



LOVE YOU FOREVER

*Signs from Loved  
Ones in Heaven*

BY CINDY ADKINS  
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**Love You Forever:  
Signs from Loved Ones in Heaven**

**By Cindy Adkins**

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## Prologue

Blanche Rhea lost her husband, Michael in the spring of 2012. The couple was married for thirty-one years and his death was sudden and unexpected, leaving Blanche devastated. Several months passed by and in November, Blanche planned a trip from her home in Washington to California. “I decided to visit Mike's family to celebrate Thanksgiving since it was the first one without him,” said Blanche. “It was his favorite holiday.

“While I was in Lodi, California, Mike's sister and I went to a thrift store and were looking around,” Blanche explained. “I saw a beautiful plate hanging on the wall. It had a fishing motif and my husband’s passion was fishing. I looked at it and walked around some more, but for some reason I kept coming back to the plate. I did that several times. Finally I took it off of the wall and looked on the back and there it was—the title of the piece that comprised of the *exact same words* that Mike kept saying to everyone the weekend prior to his death. It was a limited edition numbered collector’s plate entitled ‘It doesn't get much better than this.’ Those were his precise words and he said them not only to me, but also to family and friends. I nearly dropped the plate. It was amazing that I kept getting drawn back to it. I decided right then and there I had to have it. I consider this to be definite sign from my husband that he was near his family and me and it was he that kept pulling me back to the special plate in the store. I am so very grateful he did!”

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## Preface

When a writer sits down to bare his or her soul, there is something cathartic that takes place. But when a writer such as myself sits down to weave words, sentences, and paragraphs together while imagining the pain that others have gone through after a loss, it is an even deeper experience. As such, I write from my heart hoping to touch yours, attempting to make sense at a time in your own life that might not make sense at all.

I want to take the hurt and help put it on a shelf for a while as I describe how our loved ones may be gone, but somehow, aware of us. The two places—heaven and earth—coexist. The love between two people lasts forever. It never dies. Perhaps your loved one was whisked away before you even had a chance to say “good-bye.” But on the Other Side (which, in my opinion, is closer than we realize) that person is aware of you.

I have been blessed with a gift to see those who are in the heavenly realm. Why that is, I do not know. It came as a surprise. I was intuitive from a young age. But it was quite “by accident” that someone appeared to me from the Other Side several years ago. Since that time, I have been helping those who miss their loved ones make contact—many for the first time. It is an experience that is different with each encounter from beyond—and it is always joyful. It is as if I am an integral part of a precious reunion. Those moments make me smile.

I have met people from many places in the world who have experienced communications with those who have passed on. They often come through signs. My travels have taken me as far east as Turkey as I journeyed through the streets of Ephesus where Jesus once walked. I have hiked through a rain forest. I have looked up at the ceiling of the Sistine Chapel and thought about the inspiration of Michelangelo, knowing that his work was divinely inspired. I have been to the pyramid of Chichen Itza during the autumnal equinox and marveled at the precision with which it was built.

Wherever I have gone, there is one thing that is consistent: People in every corner of the globe attempt to make sense of what they cannot see. They try individually to solve the mysteries of human existence and find the answers to questions that have perplexed mankind since the beginning of time. I believe that each of us is on a personal quest for answers. No matter where we go, perhaps they are only found inside of us.

## **Introduction**

As a student of humanities, I studied philosophy among other subjects at the graduate level for my Master's degree. I read about everyone from Plato to Kierkegaard to Spinoza and learned about their theories regarding the nature of reality in depth. These included such topics as "Does God really exist?" and more. What I came to realize in the course of those studies is that it is our OWN experiences that help us navigate toward our most heartfelt beliefs. It is what we go through in life that shapes our opinions, as well as faith or lack of it.

I have also noticed throughout my lifetime that even though people might be raised with certain religious viewpoints, during times of grief, their core beliefs may go through an overhaul. When the emotional ground is pulled out from under someone it has a profound affect on how that person perceives life and its meaning. It becomes a time of searching for those answers I mentioned previously.

