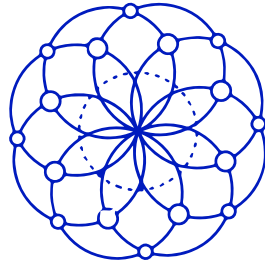


SOUL  
manifestation

# MAGICAL SIGNS & NUMBERS HANDBOOK







# MAGICAL SIGNS AND NUMBERS HANDBOOK:

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## MESSAGES FROM THE COSMOS

Translate the Messages  
From the Universe,  
**and Create the  
Life You've Only  
Dreamed Of!**

by  
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## THE UNIVERSE SPEAKS TO US

We may be way down here on little ole Earth, but that doesn't mean we are separate from the vastness of the Universe. Just the opposite.

Everything is ENERGY, from the largest star (like our own Sun), to the smallest rock floating through space (ahem... Pluto), to the smallest one-celled creatures inhabiting a droplet of water in a pond somewhere.

And energy is all connected. There is no beginning and no end - it just...flows. So to think that we are NOT one with the boundless, ever-moving energy that is the cosmos is, well... astronomically ridiculous.

Because we are one with the Universe, when IT shifts, we shift. We feel it every time the cosmos bends, twists, or stretches, and... well, it seems to be doing one, or all, of these things ALL. THE. TIME.

This ONENESS also means we can communicate with the Universe, and, in turn, receive communication from it. In fact, when we're doing great, following our passion, being kind to others, the signs and messages come in the form of good fortune, telling us unequivocally that we're on the right path.

And, conversely, when we are not moving forward on the path that is meant for us, life can be very challenging, and the Universe is not shy about telling us!

But, we have to be AWARE of these messages from the cosmos trying to keep us, or get us back on track, and learn to pay attention to them.

Easy peasy, right?



## EXAMPLES OF SIGNS AND HOW TO INTERPRET THEM

You're planning a trip, but you can't decide between a secluded mountain retreat, or a week on the beach. Then, everywhere you go, you see pictures of the ocean, whales, boats, and you notice beach towels are on sale at the store. Or, you're reading a book, and suddenly find yourself in a beach scene...

Gee, I wonder where you should go on your vacay?

THIS IS A SIGN from the Universe. Actually, multiple signs, but you get what I'm saying.

The Universe WANTS you to be happy, I promise. It will gently guide you to make choices that are in your highest good, and that guidance can feel really good... or not so good.

Maybe you're at a job you don't like, and things keep going wrong. You get passed up for all the promotions. You can't seem to clock in on time. You continually spill coffee on your shirt.

It could even transfer to your personal life, making dating difficult, your car is always breaking down, or you can't seem to kick that cold you've been fighting for weeks.

The Universe is telling you that you are in the wrong job!

In short, the easy way to know if you're doing well, is if the Universe keeps sending you good stuff, and if you're not... I mean...DUH. You may have a weird rash that just won't go away.







## **THE SIGNIFICANCE OF NUMBERS AS SIGNS**

Pythagoras stated that our universe is ruled by numbers, and everything is mathematically precise. Numbers are a universal language, and can show up to give us messages, especially when they come in repeated sequence, such as 111, 222, 333, and so on, and most especially if you keep seeing the same sequence over and over.

Number signs can be seen on a clock, an odometer, a street address, anything! As far as what they mean? Well, numerology definitely plays a part here, but remember, go with what resonates with YOU, not necessarily what someone else says.

“1111” has recently been assigned to signify that you’re on a spiritual path of enlightenment. It’s also called an “Angel Number,” which we’ll get to in the next section.

While a double number is significant, when the same number is tripled or quadrupled, or more, it means that the message is that much stronger, so pay heed. If you see more than four of the same number in a row, the Universe is really trying to get your attention!

Here are a few messages that numbers could be bringing to you, but remember to always take what resonates and leave the rest. (For example, if the sequence “649” means something to you personally, and you keep seeing it in random places, then it’s a sign!)

**22, 222 or 2222:** While “22” is a Master Builder number, a triple or quad “2” means that a new cycle is about to start that will bring growth and expansion into your life. Also, balance, call to action, love/romance, and union.

**33, 333 or 3333:** Seeing this sequence will align you with your path, if you’ve strayed a bit, and also means divine union, oneness, truth, and your spiritual gifts are awakening.



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44, 444 or 4444: This can mean that someone is trying to communicate with you, either in the physical world or from the other side. It also reminds you that your guides are by your side always. It can also signify balance, harmony, organization, perfection, and justice.

