



I SEE YOUR DREAM JOB

Career Intuitive
Sue Frederick

See the work you came here to do.

"First I want to tell you how very much I enjoyed our session. The entire concept was amazing and exactly what I needed to jump start my life. I kept listening to the tape over and over this weekend ...and it has reinforced my belief that my session with you on Friday was a profound turning point in my life. You'll be hearing from me again soon."

J. D., BALTIMORE, MARYLAND

"Our session was unbelievable! You work so fast and got right to the heart of the matter immediately ...Wow! So much more powerful and helpful than the conventional coaches I've talked to. Thank God I found your work."

M. LEE, DENVER, COLORADO

"Sue, I am having a difficult time putting into words my appreciation and excitement following our session. You convey an immediate sense of assurance and understanding I have rarely encountered."

CARMEL TAIBI, NEW YORK CITY

"Sue really knows the information that people need to hear and her perspective is precisely honed. It's not just vague, big lofty ideas without grounded experience. It's clear she has lived what she teaches and that's the mark of a profound teacher."

ANGIE WASZKIEWICZ, CURRENT CURRICULUM DIRECTOR, **NAROPA UNIVERSITY**

"People can't get enough of Sue Frederick's motivating presentations. Through creative thinking, humor, and excitement, students are inspired to take action in their lives. Sue is a rare find; a blend of truth, energy and knowledge that's hard to beat."

LANEY WAX, FORMER CURRICULUM DIRECTOR, **NAROPA UNIVERSITY**

"What a happy place this planet would be if everyone did this work."

KATHERINE DREYER, CO-AUTHOR **CHIRUNNING**

Sue@BrilliantWork.com **303-939-8574** www.CareerIntuitive.org www.BrilliantWork.com



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Sue Frederick

See the work you came here to do.

Sue combines a unique gift of powerful intuition and practical career know-how to get you moving on your destined career path. In individual sessions and group workshops, she shows you the work you've already signed up for, and how to manifest it in your life. She'll teach you to own up to who you truly are, read your destiny path, and create a plan for moving forward.

Sue's work, described by many as a "breath of fresh air" and "enlightened new perspective," has been featured in the *New York Times*, *Yoga Journal*, *Natural Health*, *FitYoga*, and *Nexus Magazines*, and at venues like *Naropa University* and *The Crossings Retreat Center* in Austin. She's the author of *I See Your Dream Job*, *Dancing at Your Desk*, and *Top Ten Reasons to Stop Facing Reality*.

❖ A Successful Career Coach and Author of:

I See Your Dream Job:

A Career Intuitive's Guide to Finding the Work You Came Here to Do

Dancing At Your Desk:

A Metaphysical Guide to Job Happiness

BrilliantDay:

7 Quick Solutions to Turn Your Day Around

❖ Nationally-recognized Career Intuitive featured in *The New York Times*

❖ The Founder of *BrilliantWork*

❖ A Faculty Member at University of Colorado and Naropa University

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FOR IMMEDIATE RELEASE

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P.O.Box 17343
BOULDER, CO 80308

Career Intuitive and Author Sue Frederick offers Free Career Readings to help people find their dream job.

BOULDER, CO – January 19, 2009 –

As thousands of U.S. workers face layoffs and unemployment, career intuitive and author Sue Frederick, whose work has been featured in *The New York Times*, is offering free career readings during media interviews. *“I can see the work that people came here to do and help them make the right career choices.”*

According to Frederick, founder of www.CareerIntuitive.org, *“Each of us has our own inner GPS device embedded inside of us, and it’s called intuition. The career guidance that everyone is looking for right now is already inside of them. It doesn’t cost anything, and it guides them perfectly to the work they were meant to do – which is their path to success,”* says Frederick. *“I show people how to tap into their own intuitive guidance system.”*

When your life feels like it’s falling apart and your career is slipping through your fingers, Frederick says you’re at a powerful reinvention turning point that you pre-programmed in order to get yourself to do the great work you came here to do.

“Your life is on purpose,” says Frederick. *“There are no accidents. Every event and challenging circumstance has been nudging you to follow your true path and do your great work. You’re being reminded to go in a new direction that’s closer to your authentic self”*

When listeners call in during her media interviews, Frederick is able to give powerful career guidance that enables them to move forward fearlessly. During a recent radio interview, phone lines were jammed for over an hour with callers asking for career advice.

Frederick’s books such as *Dancing at Your Desk* (available on Amazon.com) and her career sessions and teleseminars available through www.CareerIntuitive.org provide powerful tools that help people align their lives with their mission to find true success and abundance. Her newest book, *I See Your Dream Job: A Career Intuitive’s Guide to Finding the Work You Came Here to Do* (St. Martin’s Press) will be on store shelves in September 2009.

To schedule Sue Frederick for a media interview, use this contact information:

303-939-8574

Sue@BrilliantWork.com

www.CareerIntuitive.org



ABOUT SUE FREDERICK

As a rock climbing and mountaineering instructor, Sue Frederick honed her teaching, mentoring and coaching skills while **LEADING EXTREME SURVIVAL COURSES** through the Colorado Rocky Mountains **FOR OUTWARD BOUND**.

As a former Vice President of Content for Healthshop.com (*the leading natural health website*) and *Delicious Magazine*, **SHE MASTERED THE INTRICACIES OF CORPORATE SURVIVAL**.