Whatever you have gone through in your life shapes how you feel RIGHT NOW. You are a sum total of all your experiences—and so am I. Keep in mind that our thoughts, feelings, and beliefs are always in a state of flux.

So, if you have incurred a recent loss, you may begin to go through different events that shape your opinions about what happens to those who have passed on. You may ponder

life and its meaning more often than you did in the past. Hopefully, this will help awaken new insights and serve to elevate you spiritually.



## **Chapter 1**

### **Recognizing Signs**

I was four years old when my parents took me to meet a very special woman named Ida who was the new manager of one of their rental properties. She was a sweet lady in her fifties. On the drive over to her apartment, I heard my parents talking privately in the car. They spoke of a terrible loss. Ida had lost her only child, a grown son, in a car accident some years before that. I listened to them talk about the incident, but never said a word.

We went to her apartment and I met the woman who was so sweet to me. It was a warm Saturday in California. We stayed briefly because we were on our way to a festive event at a local toy store. The buzz all around town was about a clown from a popular television show who was coming to visit that day. I could not wait to see him.

Once we got to the toy store, I saw that the clown was making beautiful balloon animals for the children. I was overjoyed. I got in line with the other youngsters and when my turn came, I asked the clown very politely if he could make me a pink balloon dog. He created it and handed it to me with a smile. I was so excited and thanked him over and over again. Then I walked up to my mother and father and told them that I was ready to go. They were surprised because the clown was going to perform some magic tricks. They thought that I would want to stay for the show.

My parents and I left the toy store, got into the car and headed toward our home. On the way, we passed the apartment building where Ida lived. I asked my mother if she would please stop the car, as she was the one driving. I told her that I had something to do that was important and explained that I wanted to see Ida for a minute. My mother stopped the car near the curb. Very carefully, I got out of the back seat and took the balloon dog with me to make my way to Ida's door. When she answered it, I handed her the special creation and said, "This is for you."

"Why did you bring me this?" she asked looking so surprised.

"I know that you lost your son and I wanted to make you smile," I replied. "I wanted to bring it so you wouldn't cry anymore." Then, I turned around and walked back to the car to go home.

Many years went by and I was in college. I went to visit Ida as I did so often during my youth. One day we were talking in her kitchen and she reminded me of that Saturday so many years before when that "little pony-tailed girl," as she referred to me, brought her the pink balloon dog. Ida said that for all that time, she felt as if her son was saying "hello" to her from heaven that day when I showed up with it in my hands. I wonder what made me have such an idea to comfort her because I was so young at the time. More than anything, I just wanted to take away her pain. Maybe her son did, too.

## *When Signs Appear*

There has been a great deal of discussion online and in person regarding signs that loved ones from beyond may be sending us. Keep in mind—they vary from person to person. The individual you lost could be sending text messages via your cell phone, so you may not have butterflies appear on your front porch because signs are as individual as those who are leaving them for you.

Signs may be as subtle as a particular song coming on the radio that holds a special significance or they can be as magnanimous as you meeting someone with your loved one's exact name through a chance encounter. The possibilities are endless. I find that most people start noticing them right after someone passes away, yet many recipients of these signs are hesitant about telling others of their experiences for fear that they will not be believed. Still others receive signs, but do not recognize them as such. So, they go unnoticed and unacknowledged.

Rest assured that I am not a person who believes that EVERY little thing is a sign; quite the contrary. I believe that signs will usually “jump” out at people, take them by surprise, and they will KNOW that the signs are meant for them.

Here is a list of possible signs that you may want to refer to in the future:

Butterflies

Dragonflies

License Plates

Street Signs

Numbers

Songs

Statements made by other people

Phones ringing and no one on the other end

Messages on cell phones left after loved ones have passed

Hummingbirds

Shapes in clouds

Items that appear and disappear

A scent in the air that is your loved one's cologne

Scents such as smoke or coffee in the air that you associate with a loved one

Dreams

Pennies on the ground

Feathers appearing from out of nowhere

A gentle touch

Hearing your loved one's voice

## **Chapter 2**

### **Grief**

For a moment, I would like to discuss the topic of grief by saying that the experience is as individual as the person who is going through it. There is no set time for it to end and it is a process that is shorter for some and longer for others. But don't be too hard on yourself for not "bouncing back" as fast as people around you might feel that you should. You are entitled to grieve, but you do not want to spend your entire life in that mode. Little by little, the process will lead you to new insights. You will learn more about yourself and about the connection between this earthly life and heaven as you come to realize just how closely linked they are.