It can also mean that you are at a very significant turning point about a major decision in your life and that you'll soon see amazing results from all of the hard work you have been doing.

55, 555 or 5555: This number sequence means CHANGE. Big changes are coming your way if you keep seeing this. It may be telling you that it's time to surrender to the ebb and flow of the Universe, allow it to remove things from your life, to make room for something new. Trust the process.

66, 666, or 6666: No, this sequence is not evil. Quite the contrary. Repeating 6's signifies family, that you either need to foster deeper family relationships, or that you already have them, and you should allow yourself to lean on them during hard times.

It can also be telling you that something in your life is dying. But don't worry, it's something that is no longer serving you, so let it go.

77, 777, or 7777: You have a message to share with the world, either through writing, music, or art. This number represents collective consciousness, spiritual enlightenment and spiritual awakening. This number is also about spiritual acceptance and growth. Expect miracles in your life.

88, 888, or 8888: This number repeated is a sign of balance and abundance in friends and family, or money. Also means infinity, or a never-ending cycle (one you may need to break...?), duality, or "as above, so below."

99, 999, or 9999: This number means the current path in your life is about to come to an end. This does not mean death, but that your life is about to shift and get a whole lot better. Also, it can mean forgiveness and that you're ready to be the real YOU or trust the plan the Universe has for you.

10, or 1010: This means completion. A cycle has ended and a new one can now begin. It is the number of universal creation, and signifies having faith in yourself and your ability to be the creator of your own life.





## WHAT ARE ANGEL NUMBERS?

“Angel Numbers” is the name given to synchronicities and signs that come through repeating numbers and are said to be from your angel guides, or the angelic realm. EVERYONE has at least one angelic guide, so the source of the message is believed to be amplified coming directly from an angelic being.

1s: A reset or starting something new. The beginning.

2s: Harmony, either internal or external, or both. Go within and balance your energy.

3s: In triplicate, this number represents the essence of the trinity, mind, body, spirit.

4s: Trust your wisdom and your psychic powers, and you will be able to trust yourself.

5s: Change is coming, be open for anything.

6s: Focus on family, balancing work and homelife.

7s: Good things are coming! Trust your instincts and your angelic guides.

8s: Abundance, wealth, money, and good fortune are in store for you!

9s: Something is ending, so you can find and embrace your true passion

10s: Trust that you are on the right path.

When you see Angel Numbers on a daily basis, your angels are definitely talking to you, pulling for you, and guiding you on your path! Don't forget to thank them for these Heavenly messages!





## **SIGNS IN DREAMS**

In the dreamscape, our resistant, day-to-day “monkey mind” is asleep, making room for the Higher Self to take the wheel of our consciousness. We are much more open to receiving messages in this state.

Many complain about not remembering dreams, but the thing to focus on is the feeling you have upon waking. The feeling is the important part, for in the feeling, the emotion, is the message and it's for you to decipher.

A happy dream will likely leave you with a good feeling when you wake up and may hold the message that you're on the right track, or confirmation of a recent decision, or even just a reconnection with a loved one who wants to say hi. These are wonderful and give us motivation, hope, and the confidence to keep moving forward.

Other types of messages can come through dreams that aren't so warm and fuzzy... like nightmares. A bad dream can make you feel uneasy, sad, or afraid. The emotion you feel, if you have no other memory of the dream, is the thing your guidance is trying to show you.

What have you been afraid of in your life, or what (or who?) makes you uneasy? If you're afraid of taking a leap of faith, a dream that makes you fearful may be trying to show you that it's time to jump, for example.

If you wake up sad, explore what is coming up in the waking world that is dragging your vibration down. Chances are, it's ready to be released.

A dream that shows you a person you may know doing bad things is likely a message that you do not need that person in your life.

There are a plethora of books out there that might help, but, ultimately, YOU are the best judge of what your dreams mean. After all, a bear in your dream could mean abundance to you, while it might mean danger to someone else.

Although dreams can seem very encrypted at times. your guides will try to communicate with you through things that resonate on a personal level. Your favorite animals, foods, movies, cars, movie stars, etc, may show up in dreams to help you interpret them.





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Having trouble remembering your dreams? A dream journal, kept right next to your bed, can be handy, and those who use one regularly even experience increased remembering over time.

Train yourself to reach for that journal immediately when you wake up. Write down what you felt, everything you remember, and you may find that more of the dream returns.

Some believe that every single dream you have holds significance, a sign or a message of some sort. From whence this guidance comes is a matter of personal opinion, but the fact that nearly everyone has a story about receiving divine guidance while they're in dreamland is proof enough that it's not just a fluke.

