heaven is near and protecting you, particularly if you find one inside something such as your home or car. Because of the lightness of feathers, they represent the ethereal.

We’ve all heard the expression “pennies from heaven.” What a wonderful way of looking at it, but it also may actually be true for you when you do find coins such as pennies or dimes. Pennies represent the number one and dimes the number ten. The numbers one and ten symbolize the alpha and the omega, which is also how God can be described.

## **10. Songs and Music**

I love the fact that the sign entitled “Songs and Music” serendipitously falls on number ten in this list. The number ten is special to me for many important and serendipitous reasons, and songs and music is such an important way our loved ones in the afterlife communicate with us. There is no limit to how spirit communicates with us through songs when we are open. Songs also continue to be a powerful medium and sign from heaven, because, unlike some other signs that are more likely to occur at the beginning, the songs might continue for years to come. Songs will change and evolve with the times.

There are countless signs and symbols that come from music, particularly if music was something your loved one in heaven particularly enjoyed. Spirit will play songs on the radio or car at opportune times. Spirit might alert you in your mind to pay attention to the lyrics ... this is their message to you!

I recall one Sunday morning when the song called “Death Bed” by Powfu was playing on the radio, which had incidentally turned on by itself when I was pouring my cup of coffee from the coffee machine beside the radio. I had just learned of the song’s meaning when it was playing in the car and I was driving with my daughter a couple of days earlier. The chorus describes getting out of bed and making a cup of coffee for his romantic partner while he is on his deathbed. When I googled the lyrics in the song, they all reminded me of my life with Joe or his words from heaven. It’s a wonderful song and I recommend checking it out.

With today’s modern technology, spirit will use music on our Alexa-enabled personal devices such as phones, laptops, and tablets, by manipulating their energy signals as well. One quiet February afternoon, I was sitting at my home office desk feeling good about completing my first round of corrections from my editor for this book, when the beginning of a new country song blurted out on the unattended Alexa on the Amazon Echo speaker at the opposite side of my home. I quickly went over and heard the words “miss you more” before it cut out. I demanded, “Alexa, Play,” and I grabbed a pen and paper, and scribbled the words to the unfamiliar male and female duet, hoping I could search them afterward. As the song cut in and out, I caught words from the male singer that felt as if they were a direct message from Joe. Luckily, I wrote just enough lyrics to search the song because then it cut out again and would not play.

I rushed upstairs to get stronger reading glasses to search on my iPhone when my daughter, who was on a break from her online class, invited me into her room. I asked her if she knew a song with the lyrics or if she had been playing it on her Alexa. She didn’t know the song. When she googled the lyrics I’d scribbled out, we found the song “One Too Many” by Keith Urban and Pink. As I listened again, I had chills.

The strange thing is that two days earlier, I was making dinner in the kitchen and as I passed by our Alexa, I heard the words, “I miss you more now” as if it was coming from someone outside me. That moment reminded me of something an acquaintance said years after her husband died: “I miss him more now.” In hindsight, I believe Joe was communicating to me how much he missed me as I was preparing dinner that night.

In my memoir, ***Beloved, I Can Show You Heaven***, I refer to several songs that helped me with my different experiences in the first months after Joe’s physical death. The most undeniable example I remember is the song “Father Figure” by George Michael. Just four months after Joe’s death and on World Suicide Prevention Day 2015, I went to a mediumship group to learn how to do mediumship and hopefully connect with Joe. On the way there, I heard the song “Father Figure” on the radio as I drove over the highway bridge that passes the cemetery where Joe is buried. For those couple of weeks, I had been hearing it more than once a day on the radio. I just kept changing the station because the song was unnerving me. But this time, I asked for a sign from Joe to be there and said to him while driving, “Okay, I won’t change the station. ‘Father Figure’ is my sign from you. If I get ‘Father Figure’ in a message tonight, I will know it’s you, Joe!”

At the mediumship group, we played a psychometry game in which everyone put their name on a small piece of paper, folded it, and put it in a bowl. We passed the bowl around, drawing names. Then we went around the circle and, without opening the paper we had drawn, we delivered a message for that one person. The woman I heard from was destined to deliver an amazing message to me. I knew she was someone Joe would like when I met her. He chose her to give me the message. She told me this: “The man passed too young. He is very tall and handsome. He is holding a tiny baby. He says he has the baby with him. I just keep hearing ‘father figure.’ He is a father figure to someone.”