As much as grief is about mourning, I also think it is about heightened awareness...In some cases, it is about learning where you fit in the world and what choices you will make that are positive for yourself. It is a time for having to say "good-bye" while also realizing that your loved one may not be within sight, but certainly is aware of you and close at heart.

For years I held the opinion that heaven was far away and distant. But when I began doing readings, I realized that it is as if people who have passed on are behind a very thin veil. I would almost describe this earthly existence and heaven as "simultaneous realities." Our loved ones are very much cognizant of us and know what we are going through.

## **Chapter 3**

### **Talking About Loss**

When someone goes through a loss, that person wants to be validated. It's as if people I talk to on a daily basis through my psychic work are saying, "I hurt. Can you feel it?" I am an empath, and yes, I can. However, my approach is more about bridging the gap between the departed and the living...of helping people here realize that the veil is, indeed, thin.

I do not know how this happens, but during a reading, for some reason, most of the time at some point, the individual on the other end of the telephone line and I somehow find something to be joyful about, to smile about...My guess is that it must be coming from those who are departed because they truly do love to see those left behind happy, even if it is for moments that are fleeting. I also wonder if the joy comes because the person is comforted by the fact that their loved one came through with details only he or she could know. It helps a person relax. I have often heard the statement, "Oh, I haven't felt this good in months." So, I am sure that knowing that a loved one has made "safe passage" is certainly a huge relief.

## Chapter 4

### Love That Lasts Forever

Love is an elusive concept—one that is as difficult to prove as the existence of the afterlife. Yet, we believe in it. In countries, such as the United States and Europe, in which marriages are not “arranged,” people marry because of it. When someone says, “I will love you forever,” that can also mean that their love extends beyond the grave. No, love is not buried in dirt—it carries on into another realm. It is forever and just because everyone does not see that other dimension does not mean that the love between heaven and earth does not exist.

One of the most common questions I am asked during a reading is, “Do they love me?” I would like to give you an example that best describes what I mean about the continuation of love “from beyond.” Imagine you love someone deeply. You get on a train and travel five hundred miles away. You are gone for a week and cannot talk to that person over the phone. Does that mean that your love for that person ends just because you went somewhere else or lost contact? Of course, it does not. The same holds true for someone who passes on. The individual may be gone, but the love coming from the person’s heart lasts through eternity.

Here is a poem that describes what a loved one could be saying from heaven:

## *Love You Forever*

*I send you butterfly kisses  
You don't always know that I'm there  
But it's me peeking 'round the corner  
or touching a strand of your hair.*

*I see you on days you are crying  
or wishing we could talk once in a while  
Even though I'm now in heaven  
I still want to see you smile.*

*I visit at night when you're sleeping  
I come quietly into your dreams  
And whisper words ever so softly  
To say death is not what it seems.*

*I see you sometimes at the table  
When you don't know that I am there  
As you gaze over at my picture  
I hope you know how much I care.*

*I'm sending a hug from heaven  
I wish you could feel it today  
The love that we share is forever  
Time and space can't take it away.*



## **Chapter 5**

### **This Stage of Your Life**

The stage of life after a loss can potentially be one of the most important that you will ever go through. It can pivot you into the next level of spiritual growth—and beyond that. It can be a time to come to terms with the true spirit of love within you and help you learn to share it more fully with others who are here. You could do that through many different means and it can open up new realms of self-expression, some of which you may have never known you had before.

Since I was young, I always heard the adage, “When one door closes, another one opens.” I think that is true about the grief process. While you are saying, “Good-bye” to someone dear, you are simultaneously saying “Hello” to what is ahead. The knowledge and growth that you take from this experience will be instrumental in propelling you toward the future and what it holds for you.

