**18 Pathways to Send and Receive Signals of Communication** by Tina Zion

The Universe is a living organism. The Universe communicates with us constantly but most people do not notice…These are the primary pathways the Universe uses and a few simple examples to explain each pathway.

Do not work or try or actively search for signals from the universe.

Simply notice the world around you.

Notice what keeps pulling or drawing your attention to it.

Especially notice things that repeat or frequently come into your awareness.

1. **Your Name** – A name is more than a name. It is a frequency of information. The name that we are given at birth sends a signal throughout our lifetime. When women change their name to their husband’s name at marriage, they are doing more than a name change. It alters the person’s energetic signature. The key is to notice the feel of the change. Does it feel right and positive or does it feel like something else. Sometimes people change their names to deliberately send a different signal. Notice now the feel of your name.
2. **Your Environment** – The environment is not just space around you. You are an integral part of your environment. What you see around you has been created by your energy signals. One client sent out a thought that if her Divine and Sacred guides are with her then show her pink vehicles. Pink cars, vans and trucks suddenly began to pop into her world.

For example, have you had a book literally leap from a shelf and land at your feet only to find that it was the perfect book for you at that time in your life? Notice an object that keeps drawing your attention. A friend realized he was constantly seeing antennas everywhere. He asked spirit to tell him the meaning of antennas and a situation at work immediately popped into his mind. He realized he was not communicating, but especially listening, to a coworker. Spirit sent him a symbol of communication about improving his communication with the coworker.

**3. Clouds in the Sky**– People send me photos of clouds that look exactly like angels or an eagle, or many other images. I was in an airplane just above the clouds when I glanced up a head to see the exact form of Santa Claus sitting in massive chair. He had a great smile on his face. He was so massive that it took the plane a long time to pass by, so I had a long time to perceive every detail of this signal of information. Santa was a signal of information that was indeed a gift to me at that time in my life.

**4. Dreams** – So many adventures are happening within our dreamtime that it would take an entire book to explore what I am now aware of. We are astral projecting around the globe and way beyond our universe. We are communicating with our deceased loved ones who are trying so hard to reach out to us. We are processing our day and our life. Guides are directing us. These are just a few examples of the activities that happen in our dreamtime.

I do teach internationally in my awake state, but I also frequently teach internationally in my dreamtime as well. I will wake in the morning knowing that I was teaching in a certain location or in a specific country. Within two days I will begin to receive emails from people in those same countries were I just dreamed I was teaching. The people emailing, ask for mentoring sessions with me or they request that I come to teach in their area. What a powerful confirmation that we are truly traveling throughout time and space within our dream state.

I received an email from a woman telling me that I was in her dream last night. She said that I was standing at a podium in an ornate golden building lecturing to a class. She arrived late and hesitated to enter but finally did so. She said that I immediately stopped talking to the class, looked directly at her and declared, “Do not ever be late again!” This woman had no idea that I am a stickler for being on time. Again, more confirmation of the realities going on in our dream state!

**5. Internet/TV** – A woman in Wales emailed me one day. She stated that she was on her son’s computer randomly clicking on things, when suddenly my photo popped onto the screen with the words “medical intuition.” I began laughing as I read on. She stated that she was not searching those words at all, but there I was smiling at her on her son’s computer. She reached out to me and took my classes and is now a powerful medical intuitive medium held in high esteem in the UK.

**6. Déjà Vu** – Is real and not your imagination. Again, we are not trapped or confined beneath our skin. We are energy beings experiencing a world of energy. We tend to openingly discuss our awareness of past lives, but most people have little understanding that we also have the ability to travel away from where our body is currently located but we also can traveo forward in time. We can, indeed, project forward in time to moments, locations, events and also forward to other dimensions. Time is not linear. We humans attempt to control it in our minds with clocks and calendars, but time is not under our control. We are energy beings flowing throughout realms of energy.

**7. Deceased People** – We are all mediums. Yes, you are too. We all have the ability to perceive and to communicate telepathically with dead people because they are just as alive as we are. So many of the dead still have something important to say but they also want to be heard by the living.