My jaw dropped then my lips pursed. I wasn’t sure if I could speak yet, but I wanted to burst out with, “That message is mine! That is my husband! The baby he is holding is our son!” Finally, I told everyone in the group about what I said to myself in the car about the song “Father Figure.” After the meeting, the medium and I spoke outside and she told me that the very same day—as I said, it was World Suicide Prevention Day—she declared to the universe that she was willing to read for souls who had died by suicide.

Music may also have an impact because of the messages in the words and the grief you are going through. They might also remind you of your loved ones in heaven because they listened to the song, the singer, or the band. Perhaps they sang you these songs in life or you played that song at your wedding. It could even be the music you listened to in life together.

## **11. Birds, Animals, Insects, and Pets**

Seeing beautiful and special animals in nature is a popular way in which loved ones in spirit will surprise and delight their living loved ones. This is especially true if the animal, bird, or insect is found in an unlikely place or behaving unusually.

You may see rare or beautiful birds such as cardinals, doves, or hummingbirds. Birds and butterflies may behave uncharacteristically by coming close to you, or even landing on you. You might be surprised to see these kinds of birds sitting outside your window singing, and it may be a repeated occurrence. Depending on where you live, majestic or serene animals such as deer, foxes, or rabbits may appear on your path, or even in your yard.

I remember the summer after Joe died, my daughters and I met friends that we had become acquainted with in a grief group at High Park, a multi-purpose, 160-hectare park nestled in the west end of Toronto. We were using the GPS in our SUV to return home and looking for the road leading to the busy highway within the city neighborhood. When the GPS directed me to turn left on the road leading to the highway, we were actually led to a rugged single lane road of a beautiful old city cemetery nestled in trees. Instead of turning back, we decided to travel the road that circled the serene cemetery grounds. A beautiful deer appeared in front of us, standing still at the side of the road. We never expected to see a deer in the city and felt we had been led to see this serendipitous sign.

Pets such as dogs and cats are much more sensitive to the energy of spirits than humans are. Because of this, our deceased loved ones will often use our dogs and cats to give us signs and messages that they are with us. A beloved animal acting peculiarly can give you an indication that your loved one is near.

Our beloved dog, Buster, was almost seventeen years old when he went to heaven but until that time, he not only brought comfort in the physical but he also acted as a conduit to the energy that my son and husband brought into our home. I knew that Joe was walking in the front door early each morning because little Buster would pee in the same spot in the hallway. We had always kept pads on the dining room floor and in an emergency, Buster knew to use the spot in the corner of the dining room beside the main floor hall.

One morning about nine months after Joe died, I was frustrated and upset by Buster's constant accidents when a friend who is a medium came over. She told me that Buster was seeing Joe each morning he came into the home through the front door and Buster was having accidents because he was excited to see Joe.

When living, Joe was also the one who walked Buster in the early morning, so I wasn't surprised by this at all. But I told Joe, "I am happy you're visiting, but please stop using the front door and walking in the hall. Go through the walls, or whatever you have to do, but leave the dog alone because I'm tired of cleaning."

From that day on, Buster stopped peeing in the same spot in the hallway. This is also just another reminder that when we communicate with our loved ones in heaven, we can be specific about what we need.

## **12. Moving Objects**

Moving objects is an astounding sign from heaven, though sometimes it can be quite menacing, for example, when your keys disappear. Moving objects reflects the personality, and sometimes the sense of humor of your loved one in the afterlife. When you lose something such as a piece of jewelry, your loved ones can find the most amazing ways of seeing it returned to you and helping you find what you lost, despite the odds.

If you have lost an object, I encourage you to put a request to your loved ones on the other side to return the object safely to you. Finding it brings comfort that they are with you, and they are watching out for you.

I remember when my kids were younger, I was rushing to get them to school and myself to work on time. While brushing my daughter's hair, the back of her diamond stud on her newly pierced ear was caught and popped out somewhere on the white carpet in her bedroom. We looked and looked until finally I asked out loud for my son Joseph to help us find it. Only a moment after,

my daughter declared, “Here it is!” and we were so relieved and felt blessed to have had heavenly help.

### **13. Orbs and Apparitions**

Orbs and apparitions may appear around you or in photographs. Sometimes these shadowy orbs or apparitions may move so quickly you may doubt that you truly are receiving a sign from a deceased loved one. If this has happened to you, and you suspect it is a loved one on the other side, ask for confirmation. This stunning sign could be an indication that you have very high vibrational loving beings around you, loving you.