## Chapter 6

### Looking for Signs

I find that when people are *looking* for signs, they tend to elude them. It is when they go about living their lives normally that the signs pop up unexpectedly. Signs can show up in the house, at the grocery store, in a parking lot, while driving in the car, out in the backyard, and many other places. The truth is, you never know how one might come about and it is usually when you are not anticipating it.

I lost someone dear to me many years ago. His name was Sam. After his passing, the signs from him came fast and furious. They arrived before I even received the news of his death. As the signs were happening, I kept wondering, “What does this mean?” Even after I received the news of Sam’s passing, the signs came regularly—and each one was different. Lights went off and on; the phone rang constantly with no one on the other end of the line, sometimes twenty or thirty times; music boxes began playing on their own, which had not been touched in months...the list goes on and on. I was so barraged that it was difficult to miss them. That is not always the case.

## **Chapter 7**

### **Making Sense of It All**

Chances are that if you are reading this book, you are looking for answers. You may be trying to understand various activities that are happening around you. If you receive a tap on the shoulder and no one is there, you may wonder if it is your loved one who has passed on. If you walk into an empty room of your house and suddenly catch a whiff of your loved one's cologne, you may wonder if you imagined it. This questioning is normal. Some people have told me that they have experienced such things but wondered if the stress they were under caused them to fabricate those events. My answer to that is, "No—they were real."

It is precisely at a time of grief when most of us want to hear from the person we lost. It is also a time of making decisions, taking care of details, and dealing with the business of life that can make anyone feel overwhelmed. Our loved ones who have crossed over to the Other Side know this and when they make an attempt to reach us it is to offer comfort and solace. So, if you are fortunate enough to receive such contact, embrace it, thank the person, and be grateful. One more thing—write it down so that you remember it later.

## **Chapter 8**

### **Your Circle of Friends**

After a loss, it is important to be surrounded by people who understand what you are going through and are sensitive to your needs. These individuals may be in person, as well as online. But it is a time to get all the positive reinforcement that you can and find people who lift your spirits when you need it most. If someone is negative, let that person go by the wayside. You need people who “get” you and are tuned in to what you are grappling with and appreciate that this stage of your life is difficult without being judgmental toward you. At the same time, be gentle on yourself as you come to terms with what you are enduring.

It is not unusual to be extremely sensitive at a time like this and your feelings may be hurt very easily by a mere remark. Most people do not know how to react to someone who is grieving, so just understand that they may be trying their best to be supportive, yet just do not know how to. If a friend says something that is abrasive, you might try very calmly saying, “Ouch—that hurts.” It will not take long to see who is truly there for you and who is not. Gravitate toward the ones who are.

## **Chapter 9**

### **Let It Go**

During the course of doing various readings, I have often had people ask me if their loved ones were upset with them. I find that when our loved ones get to the Other Side, they are so busy with their own spiritual growth that they do not dwell on the negative. They tend to let things go and if we, the living, can do that also, it is much to our benefit. If loved ones who have departed do not hold grudges, then it makes sense that those who are left here should just wish them well where they are at and bless them.

I have found that those who pass on are so focused on goodness and joy that they do not seem to want to fill their time with pettiness. On their journeys, they have surpassed those inclinations. I have even read for people who lost loved ones in automobile accidents and those who are on the Other Side never dwell on the details of how they got there. (I must add that it was surprising to me.) Those in the heavenly realm seem much more concerned about how their loved ones here on earth are doing and try desperately to give them comfort. Even in cases of suicide, I have seen departed loved ones who are not only learning, but also teaching life lessons on the Other Side. (Again, I found that curious as I expected them to be in a state of limbo, however, that was not the case.)

## **Chapter 10**

### **Bring on the Divine**

I am a person who is all about an inner connectedness to God. To me, He is the wind in my sails. When someone is grieving, it is important to know that God is there. The Bible tells us this. The book of Psalms makes it clear: The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. (Psalm 34:18 KJV.)

