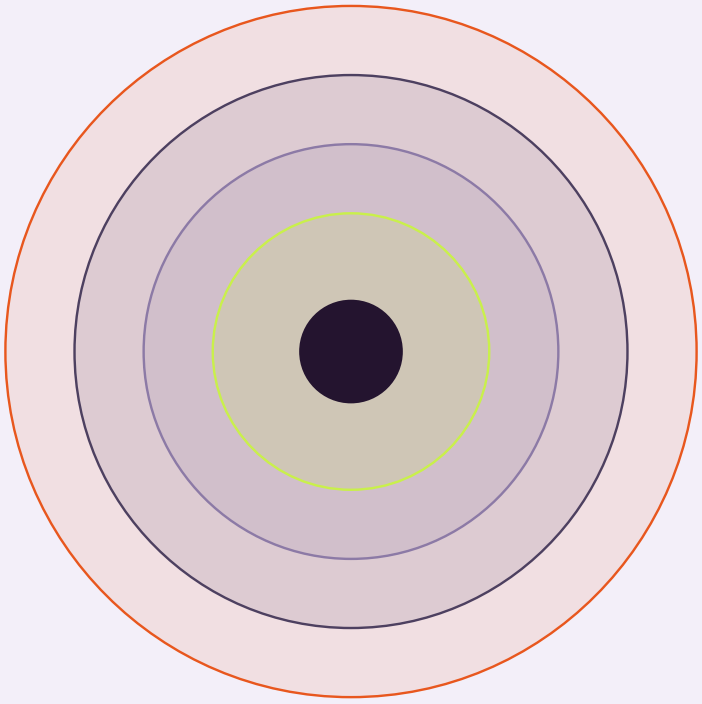


Signs: The Secret Language of the Universe

A reading of the book by Laura Lynne Jackson (2019)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Signs: The Secret Language of the Universe, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Psychic medium Laura Lynne Jackson's guide to building a private vocabulary of signs with what she calls your Team of Light — how to choose one, how to ask, and how to hold the answer without gripping it.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

A sign is a language you agree on in advance. Pick the word first, then listen.

Jackson's central move: rather than scanning everything for meaning, you nominate one specific thing beforehand, which is what makes an appearance legible at all.

2 HOURLIFE TAKEAWAY

Choose something too common and it means nothing. Choose something impossible and you'll never hear back.

She recommends the narrow band in between — she has used aardvarks and armadillos, rare enough to be unmistakable, findable in a film, a conversation, a poster.

3 HOURLIFE TAKEAWAY

Ask, then let go of the answer. The grip is what jams the line.

Jackson pairs asking with release every time — the point of the practice, in her telling, is a state of openness rather than a state of surveillance.

4 HOURLIFE TAKEAWAY

Your Team of Light is her name for who is on the other end: departed people, guides, and what she calls God energy.

The whole book runs on this vocabulary, and the practical half survives whether or not you accept the metaphysics behind it.

5 HOURLIFE TAKEAWAY

Not every sign arrives outside you. Some arrive as a pull, a hunch, or a thought you did not go looking for.

She counts internal nudges alongside birds, coins and number sequences — which quietly widens the practice into paying attention to your own instincts.

6 HOURLIFE TAKEAWAY

Grief is the reason most people open this book, and the answer it gives is that the connection did not end.

Jackson's claim is continuity rather than closure, which is why signs land hardest for readers who have lost someone recently.

7 HOURLIFE TAKEAWAY

Gratitude is not politeness. In this practice it is the thing that keeps the channel open.

Say thank you when a sign shows — she treats acknowledgement as part of the mechanism, not an optional courtesy.

8 HOURLIFE TAKEAWAY

You are always co-creating. The universe is not sending instructions, it is answering.

The book keeps agency with the reader: signs are described as confirmation and encouragement, never as orders that remove your choice.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Choose one sign, and make it specific
- [ ] Test it for rarity before you commit
- [ ] Write the ask down in one sentence
- [ ] Set a window and then stop watching
- [ ] Start a signs log

KEEP UP DAILY

- ◯ Ask, then release
- ◯ Say thank you when it arrives
- ◯ Log the internal nudges too

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Choose one sign, and make it specific

Not "a bird" — a scarlet macaw.

Not "a number" — 4:44 on a clock you did not look at on purpose. Specificity is the whole engineering of this practice; a vague sign gives you nothing to confirm.

MY VERSION DONE ON

☐ SETUP 2

Test it for rarity before you commit

Ask yourself how many times you saw it last month.

If the answer is daily, pick something rarer. If the answer is never, in any form — including films, songs and conversation — pick something less impossible.

MY VERSION DONE ON

☐ SETUP 3

Write the ask down in one sentence

Who you are asking, what the sign is, and what you want to know.

Jackson's asks are plain and short; writing it stops you from quietly changing the terms later.

MY VERSION DONE ON

☐ SETUP 4

Set a window and then stop watching

Give it a week.

Naming an end date is what lets you release it — an open-ended ask turns into checking, and checking is the state this practice is trying to get you out of.

MY VERSION DONE ON

☐ SETUP 5

Start a signs log

Date, what appeared, where, and what you were thinking about in the hour before.

Kept honestly, it is also the record that stops you from remembering the hits and forgetting the misses.

MY VERSION DONE ON

DAILY HABIT 1 OF 3

Ask, then release

Say it once, clearly, and let it go.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Say thank you when it arrives

Out loud, in the moment.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Log the internal nudges too

The hunch, the pull toward a street you don't usually take, the name that surfaces.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

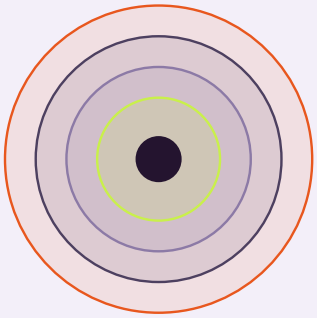
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You are not waiting for the universe to speak. You are agreeing on a word with it.

LAURA LYNNE JACKSON