

Guidance From the Universe

Hopeful Messages for Everyday Challenges

by Jill Amy Sager



Non-Fiction - Self Help

280 Pages

Reviewed on 01/09/2025

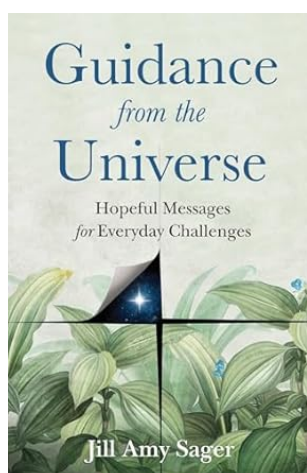
Book Review



Reviewed by Jamie Michele for Readers' Favorite

In her self-help memoir *Guidance From the Universe*, Jill Amy Sager discusses her path to growth through self-awareness, healing, and a lot of spiritual reflection. Sager talks about her father, a relationship from which she learned to embrace and process emotions like anger and self-loathing. Sager also speaks about her problems with jealousy and judgment, recognizing these as obstacles to growth. She leans into the importance of forgiveness, both for herself and others, in delivering peace and understanding. Through her varied career, including teaching music and running a drum school, Sager shares her perspective on the role of intuition, self-trust, and money. Other topics she covers are her changing perspective on God, love, and death, advocating for self-compassion, conscious decision-making, and the acceptance of loss as part of life's journey.

Jill Amy Sager's *Guidance From the Universe: Hopeful Messages for Everyday Challenges* is a beautifully written and candid look into her life, which is likely to mirror in many ways that of a reader. With an authentic, almost conversational voice, Sager offers a lot of lessons learned and insights gained without ever falling into the self-help trap of sounding prescriptive. She never does, and, as a result, her credibility stands. I found her discussion of the fear of death to be most interesting because it often gets swept quickly away in most books, but Sager dedicates time to it, and I appreciated that. Sager makes connecting to her and what she has to say easy, although the areas covered are difficult in reality. Through this intimate and thoughtful work, Sager provides guidance and a tangible sense of comfort and clarity. Very highly recommended.



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Author Biography

 Jill Amy Sager is a Tarot reader and former professional percussionist who unexpectedly started channeling information from the Universe. As a child growing up with a physical disability Sager believed she was unlovable. What she learned and what she presents in her book, ignited profound change and transformed her life. Today she is a self-confident woman who is a highly sought after seer with an international clientele. Her journey from musician to writer happened after she wrote her first non-fiction book, *Beginning Hand Drumming: a Guide to Recreation and Wellness*. She was so taken by the experience of writing and editing that today her drums are collecting dust so she can write full-time. Her articles and stories have appeared in *Women Writers Women's Books*, *Story Circle*, *Awakened Magazine*, *The Register Guard*, *The Power of Each Breath: A Disabled Women's Anthology*, and *Silver Birch Press*. Sager lives in Western Oregon.