An **INTUITIVE** since childhood and a professional career counselor, Sue now draws upon her dreams, ancient numerology, and conversations with spirits to provide career guidance.

Today, as the founder of BrilliantWork and author of several books, **SUE IS PASSIONATE ABOUT HELPING PEOPLE AND INSPIRES THEM** to find their true career path and fulfill their highest potential.

Her background includes:

❖ Successful Career Coach and Author:

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"A Career Intuitive's Guide to Finding the Work You Came Here to Do"

SUE FREDERICK

is a Career Intuitive who has been called the "Emeril of Enlightenment."

She's a frequent guest on radio shows and has presented workshops at venues such as The Crossings Retreat Center, New Hope, American Business Women's Association and the National Career Development Association. Sue has been featured in *Yoga Journal*, *Natural Health*, *Fit Yoga*, and *Nexus Magazines*, and *The New York Times*.



TESTIMONIALS

"PEOPLE CAN'T GET ENOUGH OF SUE FREDERICK'S MOTIVATING PRESENTATIONS. THROUGH CREATIVE THINKING, HUMOR, AND EXCITEMENT, STUDENTS ARE INSPIRED TO TAKE ACTION IN THEIR LIVES. SUE IS A RARE FIND; A BLEND OF TRUTH, ENERGY AND KNOWLEDGE THAT'S HARD TO BEAT."

LANEY WAX
CURRICULUM DIRECTOR
NAROPA UNIVERSITY

"SUE TEACHES PEOPLE TO SOLVE PROBLEMS IN INNOVATIVE, MORE EFFECTIVE WAYS. AND SHE TEACHES THEM TO WORK MORE HONESTLY — USING THEIR INSPIRATION TO INCREASE PRODUCTIVITY."

AMY MARANOWICZ
HR ASSISTANT DIRECTOR
FIRST NATIONAL BANK

SUE'S WORK IS DYNAMIC, IT REACHES OUT AND GRABS YOU, AND HER TEACHINGS SHOULD BE PART OF EVERY BUSY BUSINESS PROFESSIONAL'S DAY!"

BETH DAVIS
CEO
HOSPICE OF METRO DENVER

"SUE EXUDES ENERGY, PASSION AND WISDOM IN HER PRESENTATIONS. SHE IS SO ENGAGED — AND ENGAGING — THAT SHE BRINGS OTHERS TO A POINT OF TAKING ACTION FOR POSITIVE CHANGE."

LYNNE BRENNER
HR DIRECTOR
NEW HOPE NATURAL MEDIA

"SUE'S WORKSHOP (*DANCING AT YOUR DESK*) IS EXCELLENT. SHE TRAINS YOUR MIND TO FOCUS ON THE INSPIRATIONAL AND JOYFUL ASPECTS OF YOUR PERSONAL AND PROFESSIONAL LIFE, AND THEN TEACHES YOU HOW TO PROJECT IT OUTWARD. IT'S AMAZINGLY UPLIFTING."

SUSAN EASLEY
RESEARCH DIRECTOR
HAIN-CELESTIAL

"WHAT A HAPPY PLACE THIS PLANET WOULD BE IF EVERYONE DID THIS WORK."

KATHERINE DREYER
CHI RUNNING CO-AUTHOR

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Sue Frederick's Speaking Topics

I SEE YOUR DREAM JOB

CAREER INTUITIVE SUE FREDERICK SHOWS YOU THE WORK YOU WERE MEANT TO DO.

Author and Career Intuitive, Sue Frederick, combines a unique gift of powerful intuition and practical career know-how to get you moving on your destined career path. As a professional career counselor, she draws upon dreams, ancient numerology and conversations with spirits to "see your dream job." She'll show you the work you've already signed up for, and how to manifest it in your life. You'll walk away with a fresh perspective on your life and career.

TAP INTO YOUR INNER GPS

CAREER INTUITIVE SUE FREDERICK TEACHES YOU TO HARNESS THE POWER OF YOUR OWN INTUITIVE CAREER GUIDANCE.

Author and Career Intuitive Sue Frederick's work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in the *New York Times*, *Yoga Journal*, *Natural Health*, *Fit Yoga*, and *Nexus Magazines*, and venues like The Crossings Retreat Center in Austin. She's the author of *I See Your Dream Job: A Career Intuitive's Guide to Finding the Work You Came To Do*, and *Dancing at Your Desk: A Metaphysical Guide to Job Happiness*.

CONFESSIONS OF A PSYCHIC CAREER COACH

Author and Career Intuitive Sue Frederick shows you how to use your own powerful intuitive inner guidance system to see the destiny work you've already signed up for and understand the changing cycles of your career. You'll walk away with new tools for intuitive living and fresh perspectives on your life's mission.



ABOUT SUE FREDERICK

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For more info, visit www.CareerIntuitive.org / Contact info: Sue@BrilliantWork.com or 303-939-8574.



Suggested Interview Questions

Here are some suggested questions for your interview with Career Intuitive Sue Frederick, author of *I See Your Dream Job: A Career Intuitive's Guide to Finding the Work You Came Here to Do*.

