

National Grief Awareness Day: Award-Winning Author Ann Bolinger-McQuade on the Power of Personal Oracles

Everyday Oracles author invites those experiencing grief to look inward, look outward and pay attention to what shows up

TUCSON, AZ, UNITED STATES, August 25, 2026

/EINPresswire.com/ -- This National Grief Awareness Day on August 30, 2026, award-winning author Ann Bolinger-McQuade is encouraging people to try something different: look inward, look outward and pay attention to what shows up.

McQuade suggests the universe is designed to respond to our needs, often in deeply personal and unexpected ways. She calls these responses personal oracles, meaningful messages that can appear through coincidences, synchronicities, encounters and seemingly ordinary events that arrive at precisely the right time.

Her Personal Oracle Formula is simple:

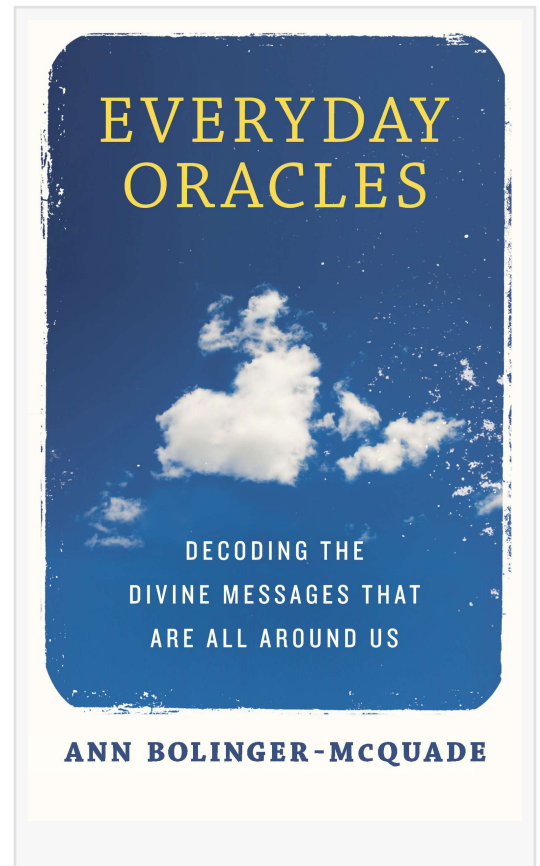
Need + Delivery System + Message = Personal Oracle

The need comes from within: feeling disconnected, longing for a sign, or searching for peace after loss.

The delivery system is how grief often translates into symbolic everyday moments, like an unexpected bird, a sudden song on the radio, or a recurring number.

The message reframes these moments not as coincidence, but as personal comfort and gentle reassurance from the universe.

McQuade's perspective does not ask people to minimize what they are experiencing, rush through it or search for a silver lining. Instead, she encourages people to remain open to what may be happening both within them and around them, allowing difficult emotions and moments of meaning, connection and reassurance to exist alongside one another.



That philosophy is at the heart of McQuade's award-winning book, [Everyday Oracles](#): Decoding the Divine Messages That Are All Around Us, which shares 175 stories of people encountering personal oracles during pivotal moments in their lives.

For National Grief Awareness Day, McQuade is inviting people to put the idea into practice.

Look inward. What do you need right now? What is your intuition telling you?

Look outward. What are you noticing? What keeps appearing? What unexpectedly catches your attention or carries meaning for you?

Then, simply, pay attention to what shows up.

There is no prescribed meaning to assign to an experience. What appears ordinary to one person may carry tremendous significance to another. "The universe is designed to respond to our needs," McQuade says. Her approach is about trusting your own intuition and remaining receptive to the messages, connections and meaningful moments that may already be appearing around you.

This National Grief Awareness Day, McQuade's invitation is simple: honor what you are experiencing, trust what you know within yourself and stay open to what the world around you may have to offer.

"We are all safer than we realize."

About Ann Bolinger-McQuade

Ann Bolinger-McQuade is the award-winning author of *Everyday Oracles: Decoding the Divine Messages That Are All Around Us*. Her work explores personal oracles, intuition, synchronicities and the unexpected ways meaningful messages can appear in everyday life. Through her own experiences and stories shared by others, McQuade encourages people to pay attention to the world around them and trust their own intuition when something carries meaning for them.

Heather Bucciano

Bucciano Communications

+1 954-546-4043

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