

Forum:[Hack Forums](#)

Thread: [I asked for a sign](#)

Eran - May 26, 2026, 3:49 am

A few days ago I was feeling more agitated by my current situation than usual. I'm (hopefully) getting out of a long and dark depressive episode, however, despite me feeling better and working out again, eating more healthy and gaining back more confidence, potentially even having a romantic interest after years, I was still getting random waves of intense hopelessness throughout the day.

Throughout years of struggle, I have always had something to remind me that I will be okay in the end. Synchronicities, coincidences that don't feel like coincidences, blessings in disguise, signs from The Universe/God/Source whatever you call it.. But lately these signs haven't been here. During that day, I asked for a sign that I am not alone, like anything that gives me a little push to keep going.

I went out to complete errands, and instead of going back home like I planned, for some reason I took a different route and ended up on a beach with nowhere around watching the sunset. I cracked open a beer and decided to stay there until dark. In the distance I noticed 2 or 3 dolphins just swimming, jumping in and out of water and playing around. I took some videos on my phone and after about 20 minutes they were gone. I thought absolutely nothing of it, just that it's cool that I am seeing dolphins for the first time in my life (and I live 10 minutes away from the beach!)

Tomorrow morning it hit me. THAT was a sign.

Quote:Dolphins are often regarded as spiritual messengers. Their appearance in your life can be a reminder to stay connected to your inner joy and intuition. The energy they embody represents harmony, balance, and a deep connection to the natural world. Dolphins remind you to approach challenges with a sense of playfulness while maintaining emotional clarity and strength.

The spiritual meaning of a dolphin can also symbolise guidance during times of uncertainty. If you're navigating personal transformation or seeking clarity, the sighting of a dolphin could encourage you to trust your instincts and embrace change with a positive outlook.

Some of you may call it random and just a coincidence but to me it's absolutely not. It's not the first time out of nowhere I decide to go a different path even when I have no idea while I'm going there. Sometimes I'll wander to somewhere I've never been only to experience something that feels nothing short of mystical. Seeing dolphins that day was the perfect sign for me. Very subtle but it's these little nudges that keep me positive.

Edmond Dantes - May 26, 2026, 4:06 am

Definitely your inner spirit is trying to tell you something.

Eran - May 26, 2026, 4:47 am

(May 26, 2026 04:06 AM)Edmond Dantes Wrote: [\[CITE\]](#) Definitely your inner spirit is trying to tell you something.

Definitely. Going to implement more meditation in my daily routine as well as microdosing.

RangoWorld - May 26, 2026, 5:52 am

The random waves of intense hopelessness that you experience. May just be your old pattern. Habit of being. You may call it.

Think of it like when an old addict leaves his drug and wants to be better. These waves may also remind you of the hell that is down there. The place that you do not want to go.

The very fact that you interpret the Dolphins as a sign despite the waves. Tells you that you are getting the hang of the change now.

Eran - May 26, 2026, 6:40 am

(May 26, 2026 05:52 AM)RangoWorld Wrote: [\[CITE\]](#) The random waves of intense hopelessness that you experience. May just be your old pattern. Habit of being. You may call it.

Think of it like when an old addict leaves his drug and wants to be better. These waves may also remind you of the hell that is down there. The place that you do not want to go.

The very fact that you interpret the Dolphins as a sign despite the waves. Tells you that you are getting the hang of the change now.

Well the particular waves of hopelessness that I felt THAT day were tied to my financial situation. Despite overcoming a lot of things in the past year, the main "issue" is still there - how do I work for myself and exit the rat race.

Binance - May 26, 2026, 7:43 am

bro the dolphins just tryna swim and mate wtf you doing drinkin watching dolphin porn

m0hx - May 26, 2026, 9:10 am

Hackers - May 26, 2026, 9:35 am

(May 26, 2026 09:10 AM)m0hx Wrote: [\[CITE\]](#)

This is the sign I was looking for. I will round up the other dolphins for the gathering.

G Reviews - May 26, 2026, 2:11 pm

Op, sometimes you have to get out of the daily grind and go do something different like what you did. But don't wait too long before doing these types of things. Make it a habit of 2 times a week and see what changes in your life.

Eran - May 26, 2026, 2:21 pm

(May 26, 2026 02:11 PM)G Reviews Wrote: [\[CITE\]](#) Op, sometimes you have to get out of the daily grind and go do something different like what you did. But don't wait too long before doing these types of things. Make it a habit of 2 times a week and see what changes in your life.

For sure. I totally agree. My retail job is just draining the life out of me. I am on vacation right now and the weather is amazing so that's the only reason while I'm doing mini adventures.

G Reviews - May 26, 2026, 2:41 pm

(May 26, 2026 02:21 PM)Eran Wrote: [\[CITE\]](#) For sure. I totally agree. My retail job is just draining the life out of me. I am on vacation right now and the weather is amazing so that's the only reason while I'm doing mini adventures.

Even when you go back to work keep the mini adventures rolling. Depending on when your working hours are, do an adventure before or after work. Something small like taking a different route home, eating somewhere you haven't before, or walking into a store you've never been inside before. Small adventures can lead to bigger things. You never know who you might meet on one of these adventures.

Eran - May 26, 2026, 2:42 pm

(May 26, 2026 02:41 PM)G Reviews Wrote: [\[CITE\]](#) Even when you go back to work keep the mini adventures rolling. Depending on when your working hours are, do an adventure before or after work. Something small like taking a different route home, eating somewhere you haven't before, or walking into a store you've never been inside before. Small adventures can lead to bigger things. You never know who you might meet on one of these adventures.

I mean at this point it's not a bad idea at all. A lot of stuff didn't work so far so I guess I can try just throwing myself out there and perhaps a miracle happens?

G Reviews - May 26, 2026, 2:44 pm

(May 26, 2026 02:42 PM)Eran Wrote: [\[CITE\]](#) I mean at this point it's not a bad idea at all. A lot of stuff didn't work so far so I guess I can try just throwing myself out there and perhaps a miracle happens? Don't look for specific results. Just let things be and naturally the universe will provide for you in one way or the other.

Eran - May 26, 2026, 2:48 pm

(May 26, 2026 02:44 PM)G Reviews Wrote: [\[CITE\]](#) Don't look for specific results. Just let things be and naturally the universe will provide for you in one way or the other.

I agree that's the way it works. I'm getting out of seasonal depression and I can literally feel it in my soul that good things are about to start happening. I am open to opportunities and new experiences and relationships.

G Reviews - May 26, 2026, 4:00 pm

(May 26, 2026 02:48 PM)Eran Wrote: [\[CITE\]](#) I agree that's the way it works. I'm getting out of seasonal depression and I can literally feel it in my soul that good things are about to start happening. I am open to opportunities and new experiences and relationships.

And that's the spirit. Keep this frame of mind and watch what happens next. :)

Headspace - May 26, 2026, 5:43 pm

What you're describing has been coined as synchronicity. Take the red pill and go down the rabbit hole.

Ikukuego - May 26, 2026, 5:43 pm

Dolphin porn?

Eran - May 27, 2026, 3:14 am

(May 26, 2026 05:43 PM)Headspace Wrote: [\[CITE\]](#) What you're describing has been coined as synchronicity. Take the red pill and go down the rabbit hole.

I've had so many synchronicities happen to be during both tough and good times, I always take them as little signs/messages/nudges. Red pill all life!