Do you see that? The Bible tells us that God is close to those who have a broken heart. That means He sees when we are suffering and draws near to us. What a comfort. If we are hurting, He is there even though we cannot see Him.

If you have gone through a loss and find that your faith is shaken, take comfort in those words. You may not have any answers, but in the midst of sadness, just know that God is near you. No matter what emotions you are feeling, turning to Him can help immeasurably. Having trouble praying? Then, simply say, “God, please be with me. I need you right now.” It is simple and honest. Those nine words can help you to focus on bringing God’s love into your life when you need it most.

When our loved ones go toward the Light, it is the spirit of God that they are returning to. They go back to where they came from. They are “home.” But God’s love and light encompasses all of us. I have actually seen that immense light three times in my life. Two times were in dreams as it surrounded people who were about to ascend from this

earthly plain. They were not ill and their deaths were unexpected. But I saw it in advance of their departures. Another time I witnessed that light around a friend when she walked into my college apartment. I was eighteen years old. It was so vivid that it almost bolted me over. I remarked to her that I could not imagine why a light shined so brightly all around her. It was then that she told me that she had just become a Christian. I was overwhelmed by how clearly the light shone.

In Hebrew, the word “Shekinah” means “the presence of God.” It is often referred to as the “light of God,” as well. To me, when that bright light is visible either in the dream state or in person, this indicates that the presence of God is surrounding a person. I would describe it as almost blinding. That is also the light that our loved ones who have passed on go toward—the Source of all creation.

## **Chapter 11**

### **When Miracles Start to Happen**

I believe that when anyone receives a message from a loved one who has passed on, it is nothing short of a miracle. It is in those brief, exquisite moments that a person is aware that the loved one who has gone to heaven is still in contact.

I have spoken with numerous individuals who not only received signs, but also were fortunate enough to see their loved ones appear to them after their passing.

Each relationship we have with another human being is personal. We have our own memories and history together. How those in the spirit world choose to make themselves known is often linked to the moments that were shared with individuals who are left behind. Years ago, I knew a woman whose husband passed away suddenly. Shortly after his death, a bird kept appearing by her kitchen window singing. It happened for several days in a row. What makes the event so compelling is that her husband was an avid birdwatcher. After his passing, he found a way to visit her in a manner in which she would recognize the sign. Because it happened for so many consecutive days, she could not disregard it. His persistence made her take notice.

When I was in my thirties, I had a room addition built onto my house. It took about a month for the work to be completed. On the very last day, the foreman, a man in his early sixties, came back to hang mini-blinds on the windows. For some reason, we began



talking and he told me a story. His wife had passed away a couple of years before and he missed her greatly. He always made a point of keeping their home immaculate, just as she did in the past, and that included vacuuming and dusting. One day, he walked into the living room and there on the coffee table was a butterfly that was drawn in the dust. He did not know how the butterfly got there, but he was also dumbfounded about how the dust had accumulated, too, as he had been meticulous about cleaning. He told me that his wife loved butterflies when she was living and that the one etched in the table was her saying, "Hello."

As previously mentioned, I lost someone who meant the world to me and at the time of Sam's passing, he was out of town several hundred miles away. A few years went by and I was at home alone one day. I looked out the kitchen window and there was a company truck identical to his that was parked on the side of my residence. I cannot begin to describe how I felt, especially because the place he had worked for was far away. Happenstance? I don't think so. I believe he was trying to say "hello" in his own way. The sign was definitely intended for me and that is what I mean by our loved ones will contact us in a manner that is specific and often ties into the past.

## **Chapter 12**

### **How Others Appear on the Other Side**

One of the questions I am asked most often is how people appear to me from the Other Side during a reading. If someone has recently passed, the person most often appears as he or she looked when living. However, I have never seen a person who looks sickly no matter what the circumstances of his or her passing was, even after a long illness.

Also, if a person has other people around them in heaven, they appear as the age they were when they passed, even if it was twenty years prior to that time. In other words, if someone passed as a teenager, that is how I will see that person. Often, I can see something that distinguishes the person from someone else. It might be an expression that the individual often said. It could be a car that the person drove. Then again, I might see what the person did for a living.

