

TEN SIGNS YOUR LOVED ONE
*in Spirit is Still
With You*



*Plus 5 Simple Ways to Feel Their
Presence More Clearly*

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About Me



Hello I'm Jennifer, an Evidential Medium, Reiki Healer and forever student of the soul.

Mediumship found me in the most unexpected way, and it's become one of my greatest joys. For me it's important to keep mediumship as down to earth as possible so that anyone can feel comfortable experiencing the healing and the wonder of reconnecting with their loved ones in spirit.

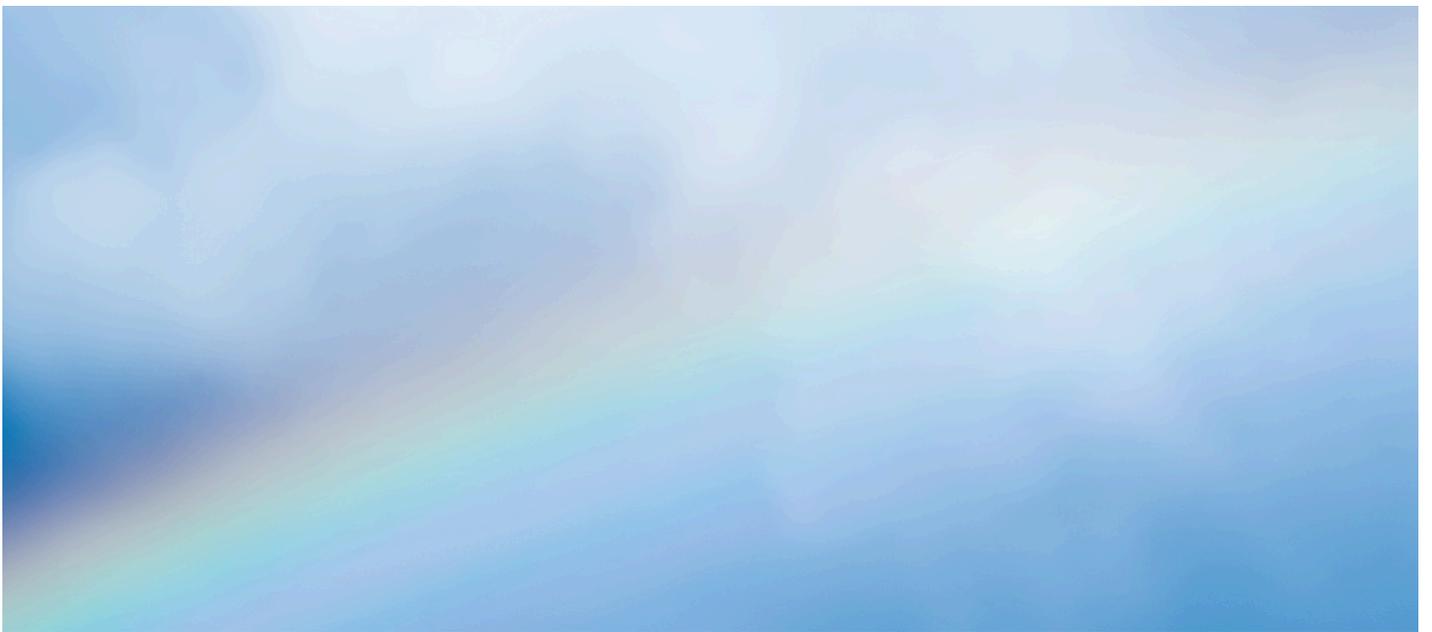
I love that moment when I can feel my sitter's energy shift because they know we have connected with their person.

I carry the titles of wife, stepmom, dog mom and entrepreneur with pride. I'm also a professional hairdresser, while I keep my two worlds separate, the skills I've gained in one has certainly helped the other.

To recharge you will likely find me out in nature walking my dogs Flossie and Buttercup (I'm dog obsessed) or on a cycling adventure taking in the sights. I'm a bit of a bookworm; I enjoy anything from a trashy novel to a spiritual read. I live to travel, give me a destination with crashing water and cliffs any day.

Can't wait to connect with you!

Jennifer Jeska



Introduction

If you've ever found yourself wondering, "Is my loved one really still with me?" the answer is yes. Love doesn't stop just because someone has left the physical world. Our loved ones in spirit are closer than we realize, and they love finding ways to show us they're still part of our lives.

These signs can be subtle, like a song on the radio that makes you feel like they're saying hello, or they can be so spot-on that you can't help but think, "That had to be them!"

In this little guide, I'll share 10 of the most common signs from spirit. The ones I see come through often in readings. Plus 5 simple tips you can try right now to feel their presence more clearly. My hope is that this brings you comfort, reassurance, and the reminder that your person is still cheering you on from the other side!

Ten signs your loved ones are still with you

Feathers, Coins, or Small Objects 01

Have you ever found a random coin on the kitchen floor or a feather in a spot that makes no sense? These little “hellos” are one of the most common ways our loved ones in spirit get our attention. It’s not about the object itself but the timing. If you find a penny just as you’re thinking about them or a feather shows up on a hard day, it’s their way of saying, “I’m here, and I see you.”