Authors talk about dreaming their next best-sellers all the time, and inventors throughout history have noted that they see their next invention, complete and functioning, in their dreams before they've even had the idea for them in the waking world.

More common signs in dreams are those who see the house they will live in or the person they'll eventually be happily married to before they've even caught a glimmer of these things in real life.

Signs in dreams come even when we don't consciously ask for them.

So, imagine the guidance you could receive if you set the intention before you go to sleep every night? The results could be phenomenal.

Don't be afraid to get specific, but be ready to use your detective skills to understand the message that comes through.





## DEJA VU

We've all heard the term. We've all used it, because we've all experienced it at one time or another in our lives. But what does it REALLY mean?

Usually triggered by something specific, Deja Vu happens when you suddenly feel like you've lived the moment you're in before, down to every detail.

And it doesn't have to be a profound activity to qualify as a legitimate Deja Vu occurrence. It can be as simple as sitting at your dining room table talking to a friend on the phone.

Out of nowhere, you get the strange feeling that you've been there before, done that very thing before, in exactly the same way, and you're not sure if it's because you actually HAVE, or if it's a glitch in the Matrix.

Some believe this sensation is because you've just tapped into your well of infinite knowledge, and, if you also have the belief that you had a hand in writing your life before you began living it, down to the detail, that you simply "remembered" writing it.

I've always liked that explanation. It gave meaning to something that no one else could explain the first time it happened to me. But, I think I've got a better definition.

Deja Vu is a sign, a message from your guides that you are on the right track. A signal to keep going. It's an encouraging pat on the back that you're doing it, and they're rooting for you!

Imagine you're running your first marathon, and your guides are on the sidelines, screaming and cheering you on. You may be tired, frustrated, maybe your knee hurts, and you're thinking of quitting.

Then, you hear your guides before you see them, because, let's face it, Archangel Michael is LOUD and can do that ear-piercing whistle thing where you put your fingers in your mouth, and then you see them, all jumping up and down and yelling and grinning at you.

They KNOW you can do this, and they're going to be by your side every step of the way, encouraging you to keep going, and reminding you that what you've been working toward is just around the corner.





## MESSAGES IN MUSIC

It's no secret that music has a profound effect on us. The frequencies of sound can elicit strong emotions, especially specific songs we hear during powerful events in our life. From that day forward, hearing the song brings back the energy and emotion of the event.

This can be a good, or bad thing.

Our guides love to use music as a vehicle for messages, too.

Have you ever noticed that songs will play on the radio while you're in your car that match how you're feeling? Or make you feel better about a situation because just the right song comes on? Or you think about someone and a song comes on that reminds you of them?

This is no coincidence.

It's a sign!

If you start to pay close attention to the music around you, I guarantee you'll start hearing the synchronicities and messages.

A song that won't get out of your head likely contains some hidden meaning that could help you along your path right now, as would a song that is already playing in your mind when you wake up.

Signs through music are often accompanied by other synchronicities, like repeated numbers. A song plays, it elicits an emotion because you resonate with it for some reason, and then you notice the time on the clock is 2:22pm. That's a confirmation that the song DOES hold a message for you, so don't write it off as chance!

Only YOU know what the messages are, and what they mean, so don't let anyone else tell you differently.

For example, you may hear a song you and your ex used to listen to, and every time you hear it, you feel sad.



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But for some reason, this time, it makes you feel really good, because it reminds you that you broke free from that toxic relationship, and it gives you a renewed feeling of empowerment in your own life.

Don't overanalyze it! Never resist a positive message! And trust your instincts. Usually, your first inkling is the right one.

Getting messages through music has got to be the most fun way to receive guidance, don't you think? And singing raises your vibration, so go ahead, sing along!





## **HOW GAIA & ANIMALS DELIVER MESSAGES TO US**

We ALL have animal guides, whether you've connected to yours yet or not. Animals are our direct line to Gaia, Mother Earth, the planet we live on and depend on, and they will often arrive with important signs to keep us on moving forward on our paths.

Like a lot of our guides, animal "spirit guides" can come and go as we need them, but we do tend to have a few permanent creatures that are always with us.

Think of the one or two animals you just can't get enough of, or that will ALWAYS make you stop scrolling on Facebook. Yep, chances are, those would be your main animal guides.

So, how do they deliver messages to us, and how do we KNOW they do this?

The Native Americans have always had a deep connection to animals, and their various cultures are all filled with examples of animal totems and symbolism, but they aren't the only ones who have ever turned to the wild for guidance.

When the Universe puts an animal in your path, pay attention. What were you thinking about when you saw it?