Are you aware of a deceased person coming into your dreams? Deceased people tend to come to us through our dreams when they have not been able to communicate with us during our awake times. The primary struggle is that living people keep talking and talking to the dead, but no one stops talking to listen. Talk to them aloud or in your mind. Talk for ask a question first, then pause. Pausing allows you to receive their eager responses. People in spirit will usually communicate in two pathways. Either thoughts will pop into your mind or images will pop into your mind’s eye. You must become a listener and not just a talker to receive their responses.

**8. Synchronicity** – I found this definition – “A remarkable occurrence of events with no deliberate cause but significantly related.” There are no accidents and there are no coincidences. The universe is organized, complicated and powerfully responsive to our thoughts and our emotions. When we think and when we feel, we are sending out signals that communicate to the world around us. The world around us responds to our signals and the universe, at the same time, sends us signals. Synchronicity is a perfectly timed meaningful union of information.

I had struggles finishing this section because I was not sure which example of synchronicity would be best to include. I was still wondering about the best example a few days later when suddenly a precious event unfolded. I was driving down a busy road and at the same time I was powering my toroidal field. I finished running each separate color of the rainbow and then began to fill myself with the violet flame to cleanse and purify my body and my field. I was wondering if I was using the most powerful shade of violet, I could see up a head that a large panel truck was coming toward me. It was painted a brilliant violet color that was the exact shade I was cleansing my field with.

First of all, who paints a huge work truck violet? But more importantly, I asked a question in my mind and received a direct and immediate answer from the Universe that made me laugh and laugh. This was not a coincidence. This was an answer to my question; It was a perfect example of synchronicity; and it came at the same time I was floundering about the best example to use. It was a precious moment of communication from the Universe.

 Another example that happened for a client: “I wanted to let you know that my old broken phone with your audio book on it started playing your book one night. It played all night and was still playing in the morning. It played the section on house and land blessings and removing entities the night before. I had a very layered land, house and entity clearing scheduled. Amazing. I'm assuming my guides did that to remind me to use very specific language for the clearing.”

**9. Nature Around Us** – I was walking alone in a large woods nearby. It had been amazingly still and beautiful for an hour or so. I knew the trees, the elementals and my guides were listening to my thoughts and ideas. I stopped on the path and asked the universe a clear question within my mind. Instantly, a strong wind rushed through with words riding along in the wind and entering into my mind. Stillness returned immediately and remained for the entire walk. Nature responds to our thoughts, our emotions and our questions. Notice now that you will always receive an answer. It is only a matter of noticing in a different way.

**10. Birds** – Birds of all kinds and types are the messengers for Spirit.

My friend called me in a panicked voice. She had just pulled into her long driveway to see 20 vultures sitting along the entire length of her roof. Her first response was fear. She immediately thought it meant certain death was about to befall her. After listening to her words, I asked her a couple of questions. My first question was, “Do vultures actually kill people or anything else?” She responded, “No, they eat what is already dead.” I agreed and added, “Vultures are the “cleaners,” removing something that has already come to an end.”

My friend declared, “That makes so much sense!” She then went on to share her story of a long, painful relationship that just ended, and she felt such a relief regarding it. I then said to her, “20 vultures are also a personal symbol of information for you. What does the number 20 signify for you?” She told me that she had struggled for 20 years due to a certain relationship and now she ended it. I replied, “You see, the number of birds on your roof symbolized the number of years, but it also shows me that a huge and thorough effort is going on to clean and remove the negative that has just ended for you.

My friend said, “Yes, absolutely!”

When you receive a symbol of information from birds, many times there may be a certain number of those particular birds showing themselves to you. Some birds are already known for certain life traits. Owls, for example, are full of information for us. Their primary traits are seeing clearly in dark times. The Universe uses nature to communicate with us. You have the ability to see the hidden wisdom even in the birds around you.

**11. Animals** – People often say to me, “How on earth am I supposed to know the exact information I am supposed to get when I see a certain animal?” Here is my answer to that. We humans need to first look at the way the animal survives in the world. Are they aggressive or passive? Do they tend to hide, be loners or do they run in a pack? How do they receive their nourishment and what sustains them. What actions are they taking when you see them nearby?