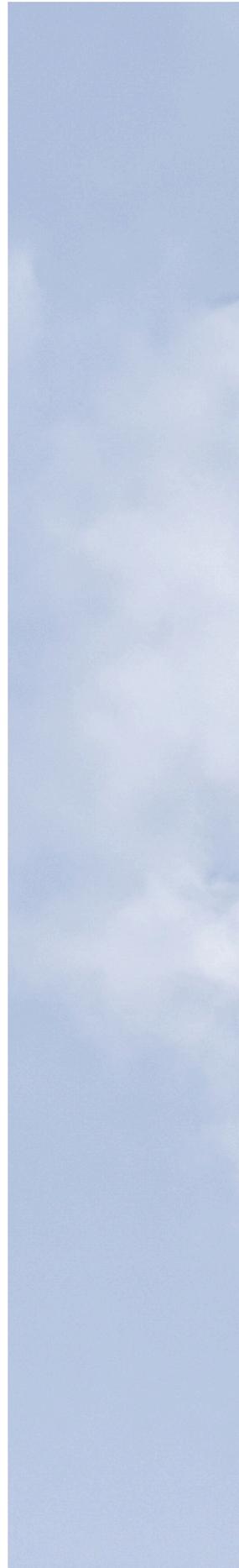
Songs or Music with Meaning 02

Have you ever turned on the radio and their song was playing at just the right moment? Or maybe a random playlist cue made you stop in your tracks because the lyrics felt like a message? Spirit loves using music to reach us, it’s like their way of slipping into our world for a moment to remind us of a memory, a feeling, or simply to say, “I’m with you.”

Dream Visits 03

Some dreams are more than just dreams, they feel real, vivid, and leave you with a deep sense of peace when you wake up. These are often visits from your loved one in spirit. During sleep, our minds are quiet and open, making it easier for them to step in and say hello. In these dreams, they may look younger, healthier, or simply radiate love, giving you the reassurance that they’re okay and still connected to you.

Helpful Tips: Try setting an intention to connect with your loved one while you sleep. Have a notebook and pen close by so that you can write down all the details when it happens. It is surprisingly easy to forget. Also try not to be too disappointed if you don’t experience a visitation dream when you ask, trust that when it’s meant to happen that it will.



Flickering Lights or Technology

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Glitches

Have you ever had lights flicker, your TV change channels, or your phone play a song at the perfect moment for no reason? Spirit often uses energy to make their presence known, and electronics are an easy way for them to get our attention. If it happens while you're thinking about your loved one, take it as a playful nudge from them.

Familiar Smells

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Our sense of smell is closely tied to memory, which is why spirit loves to use it. You might suddenly catch the scent of their perfume, aftershave, or favorite meal out of nowhere. These moments can feel like an instant wave of comfort, reminding you that their presence is just a breath away.

Animal Messengers

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Birds, butterflies, or even your pets can be messengers from spirit. Maybe a cardinal lands right outside your window when you're missing them, or your dog suddenly stares into the corner of the room like they see someone. Animals are naturally sensitive to energy and often help our loved ones send signs.

Repeating Numbers or Patterns

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Have you ever noticed 11:11 on the clock or seen the same numbers pop up over and over, like a birthday date, anniversary, or even a set of numbers that remind you of your loved one? Spirit often uses repeating numbers as a way to gently tap you on the shoulder and say, "I'm here." These synchronicities might appear when you're thinking of them, asking for a sign, or even during a tough moment when you need reassurance. It's their way of slipping into your day with a little wink from the other side, reminding you that love and connection go far beyond what we can see.

Feeling Their Presence

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Sometimes you don't need a physical sign, you just know. It might feel like a gentle warmth wrapping around you, a sudden rush of emotion, or even a tingling sensation on your skin. You might notice it when you're thinking of them or during a quiet moment when your heart feels full for no reason. This is often their way of blending their energy with yours, almost like a soft hug from the other side. Some people describe it as feeling a familiar energy enter the room or a sense of being comforted out of the blue. Trust those moments. Even if your logical mind tries to brush it off, your heart recognizes their presence.

Objects Moving or Falling

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A photo frame tipping over, a favorite trinket falling off a shelf, or something showing up in a place you know you already checked, these moments can be your loved one's way of saying hello. They're not trying to scare you, just to get your attention in a way you can't miss.

Random Thoughts or Memories of Them

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Have you ever been going about your day, not thinking of anything in particular, when suddenly a vivid memory of your loved one pops into your mind? Maybe you feel an overwhelming sense of love or hear their voice in your head as if they just whispered something to you. This isn't random, it's often them dropping by to say hello. Spirit communicates in subtle ways, and one of the easiest ways to reach us is through our own thoughts and memories. If a special memory suddenly surfaces and makes you smile or cry, pause for a moment and simply say, "Hi, I feel you." That acknowledgment strengthens your connection and invites more of these beautiful moments.



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Simple Tips to Feel Their Presence More Clearly

01 Talk to Them You don't need a fancy ritual—just talk to them out loud or in your mind. Tell them what's on your heart. They hear you, and often, they'll send signs in response.

02 Create a Special Spot for Them Light a candle, place a photo, or set out something that belonged to them. This creates a “welcome space” for their energy and makes it easier for you to feel them nearby.

03 Spend Time in Quiet or Nature Spirit communication is subtle. When you slow down, take a walk, or sit quietly, you're more likely to notice their signs and the feelings they bring.



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05 Try a Simple Visualization Spirit communication is subtle. When you slow down, take a walk, or sit quietly, you're more likely to notice their signs and the feelings they bring.

Conclusion

Your loved ones in spirit are never truly gone. They are still celebrating your wins, lifting you up when life feels heavy, and finding ways to remind you that love never ends. Their connection to you is timeless, woven into every memory, every laugh you shared, and every quiet whisper of your heart.

I hope this guide has brought you comfort and helped you notice the little “hellos” they’ve been sending all along. Spirit communication is often soft and subtle, but once you start paying attention, you’ll see how creative and loving they can be.



If you'd like a deeper sense of connection or need validation that your loved one is still with you, a mediumship reading can be a beautiful way to receive that reassurance. It's like having a heartfelt conversation with someone you miss, with spirit giving the evidence to remind you they've never left your side.

When you're ready, I'd be honored to help you connect with your special person in spirit. If you have a question send me an email.

You can learn more or book a reading by visiting my website.



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