Repetitive sightings of the same animal is definitely a message from your guides, and most likely one that has a personal meaning for you, based on what type of animal you see.

If the animal itself has no special meaning for you, don't fret. They do tend to bring the same message to everyone. Here are a few examples:

Hawk - a powerful messenger of the spirit world, the hawk wants you to "see" something more clearly. In other words, trust your inner "sight," or your intuition in a matter that may be plaguing you. The hawk may also be telling you to try to see something from a higher perspective.

Crow - Associated with magic, wisdom and mystery, the crow symbolizes destiny, intelligence and powerful creation. In a positive sense, the crow can appear as a sign of personal transformation and good fortune, reminding you that magic is all around you.





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Deer - A gentle but strong creature, the deer shows you how to navigate obstacles in your path with speed and agility. It is associated with love, compassion and giving, and can bring the message of innocence, reminding you to reconnect with your inner child.

Dragonfly - Seeing a dragonfly means that you have guides from the fairy realm! It is a message of happiness, representing joy and lightness, and also transformation. Call on the dragonfly energy if you feel you are going through significant spiritual changes.

Fox - Usually associated with trickery, this cunning animal also symbolizes quick thinking and adaptability. A fox sighting may be telling you to expand your perspective and try a new approach.

Butterfly - get ready for big change, because the butterfly practically SCREAMS metamorphosis. You may be coming out of a hermiting phase or personal transformation, but now you're ready to spread your new wings and fly!

Now, you don't have to see these animals in person to receive a message. A picture on the internet, a billboard, or the subway counts! They can also show up on jewelry, paintings, clothing, just about anything!

An important note, animals will never bring a message of doom, but rather, how to navigate through whatever it is that you're in the thick of. It's vital that you see every sighting, even one you wouldn't normally welcome, as divine guidance.

And yes, that includes spiders in your house. Be calm and open, allow your intuition to tell you what the message is that the little guy is trying to convey, and then let him go on his merry way... OUTSIDE.

Spiders get a bad rap. They are just as spiritual as dragonflies and butterflies, and can bring very important messages, such as a mysterious adventure on the horizon for you. They can also provide support and a "Keep going, you got this!" cheer if you're in the midst of some serious spiritual growth.





## **SIGNS DURING MEDITATION**

Meditation is vital as part of a spiritual practice, but it's not as easy as it looks. The rule used to be "quiet your mind," but when you're learning to meditate, that seems like an impossible task.

Focusing on a clear mind can drive you bonkers, so, instead, just sit in a quiet space and BE. You must allow the thoughts from your day to swirl around in your head until they swirl themselves out. They will, don't worry. It may take half an hour, but they will.

You'll notice that the time it takes for the monkey mind to call "Uncle!" is less and less each time you try, if you're consistent. If you're new to meditation, make a point to sit and BE for at least 10 minutes a day.

Be mindful of what comes up in your thoughts, because they could also be signs of things that need attention.

Much like the sleep state, when we're in a calm, meditative place, we open ourselves up to receiving messages from our guides much easier. And they know it.

If you just can't seem to stay mindful of your breathing because you keep thinking about a coworker, chances are, there is something about that person that you need to be aware of. It could be a sign that you need to release them from your energy, or that you may have a connection with them that one, or both of you, is denying.

You can also set an intention during meditation to receive a sign or guidance on something specific, so don't be shy. As you're assuming the "criss cross applesauce" position, ask for direction!

Meditation is traditionally used to calm the mind, body and spirit, and it's just a good idea to make it part of your daily routine.



## **YOUR BODY IS TALKING TO YOU**

There are four main energy bodies, physical, mental, emotional, and spiritual. It's important to take care of all of them.

When we neglect one, it lets us know in some way. The physical body is very skilled at this, but we tend to ignore the signs from it more than the others.

It's somehow easier for us to meet the needs of the other three bodies. When the emotional body needs a purge, we cry. When the mental body needs a break, we take a bath, curl up with a good book, or take a walk. When the spiritual body needs attention, we meditate.







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But, humans have a knack for pressing on with their day through physical discomfort, and put off addressing it. The physical body is literally the vessel we chose to live this life in, and yet, it ends up last on our to-do list.

Those aches and pains are likely trying to tell you something. Signs that your body is trying to communicate with you can come in various ways, like the aforementioned mystery aches and pains, fatigue, nausea, insomnia, no appetite, sickness, or pain that isn't a mystery.

For example, if you know your posture at your desk can slump, and that causes lower back pain, and your lower back is hurting... well... that doesn't take a brain surgeon to figure out what's going on. Additionally, if you keep getting sick, maybe it's time to change your diet.