- 01 Intuition: What is it? Are we all intuitive?
- 02 Why do we need to listen to our intuition? How does it help us?
- 03 What does our intuition have to do with our careers?
- 04 How do we develop our own intuition?
- 05 Sue, how did you find and develop your intuitive abilities?
- 06 Sue, you say that we all have a mission for our lifetime. Can you explain that?
- 07 Does our mission have to be manifested through our work/career?
- 08 Do I (the interviewer) have a mission? What is it?
- 09 Do you (Sue) have a mission? What is it?
- 10 How do you help clients find their life's work?
- 11 How does the everyday person who is struggling to make a living benefit from knowing their mission?
- 12 How do they find their true work even in a bad economy?
- 13 How do I know if I'm already doing my true work and accomplishing my mission?
- 14 How do I know if I'm off-path?
- 15 Why do people have to keep changing or reinventing their career directions nowadays? (Seems like our parents' generations stuck with one thing.)
- 16 How can everyday people find work they love that also makes good money?
- 17 How do I help my spouse or loved one who seems very unhappy with their career?
- 18 What does it mean if I used to love my work and I don't anymore?
- 19 What if I've just been fired or laid off?
- 20 Tell us about your new book: *I See Your Dream Job: A Career Intuitive's Guide to Finding the Work You Were Meant to Do*?
- 21 How can someone follow up with you to learn more?

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INSIGHTS AND IDEAS FROM OTHER STUDENTS

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PASSIONS AND DREAMS

PRACTICAL GUIDANCE WITH JOB INTERVIEWING AND RESUMES

ANALYSIS OF CURRENT ACADEMIC RESEARCH REGARDING CAREER CHOICES

ONE-HOUR CREDIT



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ANGIE WASZKIEWICZ, CURRICULUM DIRECTOR
NAROPA UNIVERSITY

"WHAT HELPED ME MOST IN SEWALL 1020 WAS A CERTAIN REAFFIRMATION THAT I CAN ACHIEVE WHAT I WANT TO DO IF I BELIEVE I CAN. NOT JUST A SUPERFICIAL BELIEF IN MY ABILITIES, BUT KNOWING WITH EVERY OUNCE OF MY BEING THAT I WILL ACHIEVE MY GOALS IS INDISPENSABLE IF I WISH TO SUCCEED."

"I LEARNED WHAT MY PASSION IS AND I HAVE A GREATER SENSE OF WHO I AM AND WHAT I WANT TO DO IN THE FUTURE, AND I AM MORE ENCOURAGED TO FOLLOW MY DREAM NOW INSTEAD OF BEING DISCOURAGED AND FRUSTRATED."

"I FEEL THIS CLASS HAS SUBSTANTIALLY HELPED ME WITH MY DOUBTS ABOUT CHOOSING A MAJOR. THIS CLASS HAS HELPED ME MORE THAN ANY OF MY OTHER CLASSES."

"I REALLY HAVE TAKEN THIS CLASS TO HEART MORE THAN ANY OTHER CLASS. THE ENVIRONMENT AND THE COURSE ITSELF IS ALL EXCELLENT."

"THIS COURSE HELPED ME DECIDE 100% WHAT MY MAJOR IS GOING TO BE."

"I HAD A LOT OF FUN AND MS. FREDERICK'S ENTHUSIASM AND POSITIVE ATTITUDE MADE CLASS A PLEASURE TO ATTEND."

"THE PANELISTS THAT CAME IN WERE EXTREMELY INTERESTING AND HELPFUL."

"THIS CLASS REALLY CHANGED MY WHOLE ATTITUDE AND PERSPECTIVE ON THINGS. I'M MORE OF A 'GLASS IS HALF-EMPTY' KIND OF PERSON. SO WHEN THINGS WENT WRONG IN MY LIFE, I JUST EXPECTED THEM TO. I LIKED LEARNING ABOUT HOW THE WAY I THINK ABOUT THINGS IN MY LIFE CAN CHANGE WHAT HAPPENS IN THE OVERALL SCHEME OF THINGS. SINCE THIS CLASS, I'VE BEEN TRYING TO FIND THE LIGHT IN BAD THINGS AND IT'S REALLY WORKED, AND I FEEL MUCH HAPPIER. I REALLY DO BELIEVE THAT IF I FOLLOW MY PASSION, IT WILL LEAD ME TO WORK THAT I ENJOY."

"THIS IS BY FAR THE MOST REWARDING CLASS I HAVE EVER TAKEN. THIS CLASS HAS HELPED ME TO REALIZE THAT I SHOULD NEVER DOUBT MY CAPABILITIES. THIS CLASS HAS GIVEN ME THE COURAGE AND CONFIDENCE IN MYSELF NEEDED FOR ME TO SUCCEED IN LIFE."

The New York Times

Saturday, July 5, 2008

Need Help Finding Your Bliss? Hire a Coach

By SUSAN MORAN
Published: July 5, 2008

BOULDER, Colo. — A 43-year-old man is weary of teaching high school but has no clue how else to make a living. A 67-year-old man wants to leave banking but does not want to retire before leaving a more positive mark on the world. A 52-year-old woman is an emergency room doctor who loves her work but pines for more downtime.

All of them took part in a workshop in Boulder recently that was led by a career “intuitive” named Sue Frederick — a former career counselor who draws upon her dreams, ancient numerology and conversations with spirits to “see your dream job.”

As the economic slump continues, many workers, even those who hate their jobs, are reluctant to look for more satisfying work. But others are turning to nontraditional career counselors and coaches to help them navigate transitions in their lives and careers.

