

The Signs

*“Sign, sign everywhere a sign.
Blocking out the scenery breaking my mind.
Do this, don't do that, can't you read the sign.”*

Wise words from the Five Man Electrical Band (Signs, 1971).

As I drove home this morning after mountain biking in the glorious trails of Albion Hills Conservation Area, I glanced up and smiled at the ‘Turtle Crossing’ sign on Highway 50. I chuckled, and imagined the traffic snarled for hours as a little painted turtle inched its way across the busy highway.

Road signs are a necessity. We need them to keep us driving on the right road, headed in the right direction, on schedule, and aware that precious animals may be lurking about. Thankfully, most road signs are well lit and well placed, helping us stay on track.

If only life signs worked the same way.

We’ve all heard the stories. A friend of a friend suffered a heart attack and looking back, the family members realized the signs were there. Stress. Workload. Unhealthy life choices.

Or the one about the friend recently fired or downsized from the company. As shocking as the news was, upon reflection, there were signs that something was out of sorts.

Or the divorcee who saw indications of her husband’s infidelity for years, but could not acknowledge they were actually signs pushing her to make changes or take action in her life.

I have a friend who re-entered the dating scene after separating from her husband. She met a great guy and they hit it off. As much fun as they had, and as much as they shared many common interests, there was a teensy, nagging feeling that something just didn’t fit.

No matter how hard she tried, she couldn’t shake the little pit in the bottom of her stomach whenever she wondered if this was the guy she would spend the rest of her life with.

But, for whatever reason, she momentarily looked at him through rose-coloured glasses and because they did have a lot of fun together, she easily ignored the signs.

Weeks passed. The pit got bigger, the signs stronger, and one day she decided it

was time to listen to them and part ways as friends. Doing so opened her up to the possibility of meeting a perfect match.

A match that was actually made when she was least expecting it, and this time there are absolutely no red flags, and there is no pit in the bottom of her stomach. The only signs she gets these days are that THIS is the one, and that THIS match is absolutely perfect for her in every way.

We all have life signs placed in front of us every single day. Some we notice and acknowledge, some go unnoticed, and some we downright refuse to see.

This is the lesson for today. If we want to live our life according to our soul purpose, then we must listen to our gut (vibes, intuition) and pay attention to the signs that are trying to steer us in the direction we should go.

Life signs aren't that difficult to see once you open yourself up to the process. They may come in a physical form, like the hair on the back of your neck going up, or the sick feeling in the pit of your stomach. They may even be as simple as that feeling, 'gee, I don't about this?'

Life signs may also be in your environment, waiting to be noticed. Like the time I was sitting in a Tim Horton's drive-thru, contemplating making an appointment to see a specific alternative health care professional, and I looked up and the license plate on the car in front of me spelled out her name. A life sign. I made the appointment and what a blessing that connection has turned out to be.

Sometimes the signs will be little flashes of 'knowing' that race across your mind. And when you brush it off, it comes back again and again and again.

When these life signs arrive, they are not necessarily predicting pending doom, they are merely indications that you may need to change the direction you're going, the path you're on, the people you are currently walking with, or the destination you are headed towards. And sometimes they are just meant to wake you up.

Whether we acknowledge them or not, there are thousands of signs trying to direct us on our journey of life. Trusting and following them helps us close cycles, acknowledge change, grieve the past, or even 'get out while the going is good,' so we can move forward with joy and contentment in the new direction that is right for us.

Enjoy the journey,
Louise

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