People usually appear as vivid on the Other Side as they do here. I might be in the midst of a reading and ask my client on the other end of the telephone line a question something like, "Who is the person that always talked about flying around the world in an airplane?" (I must admit, at times like that, I hope that the person I am reading for does not think I'm nuts!) But I have learned to say what those on the Other Side tell me. They are always right. After all, they know what message they want to get across to the person who is living. As the pieces begin to fall into place, more and more information comes.

It is as if the “floodgates” open. Sometimes those on the Other Side talk faster than I can get the information out to the recipient.

At other times, I will convey a message and the person receiving it does not have a CLUE what I am talking about. It is at those moments that those on the Other Side seem to be the most persistent. (I don’t know why.) So, I will repeat it. Most often, there will be an “A-ha” moment when the individual on the other end of the telephone line says, “Oh, I know what you mean now! I forgot all about it!” At other times, they may still be in the dark about the message, so I ask them to write it down. Within a few days, I will invariably receive an email saying that yes, they figured it out and that it was important. It is in the moments during a private reading that loved ones from beyond know just what they want to convey to let a person know that it is, indeed, them and that they care greatly.

## Chapter 13

### The Signs Continue

Signs from someone who has passed can continue for years. This past New Year's Eve I received such a sign from Sam—and it was via email. It was about an hour before the stroke of midnight. I was sitting in my kitchen when all of a sudden, I got a message on my cell phone. I had received an email so I picked up my phone, accessed my mail, and read it.

Now I need to digress and explain something. My home is all electric, except for gas fireplaces, which are rarely used. So, once a year, I just make a payment to the gas company and it pays for the gas for the whole year—and usually longer. An hour before midnight on New Year's, the message I received was from the gas company letting me know that I owed them money. It was under \$2.00! But that is not what was significant. What *was* significant is that years ago, Sam and I had a three-digit number that only the two of us knew. It was like a secret code between us. Sometimes, instead of “I love you,” he would write that number down on a napkin or piece of paper and hold it up as he grinned from ear to ear. It always brought a smile to my face.

When that gas bill arrived right before New Year's, the amount owed was the EXACT number that we used to write to say, “I love you.” All these years later, living hundreds of miles away from where we met, I received that message, which felt like a “hug from heaven.”

That same number played a significant part shortly after Sam's passing, as well. On the day of his funeral, I was at the cemetery and all of the other mourners had left. I stood there alone at the gravesite devastated and wondering how I was going to go on without him in my life. We had been so in love and extremely happy. I stood there singing a song that I had written for him. My voice broke as tears streamed down my face. Then, I noticed that one of the cemetery workers got into a small utility vehicle and drove it toward the gravesite. He backed in and parked it about eight feet from me. I stood there in disbelief as the vehicle had three *huge* numbers on the back of it. Yes, they were the three numbers that meant, "I love you."

## **Chapter 14**

### **In Your Dreams**

After the passing of a loved one, dreams often take on a great deal of significance. They can be merely a dream—or some could be an actual “visitation.” Sometimes it is difficult to know the difference.

One of the things that can be a determining factor is that when your loved one appears, there is that bright light around them that I spoke of previously. This indicates an actual visitation.

Getting a physical sensation can be another indicator that the contact was “more than a dream.” As an example, you may wake up from your sleep having just dreamed of your loved one. There is a scent of the person’s cologne in the room. That sign that comes through one of the senses is another indication that there was a visitation.

There are some people who receive vivid information through their dreams. It is not unusual for a loved one to appear to let you know where something is located, such as an important document. Still, other dreams may serve to warn you about an upcoming event that needs to be avoided. If you do have a dream such as that, pay close attention to the details and write them down.

## **Chapter 15**

### **Your Personal Journey**

There is no one on this planet that has been through what you have, loved all the people you have loved, experienced setbacks that you have endured, or triumphed in the manner in which you have throughout your lifetime. If you are going through the grief process, you need to remember that. YOU are unique. YOU are special—even on days when you do not feel that way—even at times when you may feel as if God has forgotten all about you.