Years ago, I had a co-worker who was also a hospital chaplain for the dying. She told me that she had a couple of instances in which as the patient died, those present witnessed an orb appear from the body and disappear toward the window or exit of the room.

I remember a close friend telling me that the evening her brother-in-law died of cancer in his home, she stayed late to support her sister after the rest of the family had gone home. Sometime afterward, she sat on the living room sofa to rest, facing a large window at the back of the house. To the left was the hallway that connected with the bedroom where her brother-in-law had taken his final breath. Suddenly an orb appeared in the hall, turned into the living room, and disappeared out the window into the night sky.

### **14. Smelling Unexplained Odors or Your Loved One’s Very Scent**

Smelling odors and the very scent of your loved one is a surprising and often an unexpected phenomenon. The psychic ability to smell non-physical smells is known as clairalience. This involves smelling something with your nose (physical sense of smell) that is not in your environment.

Deceased loved ones will sometimes appear to mediums this way. This may include the smell of your loved one or smells associated with them such as flowers, their perfume, cigarette smoke, or alcohol breath for a drinker. This is the deceased loved one’s proof to you that they are with you. This sign can be very comforting to the living loved one. It truly makes you sense their presence.

### **15. Rainbows, Clouds, and Pink-and-Lavender Skies**

Rainbows, clouds, and beautifully coloured skies remind us of the afterlife because of the divine ethereal energy they bring. If you notice a rainbow, unusually shaped cloud, or wonderfully colored sky and you are instantly reminded of a loved one, this is likely a sign that you are connecting with them in that moment. Enjoy and savor the moment.

Clouds patterns may appear to be heavenly, or you may notice cloud shapes that look ethereal such as giant angel wings, or even mythological creatures. Skygazing in the day or night can connect us to those in the afterlife.

My son Joseph always seemed to bring us rainbows in our backyard.

The person in heaven you immediately think of when you see the awesome sky or rainbow is the person you are connecting with in that moment.

## 16. Numbers

Numbers and number sequences are more ways that spirit, including guides and angels, communicate with us. I recall that at a young age I marveled at the way the number ten seemed to appear in my life as if I were part of a larger plan of the universe. Today I still delight in the serendipity of number sequences. In time, I have built a repertoire of numbers as signs between me and heaven. You can do the same. Sequences such as 333, 444, 555, 777, and so on are common, but your loved ones will choose sequences with a special significance to communicate with you. Commonly they bring these numbers through clocks and mobile phones, as well as license plates.

Sequences of the numeral 4 are very common number sequences that Joe uses to communicate with me through both times and license plates. Joe died aged 44 years and 4 months.

The number four is also special to us because our youngest daughter was born on the fourth of the month at 3:04:04 a.m., and I know it as the number of angels.

Even the publication of ***Beloved, I Can Show You Heaven*** was published first on December 4 and republished three years later, also on December 4. When I travelled to San Diego in July 2019, I was constantly seeing 44 on the clock. On the last night there, I couldn't sleep well because I missed Joe terribly. I was up in the night and as I was returning to bed, my phone mysteriously fell off the nightstand onto the floor. I picked up my phone and the time read 4:44!

After a loved one's physical death, you may wake at the same specific time every night to a number pattern on the clock. Loved ones in the afterlife may also use the dates of your birthday or anniversary to communicate with you. Consider these numbers as clear signs that you are connecting with your loved one in heaven at that very moment.

## 17. License Plates

License plates are somewhere you will notice number signs, but you may get other signs and messages from license plates too. With the amount of time many of us spend behind the wheel, why wouldn't a loved one in heaven use this simple way to communicate with us?

One day I was feeling particularly sad in my grief and saw a license plate that said, "HAVE\*HOPE." The license plate reminded me that I wouldn't always feel so bad.

About four years after Joe died, I was in disbelief when I saw a license plate in the parking lot where my son worked with my husband and children's four-letter last name *and* the last four digits of my cell phone number! The very next day, I was even more surprised when this same silver Honda minivan was driving in front of me on a street just a few blocks from my home!