These workers have read the umpteenth edition of “What Color Is Your Parachute?” by Richard Nelson Bolles and have mastered the Myers-Briggs personality test. Now they crave something more offbeat and probing.

Lucky for them, there are as many flavors of career counselors — and more recently coaches, including “psychic” and “intuitive” ones — as there are careers. Career counselors tend to explore psychological undercurrents with clients, and they often have a master’s degree in counseling. Coaches typically come from the corporate world and focus on goal-setting.

It is not just residents of Boulder, a mecca for all things organic and spiritual, who flock to Ms. Frederick’s “career intuition boot camp” and individual sessions in person or over the phone.

“I don’t want to come across as a new age-y kind of guy with my head in the stars, because as a New Yorker type that’s the last thing I am,” said Gary Purnhagen, 55, who started his own management consulting business in Manhattan a few months ago after spending 20 years working for companies. “But going to Sue was probably the best decision I’ve ever made in terms of reaching out.”

Several months ago Mr. Purnhagen left a financial printing company that was laying people off. He trolled the Internet for counselors and coaches. When he saw Ms.

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Frederick's Web site he was drawn to her big smile and her message that your dream job should make you giggle when you speak of it.

Then, call it coincidence or destiny, a consultant friend of his in New York suggested that he check out a career coach named Sue Frederick, and Mr. Purnhagen tossed his skepticism aside. Four one-hour phone sessions and \$500 later, he said he is more focused, confident and trusting in his ability to build a lucrative clientele.

Ms. Frederick, 58, trained as a career counselor in the 1970s at the [University of Missouri](#). She worked at the university and later in the private sector. But she yearned to add to her repertoire her self-described clairvoyance, which she says she discovered when she was a child who would dream about things that would often happen later that day.

Her husband warned that she would lose corporate clients if she called herself a career intuitive, but she did anyway. "Soon I had more clients than I knew what to do with," Ms. Frederick told the 29 people at a recent workshop.

When career coaches jumped onto the scene a decade ago they were looked upon suspiciously by career counselors as inexperienced, brash interlopers. But since 1999, when the International Coach Federation began offering certification training for coaches, their reputation has risen steadily.

Today, roughly 3,700 people in the United States are certified by the federation. But anyone can call herself a coach; in fact, roughly 30,000 people do just that, estimates Diane Brennan, president of the federation. Hundreds of organizations offer some form of coaching certifications.


"A lot of people call themselves coaches because it's the hot thing to do," Ms. Brennan said.

This factor is reflected in the rates coaches charge — up to \$400 an hour. For many clients, seeing a coach feels far more upbeat, even more upscale, than working with a counselor. This makes some traditional career counselors fear they may become obsolete.

"A lot of people see having a coach as a prestigious thing, whereas going to a career counselor is often associated with having a problem," said Maria Greco, a licensed professional counselor in Boulder with a Ph.D. in university administration.

A coach is more like a personal trainer, who coaxes clients to set and meet their job or career goals. A sure sign that you are talking to a coach is "five steps to" or "seven rules for." The cover of Ms. Frederick's 2004 book, "Dancing at Your Desk: A Metaphysical Guide to Job Happiness," promises "The 7 Secret Steps to Finding Work You Love."

Joel Garfinkle, a career coach in Oakland, Calif., said his seven-step formula to finding a dream job sets him apart.



"It's all about aligning your natural gifts and talent to your passions that will equal a career that is 100 percent about fulfillment," said Mr. Garfinkle, with the turbo-charged delivery of a football coach.

What draws people to a career counselor or coach depends on their age, their location and the industry they work in. For instance, even though Silicon Valley has averted the worst of the economic slowdown, some people who have lost their job are asking whether the long commute and the grueling workdays are worth it before they start interviewing for a new job.

"I'm seeing more people looking for quality of life, balance and a change that will give them something that'll be more enduring and more of a natural expression of who they are," said Norm Meshriy, a career counselor in Walnut Creek, Calif.

Career counselors and coaches also say they are seeing more college students and recent graduates.

"Students are very concerned about the amount of debt they are graduating with, the sluggish economy, loss of jobs in numerous areas due to the housing bust, skilled jobs going overseas and fewer opportunities outside the service industries," Linda Bates Parker, president of Black Career Women, a nonprofit devoted to the career development of black women, wrote in an e-mail. She is also director of career development at the [University of Cincinnati](#).

At the other end of the career lifeline, a small but growing number of baby boomers are summoning career counselors and coaches.

Keyren H. Cotter, 67, is a loan officer at a bank in Denver. With a Ph.D. in materials science, Mr. Cotter, known as Casey, worked for years in engineering before moving into mortgage banking. But it was not the mortgage crisis that recently sent him to Ms. Frederick's career workshop.

"I ask myself, 'What's my legacy? Why am I here?'" Mr. Cotter said. "I'm at a period where I'm no longer motivated by money. I'm looking for something with more substance and more meaning."

In the weeks since the workshop, Mr. Cotter saw Ms. Frederick for a one-hour session. He recalled that when he walked into her office she said, "I've been meditating on you. I think you should make movies." Now he is considering combining his interest and experience in financing with documentary filmmaking.

"It's too early to know," Mr. Cotter said. "But I know I'm getting unstuck."

