If you think that you’ve been visited by a loved one in spirit, you’re probably right! As the interest in the afterlife and acceptance of spirit communication grows, spirit visitations increase as well.

These experiences can also raise questions. I receive remarkable emails from people wondering if something they’ve experienced is a real spirit communication or their own wishful thinking.

To help sort through the confusion, I’d like to highlight some of the more common ways that loved ones in spirit say “hello.” I’ve also included an exercise called “The Patchwork Quilt” that can help answer the question, How Do I Know It’s Real?

One of the easiest ways for spirits to visit us in dreams is during our daily routines, there might seem as though nothing is happening. However, after a visitation period, I receive innumerable emails from people wondering if something they’ve experienced is a real spirit communication or their own wishful thinking.

The Patchwork Quilt – Putting Together the Pieces of Spirit Communication (adapted from I’m Not Dead, I’m Different)

One of the best ways I’ve developed to help people recognize the difference between their own imagination and actual communications from spirits, is to create what I call “The Patchwork Quilt.” This exercise is a way for you to assemble bits and pieces of spirit communication which may reveal a deeper, more significant pattern.

During our daily routines, there might be little things that happen here and there which make you think, “Could that be the one I love saying ‘hello’?” It is easy to dismiss these little incidents as coincidence or figments of the imagination. However, by making a record of what happens and when, patterns begin to emerge.

Keep a small pad with you or use your smartphone’s memo option to record anything that seems as though it could be a greeting from the spirits.

If you have a dream of someone in spirit, write it down. If an ob appears in a photo, write it down. Record everything including where and when the events occurred.

Don’t be alarmed if time goes by and it seems as though nothing is happening. Sometimes activity increases around holidays and family activities.

If your friends and family members keep logs of their own, you may be surprised at the patterns that can emerge when you compare notes.

The important thing to remember is that your loved ones in spirit are trying to reach you. With an open mind, an open heart, and an attitude of gratitude, you’ll be ready to hear from them.

Hollister Rand provides specific messages from loved ones living in the spirit world. Her book, I’m Not Dead, I’m Different, published by Harper Collins, is available in stores and online. Her radio appearances include Coast to Coast with George Noory, Sirius XM’s The bananas with John Edward and television appearances include Tori and Dean: Home Sweet Hollywood and Americana Now. You may contact Hollister Rand at HollisterRand@gmail.com or on Facebook and learn more about her work at www.HollisterRand.com.