## **18. Energetic Hugs and Touches**

Energetic hugs and touches are magnificent ways your loved ones in heaven may connect with you and show you their love. These are so special because it's usually the physical presence we miss the most (the touches and hugs). However, energetic hugs and touches can be distinguished from "feeling their touch," because with energetic hugs and touches it feels energetic rather than physical. You may feel a sudden tingling on one side or part of your body, a gentle energetic squeezing, or a tingling on your scalp. Enjoy and take comfort in these moments if you are lucky enough to receive them. If you are unsure who is hugging or touching you, take a moment and ask. It is likely the first person you are thinking of.

## **19. Twilight and Out-of-Body Experiences**

Twilight experiences and out-of-body experiences (OBEs) occur when our brainwaves are in the alpha state, which is a very relaxed, restful state occurring before sleep, on waking, and during meditation. You may also have a different kind of encounter with a loved one from heaven in one of these states.

Some people have OBEs or dreams in which they feel they are leaving their physical body to travel with a deceased loved one. In 2012, while sleeping, I left my physical body and saw my son, Joseph, appear so close to me that I felt I could reach out and touch him.

These OBEs may feel uncomfortable or scary. Months after Joe died, I had a terrifying nightmare that felt incredibly real—my soul was rising from my body. In fear, I asked Joe to be returned to bed. I was returned and woke up. Lying awake, I realized my fear and apprehension clouded the way I perceived the event. Perhaps Joe was taking me for a visit to heaven because I had been so curious.

## **20. Thoughts**

A thought of your loved one is often caused by them thinking of you, or they are very close to you in consciousness. Our loved ones in spirit communicate with us telepathically and through our thoughts. Their thoughts of you are always loving.

With so many memories swirling around our grieving mind, it may be indistinguishable or difficult for us to know or understand whether we are thinking the thought alone, or if those in

spirit are communicating with us. One way to distinguish is that spirit's messages usually seem to come out of the blue.

Depending on the relationship you had with your loved one in life, your thoughts of them may not always be positive. And that's okay. Know that they understand, and they don't hold anything against you. They have a clear understanding on their actions in the physical and no longer have their egos. Remember they are in absolute loving awareness of you, and you are in a physical body healing from losing them physically. It's only natural and human to have negative feelings. It's important that we don't judge these feelings, our thoughts, or ourselves for having them. They don't make you a bad person. When we accept these negative thoughts or feelings, we let go of the guilt associated with them. Guilt will lower your vibration.

At the best of times, your loved ones in heaven will give you words of wisdom and thoughts to inspire you, leading you to the right books and videos to bring inspiration, wellness, and healing to your life.

## **21. Meditation**

You may find that your loved ones in heaven will communicate with you when you are most open to receive signs in the waking state during meditation. This could be in your own sense of finding calm and quiet, or in a guided meditation. A guided meditation is an excellent way to facilitate the meeting of a loved one in heaven; meeting them there is a most wonderful sign!

My book, ***Stairway to Heaven: Simple Steps to Connect, Communicate, and Find Comfort with Loved Ones in the Afterlife***, has simple to follow, guided meditations for you to connect and communicate with your loved ones in the afterlife.



## Know You Are Loved

---



**A**t the conclusion of writing this book, on the morning of January 14, 2021, I had another dream that my husband Joe was in a physical body. It had been five years and eight months since his death. When I woke up, I realized I hadn't stopped missing him or grieving his death, but my love for him had grown larger than my grief. I am sure it will continue to do so, just as I know it will for you as you think of your loved ones in the afterlife. Joe has given me many amazing and profound signs since the moment of his death. These signs have comforted and reassured me of his love for me.

In this dream, I was in a new home in the future. Joe had been working on it before I arrived. He had even sewn the valance in our youngest daughter's room, a purple and white fabric. I entered another bedroom and he began to show me the material he used to make it. I was much more interested in him and so happy to see him that I playfully jumped on his back, piggy-back style. As he stood straight, I rotated my body, so I was facing him, hugging him with my legs squeezed around his waist and locked behind his back. I said to him in his left ear as my right cheek pressed against his cheek, "I've missed you so much. I don't ever want to let you go! Please don't leave me again," as I embraced his shoulders in my arms.

I awoke remembering the dream and feeling the physical loss. Reflecting on the dream, I wondered whether he had been preparing a place for me in heaven. Or wondering whether perhaps he is preparing the next home I will move into. I realized that despite the time that has passed, I still miss Joe's physical presence very much. However, I took comfort that he has reached me through many of the signs from the afterlife to show that he loves me, even in death.