Are You Being Nudged?

By Sue Frederick



ing you to follow your true path and do your great work.

We live in a world of constantly changing cycles. When you're done with one cycle of learning, it's done with you. Move on, so the universe doesn't have to kick you in the butt...um...nudge you.

Before you were born, your soul knew what it needed to master in order to evolve to its highest good; you knew that evolving your soul would help thousands of people around you. You signed up for this human adventure in order to help all of humanity.

You understood that you could choose to live up to your fullest potential, use your divine energy to master circumstances and use your talents to raise the vibration of the planet through your great work. Or you could give in to depression, sadness, anger, fear, and desperation – and not live up to the powerful divine potential you set for yourself. It would be your choice.

P.S. – We're downsizing and won't be needing you anymore. Have a great Spring!

And now – here you are! At the company party, your boss announces they're downsizing and won't need your services anymore; your spouse leaves you for a dancer; and your real estate investments flop.

Did you know that you arrived on earth with a built-in GPS device embedded inside of you? You programmed it before you were born. It contains all the directions you'll ever need in this lifetime. It's designed to get you dead-on target to your destined great work – the work you came here to do that uses your unique talents to raise the vibration of the planet.

Even when your life feels like it's not moving forward, like your career is slipping through your fingers, like relationships you used to count on are shifting – you will move through this phase and emerge on the other end with a more powerful direction than ever before.

You're just getting a little nudge from the universe because it's time to get back on-path. Nudging is what's going on when you get fired, laid off, rejected, hired, promoted, or your business goes bankrupt. You've been nudged!

Your life is all on purpose. There are no accidents. Every event, circumstance, and relationship has been nudged.

Say, "Thank you! I must have been really off my true path to get kicked this hard." Turn around and face forward. Ask, "What do I want my life to look like now?"

Take one step in that new direction. You'll feel better immediately.

If you've just been nudged, wake up. You're not a victim.

When we've fallen off of our true path, our loved ones get fed up with us, bosses fire us, co-workers complain about us, and we stop attracting clients and customers.

If you've just been nudged, wake up. You're not a victim. You're being reminded that you need to go in a direction

that's closer to your true self, your naked self, and the divine work you came here to do.

When everything is slipping through your fingers, let it go. When you've lost a job, let it go. Come up for air and look around you at the big picture of your life. Ask: "What did I really come here to do?" (It's always bigger, better and more meaningful than what you've been doing.)

Your truth will only come from within you – not from looking at what anyone else is up to.

Wouldn't it be better if the world didn't have to nudge you (sometimes painfully) to get on-path? Wouldn't you prefer to see the road yourself and move forward through its twists and turns fearlessly – along the journey you already signed up for?

Well you can. Sit down and meditate. Feel your own vibration pulsing from you. Listen to your inner GPS unit saying, "Turn left." You have quiet dreams, desires and truths that you've stuffed away to fit in – especially if you've spent years working in a corporate environment. The more you can quiet the chatter of your mind, the more you'll get back in touch with the real you – the naked you who came here on purpose.

Look around you at those people living "charmed lives." Chances are they're just living true to their pre-designed paths.

Your path is completely different from everyone else's. Your truth will only come from within you – not from looking at what anyone else is up to. When you look at your neighbor and say, "I want to do what he does for a living," you're forgetting your own unique journey that you chose long ago.

When you're firmly on your unique path, you feel impassioned by your life and work – no matter what anyone else is doing, and no matter what anyone thinks of you. Abundance flows to you, and your life is in harmony. When you're not living true to what you signed up for, nothing works well – not even relationships.

5 steps to take when you've just been nudged:

1. LET GO! Open your hands and let it slip away. Quit grasping. Don't be desperate. That's a bad vibration, and it doesn't get you anywhere worth going.

2. Meditate Listen to your inner GPS device. Stop listening to what everybody around you is saying. Your soul knows the answer because your soul planned the

journey. Your best friend doesn't know your path and neither does your spouse.

3. Trust The new path will reveal itself when the time is right. In spite of how things may seem right now, divine order is always in action. If it feels like nothing is working like it used to – release it all. Make room for the new. See a Career Intuitive/Coach to move you forward.

4. Appreciate the divine dance we're all doing – nudging each other to keep on-path. What a truly elegant universe this is! Remember the last time you were nudged and where it might have gotten you.

5. Live naked! The ultimate work you came here to do is the first impulse you had as a child when you were open, innocent, intuitive and still true to yourself. Get back to that naked innocence and be the true you. Your life will flow forward gracefully again. ■

When you're firmly on your unique path, you feel impassioned by your life and work.

About the Author

Author and Career Intuitive Sue Frederick's work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in *The New York Times*, *Yoga Journal*, *Natural Health*, *Fit Yoga*, and *Nexus Magazine* and at venues like The Crossings Retreat Center in Austin. She's the author of *I See Your Dream Job: A Career Intuitive's Guide to Finding the Work You Came To Do* (St. Martin's Press); and *Dancing at Your Desk: A Metaphysical Guide to Job Happiness*.



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dancing at your desk

Confessions of a Psychic Career Coach

BY SUE FREDERICK



When I work with clients, I "see" their gifts and potentials, what they came here to do, the careers they would love. This information comes to me as photographic images and strong messages.

