



Lesson 4: Sign Tracker – How to Log, Decode, and Trust the Messages from Spirit

Welcome to one of my favorite parts of the Spirit Ritual & Reset Kit... the Sign Tracker.

This is where things get *magical*. Because Spirit is constantly sending you messages — through numbers, animals, dreams, music, names, patterns... and most people write them off as coincidence.

But you know better.

Once you start paying attention, you'll see that Spirit isn't subtle... we've just been distracted.

Why Spirit Uses Signs

Spirit is always speaking. Always. But the spiritual world doesn't use words like we do... they use **energy**, **vibration**, and **symbolism**.

That's why signs are often:

- Repeating numbers
- Songs that hit you out of nowhere
- Names or words you hear over and over
- Feathers, coins, lights flickering, animal appearances
- Dreams with familiar people or places
- Objects moving or shifting in subtle ways

These are not random. They are **Spirit's way of saying:**

"I'm here. I'm guiding you. Pay attention."

What Happens in Your Brain & Energy When You Track Signs

Here's where it gets powerful... the more you track the signs, the stronger your intuition gets. Why?

Because:

- You're training your brain to recognize spiritual communication
- You're strengthening the "language" between you and Spirit
- You're creating a pattern...and Spirit *loves* patterns

The more you track, the more you'll receive.

This is energetic law: *attention activates alignment*.



How to Use the Sign Tracker

Keep it simple and sacred.

Use the tracker to jot down the:

- **Date and time**
- **What the sign was** (e.g., 11:11 on the clock, crow outside the window, a song on repeat)
- **What you were thinking or doing at that moment**
- **What you felt it meant**

You don't have to get it "right."

Spirit cares more about your awareness than your accuracy.

Sometimes you'll know the message immediately.

Other times it'll unfold later... that's where tracking helps you **connect the dots**.



Common Signs and What They Can Mean

Here's a little cheat sheet for your tracker — but remember: **the meaning is personal to you and spirit.**

- **111 / 11:11** – Alignment, pay attention, Spirit is near
- **444** – Angels and guides present, protection
- **Feathers** – Confirmation from a loved one or guide
- **Crows / Ravens** – Wisdom, messages, spirit communication
- **Butterflies** – Transformation, signs from the dead, healing
- **Songs** – Messages hidden in lyrics or timing
- **Coins** – Presence of a loved one, abundance coming
- **Dreams** – Symbolic downloads, emotional processing, Spirit visits

If something shows up 3 times or more... it's no longer a coincidence.

That's **Spirit knocking on the door**.



💡 What If I Miss a Sign?

You won't. Even if you think you've missed it, Spirit will keep sending it in different ways until you're ready.

So don't get discouraged. You're not being tested, you're being taught.

This practice is like learning a new language, and your guides are patient teachers.

🧭 How This Shifts Your Path

Tracking signs builds:

- Confidence in your connection
- Trust in your intuition
- Clarity in decision-making
- A deep, personal dialogue with Spirit

It also gives you evidence... real, undeniable proof that you are guided, supported, and loved.

That's why this isn't just a cute worksheet, this is a sacred journal of Spirit's presence in your life.

🕯️ Final Notes

Use your Sign Tracker weekly or daily, or whenever you feel the nudge.

And if you ever feel alone, flip through it.

You'll be reminded just how many times Spirit has shown up for you.

You are never alone. You are never unseen.

You are always, always being guided.

Keep watching. Keep listening.

Spirit will keep speaking.

Carmel Xx ❤️