Those types of messages are easy, because they remind you to address immediate issues that go away with some relatively straightforward measures.

Other signals your body is sending you may not be so cut and dry. Because all the energy bodies are interconnected, one flowing seamlessly into the next, emotional blocks can manifest into physical discomfort if not dealt with, and will only get worse the longer you let them go.

The physical body is very smart, and is designed for self-preservation. It wants to be healthy, and when it's lacking, it sends you a message.

A consistently tight hip could indicate a toxic relationship that is begging to be healed, or an abandonment issue from the past that you need to release.

A simple way to figure out what, exactly, you have buried in aching parts of your physical body is to take note of what you were thinking about when the pain started and see if there's a correlation with the thoughts when the pain returns. Once you have that, it's just a matter of running it through whatever healing modality works for you.

The important thing is to pay attention to the needs of ALL your energy bodies, and give them what they need before a physical condition becomes chronic.



## THE UNIVERSE SPEAKS TO US THROUGH TECH

You've probably figured out by now that the Universe can send us messages in pretty much any form it wants, anything that will get our attention. And if we continue to ignore them, they up the ante, making the signs bigger, more elaborate... more painful.

Because we spend so much of our waking time on our phones, computers, tablets and televisions, one way we can receive messages is through our technical devices.

Have you ever been thinking about someone and then suddenly they call or text you? This is just one example.

Other messages through tech are synchronicities through television shows, commercials, Facebook ads, or even someone else's feed on social media.

Maybe you need advice on a looming decision, and someone randomly posts something that unwittingly provides that advice. Or, you're contemplating a move, and you come across a "Best Places to Live" article.

Or, you want to change jobs, and a friend posts about his company opening up in your area.

Tech can also glitch, turn off and on, open or close windows you didn't click on, show you pictures you don't remember taking, and so on. These types of signs usually have a very personal significance that only you can decipher.



## **HOW TO SEE SIGNS AND USE THEM FOR YOUR BENEFIT**

How do we start to SEE the signs the Universe is throwing at us 24/7?

Well, start paying attention, and know that there are no coincidences, only synchronicities, and you'll see messages everywhere. And the more you believe, the more you'll see, and so on and so forth.

What you really need to embrace is that signs can be ANYTHING and come from ANYWHERE. Your guides know what will resonate with you, and you alone, and therefore, tailor the messages they send.

Don't worry, they won't give up. They'll keep firing signs and messages at you until you see them, because it's their job. And your guides take their job VERY seriously.

Once you start seeing the signs, you can use them to either alter your course, or stay steady, and things will start to fall into place.

It takes a commitment from you to make a change, if necessary. If you're not willing to make that change, then the signs may become more and more uncomfortable in your life.

If you keep getting hints that you need to leave your job, but you're too afraid, the messages will get more frequent, and may even culminate in you being fired. Although this does the trick, obviously, it's not ideal.

Sometimes, we're asked to do something that is outside our comfort zone, and the signs are undeniable. These situations are incredible opportunities to grow, so close your eyes and jump. You won't be sorry.

Your guides will never get angry with you for not seeing the signs they so painstakingly devise, but they will cheer and celebrate with you when you see one and use it to make your life better. They're like besties that way.





## WHAT HAPPENS WHEN YOU IGNORE THE SIGNS?

Just in case you haven't gotten the gist of this yet, I'll spell it out for you...

When you ignore the signs, they'll get bigger, stronger, more uncomfortable, more disruptive, and include things like illness, accidents, being fired from your job, or being so entangled in a toxic relationship that it just gets harder and harder to walk away the longer you wait.

Don't ignore the signs. Just. Don't.





## EVERYTHING IS GOING TO BE OKAY

This is the part where I tell you that you are safe, protected, cherished, and that the Universe has your back.

Don't believe me?

Well, if I can't convince you, just think about all the times your guides gave you good advice, in the form of a sign or number or message or synchronicity at just the right time. Everyone has a story, something they can't explain with 3D concepts.

The truth is, whether you heed their messages or not, you'll probably be okay, but wouldn't you rather be incredible? Awesome? Amazing?

Your guides want you to have everything you've ever dreamed of having. The Universe wants you to have these things, and more.

The Universe wants you to live the life you deserve. A life of joy, bliss, abundance, family, connection, peace, harmony, and a deep sense of purpose.

So, start paying attention to synchronicities, heed the signs, no matter how silly they seem.

Don't be afraid to make big changes in your life, and take that leap of faith, before the Universe picks you up and throws you off the cliff to get your attention.

You've got this. And the Universe has your back.