This joining of two seemingly disconnected worlds—the divine realms and the world of work—seems to be my particular talent. I was born in New Orleans to a French Cajun mother who came from a long line of women with "the gift." I inherited a double dose of telepathy, clairvoyance and precognition from her and her mother, and on back through generations of Degas women.

These unusual gifts were nurtured by the mysterious city of my childhood. In the haunted alleys of the French Quarter, most everybody gives respect to the "unseen" world in some form or other: voodoo, Catholicism, psychics, vampires, Mardi Gras. My early years were flavored with this spicy magic, and I thrived on the rhythms of my crazy Cajun ancestors. Like them, I heard other people's thoughts and had vivid dreams of events that would happen in the future. My psychic gift is most powerful now that I use it to help others. The precognitive images that I see help me guide my clients to their true work.


One of my strongest experiences in confirming the power of the unseen realm began in 1978. My then-husband Paul, only 35 years old, was diagnosed with colon cancer and given two weeks to live. From the moment of his diagnosis, we were determined to overcome it. We explored conventional and alternative healing methods, and quickly became immersed in energy work, visualization, herbal medicine and Native American medicine. Paul was part Cherokee, so his mother got us an audience with a famous Sioux healer, Chief Fools Crow.

Over the next few months, as Paul's health deteriorated, I experienced many extraordinary other-realm experiences with him. Chief Fools Crow became Paul's constant dream companion. Paul awoke each morning with a new story to report about something Fools Crow had taught him the night before. The most dramatic was Paul's sudden ability to speak Lakota, the language of the Sioux. In the last few weeks before he died, Paul woke up singing a Lakota death song every morning. He said Fools Crow taught him two songs—one to deal with the pain and one to help him die.

On a rainy summer day in July 1980, Paul slipped into a coma. For nearly 24 hours, the accumulated stress of the past year washed over me and, eventually, I fell asleep on the floor. As soon as I dozed off, Paul appeared in front of me, smiling and happy. He touched my arm and said, "Don't worry. I'm free. But what are you waiting for? You said I could die in your arms."

I awoke with a jolt and cleared everyone out of the room. Paul's mother and I stood on either side of him. We rubbed his arms and legs and told him it was okay to go now—that we wanted him to be free. We told him to leave his body and fly out into the soothing summer rain storm. As soon as we spoke those words, Paul's breathing changed. He took one long peaceful sigh, and his spirit left his body. I saw it leave as clearly as you can see your hand in front of your face. It was an image I'll never forget. It was Paul's gift to me.

I could never again doubt the spirit world or my ability to see it. I realized we are all in charge of how and when we die. I knew with every cell in my body that death was only a passage of the spirit into the unseen realms. And I was clear beyond all doubt that we are spiritual beings having a human experience—rather than the other way around. Here are six ways to open yourself up to your own "dream job" guidance:

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1. **Meditate every day.** The practice of meditation quiets the chatter of the mind and connects us to our divinity. It puts us in the realm where our solutions live.
 2. **Intend it.** "I am using my gifts and talents with all of my passion to make the world a better place in my unique way." Say those words whenever you doubt you'll find your true work. When contemplating a new career, examine if the new work is in alignment with this statement. If so, go after it.
 3. **Dream big.** Pretend you have \$5 million in your bank account, but you still have to have a career you love. Without money concerns, which career would you choose?
 4. **Ask for dream guidance.** Before falling asleep, ask to have a dream revealing your next career step. Keep a journal by your bed and write your dreams as ☐ soon as you wake-up.
 5. **Stop the pitiful thinking.** Your fear voice tells you all the reasons why you can't do what you want to do for a living. You might think that's being "practical" or "realistic." It's not. It's your pitiful self abusing your powerful self. Choose to be your brilliant, powerful, fearless, divine self. The world will align itself with your dreams.
 6. **Spend time around water.** Lakes, streams, oceans, pools and even bathtubs open us up to receiving guidance from the other realms. Water loosens our grip on "reality" and relaxes us into a receptive state – which is how we must feel to get answers.

Career intuitive Sue Frederick presents workshops across the country. Her books include Dancing at Your Desk: A Metaphysical Guide to Job Happiness; BrilliantDay: 7 Solutions to Turn Your Life Around; and Top Ten Reasons to Stop Facing Reality. To learn more about her work, visit www.BrilliantWork.com or call 303-939-8574.

Nov/Dec 2007

dancing at your desk

A Message from Beyond

BY SUE FREDERICK



Publisher's note: This month I'm running a column by Sue Frederick that makes me a bit uneasy. I know many of our readers believe strongly in, and have frequent experiences of, the "unseen realms." And many others don't. We always honor both perspectives in all the articles in Nexus. Sue Frederick's columns are about finding your true work path. Previously in Nexus, she has told her story of making peace with the "otherworldly" information that she accesses for clients. This story illustrates exactly how that process works for her. This may send some of you readers running, as she's clearly admitting to

seeing dead people. Yet, I think you will find her experiences interesting, and worth inquiring about. Please write to me at Nexus, or email us at info@nexuspub.com, with your comments.

—Ravi Dykema

It's 2 a.m., and I'm sound asleep, when suddenly there's a strange and very large man standing right beside my bed. He's wearing jeans, a dark T-shirt, and an unbuttoned flannel plaid shirt. He's not trying to scare me; he's just casually standing there looking at me, rather sweetly.

