

You Can't Fake a Goose Bump

Has this ever happened to you? You are talking about a newly departed loved one and all of a sudden, the hair on your arm stands up or you feel goose bumps! You are startled but realize this is not the first time this has happened to you. OMG! Did he/she hear me say that, was that a confirmation that my loved one is here? Is this possible? Do I dare tell anyone in my family for fear of them thinking I am crazy? Chills and goose bumps are just one of the ways we intuitively sense the presence and love of a departed loved one.



Native Americans, shamans and indigenous societies recognize that love is eternal, and we are forever connected through the vibration of love. Spirit communication is natural, safe and as easy as breathing in these cultures. We are all born with natural intuitive ability to recognize and communicate with the spirits of our loved ones; yet we are taught not to trust this intuition, and over time it weakens. For many, the death of a loved one reawakens this ability.

Death is not the end – It is just a transition. Our loved ones are not far, and they continue to send us their love and support. Many people will experience a very vivid dream they are reunited with their loved one and they appear healthy again and doing something they always loved to do. It appears as a dream, but you feel their love and know you were with them and you never forget it. Our loved ones retain their uniqueness in spirit, so each has their own significant sign that is relevant to them. Some send coins, feathers, birds, favorite song, scent of after shave or cigarette, or lights blink. These signs always appear just as you were thinking or speaking about them.

Have you experienced any of these signs? If so, make note of the date. Is it your birthday, anniversary, holiday or special occasion for you or for your departed loved ones? When you receive a sign, stop for a moment and ask yourself, “what was I just thinking or talking about? Realizing they are with you at that moment so take a few minutes to receive their love and thank them for checking in on you.

For more information about recognizing the signs and increasing your intuition ability please see my book, *Believe In Forever -How to Recognize Signs from Departed Loved Ones* available at www.believeinforever.today. Mary is author, spiritual teacher, medium, shamanic practitioner specializing in holistic counseling for personal empowerment.

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*Spiritual Teacher,
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