For example, only a month ago, movement out the window caught my eye. There was a massive coyote in my yard! He was alone. He was leaping in the air, stiffening his front legs to stomp on a mouse. Coyote characteristics are that they run alone but that they also meet in large groups. When they come together in groups there is a lot of loud yelping and greeting each other. People tend to be afraid of them and think that they will attack their horses etc. In fact, coyotes preferred food is mice and rabbits.

If you suddenly saw a coyote out your back window, what signal of information did the Universe just give to you? They are loners, but they also need to make meaningful connections with others. They love to communicate and loudly but happily share information amongst their peers. They are powerful, sometimes scary but they are not aggressive at all. At that moment in my life, that coyote gave me an amazing number of details regarding an issue I was dealing with.

From now on notice the animals around you that suddenly appear. Notice how they live; their personalities and what they are known for; how they live and what sustains them. The message to you is within the animals natural characteristics and how they live life.

**12. Accidents** – There are no accidents when there is an accident. My dear friend had a series of medical issues that prevented her from going to the office to see her clients for nearly two months. She frequently commented that her physical problems were a surprise to her. She would say, “I didn’t see this coming.” On her way to work that first day after a lengthy illness, she pulled out in front of a car, resulting in a terrible accident. Her car was totaled, and she was injured again with a concussion.

Our daily thoughts and subsequent emotions are constantly sending powerful signals of information outward into the cosmos. The signals may be positive and light or dark and dense or anything in between. The cosmos is structured to respond to us by matching our signals. Accidents tend to happen when there is great upheaval in our emotions. When our emotions are rumbling and churning, the world around us begins to rumble and churn in response.

**13. Numbers** – Numerology is real. Numbers are everywhere. Each number and combinations of numbers vibrate with meaning. Numbers tend to show themselves to us by repeating that same number over and over until we begin to notice the signal. You might see the same number repeating over and over again in different locations such as on license plates, then on a billboard, and then on the receipt at a restaurant.

An example of one of the most common numbers that appears is 11 11. This number sequence commonly means the gates of heaven or the passage to higher awareness or a doorway to the next step in your life etc. One day, my uncle commented that for months he wakes up every night at 2:22am. I was startled, then shared with him that I too have been awakened for months at 2:22am.

Now notice the numbers that keep repeating in your everyday world. Each individual number contains a meaning. Each combination of numbers has meaning. Each pattern of numbers and where do you see the pattern in your daily life has more meaning?

**14. Repetitive Life Patterns** – Everyone has repeating patterns in their lives. Some are very positive, and some are negative. Look back over your life and notice a pattern or a theme that keeps recuring in your life. For example, do you keep finding yourself needing money? Do you keep finding yourself in an abusive relationship? Are you trying to head a certain direction in your life, but nothing works out.

A negative pattern will keep repeating throughout millennia until we develop a deeper awareness of our soul’s mission. A negative repeating pattern itself is not just a signal. It is another chance or another offer from the Universe to:

1. Learn and understand something vital about your development.

2. Heal unresolved, traumatic past lives.

3. Heal and release a current life event or trauma.

The more we ignore the repetition of a pattern the more it will repeat and the more severe the negativity will become. The severity of the pattern strengthens because the Universe is trying to get your attention. Each repetition is another chance to learn; to heal and to change toward the positive.

**15. Meditation** – A mentoring client told me recently that she was deep in meditation when suddenly an image of one of my books popped into her mind’s eye. She then said she had never heard of me or my books before that, but still the correct image of the book was clear in her vision.

Remember earlier in the book, one of my controversial topics is meditation. Meditation is important in our lives but not because it makes us more spiritual. It seems to make us much better listeners and more excellent receivers of intuition. It also sends us into a different finer, lighter energy frequency. It is like fine tuning to the radio channel of the Universe.

The controversy is this. I used to teach people to meditate but I never tell anyone that they must block out a period of time every day to meditate. I ask that you have “meditative moments.” In other words, do not block out time to sit and meditiate. Instead, I ask that you include meditation all throughout your day, your evening and into your night. If you are sitting in your car waiting for a train to go by then meditate rather than waiting. When you are in the exam room waiting for your doctor to walk in, there is another moment to meditate. As you stir your pot of soup, there is another meditative moment…

Meditation is a prayerful time and yet we are not praying. We are training ourselves to stop chattering, stop wishing, hoping, yearning or begging God or the Universe for something. Take moments to listen and to receive intuition. We are given meditative moments all throughout our daily life. Rather than blocking out time to meditate, now bring meditation into your active or even hectic day. The most accurate intuitive is merely an excellent receiver (listener) of information.

