

Symbols of Your Life

A Dictionary of 990 Word Signs and Symbols to
Develop Your Spiritual Language with Your Angels and Guides

S A R A H P A O L A

SymbolsOfYourLife.com

OpeningYourIntuition.com

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PREFACE

In my years of conducting psychic readings for countless clients and teaching classes and courses on psychic abilities, I found that it helps everyone most to keep the information as straightforward as possible.

Every single person across the earth has intuitive psychic abilities. I'll talk more about that later in the book, but for now, I feel it's important to say that you should never let inner doubt tell you that you don't have psychic abilities. Some already know they have it, and others, as I once did, don't believe they have any such abilities at all but are curious and want to learn more. When I speak of "psychic abilities" throughout this book, I'll be referring to these intuitive psychic abilities that everyone has.

The number one question I'm asked is how it started for me. Have I always been aware of my psychic abilities? That's a firm no! I was raised Southern Baptist—meaning no dancing or drinking, and definitely no psychic abilities. I didn't know of or understand this until I was married with children in my early forties. My journey started with one extraordinary night that I will never forget.

It was the wee hours of the night. I sat up in bed and started talking to an unknown man who was standing in my bedroom doorway wearing blue jeans and a blue T-shirt. I could see him clearly and never once thought it was strange or scary that he was in my home in the middle of the night, standing in my bedroom doorway with my then husband sound asleep beside me. My husband sat up and asked me who I was talking to in the middle of the night. I casually told him I was talking to the man at the door, and everything went

crazy. My husband jumped up to run around the house, looking for this man. As he did that, the man disappeared.

That moment completely changed my life and the direction it was going in. Who was the man? I believe he was my Guide. Why was he there? He was there to retrigger my psychic abilities and wake them up again.

After that moment, I began seeing things in daily life, dreams, and waking visions. Considering how I was raised, it was an incredible blessing to have my first, best, and most loved mentor come into my life to teach me about psychic abilities. Mary Jo came into my life very quickly after my middle-of-the-night experience.

I genuinely believe it was the work of my Guides putting Mary Jo's information in front of me to spark my interest in learning more about the psychic world. Once you take your first step on this path, your higher power will bring you the people and tools you need to continue growing and moving forward.

After studying with Mary Jo for a time, I began attending every class I could find to expand my psychic abilities. I have had so many teachers, courses, and training sessions through the years that I've lost count. In each class, the instructors did an excellent job of teaching me to connect with my Guides or loved ones who had crossed over. The instructors would share that it was vital to receive the information but also essential to accurately interpret the signs and symbols the Guides sent. They would give a few symbol examples with interpretations, then sent me home to create a symbol definition list on my own. Creating a symbol definition list was daunting for almost everyone attending these events. People would go home and never develop their symbols list. For many, it became a stumbling block to moving forward and growing in using their psychic abilities.

Many instructors suggested that the students read dream interpretation books. Most dream interpretation books are full of definitions with multiple long paragraphs, each depending on the connotation of the dream. It's challenging and confusing to remember that overload of meanings for one symbol. Thankfully, I had a starter list Mary Jo shared in one of her books.

I began editing her list to fit how I thought about and interpreted each symbolic image and added many more. After several years of trial and error, repeated refinement, and hard work, I finally had a list of over 500 symbols with interpretive definitions. As I did readings professionally over the years, that list grew significantly. That's when I realized I wanted to share my symbols dictionary with everyone, not just students taking my Opening Your Intuition courses or clients. I hope this book will take the hard work out of creating your own symbol dictionary.

In this book, I'll be explaining topics for those who are beginners as well as building on information an advanced psychic will find helpful. I'll also share some of my most thrilling, blessed, and sometimes embarrassing psychic moments as examples rather than loading in extra technical information. I hope to help you avoid a few of the pitfalls I experienced as you move through your spiritual journey.

Symbols of Your Life does all the definition and interpretation work for you. This book is loaded with a dictionary of more than 990 symbols with simple, basic definitions that are easy to remember. I've also included psychic growth information, exercises, examples of how the symbols are used, practical applications, and many personal experiences to help you better understand how symbols apply to your life.

This book is meant to be a standalone guide to understanding and opening your psychic abilities or as a supplement to my online series of courses, Opening Your Intuition (openingyourintuition.com). I hope it helps you take a few more steps forward to opening your psychic abilities and quickly interpreting all you receive from your higher power in your meditations, mind's eye moments, synchronistic events, daily signs, dreams, and more.

I wish you a brighter, happier, and more spirit-filled life!

INTRODUCTION

A Whole New World Opening Up for You

Many feel they connect with Angels while others feel they work with Guides. There are also those who started out as I did and aren't sure who or what they connect to. I'll share more about that in a later chapter. As we advance through this book, I will be referring to our Guides and Angels collectively as "Guides." Also, as this book is for a planet of amazing people—and there are many cultural, religious, and personal belief systems—I will group all spiritual beliefs, and names tied to them, together as your higher power.

I once read that the language of the brain is symbols. We see scenarios, images, words, and more when we think through situations.