We can't bring our loved ones back to the physical. But we might get to a place where these signs are not just about *believing*, they are about *knowing*. Knowing is the conviction of something to be real or true. A google search defines *knowing* as: 1. Showing or suggesting that one has knowledge or awareness that is secret or known to only a few people, and 2. Done in full awareness or consciousness.

I've talked to people who have experienced a death and heard their frustration with the lack of signs. Love after death is not something the deceased person needs to prove. In fact, it's found that after-death communication is more common soon after the deceased passes, rather than years later. The signs may lessen years after the death, but that doesn't mean the love isn't there.

I have fewer signs now, years after the loss of my stillborn son in 1999, but the love and connection are still there. Just days before writing this, on what would have been Joseph's twenty-second birthday, I visited the cemetery to see his grave. As I was sadly reflecting on his absence and felt a tear come to my eye, I heard his sweet little voice say, "Don't be sad, Mommy. I am happy where I am." I realized that Joseph was communicating with me that his choice to be where he is in heaven is good for him. I closed my eyes, sitting on the park bench in front of his stone, and said, "I am listening, please tell me more." I felt an amazing sensation of tingles and warmth throughout my body, and that was confirmation enough.

With time and love, my son and I have developed a strong and beautiful connection. Since the time of my pregnancy, I have never doubted that his soul is with me, and he has given me many signs from the afterlife that give me great comfort. And even more so, the knowing of the love and capacity for that love to evolve through meaningful connection is very comforting.

### **Afterthoughts on Afterlife Signs**

Losing a loved one in the physical is a different experience for everyone. Emotions for the grieving can range from profoundly traumatic to even a sense of peace, such as when an elderly parent crosses on their own terms after suffering. Yet, everyone can take comfort in the signs we receive from heaven. A peaceful transition might be described as the icing on the cake after a life well lived. Everyone experiences death differently, and because of that, the ways our signs from loved ones in the afterlife can heal us can be especially unique to us.

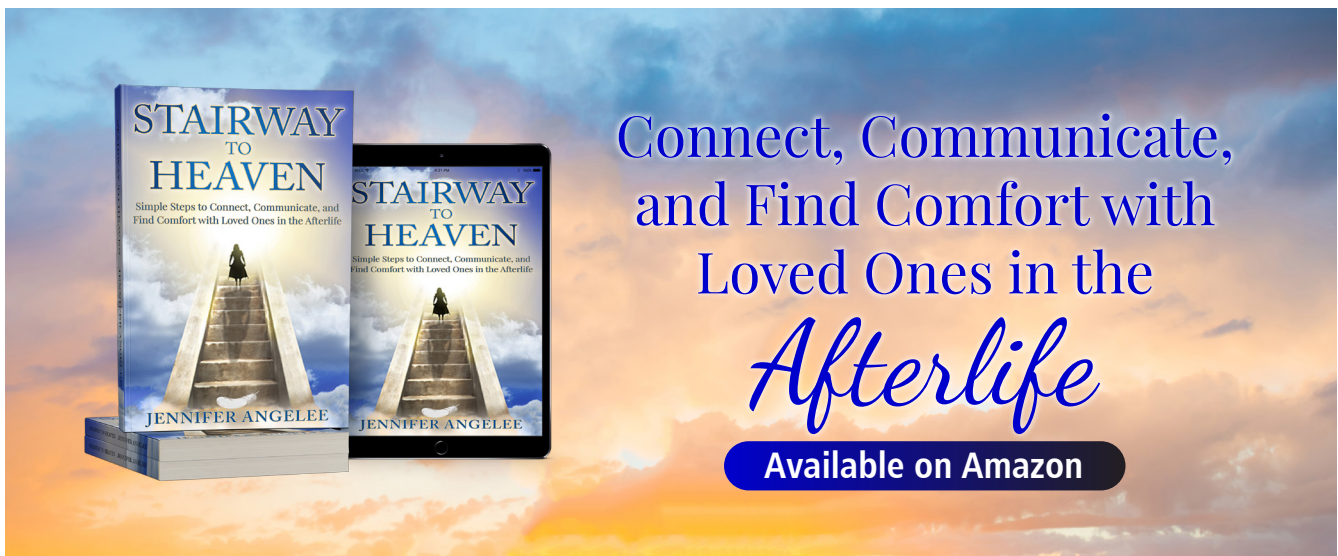
Perhaps you have experienced different signs that are not written about. Of course, this book does not provide an exhaustive list. You may have experienced something completely outside the scope of these 21 signs from loved ones in the afterlife. Sometimes these signs can puzzle us for months, or even years. Sometimes signs can be deeper omens or premonitions of what is to come, or clues into a mystery. You may feel the need to dive more deeply into the meaning of your signs, and work with a trusted spiritual medium.