**16. Photos** – The moments spirit communicates with us is often a great surprise. The Universe seems to adore children. So, I taught the grandkids to call out to the Universe for orbs to show themselves. Together we call out for orbs to appear to us. Then I hand them cheap cameras. Off they go, out the door and into the night, clicking away with their cameras. I, on the other hand, stroll out the door with my expensive camera, and I begin to click at the nighttime air around us. I get nothing, but the children’s photos are full of orbs and fairies! Spirit is communicating with us through old, old pathways, and now spirit is utilizing cameras, the internet and social media to open awareness that the non-physical realms do exist. It is hard to deny when you are looking at a smiling face within an orb in the center of your photo.

**17. Music** – The Universe loves music and many of our guides love to use music to communicate with us. People often complain that a song has been stuck in their head all day and they cannot get it to stop. If that happens to you, or even if it happens occasionally, I ask that you examine it in quite a different way. Notice the exact song in a deeper and more detailed way. First notice that it is usually only a piece of the song that is “stuck” in your mind and not the entire song. The piece that is “stuck” is really only a short portion of the lyrics. That stuck music in your head is truly only a section of the song’s lyrics. What exactly is the section that repeats over and over? Then what exactly are the words in that section? Here lies the message meant just for you. When you receive the message, the song gently subsides.

**18. Living People, Children and Adults** – Living people around us are often unaware messengers for us. A stranger will sometimes direct a comment to you, in a very casual way. That comment is filled with the most enlightening, profound wisdom that you have been waiting for. That comment poked a whole through a block that you could not get through on your own. And then that stranger just walks away…having no idea they just changed the direction of your life forever.

Just today someone gave me a profound meaningful moment in my life. I was sitting at the airport gate and suddenly the woman next to me asked me where I was going. I said the following. “My dearest friend was canoeing and camping in the boundary waters at the Minnesota and Canadian border. She had a horrible fall and is very injured.

Three wilderness rescue men, in a tiny seaplane, got her out of there and flew her to an emergency center. I am heading there to save her and bring her home.” Then with a big smile, I chuckled, trying to make it more lighthearted than it really was. Just then an airline worker approached this woman and said she could not take all those bags onto the plane. He said you can only take two bags.

She struggled a long time to organize it in many different ways, but was not successful. I finally said, “I have room to put the Pretty Princess game and the small blanket into my carryon bag.” Then, giggling, I said, “I promise you, I will not run away with the Pretty Princess game.” I laughed again as she handed me the objects which fit perfectly in my case. Then this woman looked at me quite seriously and said, “See…now you are saving me too.”

Her words went right to my heart. I was just asking spirit if my books and my courses were truly helping people. I was given the answer at that very moment from a stranger in an airport.

A long, long time ago, my attorney told me I would never make anything of myself. I was 25 years old, and the attorney was an authority figure to me, so I believed him. I stood in the hallway, waiting for the elevator on a floor high above the ground. When the elevator door opened there was an old man standing in the corner of the elevator. I tried to hide my tears as I stepped in. He began to make clearest most beautiful sounds exactly like a canary sings. I felt the waves of sound float into my chest, then into my heart. The bird song floated into me, and I floated with the song. The elevator door opened. I stepped out and turned to thank him. No one was there.

My 16 year old granddaughter shared an experience she had in a small restaurant where she worked. I am quoting her here:

“One of my customers told me that I have the Holy Spirit in me. I think that is pretty cool. She is an older lady with black hair and has a ton of crosses on her clothes and jewelry. She actually came in almost exactly one year ago and was dancing in the lobby to one of my favorite songs and smiling at me the whole time. I told two other people I work with that she is one of my guardian angels who has come to visit me.

Last year, when she came in, I literally could not stop crying because her presence was so comforting, and she really doesn’t seem human. She just seems like a figure made of white light.”

No matter what age they are, listen to the children…