But he does scare me. It's the middle of the night and I don't know him. As all of this information processes through my sleepy brain, I'm already screaming "Who are you?" and struggling to sit up in bed.

Now my husband, our two kids, the cat and the dog are all wide awake, yelling, "What's wrong?" and making lots of commotion. But I don't notice them, because I'm still seeing this man beside the bed, quite clearly, even as I sit up, and even as my husband turns on the light. Only then does the stranger very slowly, lingeringly, cell by cell, vaporize in front of me. There's a slight crackling sound as his form disappears before my eyes.


"You didn't see anybody standing by the bed?" I demand of my husband Gene. But he is laughing at me. "Sue you need to be nicer to these spirits. You invite them to give you messages for clients, and when they get here you yell at them." He's giggling as he turns off the light and slides back down against his pillow, snoring peacefully within seconds.

I am wide awake and confused now—pacing in the bedroom, opening closet doors, checking hallways. Certainly this man was real flesh and blood, a burglar. Are the doors locked? I saw him so clearly!

I never get back to sleep that night as I run this image through my mind over and over. I'm used to precognitive dreams, and even seeing the quick flashes of spirits with their messages for loved ones. But this was something else. This was right out of Star Trek. This was a solid apparition complete in flesh and blood, and only inches from my face.

In the morning, I'm back to being mom, making breakfast, driving the kids to school, and then doing a phone session with a new client from New Orleans named Elizabeth. Before the phone session, I meditate on her life and career path, which I pick up from the vibrations of the numbers in her birthday. I can see how powerful she is, a large and magnificent spirit here to do something great. I'm excited to work with her.

Later as we're talking, she tells me the story of losing her young daughter to a terminal disease 20 years earlier. "I lost my faith in life then," she remembers. She tells me about meeting Jim, a man with a large spirit and generous heart who became her best friend, mentor, and business partner. Together they discussed the big questions of life: Why are we here? Where are we going when we die? Is there an after-life?



These discussions comforted Elizabeth because she wants to know that her daughter's spirit does indeed exist in an after-life, where she might find her again someday. Elizabeth and Jim make a promise to each other. Whichever of them dies first will return with a sign to show the other that there is indeed an after-life.

Tragically, Jim dies of a sudden heart-attack not long after they've made their promise to each other. Elizabeth waits and looks for a sign, but sees nothing. This saddens her deeply as she tries to live with the belief that there is no afterlife, no spirit life, just this seen day-to-day "reality." This weighs on her. What purpose is there in this meaningless existence, she wonders?

While Elizabeth is telling me this story, I'm jumping off my chair saying, "Wait, wait... let me describe Jim to you." I describe the man standing beside my bed who I can still see in great detail, down to his large belly and grey hair. I can feel the great love he has for Elizabeth, and the energy he has poured into getting this message to her.

As I tell her this, I can hear she's crying. "Really, do you believe that?" she asks me tearfully. "That was really Jim?"

I can feel Jim beside me now urging me on. "Elizabeth, if I can tell you anything that I know is absolutely true, it's that Jim desperately wants you to know there's an afterlife, and the spirit world is real," I say. She is sobbing when we hang up.

Weeks later, through a strange series of events, I meet Elizabeth in person. She tells me how important the message from Jim was, and how it's reopened her ideas of what life is about and why we're here. "I'm getting back in touch with my spirituality," she tells me.

I'm very relieved knowing that this powerful, beautiful woman, on an important journey in this lifetime, is back "on path," realigning her life and work to be more meaningful.

I remember the dark years after my husband died when I was 29, and I fell "off path," not doing my true work or being my true self. I'm deeply grateful for the people who nudged me back "on path" to the work I came here to do.

Career Intuitive Sue Frederick is the author of Dancing at Your Desk: A Metaphysical Guide to Job Happiness and Top Ten Reasons to Stop Facing Reality. She has written for Yoga Journal, Natural Health and Fit Yoga, and has taught at The Crossings Retreat Center in Austin and at Naropa University. For more information, visit: www.BrilliantWork.com, email Sue@BrilliantWork.com or call 303-939-8574.

worklife

July/August 2008

Distracted?

BY SUE FREDERICK



In a dream, I'm standing to the left of a splendidly tall, ancient wooden wall filled with intricate, deeply-carved Sanskrit letters. These letters fill lines and lines of the entire structure. I can't read what the ancient writing says, but I'm compelled to understand its meaning. I move closer and run my fingers across the carved Sanskrit. Behind the great wall is a deep valley of green forest, expanding as far as I can see. The forest is silent and motionless, yet stunningly grand. It feels untouched by time and human existence.

"What do the carvings mean?" I ask out loud into the vast emptiness.

From behind me a voice says softly, "When we take the human incarnation, we're meant to move forward toward the light, to the soul, and not to dawdle or get distracted."

"How?" I ask.

I am turned around to see a deep, endless tunnel opening right in front of me. The tunnel appears to be vast and limitless. From behind me a cat comes bounding out of nowhere and into the vast tunnel. At first, it runs forward powerfully and with purpose. Then, it slows down and stops and begins licking itself, sitting in the middle of the tunnel. It sees something small on the ground and knocks it around. The once powerful cat now seems confused and directionless, not moving towards the end of the tunnel, focused only on the details.

I wake up.