As part of the healing process, embrace these signs as confirmation of the loving connection and new relationship that you are building with your loved ones on the spiritual plane. Know that they love you even if you don't receive signs often. And know that you too are capable on the physical plane to build bridges to them in spirit. Remember it is more difficult for you to hear and receive from them, but they do *receive everything that you offer to them*.

You can include these signs in a journal as we tend to forget the specifics, the time and day after many months or years. You will likely discover that the signs continue even after you are no longer suffering in your grief, and these signs will become a source of joy, a reassurance of the bond between you and your loved one in spirit, and as testimony that love is everlasting, eternal, and knows no limits, even in the human condition. Most importantly, enjoy the moment and take comfort in your heart that those in the afterlife love you and are with you.

### How to Connect with Your Loved Ones in Heaven

If you would like to learn more about afterlife communication and how to connect, communicate, and find comfort with loved ones in heaven, it's here in my book: ***Stairway to Heaven: Simple Steps to Connect, Communicate, and Find Comfort with Loved Ones in Heaven.***



## **Books by Jennifer Angelee**

Links to my other books:

***Beloved, I Can Show You Heaven:  
A True Story of Life After Death Communication  
Between Soulmates***

***Miracles of Love, Faith and Hope***

And to my children's books:

***I Can Show You Heaven***

***Angel Bumps***

### **Author Services**

To learn how I can be of service to you,  
visit my website at **[jenniferangelee.com](http://jenniferangelee.com)**

### **Review Request**

What did you think of this e-book? I hope it brought you some comfort and understanding. I would be so grateful to you if you would leave a short review on Amazon by [clicking here](#).

## About the Author

---



Jennifer is an Intuitive Spiritual Channeler who is passionate about using her unique experiences and gifts to help others who have experienced loss and life challenges.

She is trained as an Intuitive Medium, Usui and Karuna Reiki Practitioner, and Angel Healer. Jennifer believes in using our self-awareness to expand and evolve our souls into a greater level of consciousness.

Jennifer is no stranger to grief and the afterlife. When only four months pregnant with her second child, she had a profound dream in which she said goodbye to her unborn son. Seemingly a healthy pregnancy at the time, Jennifer's prophetic dream was confirmed when her son died three months later while in her womb. Sixteen years later, her partner of almost twenty-five years died unexpectedly by suicide.

Bringing her other three children into the world involved premonitions and pre-birth dreams. The arrival of her daughters, after loss, seemed to be heaven-sent. Her intuition guided her in healing her older son's exceedingly rare medical condition, which ultimately led to her husband donating his kidney to their firstborn son, Nicholas.

Jennifer is an example of spiritual transformation in adversity and loss. After the death of her husband, Joe, in May 2015, she began writing and publishing her experiences and ideas. Her passion for teaching others about our spiritual connection continues and is fueled by her connection to her soulmate Joe, in heaven as her spirit guide. His remarkable presence in her life before and after his death is her inspiration. Jennifer finds deep meaning and purpose in her life from the loss of her son, Joseph, as well.

Jennifer is continually expanding in the wisdom of love, where there is a vast awareness of soul consciousness and evolved soul wisdom. She is the founder of two healing modalities: **Afterlife Communication Healing** and **Soul Ascension Healing**.

**Afterlife Communication Healing** is a grief-healing modality that is one step beyond evidential mediumship. Living loved ones are guided to facilitate their own communication with deceased loved ones while forming healthy relationships with them in the afterlife. Through her **Soul Ascension Healing**, Jennifer upgrades her clients' energy by merging with the love and light of Divine Source Energy. This includes channeling intuitive information from spirit guides, angels, or Source. For an individual who is grieving loss, she works to relieve suffering by removing the pain body through her signature energy healing.

To work one on one with Jennifer Angelee, in person or distance, you can connect with her here: **[jenniferangelee.com](http://jenniferangelee.com)**