If you're asking what a symbol is, I think the definition on Wikipedia says it best:

A symbol is a mark, sign, or word that indicates, signifies, or is understood as representing an idea, object, or relationship. Symbols allow people to go beyond what is known or seen by creating linkages between otherwise very different concepts and experiences. Symbols take the form of words, sounds, gestures, ideas, or visual images and are used to convey other ideas and beliefs. For example, a red octagon is a common symbol for "STOP"; on maps,

blue lines typically represent rivers; and a red rose often symbolizes love and compassion.¹

We are all born with psychic abilities and in our early years we can easily communicate with our Guides and those who have passed on. You will find little ones staring at a fixed point in a room as if they are listening to someone. Other times they reach out and try to speak to someone not there. Odds are they are seeing a loved one you can't see. Those wide-open abilities start slowly closing as we grow in age until they are all but shut down by the time we reach the ages of eight to ten.

When you start opening back up again, it's as if someone turns a light switch back on inside you. Synchronicities are noticed and begin to make sense. You feel your intuition becoming more robust, and you find yourself paying attention to your gut feeling more or having moments of knowing something without knowing how. You've always had these moments, but now you know they're something you need to pay attention to, interpret, and take note of. Having your list of symbol definitions will help you easily work through the interpretations.

Here are two of my favorite true-life symbol examples that I like to share in my intuition courses.

A friend was shopping for a used car and found one she loved. She knew she would have to tighten her financial belt to the extreme, so she sensibly decided to ask for guidance and think it through. On the way home, she stopped to get groceries and accidentally knocked lemons loose, scattering them everywhere. Once she made it home, she turned on the TV, and it seemed every ad had lemons. She emailed me to share her day. Knowing I'm big on symbols, she

¹ Wikipedia, s.v. "Symbol," last modified July 10, 2023, 14:59, <https://en.wikipedia.org/wiki/Symbol>.

asked, “What’s the deal with lemons today?” I told her I felt it was the answer to the guidance she asked for. The used car was a lemon. Looking further into the car, she found it had been in a wreck and knew her Guides were correct.

When I was working in the corporate world, on my way to work one day I saw a giant frog on the interstate ramp, another one later on the side of the interstate, and yet another in the ditch by the office parking lot. I knew three occurrences of a symbol in a row meant something essential but couldn’t think what it was referring to. At my desk, I looked at my workload and realized there was a project I had been jumping around on. I would work on it then hop off to do something else I thought was more important. I knew this was what the frogs were about. Just as I finished the project, the person who requested it came in ready to complain that it wasn’t done. Thankfully, I could tell him I had it right there on my desk for him. It took the steam out of him, and he left with a smile.

These types of things happen to all of us daily, but so many don’t understand that symbols like repetitious lemons or frogs are signs sent to us from our Guides to help us navigate our daily lives. Our Guides talk to us through daily moments, synchronicities, dreams, meditations, songs, people, emails, social media, TV, and other events in your life.

Here are some examples. You put a question out to your Guides, then the next day someone on Facebook talks about the same problem and gives a great solution. You are sitting outside and notice a squirrel hoarding acorns in its mouth and realize you may need to hoard your money, or whatever applies, to solve the problem. You wake up hearing a specific song repeatedly in your head only to realize it’s answering your question. You go through a day dropping things continuously to realize later it’s waking you up to something you are dropping that’s important.

I could go on and on with examples, but you get the point. I suggest that you not try to determine how your Guides will answer you. Trust me when I say there are times when they come back with a direct, easy response, and other times when they respond in the most unexpected way that has me laughing out loud and telling the heavens, “I get it.”

Now that you are opening up to becoming fluent in the language of symbols, signs, feelings, and touch, you will begin to notice them often. Whether you call it a gut reaction, instinct, or a certain foresight about events that haven’t yet occurred, everyone has the blessing of innate intuition that, with some work, becomes stronger, moving you into the psychic realm. All it takes is to put your question out to your Guides and ask for a message to be sent to you.

The responses from the Guides may come to you as a bird flying in circles, a logo on a truck that stands out to you suddenly, a billboard that catches your eye, or a song stuck in your head. The thing is that when you receive your answer from your Guides, you need to take a minute to interpret and understand what their answer is. Keep your ears open because a solution can also come from someone saying just the right thing at the right time when you need to hear it.

Let’s say someone is ready to settle down and is looking for the perfect person to share a life with. They meet someone who ticks off all the boxes for an ideal partner. Yet their gut feeling isn’t quite right, the signs and symbols they receive are not positive, or they pull an oracle card from an oracle card deck warning them it may not be the right fit. However, they ignore all that and move in with or marry that perceived perfect partner. A couple of years later, they realize life isn’t what they thought it would be with this partner and divorce. I would have to say that’s taking the more complicated and longer road.

It's crucial to remember that free will is genuine and very real. Guides only send us signs and messages to help us. It's up to us to choose which action we take or which way to go. We all have a path to walk in this life, but we are the ones who determine if it's a smooth path or full of obstacles we put in front of ourselves. Your intuition and symbols show you what's best for you. If you ignore that guidance, you may find yourself taking the longer or harder road to achieve what you want. But it is your road to traverse, so again, you choose.