Am I like the cat, I wonder? Am I dawdling, getting distracted, focused on the details, and licking myself when I should be moving forward? I vow to hone my work more powerfully to show clients that their life stories are only the outer expressions of their soul's intended journey: to use their gifts and pain to make the world a better place.


I vow again to remind people that their career choices can't be made from the influence of trends, fads, opportunities or what others are doing. Their choices must come from the inner knowing, the intuition of the true naked self they came to share with the world. And from the knowledge that true abundance and success only come from aligning ourselves with this naked work - the work that lines up with our pain, gifts and dreams.

This is my true work: to share this knowledge of the soul's intention with others. It always has been, even though I spent many years trying to fit into conventional ways of making a living, trying to be accepted by others, like the cat licking itself in the tunnel.

Yet I've always had the experience of vivid dreams that take me directly to other realms for knowledge that I'm blessed to remember when I awake. All my life, when I've met people, I've seen them doing things, following careers, that they're not yet doing.

For more than 50 years, my logical, linear, left-hemisphere brain battled for dominance over this intuitive, all-knowing, wise right hemisphere that longed to meditate and dream, marinating in the knowledge of the other realms. Now they've made peace with each other, and as the right hemisphere slowly takes dominance, I can see more and more of this information.

Here's my question to you: What's your story? Who are you really? Who is hiding inside of you? It's time for all of us to come out of the closet and own up to who we really are. We're needed now to be our true, wise, intuitive selves as we guide humanity through this pivotal point in our evolution. Are you a healer who feels energy pulsing through your hands and yet you make your living as a lawyer? It's time to own your truth. By not following your gift, a life is wasted. As money scares you into playing it dumb, realize that money follows your true work. When you're on your true path, you'll attract whatever and whomever you need.



I am meditating on a client's path before our session. I see that he's an earthy Taurus on an expanded five birth path—the path of the adventurer, sensualist, freedom-seeker and agent of change. I ask what this client needs to hear to move forward to his highest potential. I see images of an attractive man with great material successes, surrounded by cars, homes and trappings of success. Yet he is careening into the abyss of addictions—sex, and alcohol. What does he need from me?

The words come: reconnection to his spiritual path, a reminder of the soul's intention to teach and inspire others. He came to experience the greatest passions of human existence, but got sidetracked into meaningless details and addictions. I write it all down, making a note to myself to be relentless in reminding him of his soul's journey, of waking him up to save his life. At the end of the session, he says "This is just what I needed. I don't want to hide anymore."

Months later, he tells me he's become a corporate consultant who specializes in helping employees with addiction problems. He's also getting a "Doctor of Divinity" degree so he can make his living as a spiritual counselor. His enormous passion for his new direction fills me with happiness, and lights me up.

Author and Career Intuitive Sue Frederick's work has been featured in Yoga Journal, Natural Health and Fit Yoga, and at venues like The Crossings Retreat Center in Austin. She's the author of Dancing at Your Desk and BrilliantDay. For more information, visit www.CareerIntuitive.org or call 303-939-8574.

worklife

BY SUE FREDERICK

January/February 2009
dancing at your desk

A New Year for a New You



There's a great beauty inside of you, an awesome truth, when all else is stripped away. It's your authentic self, the one who came here on a mission. This may be the year you remember your impossible mission and realign your life to accomplish it.

The purpose of your confusion is growth and change. Once you change directions, confusion ceases and clarity slips in. The purpose of your pain is to strip away the trappings of who you're not: to leave you bare and raw, naked as a newborn, clear about what you've come to do.

Have you had your heart broken by a lover? Felt betrayed by your own children? Watched your health fall apart? Been disappointed by a career that didn't make you happy and wealthy? If you have, it ripped your soul jagged--on purpose.

When bad things happen, when all falls apart, there is nothing to do but feel it. Feel the pain in your heart, embrace it, weep it out, shed it through your pores until your spirit is cleansed and shiny. After you do, look into the mirror at your face now: open and surrendered, innocent and sweet. That is who you are, by the way: a naked, sweet soul who landed here on a difficult journey and got just a little lost. Try to remember who you were before the trappings, the titles, the successes and failures, the burdens and expectations.

Embrace that naked soul, that wide-open innocent face, and ask, "What's the gift I came to share?"

Ignore anyone who tells you that sharing your gift won't make money. Embrace your higher knowledge that says, "When I'm living true to what I came to do and working from my gifts, I attract abundance and success because I'm in alignment with divine order. I'm in alignment with divine order."

Kiss those words as they slip past your tongue--in whispers at first, because you're hardly able to speak them much less believe them. As you hear yourself speak them, open your mouth wide and shout louder and louder until the room echoes those words back to you.

Clean your house, throw out the furniture, open the windows, sweat out your past indulgences, and pray for a blessing of fresh air. Embrace the prickly tingle of a new dawn breaking through the shimmering snow of an icy winter. Take a timid step in a scary new direction that has beckoned you for lifetimes. It will feel like spring.

Who do you think you are to ignore the potential you set out to accomplish in this lifetime? Who do you think you are to believe your pain is greater than everyone else's? Don't you understand the hidden sorrow behind every perfect household, every career success, every accolade or boastful moment from siblings and friends?

IT'S TIME TO CHANGE YOUR LIFE

Author and Career Intuitive

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I SEE YOUR DREAM JOB

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