



Calling Cards From Heaven

By John Holland

Did you know your loved ones on the other side are trying to get your attention all the time? One of my favourite sayings is: 'Those on the other side want to talk to you as much as you want to talk to them!' Spirits have a multitude of ways they use to get our attention, but for many people, these little signs often go unrecognised. Whether you have wrapped yourself in a protective shield due to a recent loss, or you are totally immersed in the business of work and life, it is easy to simply miss those little signs and symbols that they are trying to send you.

Of all the things I do, I love teaching my psychic development workshops. I get to watch people at the start of the weekend in a state of complete unawareness transform and develop a whole new consciousness. I see them forge new connections, not only with themselves (and their classmates), but with their loved ones on the other side. There are many different types of messages, signs, and symbols which our loved ones use to tell us that they not only love us, but are still connected to us. They can easily be missed in the wink of an eye. One of my popular sayings that I often use is: 'Neither time nor death can ever separate us - love is truly everlasting.'

Let me be clear about what exactly these signs and symbols are known as. They are called ADC's (After Death Communications). These ADC's come in many forms and it is important to stress here, that they are not facilitated through a psychic or a medium, or using a tool of any kind. These are spiritual experiences that just happen spontaneously and are usually quite personal. I believe that when a loved one passes on, and enough time has elapsed for them to settle, they will often do everything in their power to get our attention. When they do send a sign, what are they trying to tell us? Simply that their spirit continues to exist, and that they love you and want you to continue to live your life to the fullest.

When someone passes and leaves this world, the usual forms of communication get interrupted for a time, until a new form of communication is established. Of course, there is often a learning period of how it all works. There are so many different ways that those on the other side will try to communicate to get your

attention. There are many signs and symbols that those on the other side send to us. Beside dreams and smells, which are probably two of the most common that I hear about, there are other ways and means they will use to send you signs, symbols, or even a full message. It could be as simple as a touch on the shoulder, a kiss on the cheek, or a tousle of your hair, a tingle up your spine, a sudden scent of a certain cologne or flower, finding shiny coins, synchronistic events, even flickering lights!

When they really want to get your attention, they are going to do whatever they can to get your attention, so you are aware of them and acknowledge that they are still connected to you and that they will always love you! If you want to strengthen the connection with a loved one, and become more aware, I find it best to get away from the outside world and spend some quiet time with yourself. I find it helpful to put out the happiest pictures of your loved ones in front of you. Notice that shining light in their eyes, the smile on their face, how healthy and happy they look, for in reality that is how they truly are now.

When you feel you are really open and ready to receive a sign, put a loving thought out to them. Ask them to show you a sign - one that you will know is from them. Please keep an open mind and do not have set expectations of what you want it to be. It may be the same sign over and over, or it could be different every time. Trust me, they will know when you are ready and how best to get your attention.

No matter what ADC you may receive, they are always meant to be loving, joyful and a positive experience, ones that give hope and comfort, and are usually received exactly when you need it. They should not be scary, frightening, or cause you grief. Be thankful for them, cherish them, and hold them close to your heart, for they truly are calling cards from heaven. ❖

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*John Holland's latest book is 'The Spirit Whisperer - Chronicles Of A Medium'. He will be holding workshops at 'I Can Do It 2011'.
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