This journey is YOURS and you have the power within you to make it count from this moment forward. Take that ONE amazing quality of someone you lost and internalize it. Claim it as your own. Maybe it was the way he or she could make you smile. Perhaps it was the manner in which your loved one reached out to others. It could have been his or her sense of humor. Whatever it was, make a decision to incorporate that into your own life and share it with others.

If the person you miss wrote poetry or drew pictures, collect them and have them put into a book that you can give to family and friends. If your loved one had a favorite charity, continue the work in his or her behalf. Plant a garden and invite people to come and sit in it to enjoy a heartfelt conversation. Let your loved one's spirit keep living on through you. Continue making a difference. You know how much that special person touched your life. Keep that energy going and by doing that you two will always be connected.

You might take photographs that reflect the grief process, frame them, and have an exhibit at your local library. It could even become a traveling exhibit that reaches throughout the state—or further. If your loved one adored animals, you might want to become involved in pet rescue and adoptions. I know that there are many communities whose animal shelters have skeletal staffs on weekends and it is greatly appreciated if someone is willing to visit and take the dogs out in a yard to play and get exercise at that time. The four-legged friends really love having company, as they are lonely.

You may want to start a prayer circle in your home one night a week. It is a way to help others in a relaxed atmosphere. As another alternative, you could make holiday-themed items to take to a retirement home, as those who are there would appreciate a kind gesture of love. Are you starting to get the picture? The possibilities for spreading happiness are endless.

When you are involved in a project, no matter how small, that uplifts others, you will receive guidance. I have witnessed it time and again—the heavenly signs that reflect, “I am with you—keep going.” I have seen the smallest ideas become lifetime pursuits in the quest of helping others. Some people I know who have gone through the greatest personal losses turned their experiences around to benefit myriad individuals who need their guidance. Just remember this: You may have recently gone through a life-altering experience that will catapult you into your TRUE purpose for being on this earth. That moment was only *part* of your journey—perhaps the biggest part. But as you keep going



down the path, see where life leads you...and connect with what you were ultimately put here to do that will change lives and uplift others.

## Chapter 16

### The Power of Prayer

I truly believe in the power of prayer. I also know that when someone has gone through a loss, it is vital to get in touch with inner healing. One of the most important things we can do for someone else is pray for him or her. So, I want to offer this prayer for you:

*May healing light surround you. May the pain and hurt that you have felt go away. May it be replaced with God's grace, which is full and abundant...Asking for your spirit to be renewed...to start the healing process so that you can feel whole again...watched over, protected, and living in God's light. You are precious and you matter...May you realize just how much this world needs you. May blessings follow you on your path and I ask that healing light shine down upon it to lead you along the way. Amen*

## **Chapter 17**

### **My Wish for You**

No matter what you have gone through, my wish for you is to enjoy an abundant life filled with joy. I pray that this will be a time of renewal for you. While your loved one who has passed may be away from view, I hope that all that you admired about the person will be inside of you. I pray that you will feel his or her love and know that it is always with you, no matter what.

I wrote this book so that anyone who has been through a loss would understand that while those we care about in heaven might not be right here where we could see them, readily, their connection to us is forever. Yes, forever.

**The End**

## **Bible Translation**

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Scriptural Quotation marked KJV is taken from the King James Version of the Bible.

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## **Other Helpful Resources**

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If you would like to take a free angel seminar, it is located at:

<http://angelsatmydoor.blogspot.com> For daily inspiration, you can visit Cindy Adkins'

Facebook page, located at: <http://www.facebook.com/AngelsAtMyDoor>



ABOUT THE AUTHOR: Cindy Adkins is a best-selling author, as well as a gallery artist from New Orleans. She connects to her audience in a very natural manner that provides an informative and entertaining read. Adkins holds a Master's Degree in Humanities from California State University, Dominguez Hills. She enjoys sharing her knowledge with readers regarding myriad subjects that interest her with an enthusiasm that is palpable.

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They are available for sale on Amazon as eBooks:

[Angels at My Door](#)

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