

What are the Signs?

Synchronicity 7-day Experiment

SEQUENCES

Numbers or letters

Recurring alphanumeric images

- Digital clocks
- Addresses
- Documents
- Car license plates

Street signs

Numbers/words on Social Media Feed

Seeing the same sequence of numbers or letters in multiple places

HAPPENINGS

Overhearing a conversation

Book opens to a certain page

Driving detours

Vivid dreams

Visions during meditation or daydreams

Tarot, oracle cards, rune messages

Phone ringing, hang-up, or something unusual

Lights flickering or power outage

You feel strongly compelled to do something out of the ordinary

Unexpected money appears

Someone gives you a book

Noticing something you normally don't

Strong gut feelings

SENSES

Ears ringing

Meaningful song comes on

Scent of something triggers a memory

Physical body experiences touch that brings thoughts to mind

Electrified or energetic sensation

SIGNS

Symbols

Animals, Insects

Images on Social Media feed

Horoscope

Objects, feather, flower or plant

Angels, wings, halo, bright light

Religious symbols meaningful to you

DO THIS EACH DAY:

- Surround yourself in the white light and ask that your Spirit Guides connect with you for purposes of your highest good.
- Remind yourself daily that your guides will send you messages. You can ask "send me a sign that I know without doubt its from you" if you like.
- Signs from your spirit guides might be elaborate or simple, but they are always around you. Nothing is 100% random.
- Messages could be small clues or breadcrumbs that lead you toward a bigger goal, idea, or insight.
- Be open to the signs. Know that as your guides sense you are more aware of their helpful messages they will send more.



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Pay Attention to the SIGNS

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Signs You Noticed							
How did the Signs each day make you feel?							

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- **Keep a record of the signs here or in another place to review at the end of the week.**